

ANNUAL NEWSLETTER



The Life Eternal Trust
Mumbai

APRIL 2025 – MARCH 2026

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🌐 www.sahajayogamumbai.org

www.thelifeeternaltrustmumbai.org

The Life Eternal Trust, Mumbai

The Life Eternal Trust, Mumbai is the **FIRST and the OLDEST Sahaja Yoga Trust, formed by Her Holiness Mataji Shree Nirmala Devi on March 8, 1972. Shree Mataji formed this Charitable Trust** within two years of her starting Sahaja Yoga movement for transformation of human beings by opening the Sahasrara at Nargol on May 5, 1970. She also registered the Trust with the Charity Commissioner, Greater Mumbai, under the Maharashtra Public Trusts Act, 1950, Regn. E 0004884 (GBR) dated 08/03/1972. The Trust deed was drafted and signed by Her Holiness Shree Mataji Herself. The Trust deed contains 22 objects, which clearly describes HER vision of emancipating the entire mankind. These objects are as under:

OBJECTIVES of The Life Eternal Trust, Mumbai as laid down by Her Holiness Shree Mataji:

To facilitate the work of Shree Mataji as follows:

1. To expedite the process of spiritual evolution by exciting the residual consciousness i.e. Kundalini, to rise ultimately leading to self-realisation (Second Birth as defined in the Bible, the Koran, the Indian Scriptures and by the great ancient prophets and sages all over the world).
2. To achieve the evolution described in the foregoing para through the method of "Sahaja Yoga" which means effortless, easy, relaxed method of meditation evolved by Mataji. To organize meditation centres for this purpose. This completely precludes all the external human efforts like rituals, worships, prayers, recitations, reading, renunciation (i.e. Sanyasa), worship of the preceptor (Guru) or any other physical expressions.
3. By this process, to reach a Zero point where one becomes effortless and starts feeling the play of the supreme. Ultimately to reach the stage where one loses the Ego (I) and one becomes one with the Creator and His creation.
4. To open the minds of people through meetings introducing "thoughtless awareness" which discovers the subtle which at present is lost in gross words, books and dogmas.
5. To introduce the only one internal living religion lying dead and camouflaged under external practices and precepts of religion in all the human beings and for this to organise tours and hold spiritual meetings as per wishes of Mataji.
6. To spread the news of the descent of the Divine Grace, with the help of self-realised disciples of Mataji.
7. To cure people of their physical and mental ailments by blessing them with divine healing touch of Mataji and other disciples who have developed their collective consciousness through self-realisation.
8. To give the taste of real joy that is within the self. To practice different methods of meditation evolved by Mataji and to hold meditation camps.

To create a new generation of self-realised people and to render motherly protection to all such children against evil intentions and to look after their well-being.

9. To build and run Ashramas of Sadhakas for their use during Sadhana and to promote all activities expressing the new dimensions of creativity.

10. To introduce this work in School, Colleges and other institutions and groups and to run schools for younger people.

11. To improve the aesthetics of behavior and beauty by holding exhibitions of art, culture and music and through all activities which speak the universal language of love and beauty by developing the inner sense known as "Ati-Indriya", that enlightens the subtle sensitivities.

12. To employ the energy of love to overcome hatred that is the cause of wars, disintegration and destruction by publishing and relating the spiritual experiences of Sadhakas which prove the universal laws of love.

13. To overcome the void between the material saturation and the unknown which is causing fear, restlessness, sleeplessness and tension leading to escapism from reality and false renunciation.

14. To print, edit and publish journals, books and literature written by Mataji and her disciples with her approval for conveying the knowledge of truth so that the human beings who are the highest in evolution, rise in their glory, dignity and freedom, as also for publicising the activities of the institutions run by the Trust.

15. To distribute to patients simple medicines and oils with Mataji's vibrations and of any disciples on instructions from Mataji.

16. To hold press conferences to give a correct picture of the activities of cosmic powers by demonstration or by discussion, as well as of the Life Eternal institutions.

17. To collect books under the guidance of Mataji for libraries.

18. To build sanatoria, hospitals, nursing homes for the sick and invalid.

19. To counteract through mass spiritual power the destructive forces against spiritualism such as evil spirits, the cult of hypnotism, siddhis and the use of "religion" for the exploitation of the innocent.

20. To unite all genuine seekers of truth divided by dogmas and ignorance so that Satya Yuga (the Age of Truth) is born out of the present Kaliyuga (the Age of Darkness) rather than complete annihilation. To harness all the human resources to achieve this great task for which mass evolution will be needed.

21. To open, organise and run local centres of the Life Eternal Institution in various parts of India and in foreign countries, the centres being opened on the distinct understanding that meditation is the path of the entire human destiny, and that all barriers of states, nations and races are artificial and irrelevant to Life Eternal.

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“Similarly, this organisation that we have of Anant Jeevan (The Life Eternal Trust), for which eight to ten people should get together and consider what should be done. You must all contribute to it and should give your services for it. All those who still haven't given their names should give them to .. And we are going to start a quarterly publication in which all my letters, messages, lectures will be printed and, apart from that, if you have any experiences to be shared then do it so that these can also be printed in it. Whatever experiences we get from all over India, some of them would be printed in that. Therefore, if you have any experiences keep writing to them.

Public Program, Mumbai, 29th May 1976

Editorial – Message from the Trustees

Jai Shree Mataji

Sahaja Yoga as propounded by Shree Mataji Nirmala Devi is the most important evolutionary breakthrough in the history of mankind. Sahaja yoga gives us yoga (Union) with the Divine force. It starts with Self-realization (Atma sakshatkar), which has been described in different forms in all the scriptures. In Patanjali yoga sutra, Nirvichar Samadhi is achieved after yama, niyama, pranayama, asanas, pratyahara, dharana, dhyana whereas Sahaja Yoga starts with Nirvichar Samadhi (Thoughtless Awareness). Besides, it works on all the physical, mental, emotional and spiritual dimensions ensuring complete well-being of human beings.

Sahaja yoga can be practised by all without leaving normal householder's duties. It empowers a realized soul to give self-realization to others. It takes us to next state of human evolution i.e. collective consciousness where a realized soul not only knows about his chakras but also of others. A yogi can cleanse his chakras but a Sahaja Yogi can in addition cleanse the chakras of others also. Through vibratory awareness, truth can be felt on one's finger tips and on the central nervous system.

It awakens within us the universal religion, by which the global menace of fundamentalism can be solved. Once we ascend into the self-realisation we will realize that we all human beings are just the same and we have one universal religion within ourselves.

As Shree Mataji says **“All world problems are due to human beings. And all human problems are due to these Chakras and these centres which are within us. If we can somehow solve the problems of our centres and these Chakras we can solve our problems and solve the problems of the whole world..”**

(Moscow, 1 August, 1992)

We are delighted to present before you our 2nd Annual Newsletter. We hope you enjoy going through it.

Sudershan Sharma
For the Trustees

“It has been predicted [in the Nadi Granth] that if Sahaja Yoga does not spread then the third world war is inevitable. People will suffer a lot with a third world war. It is possible to avoid it if people take to Sahaja Yoga in a big number. We have to go too far with ourselves, to training up ourselves, educating ourselves, getting rid of our egos and understanding that we have to grow...

It's a very big task, it's a great task and sometimes you might think, “How can Mother expect us to do it?” But I think you are the people who are chosen for it and you have to get to it and work it out. So, we have to train up ourselves to be first good rulers of ourselves and the rulers of others.

First, we must learn to rule ourselves. Here in this body only you'll learn how to rule yourself.

Comfort, if you get fond of comfort, make your body work it out that there's no comfort needed. If your body indulges into too much eating or anything, make your body learn that it's not good to indulge into it.

If you speak too much, talk too much, if you are rude, just say that, “I'm not going to say a word from morning till evening.” Take to mauna (silence). So, the tapah, is the penance time, is now ahead of us. With that penance, the greatest thing that is going to help you is to go and talk of Sahaja Yoga – give the message of my advent and also talk about how the transformation, the blossom time has come. This you have to do, plus you have to learn how to rule yourself and then how to rule others through your heart, not through your mind. You have to rule through your hearts by learning all the qualities of the heart which I have told you.

Shree Ram Navami Puja, England, April 2nd 1982

Self-Realisation/Prachar Prasar Programs

"Your first and foremost responsibility is Sahaja Yoga because you should know what a work it is. It is such a great work to transform the whole world. That is My vision. At this old age, also I think the same way. Now if that is My vision, what should be your attitude? That we should go all out to spread Sahaja Yoga. That is the main thing. I call you for these pujas just to renovate, I should say, or to give you more energy and all that. But if you are just taking it as a great blessing and sitting at home, it is of no use. You must spread Sahaja Yoga."

Mahashivaratri Puja, Pune, India, April 17, 2002

By the divine grace of Her Holiness Mataji Shree Nirmala Devi, following Self-realisation/Prachar Prasar programs were conducted in the MMR region and by the various committee members at various ashrams of The Life Eternal Trust, Mumbai.



Date: 5th April 2025

Type of program: Educational Institution (For Parents)

Venue: Patil Bal Mandir School, Mohne, Kalyan

Approximate number of seekers: 120

Brief details about the program : Self-realization program was held for parents, allowing them to experience their inner awakening and the joy of collective meditation.

Organized by: MMR-Kasara Zone



Date: 24th April 2025

Type of program: Corporate / Office

Venue: Railway Signal and Telecommunication Institute, Byculla, Mumbai

Approximate number of seekers : 40

Brief details about the program : The staff and students experiences their self-realisation, marking a

beautiful moment of spiritual connection and inner peace within the themselves.

Organized by: MMR-South Zone



Date: 27th April 2025

Type of program: General

Venue: Nallasopara

Approximate number of seekers : 40

Brief details about the program: The local community was given Self-realisation; seekers felt the cool breeze and joy of their awakening.

Organized by: MMR-North Zone



Date: 5th May 2025

Type of program: Corporate / Office (For Police Officers)

Venue: The Prerna hall, Azad Maidan police club

Approximate number of seekers: 40

Brief details about the program: Police officers were blessed with a moment of deep stillness and spiritual nourishment, allowing them to experience the peace of self-realization amidst their noble duties.

Organized by: MMR-South Zone

Self-Realisation/Prachar Prasar Programs



Date: 8th May 2025 to 12th February 2026 (Multiple Sessions)

Type of program: Corporate / Office

Venue: Railway Signal and Telecommunication Institute, Byculla, Mumbai

Approximate number of seekers: 50 in every batch

Brief details about the program: A series of continuous sessions were held to nurture the spiritual growth of the staff and students, allowing them to consistently experience the peace and joy of thoughtless awareness.

Organized by: MMR-South Zone



Date: 19th May 2025

Type of program: Corporate / Office (Fire Brigade Staff)

Venue: Ulhasnagar Fire Brigade Station

Approximate number of seekers: 15

Brief details about the program: Ulhasnagar collectivity arranged a Self-realisation program for fire brigade staff. Seekers experiences awakening of their inner energy and experienced inner peace.

Organized by: MMR-Karjat Zone

Date: 25th May 2025

Type of program: General (Public Outreach)

Venue: Sion East (Chawls, buildings, tuitions, and gardens)

Approximate number of seekers: 15

Brief details: A grand collective Prachar Prasar was beautifully executed as 160 Sahaja Yogis united to share the message of joy. Through the distribution of pamphlets across the locality, the seeds of spirituality were sown, leading many souls to seek their awakening at the local collective center.

Organized by: MMR-East Zone



Date: 27th May 2025

Type of program: Corporate / Office

Venue: GST Seva Kendra, Vashi, Navi Mumbai

Approximate number of seekers : 50

Brief details about the program: Self-realisation session was held for GST officers, where many souls were blessed with their inner awakening. The participants expressed heartfelt gratitude, sharing how the experience of meditation helped dissolve their stress and brought a sense of deep peace. All were lovingly invited to continue their journey at the local collective center.

Organized by: MMR-Navi Mumbai Zone

International Yoga Day – 21st June 2025

On the auspicious occasion of International Yoga Day, 21st June 2025, Sahaja Yoga Prachar Prasar programs were conducted across various regions in educational institutions, colleges, and organizations, with the aim of sharing the experience of Self-realisation with seekers from diverse backgrounds. In different parts of the MMR region, thousands of students, teachers, and participants attended these sessions with openness and curiosity. Through meditation, many experienced a state of thoughtless awareness, feeling a sense of calmness and inner silence. Several participants shared their experience of a cool breeze on the top of the head and in their palms, indicating the awakening of the inner energy. Each session began with a simple introduction to Sahaja Yoga and the subtle system, explaining the chakras and their role in our daily life. Through guided meditation, often supported by Shree Mataji's recorded guidance, seekers were gently led towards the experience of Self-realisation. Through these collective efforts, International Yoga Day became not just a day of celebration, but an opportunity for many to take a step towards inner transformation.



International Yoga Day: Palghar



Self-Realisation/Prachar Prasar Programs



International Yoga Day: Virar



Self-Realisation/Prachar Prasar Programs



International Yoga Day: Anand Nagar BMC School



International Yoga Day: Tara Marg BMC School, Dahisar



International Yoga Day: Poorna Pranja School, Dahisar East

Self-Realisation/Prachar Prasar Programs



International Yoga Day: Fusion Classes (11th Standard)



International Yoga Day: Dani Classes (11th & 12th Standard)



International Yoga Day: Swami Vivekanand School, Dhaisar East



International Yoga Day: Bharucha School, Dahisar East



International Yoga Day: Nalanda School, Borivali East

Self-Realisation/Prachar Prasar Programs



International Yoga Day: Thakur College, Dahisar East



International Yoga Day: Vidya Mandir School, Dahisar East



International Yoga Day: Police Commandos, Dahisar East



International Yoga Day: Harshad Valia International School, Andheri



International Yoga Day: Saralgaon High School, Kalyan



Date: 22nd June 2025
Type of program: General
Venue: Kurla, Mumbai
Approximate number of seekers: 150
Brief details about the program: A major collective outreach was organized in Kurla, Sahaja Yogis from various centers across Mumbai united to spread the message of Sahaja Yoga, providing Self-realisation to many seekers. The session emphasized the vital role of daily meditation in modern life for achieving mental peace and spiritual balance.
Organized by: MMR-East Zone

Date: 22nd June 2025
Type of Program: General
Venue: Nagpada
Approximate number of seekers: 15 seekers attended centre
Brief details about the program: On June 22nd, 2025, Prachar Prasar was carried out in Nagpada by South Mumbai zone, covering each chawl and building, tuitions, and gardens 15 new seekers are attending weekly centre at Nagpada.
Organized by: MMR-South Zone

Date: 20th July 2025
Type of Program: General
Venue: Kurla West
Approximate number of seekers: 9 seekers attended centre
Brief details about the program: Sahaja Yoga Prachar Prasar was carried out in Kurla West by East zone collectivity, covering each chawl and building, tuitions, and gardens. The 9 new seekers are attending weekly centre at Nagpada regularly.
Organized by: MMR-East Zone

Date: 18th August 2025
Type of Program: Educational Institution
Venue: K M Agrawal College, Kalyan West
Approximate number of seekers: 100
Brief details about the program: The Self-realisation session was organised for the students and teaching staff of K M Agrawal College.



The seeker felt a profound sense of inner peace and expressed how meditation will improve their concentration and mental clarity.
Organized by: MMR-Kasara Zone



Date: 23rd August 2025
Type of Program: Educational Institution
Venue: G R Patil College, Sonarpada, Dombivili East
Approximate number of seekers: 50
Brief details about the program: The students and staff of the college were blessed with the gift of meditation. The experience brought a profound sense of peace and mental clarity, helping the students sharpen their concentration and the teachers find a beautiful inner balance within their academic environment.
Organized by: MMR-Karjat Zone

Self-Realisation/Prachar Prasar Programs



Date: 16th September 2025

Type of Program: Educational Institution

Venue: Atgaon Vidya Mandir, Kongaon

Approximate number of seekers: 300

Brief details about the program: The young souls of the 11th and 12th standards were blessed with the experience of their self-realisation. This sacred session provided the students with peace, allowing them to dissolve academic stress and discover a sense of deep mental clarity and spiritual balance.

Organized by: MMR-Kasara Zone



Date: 26th September 2025

Type of Program: General

Venue: Devi Pandal, Curry Road

Approximate number of seekers: 50

Brief details about the program: On the auspicious occasion of Navratri, a Self-realisation program was conducted at Devi Pandal. Seekers were blessed with their self-realisation, experiencing the awakening of the Primordial Power within and celebrating the festival in a state of deep spiritual joy and collective peace.

Organized by: MMR-South Zone



Date: 4th October 2025

Type of Program: Educational Institution

Venue: Prabhadevi Centre School

Approximate number of seekers: 50 students

Brief details about the program: A realisation session was conducted for the students at the Prabhadevi Centre School. The program introduced the young seekers to the experience of their own inner awakening, providing them with a spiritual foundation to achieve better focus and mental peace. Through simple meditation techniques, the participants were able to feel the cool breeze of the Spirit and experience the joy of thoughtless awareness.

Organized by: MMR-South Zone

Self-Realisation/Prachar Prasar Programs



Date: 25th October 2025
Type of Program: Educational Institution
Venue: Pratibha Vidya Mandir, Virar
Approximate number of seekers: 300
Brief details about the program: Self-realisation program was conducted at Pratibha Vidya Mandir, Virar, where a dedicated session was held for the students. Many new seekers got their Self-realisation.
Organized by: MMR-North Zone



Date: 9th November 2025
Type of program: General
Venue: Prabhadevi Centre, Mumbai
Approximate number of seekers: 150
Brief details about the program: A comprehensive workshop was organized by the South Zone to deepen the understanding of Sahaja Yoga for both newcomers and regular practitioners. Sahaja Yogis shared profound spiritual knowledge and practical guidance. This collective effort has resulted in a visible positive impact, with seekers reporting a stronger connection and a clearer grasp of the subtle system.
Organized by: MMR-South Zone



Date: 25th December 2025
Type of program: General
Venue: Bandra Seashore (Promenade), Bandra West
Approximate number of seekers: 200
Brief details about the program: A self realisation program was conducted at Bandra seashore. During the evening, many visitors and walkers were introduced to the importance of Sahaja Yoga. Approximately 200 individuals experienced their Self realisation and were briefed on the profound benefits of daily meditation. All seekers were warmly invited to their nearest Sahaja Yoga centers.
Organized by: MMR-South Zone



Self-Realisation/Prachar Prasar Programs



Date: 5th January 2026

Type of program: Educational Institutions

Venues: 1. Nehru Nagar BMC School, Kanjurmarg East
2. Nanji Shamji Shaha English Medium School, Nehru Nagar, Kanjurmarg East
3. Dhyan Deep Vidyalaya, Nehru Nagar, Kanjurmarg East

Approximate number of seekers: 300 Students

Brief details about the program: A Self-realisation program was conducted on 5th January 2026 across multiple educational institutions in Kanjurmarg East, more than 300 students from Primary and secondary section got their self realisation.

