Twenty years is a long time and is the most vital period for any institution. It is the period in which the ideals, efforts and tenacity of the founding members are tested before stabilization and rapid growth may occur. As we celebrate the 20th Annual Day of Yognat and 45th year of Ananda Ashram’s Karma Yoga Seva in Pondicherry, it is an opportunity to rededicate ourselves to our beloved Bharatam and its unique, soulful and elevating Bharatiya Samskriti. We thank and congratulate each and every parent at Yognat for giving their children this "Gift of our Great Culture". Yoga and the Indian cultural performing arts have become accessible to all sections of the society in recent years and this is mainly due to the tireless efforts of our visionary founders, Swamiji, Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj and Ammaji, Kalaimamani Yogacharini Meenakshi Devi Bhavanani. Their selfless Yoga Seva over the past five decades can enabled thousands to benefit from these life changing teachings without any barriers. It is only the love and blessings of our well-wishers and patrons all over the world that enables our beloved, enthusiastic and talented children to make great strides of progress in Yoga and the fine arts. They have also excelled in their academic studies and many of them are now shining in higher studies and their professional lives. They are constantly proving that the art and science of Yoga is pan-universal in nature and not limited by any artificial ‘human made’ divisions such as nationality, language, colour, caste, religion or socioeconomic status.

HISTORY OF YOGNAT: Yognat is the local cultural wing of Yoga Jivana Satsangha (International), an International Organization founded in 1968 with nearly 150 Centres in 30 countries and with headquarters at the International Centre for Yoga Education and Research (www.icyer.com). Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj, one of the greatest Yoga masters of the past century established Yognat on 27, March 1993. With the blessings of Pujya Swamiji who was hailed by many as the Father of Scientific Yoga, Yognat has brought national and international fame to Pondicherry. The immense interest locally in Yoga, Bharata Natyam and the Carnatic Music is largely due to the efforts of Swamiji and Ammaji over the last five decades. Yognat is the continuation of the Sri Kambaliswamy Yoga and Fine Arts Programme for Youth started by Swamiji and Ammaji in 1975. More than 40,000 youth of Pondicherry have received training in Yoga and the Fine Arts through the efforts of Swamiji, Ammaji and now Dr Ananda and the Yognat Team.

Ammaji as the Director brings five decades years of personal Sadhana and teaching experience into all activities, and is the guiding force behind every success. The brainchild of Ammaji, Yognat was founded to give Pondicherrians a chance to imbibe the wonderful Indian cultural arts of Yoga, Bharata Natyam and Carnatic Music in a modern Gurukula setting. Through many learning situations such as regular classes, summer intensives, camps, competitions, group activities, performances, conferences, seminars, lecture-demonstrations and excursions the students imbibe the greatness of these arts. Children are not forced into premature stage performances under the guise of Arangetrams and are allowed to blossom at their own pace. Emphasis is on personality development and blossoming into a good human being rather than on results, prizes and performances. Health, positive attitudes, peace of mind, skilled, strong bodies, quest for excellence and perfection are qualities Yognat strives to inculcate. At Yognat, children find a place where they have the chance to express their
inner creative urges and at the same time, learn a unique discipline of body, emotions and mind. Yognat also has an active Adult Yoga Education programme for gents, college students, housewives and working women with more than a hundred adults registered at any time. Special Corporate Yoga Programmes are also being conducted regularly.

Yognat follows the Rishiculture Ashtanga Yoga tradition as propagated by Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj and the Kalakshetra Tradition of Smt. Rukmini Devi Arundale as taught by Natya Kala Nidhi Padma Shri Adyar K. Lakshman in the Bharata Natyam training. Carnatic vocal music is taught in the tradition of Kalaimamani Sreerengam Thiru R. Ranganathan. Yognat has developed a world famous troupe that appears regularly in prestigious festivals all over India and also stages spectacular Bharata Natyam and Yoga performances yearly in Puducherry. Yognat is the only institute in Puducherry that has presented more than 50 full-length and mini Bharatanatyam Dance Dramas. It is noteworthy that four of the NATIONAL BEST CHILD Awardees from Puducherry are students of Yognat. Many of our students have bagged the BEST CREATIVE CHILD AWARD from the Govt. of Puducherry. Students of the institution have won various prizes at National and International level Yoga Sport competitions including M Niraimathi and AS Anirudh who won Champion of Champions Award at the International Yoga Festival in 2000 and 2011 respectively. Yognat has instituted various awards such as the Sangeetha Samrat Vijaya Bhaskar Awards for Excellence in Carnatic Music, Michel Danckwerts Yoga and Cultural Excellence Award to honour students of the institute for their dedication to Yoga and the fine arts. More than 500 students have received silver medals for completing a minimum of five years at Yognat till date.