Organized by: MMR-East Zone



Date: 10th January 2026

Type of Program: General

Venue: Hotel Shubhkirti, Rahuri

Approximate number of seeker : 18

Brief details about the program: A self-realisation session was conducted during a seminar organized by Shivshahir Dr. Vijay Tanpure. The participants, comprising eighteen prominent individuals from diverse professional backgrounds across Maharashtra, experienced their inner spiritual awakening. The session integrated the profound cultural heritage represented by the host with the spontaneous experience of Sahaja Yoga, leaving the dignitaries with a deep sense of peace and spiritual

connection.

Organized by: Aradgaon Ashram team, Rahuri



Date: 12th January 2026

Type of program: Educational Institution

Venue: Rajaram High School, Khindipada, Bhandup West

Approximate number of seekers: 300 Students

Brief details about the program: A Self-realisation program was arranged at Rajaram High School Bhandup West, more than 300 students got their self realisation. The session gracefully reflected the purity and innocence of the young minds as they experienced self-realisation.

Organized by: MMR-East Zone



Self-Realisation/Prachar Prasara Programs



Date: 13th January 2026

Type of program: Educational Institutions (Dual-Location Outreach)

Venues: 1. Omega School, Khindipada, Bhandup West
2. Mumbai Public School (MPS), Nehru Nagar, Kurla East

Approximate number of seekers: 300 Students

Brief details about the program: Sessions were conducted across multiple educational institutions of Bhandup and Kurla regions. The programs reached 300 students, introducing them to the experience of Self-realisation and the state of thoughtless awareness.

Organized by: MMR-East Zone



Date: 10th January 2026

Type of program: Educational Institution

Venue: Saraswati Vidyalyaya, Tulshetpada, Bhandup west.

Approximate number of seekers: 500 Students

Brief details about the program: A Self-realisation program was held on 10th January 2026 at the educational institution in Bhandup West, where approximately 500 students participated and were introduced to meditation through the experience of Self-realisation.

Organized by: MMR-East Zone



A C Patil
College of Engineering

A C Patil College of Engineering

Accredited by NAAC
Approved by AICTE New Delhi, DTE Government of Maharashtra & Affiliated to the University of Mumbai

Dr. N. Mahesh
Professor & Head

Date: 23/01/2026

Dear Sahajyoga Meditation Centre Team,
Navi Mumbai.

Greetings from ACPCE, Management Studies & Research!!

It was indeed a pleasure for A. C. Patil College of Engineering to collaborate with the Sahajyoga Meditation Centre, Navi Mumbai for organizing the workshop on "Stress Management Through Yoga and Meditation" on 23rd January 2026 in the college premises. The workshop, organized in coordination with the MMS Department and Women Development Cell, ACPCE was very well received by all our women faculty members.

The thoughtfully designed activities and meditation sessions were highly appreciated by participants for their practical insights and rejuvenating experience. In particular, the traditional **Haldi Kumkum Programme** added a special cultural and emotional touch, making the event even more engaging and memorable for everyone present.

On behalf of ACPCE Management Studies & Research, I would like to express our heartfelt appreciation and gratitude for your valuable contribution in making this event a grand success. We look forward to many more such meaningful collaborations in the future.

Yours sincerely,
Mahesh
(Dr. N. Mahesh)
Professor & Head
Department of Management
Studies,
A. C. Patil College of Engineering

Date: 23rd January 2026

Type of Program: Educational Institution

Venue: A. C. Patil College of Engineering, Navi Mumbai

Approximate number of seekers: 70

Brief details about the program: On the auspicious occasion of the Haldi Kum-Kum celebration, a workshop on stress management was conducted for women staff. Through the sacred gift of Self-realisation, more than 70 seekers experienced their inner awakening, discovering a path to eternal peace and balance amidst their professional and personal lives.

Organized by: MMR-Navi Mumbai Zone

Self-Realisation/Prachar Prasar Programs



Date: Every Tuesday
Type of Program: Educational Institution
Venue: Sainath English High School, Vashi, Sector 10A, Navi Mumbai
Approximate number of seekers: 900 students
Brief details about the program: A regular meditation program has been established at Sainath English High School. For students from 6th to 10th standard, weekly 30-minute follow-up sessions are conducted every Tuesday to stabilize their experience of thoughtless awareness. Additionally, a monthly session is held for the primary section.
Organized by: MMR-Navi Mumbai Zone

Date: 24th January 2026
Type of Program: General (Haldi Kum-kum Celebration)
Venue: Kolegaon, Dombivli East
Approximate number of seekers: 150
Brief details about the program: A self realisation program was held on the occasion of the Haldi Kum-kum ceremony. Around 150 new seekers were blessed with their self-realisation, experiencing the joy of the Divine and offering their heartfelt gratitude at the Lotus Feet of Shree Mataji for this sacred gift.
Organized by: MMR-Karjat Zone



Date: 24th January 2026
Type of program: Educational Institution
Venue: Ganesh Baug English High School, Kurla West
Approximate number of seekers: 300 Students
Brief details about the program: On 24th January 2026 Prachar Prasaar program was arranged at an educational institution in Kurla West, where around 300 students participated and were introduced to meditation through the experience of Self-realisation.
Organized by: MMR-East Zone



Self-Realisation/Prachar Prasara Programs

Date: 24th January 2026

Type of program: Educational Institution

Venue: Bright High School, Usha Nagar, Bhandup West

Approximate number of seekers: 150

Brief details about the program: On 24th January 2026, Prachar Prasara was conducted at Bright High School, where a session was held for the high school students. 150 students got self realisation

Organized by: MMR-East Zone



Date: 26th January 2026

Type of Program: General

Venue: Ganesh Mandir, Dhokali Naka, Thane

Approximate number of seekers : 70

Brief details about the program: On this auspicious day, a self realisation session was held at the sacred Ganesh Mandir. Seekers were blessed with their self realisation, experiencing a deep sense of stillness and the joy of spiritual awakening.

Organized by: MMR-Thane Zone



Date: 27th January 2026

Type of Program: Educational Institutions

Venue: Dharamveer Sambhaji School, Ambewadi LBS Marg, Vikhroli west

Approximate number of seekers: 150

Brief details about the program: A self-realisation program was conducted on 27th January 2026 at Dharamveer Sambhaji School, Ambewadi, LBS Marg, Vikhroli West, where 150 students received their Self realisation.

Organized by: MMR-East Zone



Self-Realisation/Prachar Prasar Programs



Date: 27th and 28th January 2026

Type of Program: Office

Venue: E-commerce parcel processing centre, post office, first floor, Airoli sector -17, Navi Mumbai.

Approximate number of seekers: 70

Brief details about the program: The Sahaja Yoga prachar prasar was conducted for two consecutive days in three sessions for E-commerce parcel processing centre at Airoli, Navi Mumbai. The sessions were attended with interest and provided an opportunity for participants to experience meditation and learn about Sahaja Yoga.

Organized by: MMR-Thane Zone



Date: 28th January 2026

Type of program: Educational Institution

Venue: Ideal School, Tulshetpada, Bhandup West

Approximate number of seekers: 150 Students

Brief details about the program: The students of Ideal School, Bhandup West experienced their inner awakening. The session introduced the children with the experience of Self-realisation and the state of thoughtless awareness.

Organized by: MMR-East Zone



Date: 29th January 2026

Type of Program: Educational Institution

Venue: TMC School No. 1, Kisan Nagar No. 3, Thane

Approximate number of seekers: 200

Brief details about the program: The students and staff were blessed with a profound experience of meditation. The teachers and students felt a deep sense of positivity and spiritual joy, while the Principal, touched by the excellent results, graciously invited the collective to return in June to share this with new students.

Organized by: MMR-Thane Zone

Self-Realisation/Prachar Prasar Programs



Date: 31st January 2026
Type of Program: Educational Institution / General
Venue: ZP School, Daund, Pune
Approximate number of seekers: 300
Brief details about the program: A public program was held at the ZP school in Daund, where students were blessed with the experience of their self-realisation.
Organized by: Kothrud Ashram team, Pune



Date: 29th January 2026
Type of program: Educational Institution
Venue: Shri Ram College of Commerce, Bhandup
Approximate number of seekers: 60
Brief details about the program: Prachar Prasar was conducted by the East zone collectivity at Shri Ram College of Commerce, Bhandup, where a session was organized for the students in higher education.
Organized by: MMR-East Zone



Date: 31st January 2026
Type of Program: Educational Institution
Venue: Sahakar Vidya Prasarak Mandal School, Kalwa, Thane
Approximate number of seekers: 700
Brief details about the program: Two sessions were conducted during the morning and afternoon for the young seekers. The students were blessed with the experience of self-realisation, allowing them to feel a deep sense of inner peace and mental clarity. The teachers observed a beautiful shift in the school's atmosphere as the students connected with their inner spirit.
Organized by: MMR-Thane Zone

Self-Realisation/Prachar Prasara Programs



Date: 31st January 2026

Type of Program: Educational Institution (Students and Parents)

Venue: Saraswati English Medium School, Kopar East

Approximate number of seekers: 100

Brief details about the program: A self-realisation session was held for the students and their parents. The program beautifully bridged the gap between home and school, allowing families to experience their inner awakening together. This collective journey into thoughtless awareness provided the students with mental clarity and the parents with a profound sense of peace and spiritual connection.

Organized by: MMR-Karjat Zone



Date: 3rd February 2026

Type of program: Educational Institution

Venue: Shri Ram College of Commerce and Science, Nahur/Bhandup West

Approximate number of seekers: 100 Students

Brief details about the program: Prachar Prasara was conducted at Shri Ram College of Commerce and Science, Nahur West, Subhash Nagar, Bhandup West, where a session was held for the college students where in they could connected with themselves through their Self-realisation.

Organized by: MMR-East Zone



Self-Realisation/Prachar Prasar Programs



Date: 5th and 6th February 2026
Type of Program: Educational Institution
Venue: Rahul International School, Nalasopara West
Approximate number of seekers: 700
Brief details about the program: A two-day session was held for the students and staff, blessing them with their self-realisation.
Organized by: MMR-North Zone



Date: 5th February 2026
Type of program: Educational Institution
Venue: Vidhyadhiraja High School & Junior College, Bhandup Gaon, Bhandup East
Approximate number of seekers: 150
Brief details about the program: A session was conducted for 150 students. The program focused on the spiritual benefits of Sahaja Yoga, emphasizing peace and emotional balance to support students during their higher secondary education and junior college years.
Organized by: MMR-East Zone



Date: 8th February 2026
Type of program: General
Venue: Rotary Club of Mumbai, Vidyavihar East
Approximate number of seekers: 50
Brief details about the program: East Zone organized its monthly collective outreach in the Vidyavihar area. The program reached a diverse group of seekers, including local shopkeepers, vegetable vendors, residents, and children. Participants were introduced to the subtle system and experienced their self-realisation, learning how Sahaja meditation can bring balance and peace to their daily busy routines.
Organized by: MMR-East Zone



Self-Realisation/Prachar Prasar Programs



Date: 9th February 2026
Type of program: Educational Institution
Venue: Upadhyay Vidyalaya, Vikhroli East
Approximate number of seekers: 40 Students
Brief details about the program: Students across primary and secondary levels got their Self-realisation. The program introduced the students to the experience of thoughtless awareness.
Organized by: MMR-East Zone



Date: 14th February 2026
Type of Program: Educational Institution (Children's Home)
Venue: Om Shanti Girls' Home (Mother Teresa Social Development Institute), Padmavati Housing Society, Chimbali, Khed, Pune
Approximate number of seekers: 25
Brief details about the program: A self realisation session was held for the girls and staff of the Om Shanti Children's Home. This sacred gift of self realisation provided them with a foundation of inner peace and a beautiful connection to the spiritual energy within.
Organized by: Kothrud Ashram team, Pune



Date: 14th February 2026
Type of Program: General
Venue: Reye Grampanchayat, Pune
Approximate number of seeker: 300
Brief details about the program: A session was organized for the students and staff of the Reye Grampanchayat school.
Organized by: Kothrud Ashram team, Pune



Self-Realisation/Prachar Prasar Programs



Date: 14th February 2026

Type of Program: Educational Institution

Venue: St. Francis High School, Kanjurmarg

Approximate number of seekers: Around 850 students

Brief details about the program: By the divine grace of Shree Mataji, a self-realisation session was conducted across 19 classes, where approximately 850 students were blessed with their self-realisation.

Organized by: MMR-East Zone



Date: 14th February 2026

Type of Program: Educational Institution

Venue: Kamlakar School, Kanjurmarg East

Approximate number of seekers: 230 students

Brief details about the program: A Sahaja Yoga self-realisation program was conducted for the students of Kamlakar School. The students were introduced to Sahaja Yoga meditation and experienced a peaceful meditation session.

Organized by: MMR-East Zone



Date: 15th February 2026

Type of Program: General

Venue: Ghodgeahwar Shiv Mandir, Murbad

Approximate number of seekers: 50

Brief details about the program: Prachar Prasar program was conducted at Ghodgeahwar Shiv Mandir in Murbad. The participants were introduced to Sahaja Yoga meditation and experienced a peaceful and collective meditation session.

Organized by: MMR Kasara Zone



Self-Realisation/Prachar Prasar Programs



Date: 16th February 2026
Type of Program: Educational Institution
Venue: Batta High School, Tagore Nagar, Vikhroli East
Approximate number of seeker : 400 students
Brief details about the program: A Sahaja Yoga self realisation program was conducted for the students of Batta High School. The students were introduced to Sahaja Yoga meditation and experienced a peaceful and collective meditation session.
Organized by: MMR-East Zone



Date: 16th February 2026
Type of Program: Educational Institution
Venue: Sandesh Vidyalaya, Vikhroli East
Approximate number of seekers: 530 students
Brief details about the program: Students across various divisions of Sandesh Vidyalaya got their Self-realisation.
Organized by: MMR-East Zone



Date: 16th February 2026
Type of Program: Educational Institution
Venue: Rahul International School (ICSE Branch), Nallasopara West
Approximate number of seekers: 410
Brief details about the program: On 16th February 2026, Prachar Prasar was conducted at Rahul International School (ICSE Branch), Nallasopara West, where a dedicated session was held at the ICSE campus for the North Zone. 410 new seekers got self realisation.
Organized by: MMR-North Zone

Self-Realisation/Prachar Prasar Programs



Date: 17th February 2026
Type of Program: Educational Institution
Venue: Oxford Sunrise School, Bhandup West
Approximate number of seekers: 370
Brief details about the program: On 17th February 2026, Prachar Prasar was conducted at Oxford Sunrise School, Bhandup West, where a session was organized by the East Zone for the students. 370 new seekers got self-realisation.
Organized by: MMR-East Zone



Date: 18th February 2026
Type of Program: Government Office
Venue: Chhatrapati Shivaji Maharaj Auditorium, Zilla Parishad, Ahilyanagar
Approximate number of seekers: 60
Brief details about the program: On 18th February 2026, Prachar Prasar was conducted at Chhatrapati Shivaji Maharaj Auditorium, Zilla Parishad, Ahilyanagar, where a session was organized by the for the government and public sector attendees. New seekers got self-realisation.
Organized by: Aradgaon Ashram team, Rahuri



Date: 18th February 2026
Type of Program: Public Follow-up
Venue: Savalivihir, Shirdi
Approximate number of seekers: 50
Brief details about the program: Following the initial outreach, a second follow-up session was held to deepen the spiritual understanding of the local seekers. The participants were able to strengthen their connection to the collective and stabilize their experience of meditation. The session focused on established techniques to maintain the state of thoughtless awareness in their daily lives.
Organized by: Aradgaon Ashram team, Rahuri





Date: 18th February 2026
Type of Program: Educational Institution
Venue: Vadunavghar School, Bhiwandi
Approximate number of seekers: 200
Brief details about the program: On 18th February 2026, Prachar Prasar was conducted at Vadunavghar School, Bhiwandi, where a session was organized by the Thane Zone for the students.
Organized by: MMR-Thane Zone



Date: 20th February 2026
Type of Program: Educational Institution
Venue: Vaibhav High School, Mhada Colony, Vikhroli East
Approximate number of seeker : 220 students
Brief details about the program: By the grace of Shree Mataji, 220 students got their self realisation. The session offered these students a glimpse into their inner spiritual potential, fostering a state of thoughtless awareness.
Organized by: MMR-East Zone



Date: 20th February 2026
Type of Program: Meditation Center Anniversary & Follow-up
Venue: Rahata Meditation Center
Approximate number of seekers: 70 active Sahaja Yogis established over the year
Brief details about the program: To celebrate the first anniversary of the Rahata center, a special event was organized by the Aradgaon Ashram. The program featured a self- realisation session for newcomers alongside heartfelt testimonials from seekers who have completed their first year of meditation. This milestone highlights the steady growth of the collective, with dozens of individuals now regularly experiencing the joy and transformation.
Organized by: Aradgaon Ashram team, Rahuri

Self-Realisation/Prachar Prasar Programs



Date: 21st February 2026
Type of Program: Educational Institution / Professional
Venue: Nair Hospital, Mumbai
Approximate number of seekers: More than 60
Brief details about the program: In a significant outreach at one of the city's medical institutions, a self realisation program was conducted for doctors and medical students. The session focused on the scientific and spiritual benefits of meditation, offering these healthcare professionals a practical tool to manage the high-stress demands of their field through the attainment of inner silence and balance.
Organized by: MMR-South Zone



Date: 21st February 2026
Type of Program: General
Venue: World Trade Center, Colaba, Mumbai
Approximate number of seekers: 100
Brief details about the program: South zone had the opportunity to set up a free stall during a mega event organized by the District Legal Services Authority (Mumbai City and Mumbai Suburban) at the World Trade Center. Approx. 100 seekers including advocates, law students, and visitors experienced self realisation. The initiative was warmly appreciated by Bombay High Court judges and many attendees expressed interest in organizing Sahaja Yoga sessions in their associated organizations and NGOs.
Organized by: MMR-South Zone



Date: 21st February 2026
Type of Program: Educational Institution
Venue: New Dale International School, Pune
Approximate number of seekers: 100
Brief details about the program: Students and faculty at this institution were introduced to the experience of self realisation. The session focused on the practical application of meditation to improve concentration and achieve a state of inner quietude, providing the academic community with a spiritual foundation for mental well-being
Organized by: Kothrud Ashram team, Pune





Date: 21st February 2026
Type of Program: General
Venue: Bal Gandharva Rang Mandir, Bandra west
Approximate number of seekers: 300
Brief details about the program: A realisation program was organized, beautifully blending Sufi and classical music with self-realisation. The session included detailed explanations of the chakras, along with guided Self-realisation through Shree Mataji's video. Two sessions of Self-realisation were conducted, more than 300 seekers got their Self-realisation. The impact has been profound, with many new seekers now regularly attending centers in Mira Road, Goregaon, Juhu, Bandra West, and Dadar. Additionally, a dedicated follow-up session for 12 new seekers was held at the Solaris Main Centre to further stabilize their experience.

Organized by: MMR-West Zone



Date: 22nd February 2026
Type of Program: General
Venue: Khadakwadi, Taluka Parner
Approximate number of seekers: 60
Brief details about the program: A self-realisation program was conducted for the residents of Khadakwadi. The event marked a significant spiritual milestone for the village with the establishment of a permanent meditation center. To support the growth of the new seekers, collective meditation sessions have been scheduled to take place every Friday, ensuring a consistent path for their spiritual development.

Organized by: Aradgaon Ashram team, Rahuri



Date: 26th February 2026
Type of Program: Educational Institution
Venue: Anand Nagar Public School, Dahisar East
Approximate number of seekers: More than 150 students
Brief details about the program: The Primary & Secondary students of Anand Nagar Public School, Dahisar East were introduced to Sahaja Yoga meditation and participated in a peaceful collective meditation session.

Organized by: MMR-West Zone



Date: 26th February 2026
Type of Program: Educational Institution
Venue: Railway Telecommunication Institute
Approximate number of seekers: 50
Brief details about the program: A Self-realisation program was conducted for the staff and trainees of the institute. The program offered participants a practical experience of inner awakening, demonstrating how Sahaja meditation can provide mental clarity and stress relief within a technical and demanding professional environment.

Organized by: MMR-South Zone

Self-Realisation/Prachar Prasar Programs



Date: 27th February 2026

Type of Program: Educational Institution (Primary)

Venue: Kanderpada BMC School, Dahisar West

Approximate number of seekers: 50

Brief details about the program: Primary school students were introduced to the experience of self-realisation. The session focused on awakening their inner energy to foster a sense of peace and joy, helping the children discover a natural state of meditation that supports their overall well-being and concentration.

Organized by: MMR-West Zone



Date: 27th February 2026

Type of Program: General

Venue: Shri Hanuman Mandir, Kalamba

Approximate number of seekers: 60

Brief details about the program: A self-realisation session was organized for the members of the Warkari Sampradaya. Amidst the devotional atmosphere of the temple, the participants experienced their inner awakening, connecting their traditional path of bhakti with the spontaneous experience of self-realisation and thoughtless awareness.

Organized by: Kolhapur Team



Date: 28th February 2026

Type of Program: Follow-up Session

Venue: Khadakwadi, Taluka Parner

Approximate number of seekers: 50

Brief details about the program: The first follow-up session was held for the newly awakened seekers of Khadakwadi. The program focused on stabilizing their experience of meditation and deepening their understanding of the subtle system. This gathering helped the local collective strengthen their spiritual foundation and establish a regular routine of Sahaj meditation.

Organized by: Aradgaon Ashram team, Rahuri

Self-Realisation/Prachar Prasar Programs



Date: 28th February 2026

Type of Program: General

Venue: Ayushman Arogya Kendra, Pisavali Gaon, Kalyan East

Approximate number of seekers: 20

Brief details about the program: A Self-realisation session was held for new seekers at Dr. Pooja's clinic. The program focused on awakening the inner spiritual energy of the participants, allowing them to experience the peace of Self-realisation. Through the continued support of the medical staff, these seekers were introduced to Sahaja meditation as a means to achieve holistic well-being and become instruments of the Divine work.

Organized by: MMR Kasara Zone



Date: 28th February 2026

Type of Program: Educational Institution

Venue: Gagangiri Vidyalaya, Katraj

Approximate number of seekers: 250

Brief details about the program: A Sahaja Yoga self-realisation program was conducted for the students at Gagangiri Vidyalaya in Katraj. The participants were introduced to Sahaja Yoga meditation and took part in a peaceful collective meditation session.

Organized by: Kothrud Ashram team, Pune



Date: 28th February 2026

Type of Program: General

Venue: Sonoshi Tal, Sangamner, Ahilyanagar

Approximate number of seekers: 200

Brief details about the program: Sahaja Yoga public program was conducted at Sonoshi Tal in Sangamner. Around 200 new seekers participated in the program and were introduced to Sahaja Yoga meditation, experiencing a peaceful collective meditation session.

Organized by: Aradgaon Ashram team, Rahuri

Self-Realisation/Prachar Prasara Programs



Date: 1st March 2026

Type of Program: General

Venue: Regency Garden, Titwala, East

Approximate number of seekers: 60

Brief details about the program: The residents experienced their Self-realisation during this collective outreach. The participants felt the profound silence of thoughtless awareness and expressed great enthusiasm to continue their journey by attending the local meditation center.

Organized by: MMR Kasara Zone



Date: 1st March 2026

Type of Program: Educational Institution

Venue: Sahyadri Vidya Mandir, Bhandup

Approximate number of seekers: 30

Brief details about the program: A Self realisation session was held at Sahyadri Vidya Mandir where 30 new seekers received their self realisation. The participants were introduced to the experience of inner silence, providing them with a spiritual foundation to maintain balance and mental clarity in their daily lives.

Organized by: MMR-East Zone



Self-Realisation/Prachar Prasar Programs



Date: 2nd March 2026

Type of Program: Educational Institution

Venue: MPS Ganesh Nagar, Kandivali West

Approximate number of seekers: 100

Brief details about the program: A Sahaja Yoga self-realisation program was conducted for the students of MPS Ganesh Nagar Municipal School. The participants were introduced to Sahaja Yoga meditation and joined in a peaceful collective meditation session.

Organized by: MMR-West Zone

Date: 2nd March 2026

Type of program: Educational Institution (English Medium)

Venue: Sahyadri Vidyamandir, Bhandup

Approximate number of seekers: 30

Brief details about the program: On 2nd March 2026, Prachar Prasar was conducted at Sahyadri Vidyamandir, Bhandup, where a session was held for the parents of the English Medium section. 30 new seekers got self-realisation.

Organized by: MMR-East Zone



Date: 4th March 2026

Type of Program: Educational Institution

Venue: Sodawala Lane Public School, Borivali West

Approximate number of seekers : 125

Brief details about the program: Students of the Sodawala Lane Public School experienced the Self-realisation. The session provided a practical method to achieve mental silence, fostering a balanced and joyful learning environment through the power of self-realisation.

Organized by: MMR-West Zone



Self-Realisation/Prachar Prasar Programs



Date: 5th March 2026
Type of Program: Educational Institution
Venue: MPS Ganesh Nagar, Kandivali West
Approximate number of seekers: 100
Brief details about the program: A session was conducted specifically for the students of MPS

Ganesh Nagar, the Hindi medium division. The program focused on the importance of the subtle system in improving memory and reducing exam stress. The students collectively experienced the cool breeze of the Spirit, discovering a new way to stay calm and centered during their school day.

Organized by: MMR-West Zone



Date: 5th March 2026

Type of Program: Educational Institution

Venue: Gagangiri Vidyalaya, Katraj

Approximate number of seekers: 150

Brief details about the program: A realisation session was conducted for the students. The program provided a practical introduction to Sahaja meditation, allowing seekers to experience their inner awakening and the state of thoughtless awareness to support their academic focus.

Organized by: Kothrud Ashram team, Pune



Self-Realisation/Prachar Prasar Programs

Date: 5th March 2026

Type of Program: Educational Institution (Follow-up)

Venue: Anand Nagar Public School, Dahisar East

Approximate number of seekers: 50

Brief details about the program: The follow-up sessions were conducted for both primary and secondary students to stabilize their experience of Self-realisation. The program focused on deepening their meditative state and to improve academic focus and emotional balance.

Organized by: MMR-North Zone



Date: 5th March 2026

Type of Program: Educational Institution

Venue: G.V. Scheme Municipal School, Mulund (East)

Approximate number of seekers: 206 (200 Students and 6 Teachers)

Brief details about the program: A realisation session was conducted for the students and staff. The program introduced participants to the experience of inner silence and thoughtless awareness.

Organized by: MMR-East Zone





Date: 8th March 2026

Type of Program: General

Venue: Blossom International School, Dombivli East

Approximate number of seekers: 300

Brief details about the program: The event of Sahaj Bhajan Sandhya was held at Blossom International School, Dombivli East, on 8th March 2026. The program included a session of Kundalini awakening and Self-realisation for new seekers, offering them an opportunity to experience meditation in a simple and direct way. This was complemented by cultural presentations, including a Kathak performance reflecting Indian traditions, along with Sahaj music that created a devotional atmosphere. The Dombivli collective actively took part in the program, joining along with the new seekers in this shared experience. Around 500 attendees were present, making the gathering lively and engaging.

Organized by: MMR-Karjat Zone



Date: 8th March 2026

Type of Program: General

Venue: Rahul International School (ICSE), Nallasopara

Approximate number of seekers: 40

Brief details about the program: On the occasion of International Women's Day, a Self-realisation session was organized by Rahul International School to honor the mothers and grandmothers of their students. By the divine grace of Shree Mataji, 40 new seekers got their self realisation.

Organized by: MMR-North Zone



Self-Realisation/Prachar Prasar Programs

Date: 10th March 2026

Type of Program: Educational Institution (Follow-up)

Venue: Jondhale College

Approximate number of seekers: 120

Brief details about the program: A successful first follow-up was held for 120 seekers to deepen their experience of meditation. A permanent center has been established at the venue, with collective sessions scheduled every Thursday at 7:30 PM.

Organized by: Aradgaon Ashram team, Rahuri



Date: 9th March 2026

Type of Program: Educational Institution (Follow-up)

Venue: MPS English Medium BMC School, CAMA, Andheri West, Mumbai

Approximate number of seekers: 400 Students (Standards 1st to 5th)

Brief details about the program: A follow-up session was conducted across eight classes. The students demonstrated high engagement, with several already practicing daily

meditation at home. These children shared personal testimonies of improved concentration and academic focus, while the collective session helped stabilize the experience of thoughtless awareness for the large group of 400 attendees.

Organized by: MMR-West Zone



Date: 13th March 2026

Type of Program: General

Venue: Talegaon Dighe, Sangamner

Approximate number of seeker: 60

Brief details about the program: The third follow-up session was successfully conducted for the seekers of Talegaon Dighe. The program focused on deepening their spiritual practice by teaching the techniques of raising the Kundalini and taking a Bandhan.

Organized by: Aradgaon Ashram team, Rahuri



Self-Realisation/Prachar Prasar Programs



Date: 14th March 2026
Type of Program: General
Venue: NMMC School No 10, Nerul, Navi Mumbai
Approximate number of seekers: 40
Brief details about the program: A Self-realisation program was conducted at the Nerul weekly centre on Saturday. Two teams were formed for outreach activities. One team distributed pamphlets at Nerul Railway Station, while the other reached out to people near the entrance of the weekly centre. Seekers were guided to the weekly centre at NMMC School No. 10, where multiple sessions were conducted. Around 40 seekers received their Self-realisation and were introduced to the practice of meditation.
Organized by: MMR-Navi Mumbai Zone



Date: 15th March 2026
Type of Program: Educational Institution
Venue: Vatsalya Ashram School, Ashram School Kurze and Bhopali, Taluka Vikramgad, Palghar
Approximate number of seekers: 600 Students
Brief details about the program: A Self-realisation program was conducted in multiple schools at Vikramgad, Palghar, more than 600 students got their self-realisation. The session focused on the joy of innocence and the practical benefits of Sahaja meditation for students.
Organized by: MMR-North Zone



Date: 17th March 2026
Type of Program: Educational Institution
Venue: Ambavadi BMC School, Borivali East
Approximate number of seekers : 200 Students
Brief details about the program: A realisation session was conducted for approximately 200 students in Borivali East. The program covered a wide age group, from primary to secondary sections, introducing them to the experience of thoughtless awareness. The session focused on how Sahaja Yoga can help students improve their memory and remain calm during school hours.
Organized by: MMR-West Zone

Self-Realisation/Prachar Prasar Programs



Date: 18th March 2026

Type of Program: Educational Institutions

Venue: Amarjyoti School, Dahisar East

Approximate number of seekers: 12 Staff Members

Brief details about the program: A Self-realisation session was conducted for the teaching and administrative staff, Recognizing the vital role educators play. The teachers experienced their inner awakening and learned how a few minutes of meditation can enhance their patience and creativity in the classroom.

Organized by: MMR-West Zone



Date: 23rd March 2026

Type of Program: General

Venue: Pavsha Ganapati, Warje and Khandoba Mandir, Akurdi

Approximate number of seekers: 20

Brief details about the program: In the Pune region, regular Sahaja Yoga sessions for new seekers are conducted at Pavsha Ganapati, Warje and Khandoba Mandir, Akurdi. These sessions are held every Sunday evening after the Aarti, offering an opportunity for seekers to experience meditation and learn about Sahaja Yoga in a simple and accessible way.

Organized by: Kothrud Ashram team, Pune



Date: 26th March 2026

Type of Program: General

Venue: Skillcave Academy,shrirampur

Approximate number of seekers: 60

Brief details about the program: On 26th March 2026, Prachar Prasar was conducted at Skillcave Academy, Shrirampur, where a session was held for the attendees at the academy. 60 new seekers got Self-realisation.

Organized by: Aradgaon Ashram team, Rahuri



Self-Realisation/Prachar Prasar Programs



Date: 28th March 2026
Type of Program: Educational Institution
Venue: Jirewadi School, Pune
Approximate number of seekers: 200
Brief details about the program: A self realization program was conducted on 28th March 2026 at Jirewadi School, Pune, where more than 200 primary section students received their self-realization.
Organized by: Kothrud Ashram team, Pune

Self-realisation during the program, with each participant personally guiding seekers through the experience in a one-to-one manner.

Organized by: MMR-East Zone



Date: 29th March 2026
Type of Program: General
Venue: Tagore Nagar, Vikhroli East
Approximate number of seekers: 300
Brief details about the program: On 29th March 2026, a Prachar Prasar program was conducted at Tagore Nagar, Vikhroli East. More than 50 Sahaja Yogis participated in the activity, collectively reaching out to the local community. Over 300 seekers received





Date: 29th March 2026

Type of Program: General

Venue: Rotary Club, Shakti Nagar, Dahisar East, Mumbai

Approximate number of seekers: 120

Brief details about the program: A Sahaja Yoga Summer Camp was organized by Yuva Shakti of North and West Zone, Mumbai, on 29th March 2026 at Dahisar, with participation from 120 seekers, including 90 children and 30 parents. The camp featured a self-realisation session led by Yuva Shakti, along with engaging activities like chakra-based art, Sahaj games, and cultural performances by Bal Shakti students. The program created a joyful and spiritually enriching experience, receiving an overwhelming response. Follow-up sessions will be held every Sunday at the centre.

Organized by: MMR-North Zone and MMR-West Zone



Date: 20th March 2026

Type of Program: Educational Institution

Venue: Vidhya Nidhi English school JVPD, Andheri West Mumbai

Approximate number of seekers: 80

Brief details about the program: The session included a simple three-step process for Self-realisation along with balancing techniques, followed by a brief introduction to the chakras to help participants understand the subtle system.

Organized by: MMR-West Zone

Self-realisation programs at Brihanmumbai Municipal Corporation (BMC) Schools, Mumbai

The Education department of BMC had issued approval for conducting Sahaja Yoga realization programs in various schools all over Mumbai for the educational year 2025-2026.



Date: 31st March 2026

Type of program: Educational Institution

Venue: Bhivarabai Sawant College of Polytechnic, Narhe, Pune

Number of seekers: 50 Faculty Members

Brief details about the program: A self-realisation and meditation session was conducted for the faculty members of Bhivarabai Sawant College of Polytechnic.

Organized by: Kothrud Ashram team, Pune

बृहन्मुंबई महानगरपालिका शिक्षण विभाग

फीफीसी / 2090-2114
दिनांक : 12/12/2025

प्रति,
The Life Eternal Trust.

विषय : सन 2025-26 या शैक्षणिक वर्षात The Life Eternal Trust यांना मनपाच्या मराठी , हिंदी , गुजराती आणि इंग्रजी माध्यमांच्या शाळांमधून सहज योगसत्रांचे आयोजन करणेबाबत.

- संदर्भ : 1. The Life Eternal Trust यांचे दिनांक 19-11-2025 रोजीचे पत्र.
2. स्वास्थ्य एवं परिवार कल्याण मंत्रालय निर्माण भवन , नवी दिल्ली यांचे पत्र.
3. उत्तिां/2023/संकीर्ण/अवि-1 दिनांक 12-01-2023
4. पीपीपी पॉलिसी भाग दोन मधील क्रमांक 4, शाळेत अतिरिक्त मोठी

सन 2025-26 या शैक्षणिक वर्षात The Life Eternal Trust हे मनपाच्या मराठी , हिंदी , गुजराती आणि इंग्रजी माध्यमांच्या शाळांमधून सहज योगसत्रांचे आयोजन करणार आहेत.

सहज योग ही आंतरीक कुडतिनी शाकीवी जागृती व आत्मसाक्षात्कार यांच्या अनुभववार आधुनिक ध्यानाची एक अद्वितीय पध्दत आहे. ज्यामुळे आंतरीक परिवर्तन होते जे आपल्याला भावनिक , मानसिक आणि शारीरिकदृष्ट्या संतुलित आणि एकात्मिक बनवते. प्रत्येक शाळेत 30 ते 45 मिनिटाकरिता सत्रांचे आयोजन करण्यात येणार असून यामध्ये प्रस्तावना, ध्यानाचे टप्पे आणि प्रश्नावली यांचा समावेश आहे. यामुळे शिक्षक आणि विद्यार्थी यांच्या स्मरणशक्तीत वाढ होते. आरोग्यामध्ये सुधारणा होते तसेच जीवनामध्ये ख-या अर्थाने सुख, शांती आणि समाधान प्राप्त होते असे संस्थेचे आपल्या पत्रात नमूद केलेले आहे.

नवी सन 2025-26 या शैक्षणिक वर्षात The Life Eternal Trust यांना मनपाच्या मराठी , हिंदी , गुजराती आणि इंग्रजी माध्यमांच्या शाळांमधून सहज योगसत्रांचे आयोजन करणेबाबत शाळेत अतिरिक्त मोठी, पीपीपी पॉलिसी भाग दोन मधील क्रमांक 4 अन्वये खालील अटीसापेक्ष परवानगी देण्यात येत आहे.

- सदर उपक्रमाचे नियोजन हे उपशिक्षणाधिकारी (शहर/ पश्चिम उपनगरे/ पूर्वे उपनगरे / माध्यमिक / अन्य मंडळ शाळा) विभाग , संबंधीत प्रशासकीय अधिकारी (शाळा) तसेच संबंधीत शाळेच्या मुख्याध्यापकांसमवेत करण्यात यावे.
- अध्ययन अध्यापनात कोणताही अडथळ्या वेळार नाही याची दखता घेण्यात यावी.
- मानवी , भौतिक व आर्थिक संसाधनासाठी केलेल्या खर्चाचा परतावा मिळणार नाही.
- उपक्रमाचे आयोजन हे फक्त शनिवार याच दिवशी करण्यात यावे.
- कोणत्याही समाजाच्या धार्मिक भावना दुखावणार नाही याची दखता घेण्यात यावी.
- संस्थेचे उपक्रमासाठी निवृत्त पुरुष कर्मचारी यांच्याकडे स्थानिक पोलिसांचे चारित्र्याचे प्रमाणपत्र (कॅरेक्टर सर्टिफिकेट) असणे बंधनकारक असेल.
- उपक्रमासाठी शाळेत उपलब्ध असलेल्या साहित्याबाबत आश्चर्यक असलेल्या साहित्याची व्यवस्था संस्थेमार्फत करण्यात यावी.
- सदर उपक्रमांच्या संपोर्णनाबतितरिक्त अन्य कोणत्याही संस्थेचे उपक्रमाचे कामकाजासाठी अथवा कार्यालयासाठी महानगरपालिका शाळेतील बर्गबोली उपलब्ध करून दिली जाणार नाही अथवा तथा बर्गबोलीवर हक्क सांगता येणार नाही. तसेच सद्यस्थितीत मनपा शाळेतील सदर कामकाजाच्या हेतूने बर्गबोली घेतलेली असल्यास या परवानगीच्या सहाय्याने बोलीवर बापराचा हक्क सांगून सदर बोली पुढे बापपरण्यास चालू ठेवता येणार नाही.
- उपरोक्त अटीमधील भाग वगळता आपणांस देण्यात आलेली परवानगी रद्द करण्यात येईल याची नोंद घेण्यात यावी.
- केलेल्या कार्याचा अहवाल मार्च 2026 मध्ये निवृत्त्यावरीलकारांस सादर करावा.

S. S. Sawant
12/12/25
(सुजाता बरे)

शिक्षणाधिकारी
बृहन्मुंबई महानगरपालिका
शिक्षणाधिकारी
बृहन्मुंबई महानगर पालिका

प्रत माहिती तसेच कार्यवाहीसाठी :

- उपशिक्षणाधिकारी, (शहर / पश्चिम उपनगरे / पूर्वे उपनगरे / अन्य मंडळ शाळा) विभाग
- अधीक्षक (शाळा) , (शहर / पश्चिम उपनगरे / पूर्वे उपनगरे / अन्य मंडळ शाळा) विभाग
- प्रशासकीय अधिकारी (शाळा) ,
- संबंधीत शाळांचे मुख्याध्यापक

Self-Realisation/Prachar Prasar Programs

Self realization & meditation programs have been conducted in about 200 schools, for students from Nursery to 10th std Classes of various mediums such as Marathi, Hindi, English, Gujarati, Tamil, Urdu, etc. The programs conducted with Self Realization process, meditation, and explanation of benefits & how to practice at home. The purpose of these school programs was to help students to develop their academic skills, increase learning ability, improve their skills and to become a balanced personality in life.

All these school programs were conducted by Yoginis. Apart from students, teachers and non-teaching staff also got their realization in many schools. Students & teachers have appreciated the techniques of Sahaja Yoga meditation and expressed their willingness to continue with it. More than 15000 students got their realization in the school programs conducted during December 2025 to March 2026. Thank you Shree Mataji

Also, we extend our heartfelt thanks to the Education Department of BMC for allowing us to introduce Sahaja Yoga in schools



Siddharth Nagar, BMC School



Janakalyan Nagar, BMC School, Malad West



Moreshwar Patankar BMC School, Kurla West



Baradevi BMC School, Parel



Ganesh Baug BMC School, Kurla West

Self-Realisation/Prachar Prasar Programs



BMC School, Kurla East



BMC School, Bhandup West



BMC English MPS School, Jogeshwari West



BMC School, Sodawala Lane, Borivali West



BMC School, Charkop



BMC School, Ghatkopar East



Self-Realisation/Prachar Prasar Programs



BMC School, Tilak Nagar, Chembur



BMC School, Siddharth Nagar, Goregaon West



BMC School, Supari Tank Lane, Bandra



BMC School, Shankarwadi, Jogeshwari East



Cama BMC School, Andheri West



BMC School, Dattapada, Borivali East

Self-Realisation/Prachar Prasar Programs



Topiwala BMC School, Malad East



BMC School, Pratiksha Nagar, Oshiwara, Andheri West



Manohardas Stree BMC School, Fort



BMC School, Colaba



BMC School, Tilak Nagar



BMC School, S G Barve Marg



Poisar BMC School, Borivali West



BMC School, Rajendra Nagar, Borivali East

Self-Realisation/Prachar Prasar Programs



Bandar Pakhadi BMC School, Kandivali



BMC Hindi Highschool, Ambedkar Road, Mulund



Dawood Baug BMC School, Andheri



Baradevi BMC School, Parel



Unnat Nagar School, Goregaon West



Lord Harris BMC School, Dhobi Talao



Baradevi BMC School Sewree



Tata Compound BMC School

Glimpses of some of the MMR Sahaja Yoga Meditation Centres

West Zone



Sahaja Yoga Mumbai Main Centre, Andheri East



Goregaon East



DN Nagar, Andheri West



Malad, West



Shagun Hall, Kandivali East



Malad, East

Sahaja Yoga Meditation Centres



Sodawala Lane, Borivali West



Charkop Centre, Kandivali West



Samta Vidya Mandir, Kandivali East



Rajendra Nagar, Borivali East



MVM Centre, Andheri West



Gorai, Borivali West



Asmita Bhavan, Jogeshwari East



Juhu Centre

South Zone



Colaba Centre



Dadar East (Naigaon)



Prabhadevi Centre



Cottongreen Centre



Grant Road Centre



Dadar Centre

Sahaja Yoga Meditation Centres



Byculla Centre



Wadala Centre



Bandra East Centre



Worli Centre



Bandra West Centre

North Zone



Parel Centre



Mira Road Centre

Sahaja Yoga Meditation Centres



RBK School, Mira-Bhayandar



Nallasopara East Centre



Nallasopara West Centre



Vasai West Centre



Vasai Gaon Centre



Virar East Centre



Virar West Centre



Boisar West Centre



Pant Nagar, Ghatkopar Centre



Palghar Centre



Sion Centre

East Zone



Mulund East Centre



Ghatkopar West Centre



Bhandup Centre

Sahaja Yoga Meditation Centres



Vikroli Centre



Bhandup East Centre



Chembur



Vikroli Centre



Mulund West Centre



Sakinaka Centre

Thane Zone



Bedekar School, Thane West



Vasant Vihar, Thane



Savarkar Nagar, Thane

Kasara Zone



Wayle Nagar, Kalyan West



Gajanan Vidyalay, Kalyan West Centre



Sukhaprada Centre (For New Seekers), Kalyan West



Saraswati Mandir, Kalyan West

Karjat Zone



Dombivali East Centre



Dombivali West Centre



Dombivali MIDC Centre



Shirgaon, Badlapur Centre



Katrap, Badlapur Centre

Navi Mumbai Zone



New Seeker Center at International Sahaja Yoga Research & Health Centre, CBD Belapur



Regular Center at International Sahaja Yoga Research & Health Centre, CBD Belapur



Kharghar Centre



Nerul Centre



Vashi Centre

Sahaja Yoga Central Committee of India

(Formed as per instructions given on July 20, 2008 by Mataji Shree Nirmala Devi, after Guru Puja)



Her Holiness Mataji Shree Nirmala Devi
(Founder of Sahaja Yoga)

communications@syccindia.org

www.syccindia.org

Date: July 10, 2025

Subject: *General Guidelines for Running Sahaja Yoga Meditation Centres*

Dear Centre/City /District /State Leader and Sahaja Yogis,

Jai Shree Mataji,

With the divine blessings of Her Holiness Mataji Shree Nirmala Devi, and in keeping with Her teachings and guidance, Sahaja Yoga Central Committee of India (SYCCI) is pleased to share the following general guidelines for the proper conduct of weekly Sahaja Yoga meditation centres across India.

These guidelines are to be sincerely followed in all centres to maintain collective discipline, ensure consistency, and nurture spiritual depth. Adhering to these practices will also help prevent any unusual or non-Sahaja methods from being introduced in the future.

We lovingly request all Centre Leaders and Sahaja Yogis to uphold these practices with sincerity and devotion. Let our collectivity deepen and our vibrations grow stronger through regular and heartfelt participation at our meditation centres.

With Sincere regards,

For and on behalf of
Sahaja Yoga Central Committee of India (SYCCI)



(Sudershan Sharma)
Leader SYCCI

Sahaja Yoga Central Committee of India

(Formed as per instructions given on July 20, 2008 by Mataji Shree Nirmala Devi, after Guru Puja)



Her Holiness Mataji Shree Nirmala Devi
(Founder of Sahaja Yoga)

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www.syccindia.org

Communication from The Sahaja Yoga Central Committee of India (SYCCCI)

General Guidelines for running Sahaja Yoga meditation centers:

- Centres should start **on time**. Centres should be conducted once a week
- Bhajan (1-2 bhajans, may be taken at the start of the centre or after aarti) (optional)
- Vandan/ Bow down to Shree Mataji
- Bandhan
- Three Mahamantras
- Shree Ganesh Mantra
- Balancing (occasional Shree Ganesh Atharvashirsha / occasional clearing through Affirmations): 5-10 mins
- Shree Mataji's Speech at least for 25-30 minutes or till completion of speech (if shorter than 30 minutes)
 - Preferably, center coordinator should first listen to the speech before playing it at the centre.
 - The selection of talk needs to be appropriate, and clearly audible
 - Longer speeches can be played in parts, however, it should be at the end of Shree Mataji's sentence and change of topic
- Self realization to new seekers.
(This can also be done at the start also, if new seekers are more in numbers)
- Aarti (only one person)
- Three Mahamantras, Jayakara (with Shree Adi Shakti's name)
- Bandhan and Meditation (5-10 mins). Preferably in silence without instrumental
- Announcements (to the point by the centre coordinator or person authorized by him, not exceeding 5 minutes)
- Preferably Centres should be completed within 60-75 minutes. Those desiring to leave can leave after Prasad and others wanting to sit further can do so
- Prasad can be of Chana and peda/misri/gud
- Personal celebrations like birthdays, anniversaries etc should be avoided at centres
- Centres should **not be made very rigid and ritualistic**. Meditation at the centre is most important. Long guided meditation should be avoided at centres. People should leave the centre joyous and relaxed.
- New comers should be given brief written instructions to follow, when they come to the centre.
- Every Centre should maintain:
 - A register containing details of sahaja yogis and new seekers attending the center such as name/phone no./email id etc.
 - Proper record of contribution / donations and expenses

Sahaja Yoga Central Committee of India
July 10, 2025

Sahaja Yoga Central Committee of India

(Formed as per instructions given on July 20, 2008 by Mataji Shree Nirmala Devi, after Guru Puja)



Her Holiness Mataji Shree Nirmala Devi
(Founder of Sahaja Yoga)

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Extracts from Shree Mataji's speeches on importance of attending meditation centres:

*..I'm sure, you'll make it convenient to come there and also you **must attend the centres here so you know how to use this power, how to grow....***

<https://www.amruta.org/1989/05/07/public-program-117/>

*It is a collective happening that's all. You have to **just attend our centres**, whatever they have, they'll tell you all about it, they'll give you all the knowledge and then they'll make you the Spirit.*

<https://www.amruta.org/1990/06/21/public-program-day-2-athens-1990/>

*This is a collective work. And in a collective work, it is essential that you **attend the centres**.*

<https://www.amruta.org/1994/11/30/1994-public-program-paise-ke-peeche-daur-noida-india-hindi/>

*Now you have felt the cool breeze for the first time. This is the sprouting. You **must attend our centres**. No money will be charged. Nothing will be asked for.*

<https://www.amruta.org/1990/02/13/1990-public-program-day-2-bangalore-india/>

*Your saintly life has started but you must value it, you must grow. For that we have a **centre here, centres everywhere**. Please attend, you don't have to pay, again and again I am telling you. But respect your self-realization.*

<https://www.amruta.org/1995/03/12/public-program-in-kuala-humpur-1995/>

*Now check in your regions and **where ever you have centres, go and attend** and try to become deep sahaja yogis. There you will know all kinds of intricate knowledge of Sahaja Yoga....*

*Now, whatever you have to do further, **please learn from the centres**, which is near to you or even if it is far from your house, find out on which day it is functioning and attend it.*

<https://www.amruta.org/2001/03/26/public-program-jn-stadium-delhi-2001/>

Let them listen to my tape then go into meditation and then do the aarti and finish it off. Because these tapes are to be heard again and again.

Now those who get any questions out of those tapes can, next time, discuss it before starting the tapes. That's a very good thing and that works. In India, nobody speaks, they just put my tapes on or show my video. After that, they just have meditation and aarti — finished.

<https://www.amruta.org/1990/09/12/shri-mahakali-puja-le-raincy-ashram-1990/>

If you are collective, I am there. Wherever you are collective, wherever you gather, I am there. And nothing gives me greater pleasure to hear that all of you are attending this programme.

<https://www.amruta.org/1990/09/12/shri-mahakali-puja-le-raincy-ashram-1990/>

*So **whichever centre is near to you, please attend the follow-up program there***

<https://www.amruta.org/1998/12/17/public-program-new-delhi-india-dp-hindi/>

*So, **humble down yourself in your hearts and come to the centres and try to establish yourself**.*

We have many Sahajyogis like that—they just come when I am here and then say, "Mother we lost all the vibrations". "Did you go to your Centres". They would say, "No, Mother we did not".

<https://www.amruta.org/1979/03/28/release-of-advent-1979-ficci-hall-new-delhi-anant-jeevan-issue-1/>

Yuva Shakti Seminar



A Yuva Shakti Seminar on the theme of introspection was held on 20th April 2025 at the International Sahaja Yoga Research and Health Centre, CBD Belapur with the participation of around 150 Yuva Shakti from across Mumbai.

The program started with collective meditation, helping participants settle into a state of inner awareness. This was followed by a talk by Shree Mataji, encouraging everyone to reflect more deeply on their spiritual growth and day-to-day practices.

A set of thoughtfully prepared introspective questions was then shared, covering important aspects such as consistency in meditation, foot soak, spreading Sahaja Yoga, and observing maryadas. Each point was supported by Shree Mataji's guidance, offering clarity on how to overcome obstacles on the path.

Participants were given time for individual reflection as well as group discussions, which allowed for meaningful sharing and mutual understanding. After a collective lunch, the discussions continued with active involvement from the Yuva Shakti.

The seminar concluded with meditation, aarti, and a group photograph, leaving participants with a quiet sense of awareness and a deeper connection within.

Yuva Shakti Session – MMR East Zone

On 1st June 2025, More than 12 Yuva Shaktis participated in an engaging session. The program began with meditation, followed by an ice-breaker activity based on Sahaja knowledge.

A quiz session brought in both learning and enthusiasm, after which participants came together to sing bhajans. The session concluded with experience sharing, where Yuva Shakti spoke about their personal journeys in Sahaja Yoga, inspiring one another through their reflections.

Bal Shakti & Yuva Shakti Seminar at Nirmala Dham, Aradgaon



With the blessings of Her Holiness Mataji Shree Nirmala Devi, the Balshakti and Yuvashakti Seminar along with Shri Adi Shakti Puja was held at Nirmala Dham Ashram, Aradgaon, from 5th to 8th June 2025.

More than 50 children from different parts of Maharashtra took part in the seminar with keen interest. The schedule included daily meditation, sessions on vibratory awareness, foot soaking, physical exercises, games, and group interactions. Creative activities such as art, music, candle and soap making, and awareness about beekeeping were also part of the program.

Through these sessions, the Balshakti learned about Sahaj culture, protocols, and the importance of education, along with developing an understanding of Param Chaitanya and its role in daily life.

The program concluded with Shree Adi Shakti Puja on 8th June 2025, where around 250 Sahaja Yogis from the Ahilyanagar district were present. The gathering provided a meaningful learning experience and supported the overall growth and inner development of the participants.

Yuva Shakti Seminar – MMR Thane Zone

With the divine grace of Shree Mataji a Yuva Shakti Seminar was organised by Thane zone on 6th July 2025. The seminar was attended by 35 Yuva Shaktis, who came together for a day of learning and reflection. The program began with a session focused on deepening meditation, guided by Shree Mataji's speeches.

Participants then presented short skits illustrating common situations faced by Yuva Shaktis, along with practical ways to overcome them using Shri Mataji's Amrutvani. These presentations encouraged

thoughtful understanding and shared learning. Following a collective lunch, an interactive question-and-answer session with a senior Sahaja Yogi offered further clarity and guidance on various aspects of the spiritual journey.

The seminar concluded with a lively musical activity, where participants shared bhajans and experiences in a joyful and participative manner. The gathering provided an opportunity for connection, learning, and collective growth.

Yuva Shakti Seminar – MMR Kasara Zone

On 10th August 2025 more than 30 Yuva Shakti gathered to celebrate Raksha Bandhan with enthusiasm and devotion. The program began with collective meditation followed by soulful bhajans, creating a vibrant spiritual atmosphere.

Participants engaged in creative activities such as making Rakhis and greeting cards, expressing love and appreciation for one another. A key highlight was the Rakhi ceremony, where sisters tied Rakhis to brothers, accompanied by a discussion on the true spiritual significance of Raksha Bandhan promoting purity, unity, and mutual support.

The celebration concluded joyfully, filled with laughter, bonding, and cherished memories.

Yuva Shakti Seminar and Raksha Bandhan Celebration

On 24th August 2025, A Yuva Shakti seminar was conducted at International Sahaja Yoga Research and Health Centre, more than 30 Yuva Shakti participated in this day-long seminar held from 11:00 a.m. to 5:00 p.m. The session began with collective meditation, followed by a group discussion on the importance of the chakras, guided by Shree Mataji's teachings, which helped deepen the understanding of the subtle system.

A key focus of the seminar was Prachar Prasar for different age groups. The discussion highlighted the need for a simple, relatable, and practical approach while sharing Sahaja Yoga with children, teenagers, and students, helping them connect easily with the experience. The session provided valuable insights and encouraged thoughtful participation among the Yuva Shakti.

Yuva Shakti Seminar and Raksha Bandhan Celebration (MMR North & MMR West Zone)

A Yuva Shakti Seminar and Rakhi celebration was conducted on 24th August 2025, The session began

with collective meditation and vibrations exchange, creating a peaceful and divine atmosphere.

This was followed by an open sharing session, where participants spoke about their personal experiences and moments of grace in their Sahaja journey. The discussions were sincere and thoughtful, and each sharing added to the strengthening of collective faith and bonding.

The Seminar concluded with the Rakhi ceremony, leaving everyone with a sense of joy, positivity, and togetherness.

Yuva Shakti Session - MMR South Zone

On 19th October 2025, around more than 15 Yuva Shakti members came together for a get-together. The program began with meditation, followed by guidance from a senior Sahaja Yogi on meditation. Inspired by this, participants collectively started a daily 5:00 a.m. online meditation, which has continued consistently for five months.

The session also included introductions, sharing of experiences, and a chakra-based activity, making it interactive and engaging.

Yuva Shakti Seminar

On 2nd November 2025, a Yuva Shakti seminar on the topic of Prachar Prasar was conducted at the International Sahaja Yoga Research and Health Centre, CBD Belapur more than 150 Yuva Shakti attended this seminar. The session commenced with collective meditation, followed by Shree Mataji's talk, highlighting the importance of sharing Sahaja Yoga with sincerity and dedication.

After the introduction, participants were grouped into teams and assigned various real-life scenarios. These included introducing Sahaja Yoga to school and college students, workplaces, rural and urban communities, as well as through online platforms, public programs, medical fields, and interfaith initiatives.

Each group engaged in thoughtful discussions and prepared their presentations based on these situations. A collective lunch provided an opportunity for interaction and connection among the participants. In the later session, teams shared their ideas, reflecting both creativity and practical understanding of prachar prasar.

The seminar concluded with collective meditation and aarti, followed by a group photograph, making it a joyful and memorable event.

Collective Shoe beat & Foot Soak



West zone Sahaja Yoga collectivity arranged Collective Shoe beat & Salt water treatment session at Aksa Beach, Malad West, Mumbai. This program was conducted on various Sunday morning on following dates: 13th April 2025, 18th May 2025, 11th January 2026, 8th February 2026, 1st & 29th March 2026.

Samudra Puja



On 30th April 2025, Samudra Puja was held at Dadar beach by Sahaja Yoga collective of nearby vicinity on the auspicious occasion of Akshay Tithiya. Also, a beach cleaning drive was conducted a day before puja.



Samudra Puja was arranged at Aksa beach by the West zone collective. Sahaja Yogis prayed for adequate & balanced rain throughout India in the upcoming monsoon season.

National Sahasrara Puja



National Sahasrara Puja 2025 was performed on 4th May 2025 at International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai. More than 2000 Sahaja Yogis from all over the India attended the Puja. The Members of Sahaja Yoga Central Committee of India from various states of India also attended the Puja.

Bal shakti Seminar



With the Divine Blessings of Her Holiness Shree Mataji Nirmala Devi, the Bal Shakti Seminar 2025 was successfully conducted at Kothrud Ashram on 18th May 2025. The seminar witnessed enthusiastic

participation of Bal Shakti along with their parents. The day was filled with joy, learning, and deep vibrations through various enlightening and fun-filled activities designed for the young seekers.

Shree Adi Shakti Puja



Sahaja Yogis performed Shree Adi Shakti Puja on Sunday, 8th June 2025 at Gopalji Hemraj High School, MG Road, Borivali East. More than 1200 Sahaja Yogis attended the Puja

Sahaja Krishi Seminar - Aradgaon



A Sahaja Krishi Seminar was conducted on 22nd June 2025 at Nirmala Dham Ashram, Aradgaon, Rahuri, by the working committee along with the Aradgaon-Rahuri Sahaja Krishi team. Around 150 Sahaja Yogi farmers from different parts of Maharashtra came together for this gathering. On this occasion, a talk by Shree Mataji on Sahaja Krishi was presented, offering guidance on the subtle principles behind natural farming. The Aradgaon Sahaja Krishi team shared insights on its significance and explained practical methods for applying it in day-to-day agricultural practices, along with demonstrations.

Farmers who have been following Sahaja Krishi also shared their personal observations and learnings, highlighting its positive impact. The program concluded with an interactive session where participants raised questions and received clarifications.

Shree Adi Guru Puja



On 13th July 2025, more than 1800 Sahaja Yogis gathered to worship and perform Shree Mataji's Puja in the form of Shree Adi Guru at CIDCO Exhibition Centre, Vashi, Navi Mumbai.

Seminar at Kothrud Ashram

A seminar was organised at the Sahaja Yoga Dhyana Kendra, Kothrud, Pune by the Kothrud Ashram Committee on 3rd August, 2025. The seminar started with meditation and Listening to speech of Shree Mataji. This was followed by session covering the medical aspects as per Shree Mataji's speeches by Dr Arun Dongre, Doctor-in-charge of International Sahaja Yoga Research and Health Centre, CBD Belapur. Sudershan Sharma elaborated on balance, thoughtless awareness, catches, collectivity, introspection, vibratory awareness etc. Seminar concluded by an open question and answer session handled by both the speakers.

Workshop for Children - Kothrud Ashram



With the Divine Blessings of Her Holiness Shree Mataji Nirmala Devi, the Shree Ganesh Idol Making Workshop for Children and Yuva Shakti was successfully conducted at Kothrud Ashram, Pune on 10th August 2025.

The workshop was a joyful and creative experience where our Bal Shakti and Yuva Shakti beautifully expressed their love and devotion by making eco-

friendly idols of Shri Ganesh. Through this activity, they experienced the qualities of innocence, wisdom, and collectivity.

Independence Day Celebration

The 79th Independence Day dawned with profound significance at the International Sahaja Yoga Research and Health Centre in CBD Belapur, Navi Mumbai, on 15th August 2025. It was not only a celebration of independence but also a heartfelt expression of national pride, connected with spiritual respect and global unity. From early morning, the serene premises welcomed Sahaja Yogis from the local collectivity, as well as Sahaja Yogis who had journeyed from across India. Sahaja Yogis from distant shores—Australasia, Russia, Ukraine, various nations of Europe, Canada, Brazil, and the United States—joined in person, embodying the timeless message of Sahaja Yoga, the awakening of inner freedom that leaves behind geographical boundaries. At 09:00 o'clock, the National Flag was solemnly hoisted by the doctor of the Health Centre. This simple yet deeply symbolic act stirred a wave of patriotic fervor. Following the flag-hoisting, warm hospitality prevailed as sweets and light refreshments were shared among the gathering. The celebration then gracefully transitioned to the meditation hall, where Sahaja Yogis united in profound collective meditation. Soulful Sahaja Bhajans filled the air, their melodies evoking devotion and inner harmony. The proceedings culminated in an offering of flowers at the Lotus Feet of Her Holiness Mataji Shree Nirmala Devi. The event at the Health Centre served as a poignant reminder: true independence blossoms not only in the freedom of a nation, but in the liberation of the individual spirit.

Jai Hind. Jai Shree Mataji

Shree Krishna Puja



By the Divine Grace of Her Holiness Shree Mataji, Shree Krishna Puja was performed at Agri Koli Sanskruti Bhavan, Nerul, Navi Mumbai on 17th August 2025. More than 1400 Sahaja Yogis attended the Puja.

Shree Ganesh Puja



On 31st August 2025, more than 1400 Sahaja Yogis gathered to perform Shree Ganesh Puja at Sterling College, Seawoods, Navi Mumbai.

Appointment of Zonal Leaders & Yuva Representatives

In a view to decentralise the responsibilities of various activities of Sahaja Yoga, trustees of The Life Eternal Trust, Mumbai decided to divide Mumbai Metropolitan Region (MMR) in different zones as existed earlier before Covid 19 pandemic. Accordingly, nine zones were formed, viz; North (Dahanu - Mira Road), West (Dahisar - Khar Road), South (Bandra - Colaba, Wadala), East (Sion - Mulund) Thane (Thane - Diva, Ghodbunder, Airoli), Karjat (Dombivli - Karjat), Kasara (Kalyan - Kasara, Vaitarna), Navi Mumbai (Rabale - Ghansoli - Vashi - Chowk), Alibag. Zonal Leaders and Yuva Representatives have been appointed for respective zones and the same was announced during Shree Ganesh Puja 2025. They will ensure smooth coordination with Centre coordinators of their respective zones and work towards strengthening of Centres. To discuss various matters concerning centre conduct, etc. meetings for interaction with Trustees were held on 04th January 2026 with South Zone & on 25th January 2026 with North Zone and will continue further with other zones.

Formation of Committees & Functional Teams

The trustees of The Life Eternal Trust, Mumbai have formed Committees for Sahaja Yoga Dhyana Kendra (Kothrud Ashram) & Shere Land, Pune, Vaitarna Academy and Nirmala Nagari, Ganapatipule. These committees shall be responsible for all aspects of the Sahaja Yoga activities relating to the Kothrud Ashram, Shere Land, Vaitarna Academy, and Nirmala Nagari, Ganapatipule. The names of the committee members are updated on trust's website.

Also, The Life Eternal Trust, Mumbai have formed various functional teams working under The Life Eternal Trust, Mumbai, i.e. 1) Finance, Banking & Taxation Team, 2) Legal, Regulatory & Record keeping Team, 3) Tech Team, 4) Communication and Public Relations Team, 5) Newsletter Team, 6) Puja Team, 7) Prachar Prasar Team.

The newly appointed members have been selected on the basis of vibratory awareness. They shall work in close coordination and supervision with the trustees of The Life Eternal Trust, Mumbai. The tenure of all the team members shall be 3 years and shall be reviewed annually.

A meeting will be held between the trustees, above appointed Team members, Zonal Leaders and Yuva representatives at least once every month (physically or online) to enhance coordination and smooth working of the Trust work.

Sahaja Musical Evening



With the Blessings of Her Holiness Shree Mataji Nirmla Devi, the Sahaja Yoga Musical Evening at Kothrud Ashram on 27th September 2025 was conducted very beautifully. The soulful performances by Shrimati Chhaya Wankhede and Mrs. Akansha Deshmukh from Nirmal Sangeet Sarita created a divine atmosphere. Meditation followed by bhajans filled everyone with deep joy and collectivity. All Sahaja Yogis thoroughly enjoyed the blissful vibrations and the evening was filled with love and devotion.

Navaratri Puja and Havan



Havan and Navratri Puja were performed at Agri Koli Sanskruti Bhavan, Nerul, Navi Mumbai on 28th September 2025. More than 1400 Sahaja Yogis attended the Puja and Havan.

Havan at Nirmala Nagari, Ganapatipule



International Sahaja Yoga Seminar and Christmas Puja 2025 was organised from 22nd December to 25th December 2025. A Havan was organized on 4th October 2025, to seek the divine blessings for the smooth conduct of the seminar.

On 5th October 2025, a seminar was organised in the morning session with wide range of topics and also includes Question and Answer session. More than 600 Sahaja Yogis attended this Havan and seminar.

Shree Mahalakshmi Puja (Diwali)



Shree Mahalakshmi Puja (Diwali Puja) was performed on 26th October 2025 at International Sahaja Yoga Research and Health Centre, CBD Belapur Navi Mumbai. More than 1300 Sahaja Yogis attended the Puja. All Sahaja Yogis were drenched in blessing rain and tremendous flow of vibrations.

Seminar at Prabhadevi Centre



A seminar was conducted at Prabhadevi Centre on 09th November 2025. Senior Sahaja Yogis guided all participants with their experiences in Sahaja Yoga.

Havan at Shere Village



A Havan was conducted on 23rd November 2025 at Shere village, located in Mulshi taluka of Pune district. The land, spread across 4.5 acres, holds special significance as Shree Mataji graciously offered two Saakar Pujas at this place. More than 300 Sahaja Yogis attended the Havan.

Maharashtra Tour 2025 – A spiritual journey through the Holy Land of Maharashtra



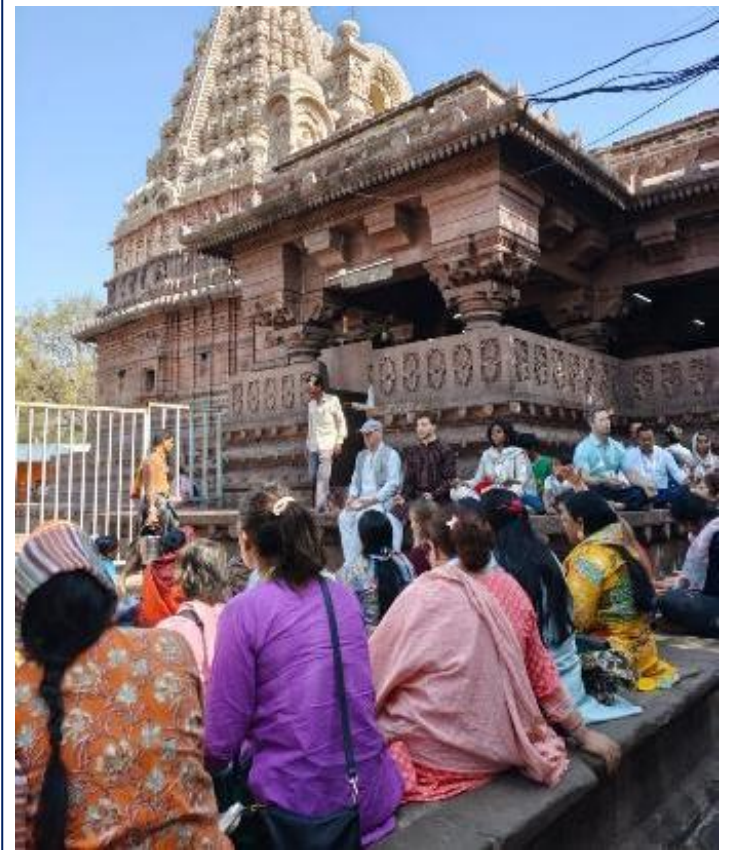
In the tradition lovingly established by Her Holiness Mataji Shree Nirmala Devi, Sahaja Yogis from around the world gathered once again to walk the sacred soil of Maharashtra — the blessed land of Adi Kundalini, Mahalaxmi, Mahasaraswati, Mahakali, and the Ashta-Vinayaka Swayambhus. From December 17 to 21, 2025, this five-day pilgrimage wove through revered temples, Sufi shrines, UNESCO World Heritage caves, a historic fort, Sahaja ashrams, and landscapes pulsating with divine vibrations — each step a collective offering, each destination a homecoming of the spirit. Joining hands across continents, Sahaja Yogis from Austria, Malaysia, Australia, Canada, Romania, Poland, the USA, Greece, England, and India walked this journey together, united in joy and divine vibrations.



Day 1 — December 17 | Navi Mumbai to Shirdi The journey commenced at the International Sahaja Yoga Research & Health Centre in Navi Mumbai, where yogis arriving from around the world gathered in collective meditation before embarking. The first



day traced two of the celebrated Ashtavinayak pilgrimage temples — Shri Vighnhar at Ozar and Shri Girijatmaj at the cave-temple of Lenyadri — before arriving at the beloved Shri Sai Baba Temple at Shirdi.



Day 2 — December 18 | Shirdi to Chhatrapati Sambhajinagar Day two immersed the Sahaja Yogis in the grandeur of Shri Grishneshwar, one of the twelve sacred Jyotirlingas of Lord Shiva, followed by the awe-inspiring Ellora Caves — where Hindu, Buddhist, and Jain traditions converge in stone across thirty-four rock-cut temples. The formidable Daulatabad Fort brought the day to a close, a testament to medieval India's architectural and martial genius.



Day 3 — December 19 | Chhatrapati Sambhajnagar to Rahuri The third day was an encounter with timeless art at the Ajanta Caves, whose 2,000-year-old Buddhist paintings remain among humanity's finest expressions of spiritual devotion and artistic mastery. The group then visited Pais Khamb at Newasa — the sacred pillar where the great saint-poet Dnyaneshwar composed the Dnyaneshwari — before arriving at Nirmla Dham, Rahuri, a deeply personal place blessed by Shree Mataji's presence.



Day 4 — December 20 | Rahuri to Panchgani Day four wove through more of the Ashtavinayak circuit — Shri Mahaganapati at Ranjangaon and Shri Chintamani at Theur — with a visit to the Ekadasha Rudra Temple at Musalwadi, a powerful shrine of great significance in Sahaja Yoga. The evening brought the group to the serene hill station of Panchgani, where cool mountain air and an atmosphere of elevated stillness offered a beautiful rest before the final leg of the journey.



Day 5 — December 21 | Panchgani to Ganapatipule

The tour reached its luminous conclusion at Nirmla Nagari, Ganapatipule — the beloved coastal ashram where Shree Mataji and yogis from across the globe have gathered for decades in collective celebrations and pujas. Here, the Maharashtra Tour merged seamlessly into the International Sahaja Yoga Seminar, bringing the journey full circle in joy and gratitude.

This Maharashtra tour was far more than a journey through places — it was a pilgrimage in vibrations, a passage through the sacred land that Shree Mataji held so close to her heart. The divine vibrations that enveloped every site, the warmth of togetherness, the stillness of daily collective meditations, the delight of savoring traditional cuisine, and the depth of spiritual experiences shared along the way — all of these will live within us, long after the journey has ended.

International Sahaja Yoga Seminar, Malgund Ganapatipule 2025

The International Sahaja Yoga Seminar and Christmas Puja 2025 was organised by The Life Eternal Trust, Mumbai with the divine grace and blessings of Her Holiness Mataji Shree Nirmala Devi at Nirmala Nagari, Malgund, Ganapatipule. The sacred land of Shree Mahaganesha, holds a special place in the hearts of Sahaja Yogis, who often visit this holy region to meditate and deepen their spiritual ascent. The four-day seminar, conducted from 22nd to 25th December 2025, offered a serene blend of collective meditations, Havan, seminars, classical music and cultural programmes, culminating in the sacred celebration of Christmas Puja. More than 7,500 Sahaja Yogis from India and across the globe came together on this auspicious occasion to experience inner peace, divine joy, and the nourishment of the awakened soul.

On 22nd December 2025, the day unfolded peacefully with an early morning meditation and soothing Amrutwani of Her Holiness Mataji Shree Nirmala Devi, amidst the serene and vibratory atmosphere of Nirmala Nagari, Ganapatipule. This was followed by a short break for tea, breakfast, and a refreshing cleansing at the sea, allowing the collectivity to absorb the morning vibrations. At 11:00 a.m., a sacred Havan was performed, offering prayers for the well-being of humanity and the smooth, harmonious completion of the seminar. Sahaja Yogis who had arrived from different parts of India and across the world were then warmly welcomed by the organisers. The morning session concluded with a Krushi Seminar, which beautifully highlighted how divine vibrations support and enhance agriculture, including crops, livestock, dairy, and poultry, reflecting the subtle nurturing power of the Divine in daily life. After a peaceful midday break for lunch, cleansing at the sea, and evening tea, the collectivity gathered once again for the evening session. The program began with collective meditation, setting a serene foundation for the cultural offerings that followed. The cultural segment opened gracefully with a Kathak dance featuring Ganesh Vandana, followed by a soulful Nirmal Bhakti Nritya in Bhairavi Raga, "*Tum Aa Jaana Bhagwan*," beautifully performed by Ms. Srijita Baidya. The program continued with a joyful Bal Shakti dance, after which respected Kalpana Didi was warmly invited on the stage by the trustees of The Life Eternal Trust, Mumbai. On this auspicious occasion, a thoughtfully curated souvenir with beautiful 50 plus photographs of Her Holiness Mataji Shree Nirmala Devi was unveiled by Respected Didi. She then addressed the gathering with a heartfelt

words, sharing reflections on Shree Mataji's boundless love for all Sahaja Yogis. The evening session was further enriched by a mesmerizing vocal performance by Pandit Chandrashekhar Vaze, followed by melodious Sahaja Bhajans presented by the Mumbai and Pune music teams, which deeply touched the hearts of the collectivity. The devotional atmosphere continued late into the night with energetic Sahaja bhajans by Shri Mukhiram and group. All participating artists were felicitated by the trustees and coordinators with flower bouquets and mementos as tokens of gratitude and affection. The evening program concluded in a spirit of deep gratitude to Shree Mataji, with the collective singing of "*Your face shines like a thousand suns*," leaving everyone immersed in joy and vibrations.

The second day, 23rd December, began with collective morning meditation, filling the atmosphere with peace and subtle vibrations. After refreshments and a cleansing at the sea, the afternoon session unfolded with a series of cultural offerings that beautifully blended devotion and artistry. Mr. Yash Sondhi presented soulful Sahaja Bhajans, gently leading the collectivity into a deeper meditative state. This was followed by graceful classical and folk-dance performances on Abhanga and Ganesh Vandana by Mrs. Tejas Dalvi and Ms. Pallavi Kharat. The session continued with an elegant Kathak performance on Ganesh Vandana by Ms. Spruha Kshitij Sonawane, filling the atmosphere with devotion and joy. The session continued with insightful discussions on how to guide new seekers and offer them Self-Realisation, followed by a dedicated session for Centre Coordinators. The afternoon session concluded with a captivating Bharatanatyam performance by Ms. Gogiri Bhavsar, who gracefully presented Devi Stuti "*Aigiri Nandini*" and a soulful Shiv Stuti in praise of Shree Shiva. The evening session commenced with collective meditation, this was followed by a remarkable display of warrior skills by Shri Rajesh Patil and team from Shiv Sanstha, Kolhapur. Demonstrating extraordinary feats with the single stick, sword, *Dandpatta* (gauntlet sword), and *Bhala* (spear), they vividly brought to life the glorious legacy of Chhatrapati Shivaji Maharaj. The breathtaking performance left all Sahaja Yogis deeply fascinated, watching with great wonder and admiration. Thereafter, Shri Rajyog Dhuri and his team presented a melodious classical offering titled *Bhaktirang*, rendering soulful compositions. The evening concluded with a captivating classical fusion and duet instrumental performance by Shri Uday Deshpande and his team, leaving the audience immersed in joy and devotion.

24th December, the third day of the seminar, commenced with morning meditation, setting a serene and uplifting all into a state of collective

thoughtless awareness. This was followed by cultural programmes, beginning with a graceful Kathak performance by Ksenia Ovchinnikova from Russia, Koli Nritya was gracefully presented by the Ulhasnagar collectivity, and the Karegaonkar Shirur group presented an exceptionally beautiful dance on Sahaj bhajans. The programme continued with a vocal performance by Ms. Sushumna Chaudhari, followed by devotional bhajans by Mr. Nirag Rane. The session continued with an informative medical seminar conducted by a doctor from the Health Centre, enriching the Sahaja Yogis with valuable insights for holistic well-being. The afternoon session concluded with a question-and-answer session, during which the panelists addressed the doubts and queries of the Sahaja Yogis.

The evening session commenced with a graceful Kathak performance presented by the Turkish collectivity, reflecting the beauty of cultural unity within the Sahaja family. This was followed by a soothing classical presentation of Haveli Sangeet based on devotion to Lord Shri Krishna, beautifully performed by Mr. Saiprasad Panchal and team, which created a deeply devotional atmosphere. An informative presentation was then shared with the collectivity by Sudershan Sharma trustee of The Life Eternal Trust, Mumbai, highlighting the ongoing renovation and development work at Nirmala Nagari Ganapatipule, Nirmala Dham Ashram Aradgaon, Rahuri and Sangam Village Solapur. The update offered a glimpse into the dedicated efforts being made to preserve and nurture these sacred places for seekers and future generations. The evening continued with a Qawwali performance by the Warasi Brothers from Hyderabad, whose melodious singing uplifted the entire collectivity. At midnight, Sahaja Yogis sang Christmas carols in celebration of the birth of Shree Jesus Christ. The sacred moment was marked with collective joy, followed by cake cutting. The evening program gracefully concluded with heartfelt Sahaja Bhajans presented by Mr. Dinesh Nimbalkar, leaving everyone immersed in devotion.

The fourth day, 25th December, began with cultural offerings that reflected the beauty and diversity of our collective. The afternoon featured classical and folk-dance performances including Bharatnatyam, Kuchipudi, and Kathak. Bharatnatyam was gracefully presented by Ms. Samruddhi Mehetre. A classical Kuchipudi performance was offered by Ms. Kuzmina Katya and Ms. Bustelli, while Kathak was beautifully presented by Ms. Ridhi Tiwari and Ms. Bustelli Francesca. The devotional atmosphere continued with soulful Sahaj Bhajans sung by the Balshakti of Pune, followed by a joyful group dance performed by the Chandrapur collectivity. The afternoon session concluded with a Yuva Shakti seminar featuring thoughtful skits on themes such as guiding new

seekers, sharing Sahaja Yoga among friends, understanding the importance of family support, nurturing the spirit of dedication. The Christmas Puja was performed in the evening in a deeply sacred and joyful atmosphere, by the divine grace and blessings of Her Holiness Mataji Shree Nirmala Devi, the entire seminar unfolded smoothly. After the Puja, Sahaja Yogis meditated and enjoyed the vibrations and blessings of Shree Mataji. Representatives from 35 countries also offered bouquets/garlands at Shree Mataji's Lotus Feet. Many countries participated in the Havan, performances and the Puja, bringing back the memories of the Seminars at Ganapatipule during Shree Mataji's Sakar times.

The preparations for the Ganapatipule Seminar began nearly a month in advance. Around 50 teams and more than 500 dedicated volunteers served tirelessly, working day and night with collective spirit and devotion to ensure the smooth and harmonious completion of the seminar. Their selfless efforts reflected true dedication and love for Shree Mataji's work. As the seminar concluded, Sahaja Yogis gradually returned to their homes, carrying with them cherished memories and vibrations. The volunteers departed for their respective cities and native places with grateful yet emotional hearts, promising one another to reunite again at next year's Ganapatipule Seminar.

Get together of country coordinators, council members and country representative with members of Central Committee of India and trustees of The Life Eternal Trust, Mumbai

A get together was organised over lunch in which 30+ country coordinators, and council members and country representatives participated. Foreigners shared their experiences of attending seminar at Nirmala Nagari, Malgund, Ganapatipule. They also expressed their desire that maximum Sahaja Yogis from all over the world must visit the holy place and return with pleasant memories as well share the divine experiences with their collectives. Many expressed their experiences of the Maharashtra Tours and said that this must be continued every year.



Havan



Dance by Ms. Srijita Baidya



Sahaja Bhajans by Shri Mukhiram and team



Classical Vocal by Pandit Chandrashekar Vaze



Cultural Programs, 23rd December 2025 afternoon



Sahaja Bhajans by Pune Collectivity



Seminar on Establishing New seekers in Sahaja Yoga



Sahaja Bhajans by Mumbai Collectivity



Seminar for Centre Co-ordinators



Mardani Khel



Medical Seminar by Dr. Arun Dongre



Classical Vocals by Shri Rajyog Dhuri



Question and Answer Session



Classical Fusion by Shri Uday Deshpande and team



Dance by Turkish Collectivity



Cultural Programs, 24th December 2025 afternoon



Haveli Sangeet by Shri Sai Prasad Panchan and team



Qawwali by Warsi Brothers and team



Sahaja Bhajans by Shri Dinesh Nimbalkar and team



Cultural Programs, 25th December 2025 afternoon



Christmas Puja, 25th December 2025



Meeting with Country coordinators, council members, country representatives, SYCC India members and Trustees of The Life Eternal Trust

Christmas Puja



On 25th December 2025, Christmas Puja was performed at International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai. More than 1100 Sahaja Yogis attended the Puja.

Workshop on Music, Instruments & Dance

With the Divine Blessings of Her Holiness Mataji Shree Nirmala Devi, 5 days workshop on Music, Instruments & Dance was arranged from 27th December 2025 to 31st December 2025 at the Holy Land of Shri P. K. Salve Kala Pratishthan, Vaitarna.



The workshop includes introduction to the various musical instruments like Tabla, Harmonium, vocal & Kathak etc. The students also introduced to the other art form like Portrait Rangoli, Garland making etc. The workshop concluded on 31st December 2025 afternoon. More than 51 students from various countries attended the Workshop.



Havan and New Year Puja





On 31st December 2025 evening, Havan was performed at Shri P. K. Salve Kala Pratishthan, Vaitarna. After Havan, Musical evening was arranged. Sahaja Yogi students who attended the workshop performed and showed their skills followed by Sahaja Bhajans by Shri Dinesh Nimbalkar.

On 1st January 2026, New Year Puja was performed in the morning. Approximately 300 Sahaja Yogis attended the Puja

Volunteer's Meeting of International Sahaja Yoga Seminar, Ganapatipule 2025



After a successful completion of International Sahaja Yoga Seminar and Christmas Puja which was held at Nirmla Nagari Ganapatipule in December 2025. Get together cum Feedback / suggestions session of volunteers was arranged by The Life Eternal Trust Mumbai On 18th January 2026 at International Sahaja Yoga Research And Health Centre CBD Belapur.

During the Seminar, about 500 volunteers had participated in various teams of preparation and for smooth functioning of the seminar. Google forms were provided beforehand to volunteers for registering their feedback & suggestions, so as to do the necessary improvements in upcoming seminars.

The session started with a few bhajans and Shree Mataji's speech on 'Makar Sankranti Puja'. After a warm welcome by the Trustee of The Life Eternal Trust, the team leaders and their volunteers were allowed to offer flowers at the lotus feet of Shree Mataji and team leaders were called one by one for their valuable feedback and suggestions. About 38 teams had given their feedback & suggestions, which was continued even after a lunch break. All the team heads and volunteers mentioned that the seminar was well organised with micro management, stressless and hence successful & joy giving. About 125 volunteers attended this session.

Trustees then summarised the suggestions and announced the one which was accepted. Trustees also appreciated the efforts made by all volunteers to ensure successful completion of the seminar and sought blessings from Shree Mataji.

The session concluded with thanks to Shree Mataji with a prayer to give the strength and capability to continue with this volunteering for all Sahaja Yoga seminars & Programs.

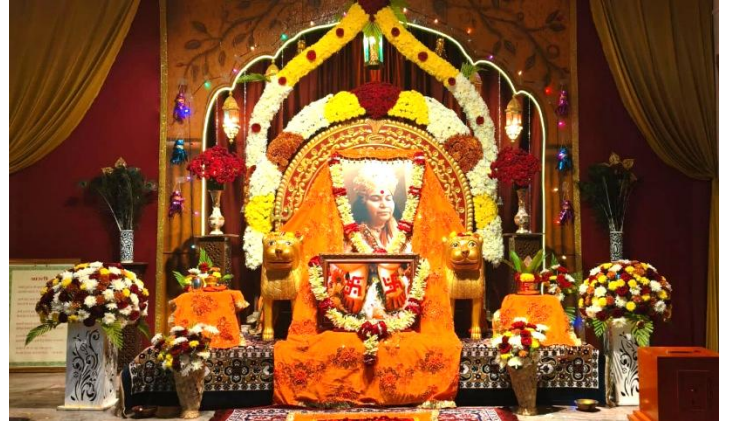
Republic Day Celebrations



The International Sahaja Yoga Research and Health Centre, and Nirmala Dham Ashram, Aradgaon (Rahuri) celebrated the 77th Republic Day on 26th January 2026 with a spirit of respect and unity. The program began with the hoisting of the National Flag, followed by the National Anthem, expressing heartfelt gratitude and respect for the nation. This was followed by Sahaj Bhajans and collective meditation. Flowers were then offered at the Lotus Feet of Shree Mataji as a gesture of devotion and remembrance. The celebration concluded on a note of inspiration, with everyone carrying a renewed sense of responsibility and appreciation for the values that guide the nation.

Maharashtra Seminar & Shree Ekadash Rudra Puja 2026

With the blessings of Her Holiness Mataji Shree Nirmala Devi, The Life Eternal Trust, Mumbai organized the Maharashtra Seminar and Shree Ekadash Rudra Puja 2026 at Nirmala Dham Ashram in Aradgaon, Rahuri.



Havan



Sahaja Bhajans by Shri Sandeep Dalal, Milind Dalal and team

Sahaja Yoga Activities



Seminar on Sahaja Yoga and Music



Sahaja Bhajans by Shri Shyam Jain and team



Yuva Shakti Seminar



Social Media and Sahaja Yoga



Shri Ekadasha Rudra Puja



Evening Cultural programs

The Aradgaon Nirmala Dham Ashram on about 7 acres land was established in 1987. This sacred place holds special significance, as it is one of the first Sahaja Yoga Ashrams established in the world. Sahaja Yogis from across India and many parts of the world visit this place to meditate and deepen their spiritual growth.

The three-day seminar was held from 30th January to 1st February 2026, and included a Havan, Maharashtra Seminar sessions, Shree Ekadash Rudra Puja, and cultural presentations. More than 1,800 Sahaja Yogis from different regions of Maharashtra

came together to participate in this collective event and strengthen their spiritual connection.

First Day – 30th January 2026

The day commenced with morning meditation, followed by Shree Mataji's Amrutvani, which created an atmosphere of inner stillness. The evening session began at 5:00 PM with a sacred Havan, where prayers were offered for the welfare of humanity and for the smooth conduct of the seminar. After a short tea break, the Aradgaon collectivity presented a stage drama portraying significant moments from the life of Shree Mataji. The presentation was received with great appreciation by the Sahaja Yogis. The cultural segment continued with musical offerings by the Dalal Brothers Shri Milind Dalal and Shri Sandeep Dalal, who rendered Sahaj Bhajans that touched the hearts of the gathering. The artists were later felicitated by the trustees and coordinators with bouquets as a token of gratitude and appreciation.

Second Day – 31st January 2026

The Maharashtra Seminar began at 10:00 AM with the ceremonial lighting of the lamp. Sahaja Yogis who had arrived from various parts of Maharashtra were welcomed by the trustees.

The seminar featured enlightening sessions on several important subjects, including:

- The importance of the Mooladhara Chakra
- The significance of the Kalki Incarnation and Shree Ekadash Rudra
- Social media and Sahaja Yoga

The session continued with a topic on Music and Sahaja Yoga by explaining how music helps to cleanse chakras. The afternoon session concluded with an interactive question and answer session where participants asked questions related to meditation and spiritual ascent. The panelists responded and shared guidance with the collectivity.

The evening segment reflected the cultural heritage of Maharashtra. Traditional performances such as Lokdhara folk dance and Bharud, presented by the Aradgaon collectivity. The evening session concluded with Bhajans performed by Shri Shyam Jain that brought back beautiful memories of Shree Mataji.

Third Day – 1st February 2026

The final day began with morning meditation, followed by tea and breakfast. The seminar reached its culmination with the Shree Ekadash Rudra Puja. Following a peaceful and harmonious seminar, Sahaja Yogis from across Maharashtra returned to their native places, carrying with them a profound sense of spiritual ascent and the cherished memories of a truly transformative seminar.

A Heartwarming Evening with Respected Smt. Kalpana Didi



All the active team and committee members of The Life Eternal Trust, Mumbai were lovingly hosted by our beloved Didi, Smt. Kalpana Srivastava, at International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai for a beautiful and memorable evening on 7th February, 2026.

The gathering commenced at around 5:00 PM with collective meditation, setting a serene and joyful atmosphere for the evening. This was the first instance of such a meeting with all the members of the Mumbai team with their spouses, though similar such meetings were earlier held with Pune and Aradgaon teams.

The event was gracefully started by Sudershan Sharma, Trustee of The Life Eternal Trust, Mumbai by explaining the vision of the Trust, and how the Trust is keeping its activities transparent and keeping intact the core teachings and principles of Shree Mataji.

Thereafter, he introduced the recently formed functional teams- Finance, Legal, Tech, Newsletter, Prachar-Prasar, Communication, Anti-Sahaja Activities and Vaitarna.

After the introductions, volunteers had a casual chat with Didi. Many of the topics were discussed about her cherished memories and personal experiences with Shree Mataji. Didi lovingly shared beautiful glimpses of Shree Mataji's life such as Her favourite

music, Her incredible attention to details, Her deep love and affection for Didi and Her granddaughters, Her interest in selecting carpets and other artistic artifacts, Her immense love for the collective, and the beautiful freedom She gave to everyone around Her. She also explained the qualities of Shree Lakshmi as told to her by Shree Mataji viz. Wisdom, Discretion, Pure knowledge, Generosity, Courage, Truthfulness, Proper dress code and ethics and decorum in personal behavior, Genuineness in feelings and expression of feelings.

During the interaction a question was raised by a member of the collective regarding some information that has been spread that only one daughter of Shree Mataji is Her biological daughter and the other is adopted. A reference to a few videos of the speeches of Shree Mataji were given, which clearly answered the query that Kalpana Didi is the real daughter of Shree Mataji without any doubt. Links are provided below.

Birth Day Puja, Sydney (Australia) 21 March 1983
<https://www.amruta.org/1983/03/21/birthday-puja-1983/>

Diwali Puja, London (England) 27 October 1981
<https://www.amruta.org/1981/10/27/diwali-talk-lakshmi-principle-london-1981/>

And, once I was just sitting outside My father's house, I was knitting. Because Kalpana was to be born and I was knitting outside.

Also, Kalpana Didi announced that after her retirement as Chairperson of The Life Eternal Trust, one of the current trustees will be the chairperson of the Trust and that a resolution has been passed to this effect by the Trust few years back by the Trustees. All those present applauded the decision.

On behalf of the entire collectivity present, a handmade silk saree was gifted to respected Didi, which she liked very much.

The heartfelt interaction was followed by a delicious dinner graciously hosted by Didi. The evening concluded on a joyful note, with everyone capturing precious photographs with Didi and thanking her for expressing her love through such a warm and wonderful get-together.

Everyone left with hearts full of gratitude, deeply touched by Didi's affection, and with a sincere wish to have many more such beautiful gatherings in the future.

Experiences shared by Team members

• "It was a wonderful decision taken by the trustees, and a very well-organised interaction cum meeting session with our Chairperson, respected Kalpana Didi. The platform provided an opportunity for everyone to connect, share ideas, and strengthen bonds, fostering a sense of community and unity. Altogether, it was a beautiful evening filled with warm conversations, emotional moments, and beautiful,

golden memories of Shree Mataji shared by Didi. Her present. The evening was complemented by a delightful dinner, satisfying the discerning souls present and leaving everyone feeling grateful and uplifted."

• "Jai Shree Mataji. Saturday session was very nice. Enjoyed with Didi's experience with her Mother, our Shree Mataji, was very joyful. We learnt so many things through her. My suggestion is that we need more sessions with Didi. That day everyone felt tremendous vibrations and inner joy."

• "What a wonderful experience it was! We got to know Mother's loving and caring nature towards everyone, while also balancing Her Sahaja Yoga responsibilities with family duties. The stories shared by Didi were truly heartwarming and will stay with us forever. We'd love to have more such sessions in the future, maybe even a pictorial walk-through where Kalpana Didi can share the stories behind the pictures."

• "Interaction and meeting with Kalpana Didi was one of the most surreal times spent at the open grounds of Belapur Sahaja Yoga Health Centre. There was tremendous vibrations right from the time we entered We all introduced ourselves with our respective spouses present. Our trustees spoke, Didi spoke, some issues were discussed. And post the meeting a really wonderful dinner was arranged. We thank Didi, Trustees and volunteers behind the meeting for the most memorable time spent with one and all. Jai Shree Mataji"

Shree Shiv Puja



On 15th February 2026, Shree Shiva Puja was performed at International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai. More than 1550 Sahaja Yogis attended the Puja.

30th Anniversary of Health Centre

On 19th February 1996, the world received a priceless gift from the Divine Mother, Her Holiness Mataji Shree Nirmala Devi. With boundless compassion, She inaugurated the International Sahaja Yoga Research and Health Center, a sacred sanctuary dedicated to



the well-being of all Sahaja Yogis and, indeed, to the entire humanity. In International Sahaja yoga research and health center thousands of Sahaja Yogis from around the world have experienced miraculous healing, not through medicines or machines, but solely through Her infinite grace, vibrations, and the Divine energy. It stands today as a living testament to the power of Sahaja Yoga, a beacon of hope where the body, mind, and soul find true restoration. This year, as the Health Center gracefully completed thirty glorious years of selfless service, Sahaja Yogis from India & around the globe gathered in profound devotion to celebrate its 30th Anniversary. On this auspicious day, we offered our collective love and reverence through special puja, worshipping Shree Mataji in the divine form of Shree Dhanvantari the eternal healer. The atmosphere was filled with complete serenity; waves of cool vibrations showered upon everyone present, creating an unforgettable experience of inner peace and collective joy. In that sacred moment, hearts overflowed with gratitude for the countless blessings She continues to bestow upon us.

The celebrations continued into a beautiful evening of musical program. Before Musical program, two eminent personalities Mr. Madake in the field of judiciary and Mr. Sankalp Meshram in the field of films were felicitated by the Trustees. Emerging young artist Shri Rajyog Dhuri enthralled the gathering with his classical renditions, weaving melodies so pure and uplifting that every note seemed to resonate directly with the heart. It was an ear-satisfying experience that left all present immersed in bliss. The occasion was graced by the loving presence of Respected Kalpana Didi, the esteemed trustees of The Life

Eternal Trust, Mumbai. Together, we shared not only the divine vibrations but also the warmth of fellowship, culminating in a heartfelt dinner that extended the joy late into the night. As we reflect on this milestone, let us carry forward the light of the Health Center in our daily lives spreading vibrations of love, healing, and unity wherever we go. May Shree Mataji's infinite grace continue to guide and protect us all, turning every Sahaja Yogi into a living instrument of Her divine mission.

Holi Celebration



On the auspicious occasion of Holi, Holika Dahan was organised on 2nd March 2026 at the International Sahaja Yoga Research and Health Centre, CBD Belapur. In the light of Shree Mataji's teachings, the burning of Holika symbolizes the destruction of ego, pride, and negative tendencies within us. Beyond the traditional bonfire, it reminds seekers of the subtle process of cleansing the Agnya Chakra, where we pray for the burning away of our impurities so that the light of the Spirit may shine more clearly within.

The following day, on 3rd March 2026, Sahaja Holi was joyfully celebrated at the same venue, with more than 350 Sahaja Yogis gathering in a spirit of collective joy and devotion. In Sahaja Yoga, Holi reflects divine love, innocence, and the playful expression of the Spirit, reminding us of the importance of inner transformation and unity among all seekers. The festival beautifully symbolizes universal

brotherhood, transcending differences of caste, creed, and nationality, and bringing everyone together in collective harmony.

The program began with collective meditation at 10:00 a.m., followed by melodious Sahaj Bhajans that created a joyful and vibrant atmosphere. Colours and flowers were offered at the Lotus Feet of Her Holiness Mataji Shree Nirmala Devi as an expression of devotion and gratitude. Thereafter, Sahaja Yogis celebrated Sahaj Holi with great joy, dancing gracefully to devotional bhajans and sharing colours in a spirit of purity, love, and collective happiness. The celebration also included collective group photographs, capturing these joyful moments together. The program concluded at 2:00 p.m., leaving everyone filled with happiness, gratitude, and beautiful vibrations.

Women's Seminar



By the Grace of Her Holiness Mataji Shree Nirmala Devi a full day Women's Seminar was held at International Sahaja Yoga Research and Health Centre, CBD Belapur, Navi Mumbai on 8th March 2026. Around 300 Sahaja Yoginis from Mumbai, Navi Mumbai and Thane attended the seminar. It included topics like

- Powers of a Gruhalaxmi by Anamika Mitra - Pune
- Significance of Women's Shringar by CA Sheetal Karkera - Borivali
- Guidelines and importance of Shree Mataji's Altar by Dr. Dipika - Borivali
- Social Media and Attention by Social Media - Samruddhi Bhosale
- Vibratory Awareness by Dr. Vijaya - Health Centre
- Question & Answers session

The sessions were informative, practical and well researched based on Shree Mataji's teachings.

Havan at Sangam



In 1984, Her Holiness Mataji Shree Nirmala Devi had acquired about 25 acres of holy land for Sahaja Yoga Ashram in the village of Sangam, at the confluence of Bhima River and Nira River at Tal-Malshiras, District-Solapur, Maharashtra for the purpose of establishing a Sahaja Yoga Ashram. The Trust has taken initiative to develop Ashram on this land.



The spiritual significance of this place is that it was the ashram of Shri Shandilya Rishi in the Dwapar Yuga and devotee Prahlada had performed penance for Shri Narayana in it. Also, devotee Prahlada himself made a statue of Narasimha out of sand which was later found in river Nira and established in a temple, which still existed at Sangam.

At such a holy place, Havan was organized on Sunday 08th March 2026 at 11am with a desire to remove all the obstacles in the development of the said land.

In the levelled farmland surrounded by crops of sugarcane, maize, etc. a beautiful mandap was erected for Havan. At start, Bhajans were sung by Pune collective followed by Bandhan, Mahamantras, meditation. Havan performed by Sahaja Yogi representatives of different regions by chanting 108 names of Shree Mataji and prayers to burn in Havan all the negativities and obstacles.

Havan concluded with Aarti of Shree Mataji & meditation. Sahaja Yogis experienced tremendous cool vibrations during Havan & meditation. Mahaprasad was served to all which was prepared by local Sahaja Yogis. About 400 Sahaja Yogis were present for this Havan program.

Birthday Puja



Birthday Puja was performed on 21st March 2026 at International Sahaja Yoga research & Health Centre, CBD Belapur, Navi Mumbai on the occasion of 103rd Birthday of Shree Mataji. More than 2300 Sahaja Yogis attended the Puja.

Workshop for Sahaja Yogis (Thane Zone)





With the divine blessings of Her Holiness Shree Mataji Nirmala Devi - Thane Zone had their first Sahaja workshop of this year on 29th March 2026. It was a full day workshop, which started with a Collective Meditation in the morning, followed with clearly structured sessions of different speakers from our Thane Zone.

Following are the topics covered in detail, with the help of Shree Mataji's speeches.

1. Proper pranam, Bandhan & importance of Affirmations.
2. Ganesha Ganesha bhajan : Balshakti presentation.
3. What is Paramchaitanya? Practical session on vibratory awareness.
4. How to improve vibrations with Sahaja Treatments.
5. Meeting each other as brothers and sisters, children of Shree Mataji - our One Mother.
6. Sahaja Experiences shared by yogis.
7. How to give self-realization.
8. Jogwa Nritya: Yuva Shakti presentation.
9. Do's and Don'ts at Individual level & Collective level.

More than 130 Sahaja Yogis attended the workshop.

Online Evening Meditation

The Online Evening Meditation is conducted on the YouTube channel of The Life Eternal Trust, Mumbai from Monday to Saturday at 8:00 PM IST, bringing seekers together regularly for collective meditation and listening to Shree Mataji's speeches.

Around 40 speakers from Mumbai, Navi Mumbai and Pileri contribute to these sessions. Each speaker is scheduled once a month.

Care is taken to ensure that the speeches are unique and rarely repeated. The talks are also aligned with the puja calendar. For instance, during Shiv Puja, the entire week's sessions focus on speeches and content related to Shiv Tattwa and the significance of Shiv Puja.

A dedicated technical team works behind the scenes every day to ensure the smooth conduct of the sessions:

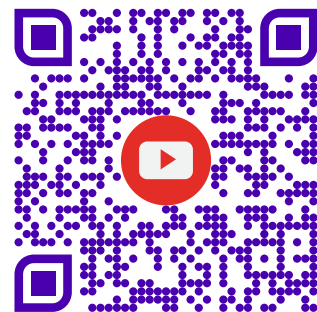
- 6-7 volunteers manage the YouTube Live streaming
- 4-5 volunteers prepare the PowerPoint presentations
- 21-22 volunteers coordinate screen sharing and session support

With the collective efforts of the speakers and volunteers, the Online Evening Meditation continues to provide a consistent platform for online collective meditation.

For evening online meditation and other Sahaja Yoga content please subscribe the YouTube Channel by scanning QR Code below.



Also, Subscribe to the Sahaja Yoga Mumbai YouTube Channel for New-seeker content like self-realisation videos etc. by scanning the QR code below and share this channels to the new seekers.



Nirmala Nagari, Malgund, Ganapatipule



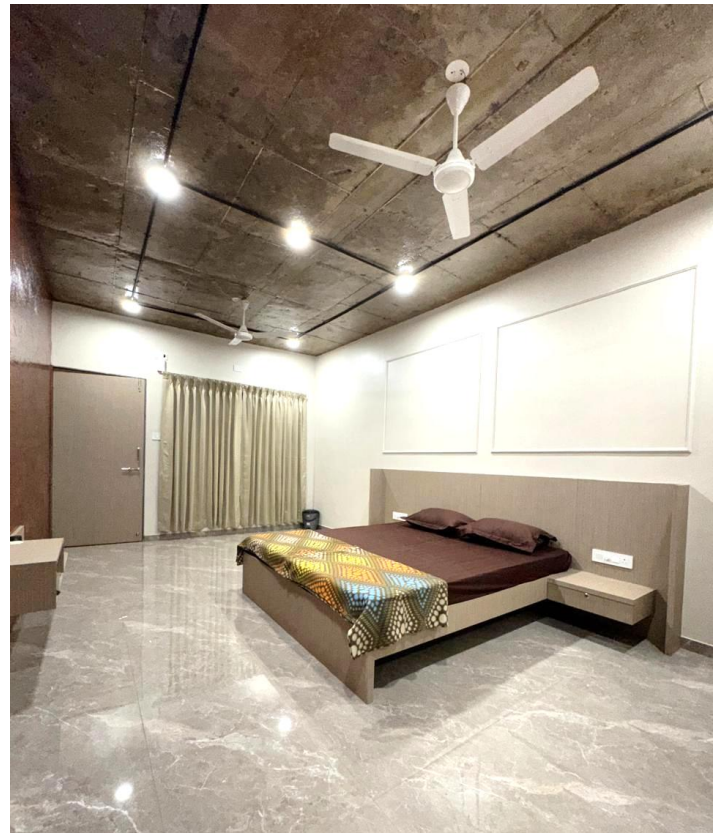
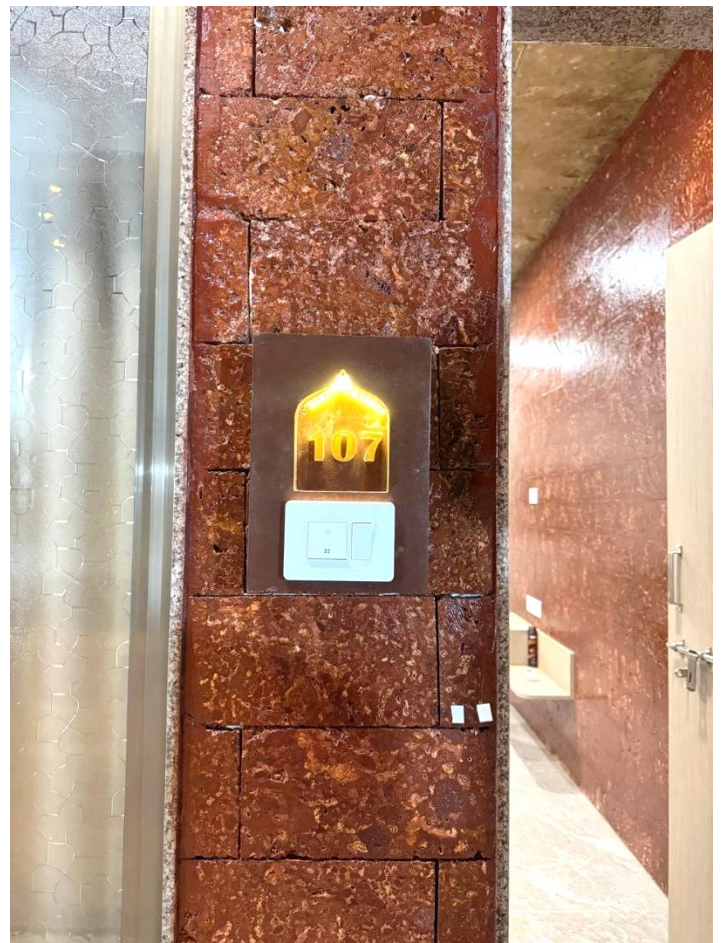
Reconstruction of steps



Installation High Mast and Street Lights



Inauguration of 7 rooms





Room Interior

The major development works in Nirmala Nagari continued this year 2025-26, which includes:

- **New toilets**

20 toilets have been newly constructed above the dormitory.

- **Reconstruction of steps**

The work of repair and reconstruction of 4 steps (200' ft long and 10'ft wide) of the main pandal in front of the stage with trimix concrete on top has been completed.

- **High Mast Lights**

High Mast light pole - 11 meter tall with 8 number of 300-watt high power lights have been provided near the fountain. Also, installed 16 poles of internal street light with 100-Watt.

- **New cable connection**

New cable connection of 55 meter long from main supply up to Seminar kitchen has been provided.

- **New RCC building**

A new building with RCC structure of size 132' ft X 30' ft, G+1 story have been constructed which is consisting of 7 rooms on ground floor and 7 rooms on 1st floor along with provision of store room, electrical and generator room, rooms for care caretaker and over head water tank of 50000 liters capacity.

The 7 no. of AC rooms have been completed and inaugurated by Kalpana Didi on 24th December 2025 during International Sahaja Yoga Seminar.

Nirmala Dham, Aradgaon



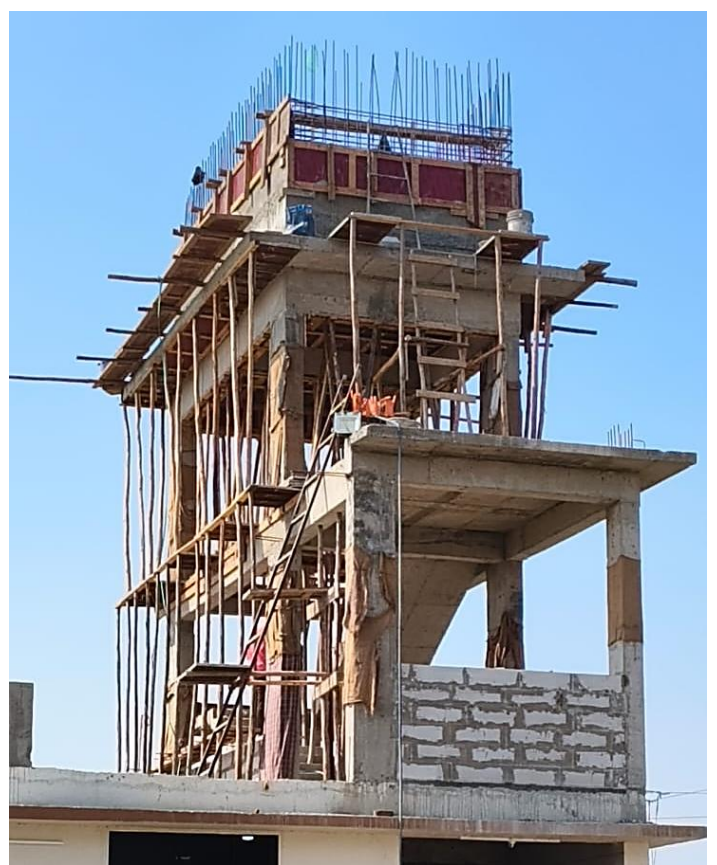
Waterproofing Work



Flooring Work of Main Meditation Hall



Concrete Work of Handwash Basin



A 35000 liters of Water Storage tank



A New 2inch Water Connection line

The key development works carried out during the year 2025-26 at Nirmala Dham Ashram, Aradgaon - Rahuri are as under:

- **Water proofing**

Water proofing work of 4 rooms behind the stage have been completed to avoid leakages in monsoon season.

- **Decoration on stage**

Semi permanent decoration with MDF Sheet with waterproof has been installed on stage.

- **Earth filling**

Earth filling is done on 8 guntha land for a depth of 10 feet so as to increase usable land for Ashram on the back side.

- **Water supply distribution**

New underground water supply distribution lines of 600Ft pipes have been provided for better water distribution to the entire area of Ashram.

- **Main Gate**

A mild steel main gate is installed along with 2 small gates on the north side to achieve a better security to the Ashram.

- **Toilet Blocks for Gents & Ladies**

A modern Toilet blocks for gents & ladies with modern facilities are constructed and commissioned which consists of 20 WCs, 20 baths, 12 urinals, 12 wash basins along with changing rooms for ladies.

Sahaja Yoga Ashram Development – Sangam, Solapur



With the blessings of Her Holiness Mataji Shree Nirmala Devi, development work for the Sahaja Yoga Ashram at Village Sangam, Taluka Malshiras, District Solapur, has been progressing steadily. Spread across 25 acres of land, this sacred place holds special significance, as it was acquired by Shree Mataji in 1985 for the establishment of a Sahaja Yoga Ashram. The development activities commenced on 16th April 2025, and the initial phase continued for several months with focused efforts. During the initial phase, essential groundwork such as land clearing, leveling, and the creation of basic access routes has been completed, preparing the site for further development.

Shri P. K. Salve Kala Pratishthan, Vaitarna



The key development work carried at Shri P. K. Salve Kala Pratishthan, Vaitarna during year April 2025 – March 2026 are as under:

- **Main Stage floor Marble mosaic polishing**

The flooring/marble mosaic of main stage was polished in order to enhance its durability and improve the aesthetics and to facilitate easy cleaning and maintenance.

- **Exterior Wall painting of the Main Building**

The Academy's main building was painted by exterior paint coat in order to enhance the aesthetics and protection.

- **Complete servicing of the Diesel Generator Set**

The complete servicing and Maintenance of the Diesel Generator (30KVA) set was done.

- **CCTV installation**

The CCTV installation work has been initiated to cover entire area under surveillance.

A new Finance Committee has been formed to oversee the Trust's financial affairs. Their key responsibilities include drafting a comprehensive Finance and Accounting Manual to facilitate smooth daily operations, and developing financial guidelines aligned with standards set by the ICAI, the Charity Commissioner, and the Income Tax Department. These efforts will ensure consistency, compliance, and clarity in our financial reporting. The Trust has also got its renewal of 80G and 12AA valid till AY 2031-2032.

The Trust continues its unwavering commitment to strengthening its financial systems, emphasizing transparency, accountability, and efficient use of collective resources. Guided by the divine teachings of Shree Mataji, every financial decision has been undertaken with sincerity, discipline, and a deep sense of responsibility towards the Sahaja Yoga collectivity.

During 2025–26 the Trust continued its conscious shift from cash transactions to safer, more transparent digital modes. The Trust actively encouraged Sahaja Yogis and supporters to contribute through its online portal:

<https://www.sahajayogamumbai.org/contribution/index.html>.

Additionally, the Trust actively promoted online registration for seminars, simplifying processes and enhancing transparency across all levels. As a result, The International Seminar 2025 at Ganapatipule saw about 90 % registrations paid through banks and only about 10% in cash. To further facilitate smooth international participation, a new card payment facility was introduced at Ganapatipule, making registrations more convenient and secure for overseas seekers and Sahaja Yogis.

Going forward, automation of foreign receipts for health centre stays and seminar registrations is on the horizon. This initiative aims to streamline collections and reinforce our systems for international participants, ensuring greater efficiency and transparency.

To improve internal financial discipline, the Trust has implemented a maker-checker system for all payments, taking care that each transaction undergoes proper review and approval before execution. Additionally, efforts are underway to enhance transparency at the centre level by improving the submission of accounts and reporting, fostering greater accountability across all activities.

Through digitalisation, strengthened internal controls, and transparent reporting, The Trust is making humble yet significant strides towards building a more simple, efficient, accountable, and future-ready financial infrastructure—for future scalability.

Shree Mataji on Finance

The collective is not to be used for any business.

They should not allow any one member to borrow or lend any money to another member or to exploit another member in any way.

The collective should not collect any money or spend it without the sanction of the leaders (Trustee/Authorised person). All the accounts must be kept and be made known to the collective. It should all be in legal money and should be audited.

The best thing is to give money to some group of people who can be called the Finance Committee, who should look after it and decide where it should be spent. Of course, the leader should have the overall charge of the money.

Sahaja Yoga book written by Shree Mataji

Each and every penny of public money is equivalent to my blood drop. So beware of misusing money.

Talk to Sahaja Yogis, Mumbai, 18th March 1975

I told you that the more times your hand is raised for donation, the more times your Kundalini will rise, the more awakened you will become, and the more you will be uplifted. Your situation might not change immediately, but those who know, see, and understand are the ones you have not yet reached.

Public Program, India 20th January 1975

Because whatever money you give to Sahaja Yoga is going to help others to develop themselves into Sahaja Yoga and too, in many ways, is a very punya-giving thing is to donate or to be generous.

Money ways you must know that all this money belongs to your Mother, though She may not need it and She may not have it, and should be kept for the use of Sahaja Yoga whenever it is possible, and not for other indulgences into which we get. Because whatever money you give to Sahaja Yoga is going to help others to develop themselves into Sahaja Yoga and too, in many ways, is a very punya-giving thing is to donate or to be generous.

Devi Puja, Pune, India, 17th December 1988

New Version of Nirmala Vidya Amruta App

“In every country whatever I've said should be transcribed by that country, is better to make it systematic.”

-Her Holiness Shree Mataji

Exciting News – The release of the new version of the Nirmala Vidya Amruta App

The redesigned App makes it easier to find Shree Mataji's talks and serves as a central source for Sahaj knowledge, information, and communications.

With the Nirmala Vidya App, Sahaja Yogis worldwide can easily access Shree Mataji's talks. The App serves as the authoritative source for Shree Mataji's talks, providing access to unaltered speeches and ensuring their authenticity. Additionally, it offers enhanced usability through its redesigned, user-friendly interface, making it easier to locate specific content.

Watch this 90-second video highlighting the upgrade. <https://www.youtube.com/watch?v=qVnONAkq4L>

Download/update your App here using the links below or scan the QR code given in the below banner:

• Android version

<https://play.google.com/store/apps/details?id=org.nirmalvidya.mobile>

• iOS version

<https://apps.apple.com/us/app/nirmala-vidya/id963859586>

What's new:

- More than 3,500 recordings with quick access
- Filters available throughout the App to refine your search
- Bookmarks synced across your devices with customized folders
- Recently viewed section
- News, music, and books

All yogis using the Nirmala Vidya App can access the Song book for bhajans and the latest Mantra Book. Important Sahaj communications from around the world are posted in the 'News' section, eliminating the need to search emails or websites. We look forward to welcoming you to the App.

The banner features a dark blue background with a white lotus flower icon at the top center. Below it, the text 'Nirmala Vidya Amruta' is written in white. To the right, two smartphones are shown displaying the app's interface. In the center, the text 'Download the latest version' is displayed in white. At the bottom, there are two QR codes: one for Google Play (labeled 'Android') and one for the App Store (labeled 'iOS').

To know more and support NIPC's efforts to Protect (Nirmala Vidya LLC), Preserve (Devi Productions), and to Distribute (Nirmala Vidya Amruta – Website & App) Shree Mataji's work and vision, please use the link <https://www.amruta.org/about/>

To donate, please click on the link <https://www.amruta.org/donations/donate/>

In the link below, you will find an A4 printable banner. You can use it in your ashrams so Sahaja Yogis can learn about the new App and download it. The banner is translated into:

Hindi, Marathi, Portuguese, Spanish, French, Dutch, Traditional Chinese, German and Italian

If your language is missing, you can contact help@amruta.org to get it translated.

Download banners here. <https://drive.google.com/drive/folders/1vJrMnpVy1hKeij0nNDYbVvPxhmL9qKIK>

With all our love and respect
Your Nirmala Vidya Development Team (Part of the NIPC Family)



All right. First, I would like to tell you about the meaning of Puja. There are two aspects. One is the aspect that you have got your own deities within yourself. And these deities are to be awakened within you. Deities are the different aspects of one God. So, on one side you have the Deities, means the aspects of God, which are all the time awakened. On the other side you have your own Deities, which are sometimes awakened, sometimes half-awakened, sometimes sleeping and sometimes sick. So you have to use two methods: one to please the Deities of God, and to ask them to bless your Deities, or to ask them to awaken your Deities. So by doing the puja, means when you offer anything that you have got to offer, anything that you offer is – say, flowers, if you want to offer flower to God, you don't have to speak anything, you have to just offer, that "this is for You." Anybody can understand offering, for that you don't have to have even a tongue. Even if a blind man is there, if he wants to give you something, he can just give you like this. And that expression is sufficient for anybody to be convinced that he can offer it. You don't have to say anything about it. So now, when you offer a flower to God, even if you don't say a mantra it is offered – all right, it's given. But whether it is accepted or not is a problem. But now, when you are a realized soul and you offer anything, it is acceptable to God even if you don't say anything. But what about you getting any reward out of it? After realization when you offer anything to God, He accepts, because it's coming from a realized soul, so He accepts.

Shree Ganesh Puja, Troinex, Switzerland, 22nd August 1982

Sahaja Yoga Central Committee of India

Puja Calendar 2026

PUJA/SEMINAR	DATE (DAY)	PROPOSED DETAILS OF PUJA, SEMINAR & VENUE
Shri Maha Shivaratri Puja	15 February (Sunday)	International Puja at Bhugaon, Pune, Maharashtra on 15 February
Shri Param Chaitanya Puja	23 February (Monday)	International Seminar & Puja at Nirmal Dham, Delhi from 21 to 23 February
Birthday Puja	21 March (Saturday)	International Seminar & Puja at Nirmal Dham, Delhi from 19 to 21 March
Shri Sahasrara Day Puja	3 May (Sunday)	National Sahasrara Puja at The Health Centre, CBD Belapur, Navi Mumbai
Shri Adi Shakti Puja	28 June (Sunday)	Local Main Centres
Shri Adi Guru Puja	26 July (Sunday)	National Seminar & Puja at Shirdi, Maharashtra on 25 and 26 July
	2 August (Sunday)	Local Main Centres
Shri Krishna Puja	6 September (Sunday)	National Seminar & Puja at Palwal, Haryana on 5 and 6 September
Shri Ganesha Puja	20 September (Sunday)	Local Main Centres
Shri Navaratri Puja & Havan	18 October (Sunday)	National Seminar and Puja on 17 and 18 October at Mirzapur, Vindhyachal, UP
Shri Mahalakshmi / Diwali Puja	15 November (Sunday)	Local Main Centres
	15 November (Sunday)	International Seminar & Puja at Nirmal Dham, Delhi on 13 to 15 November
Christmas Puja	25 December (Friday)	International Seminar & Puja at Ganapatipule from 22 to 25 December

महाराष्ट्र देशा जागृत करूया, कवने करून

Mahārāshtra deshā jagruṭa karuyā kavane karūnā

Let us awaken this country of Maharashtra singing poems

जागृती मोहीम हाती घेऊया, विनम्र होऊन

Jāgruṭī mohīma hātī gheūyā vinamra hoūna

We will carry on this work of awakening with complete surrender

श्री गणराया प्रणाम अमुचा, शुद्ध मती द्यावी

Shrī Ganarāyā pranām amuchā shuddha maṭī dyāvī

We will bow to Shri Ganesha so that we receive pure wisdom

आदिशक्तीला प्रणाम अमुचा, शुद्ध बुद्धी द्यावी

Ādi-shaktīlā pranām amuchā shuddha buddhi dyāvī

We will bow to Adi Shakti so that we receive pure understanding

सहजयोग्यांची विनंती ऐका, तुम्ही योगीजन

Sahaj yogyānchī vinantī aikā, tumhī yogījana

Please listen to the Sahaja Yogi's request, you, saintly people!

जागृती मोहीम हाती घेऊया, विनम्र होऊन

Jāgruṭī mohīma hātī gheūyā vinamra hoūna

We will carry on this work of awakening with complete surrender

कुंडलिनीला जागृती येता, ब्रह्म शक्ती वाहते

Kundalinīlā jāgruṭī yetā Brahma-shaktī vāhte

When Kundalini awakens then the power of Brahma flows in our hands

ब्रह्मशक्तीच्या कृपाप्रसादे, असूरी शक्ती जळते

Brahma-shaktichyā kṛ upā prasāde asurī shakti zalate

The power of Brahma awakened in us burn away the demonic forces

शुद्ध बुद्धीचा प्रसाद करूया, निर्मल होऊन

Shuddha buddhichā prasāda karuyā Niramala houna

With the gift of pure wisdom, we will become pure

जागृती मोहीम हाती घेऊया, विनम्र होऊन

Jāgruṭī mohīma hātī gheūyā vinamra hoūna

We will carry on this work of awakening with complete surrender

ज्योतीमधुनी ज्योत उजळुया, प्रेम भावनेने

Jyotī-madhunī jyota uja luyā prema bhāva ne ne

We will enlighten one candle after another with love in our hearts

सहजयोगाची प्रार्थना आता, शुद्ध भावनेने

Sahaj yogāchī prārthanā ātā shuddha bhāva ne ne

We will pray for Sahaja Yoga with purity in our hearts

आदिशक्तीचे मंत्र फुलवूया, जागृत होऊन

Ādi-shaktiche mantra phulavūyā jāgr uṭa houna

We will chant the mantras of Adi Shakti

जागृती मोहीम हाती घेऊया, विनम्र होऊन

Jāgruṭī mohīma hātī gheūyā vinamra hoūna

We will carry on this work of awakening with complete surrender

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