Yognat conducts Summer Intensive Yoga and Bharata Natyam Courses every year in May that also features a 3-day Residential Camp at ICYER for selected students. This gives the children an opportunity to practice Yoga in a natural setting on the beach at sunrise and sunset as well as to enjoy the pleasure of a bonfire on the beach under the moonlight. Classes, games and group discussions help the children to learn about Yoga as a way of Life. Yoga Based Therapy is offered by prior appointment with our Chairman and Consultant Yoga Therapist, Yogacharya Dr. Ananda Balayogi Bhavanani who is Honorary Advisor of the International Association of Yoga Therapists, USA and Patron and Cultural Ambassador of various International Organizations all over the world.

**CONFERENCES, EVENTS HONOURS AND TOURS:** Dr Ananda has been busy touring the world to spread the message of Yoga and Indian culture and in the past year travelled to Australia and the United Kingdom. On his successful tour of Australia in November 2012, he presented workshops for the International Yoga Teachers Association (IYTA) in Sydney and at the Intensive Seminar on Yoga Therapy in Melbourne hosted by the National Institute of Integrative Medicine and Vibrational Breath Therapy. He also conducted a series of intensive retreats and talks coordinated by the Gitananda Yoga Association at Brisbane, Melbourne, Geelong and Toowoomba and at the Integral Yoga Academy of Australasia in Adelaide. On his highly successful UK tour in April 2013, he presented well-attended Yoga Days at Cornwall and at Yoga Satsanga Ashram in Wales. He also presented many interactive classes, talks and an Intensive retreat in South Wales organized by the UK Gitananda Yoga Society.

At the National Level he was invited to present at the “Patient 1st– A Joint International Conference on Quality Assurance and Patient Safety” organized by Sri Balaji Vidyapeeth and Royal College of Physicians and Surgeons of Glasgow at Puducherry in November and National Conference on Mind-Body Medicine at JNMC, Wardha, Maharashtra in December 2012. He was invited Guest Speaker at 7th International Yoga Conference held at
Dr Ananda was nominated by Pondicherry Government Department of Art and Culture to the Governing Body of South Zone Cultural Centre, Tanjavur under Ministry of Culture, Government of India in 2013. This is considered a well deserved recognition of his contribution to the cultural revival in Pondicherry and Yognat wishes him all the best in taking forward the legitimate demands of the artistic community of Pondicherry in this forum. He was also nominated as Chairman, Board of Studies in “Anatomy and Physiology of Human Body in the Context of Yoga” by the GS College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla, Pune for 2013-16. Dr Ananda was also nominated as member of the “Yoga Expert and Exam Committee”, Department of Yoga & Human Consciousness, Atal Bihari Vajpayee Hindi University in Bhopal, Madhya Pradesh. He is also a member, Board of Directors, Council for Yoga Accreditation International based in the USA. This Council is modeled around the University accreditation system in the United States and field specific, standards bodies like that of law schools, business schools and medical schools. The Council was founded and registered on in 2012 in response to the growing concern among the top Yoga institutions of the world that efforts to maintain Yoga standards had been hijacked by unqualified, self-appointed groups resulting in standards and certifications that did not mean much and was confusing the world. Members of the council include Amrit Yoga Institute, Florida, USA; Dev Sanskriti Vishwa Vidyalay (Shanti Kunj), Haridwar, India; ICYER at Ananda Ashram, Pondicherry, India; Kaivalyadhama, Lonavla, India; Krishnamacharya Healing and Yoga Foundation, Chennai, India; Life in Yoga Institute, Maryland, USA; SVYASA, Bengaluru, India; The Portuguese Confederation of Yoga, Lisbon, Portugal; The Yoga Institute, Mumbai, India; YogaLife Institute, Pennsylvania, USA.

Regular Guru Pujas and Vyasa Guru Purnima were celebrated with pomp and ceremony at the Sri Kambaliswamy Madam (Samadhi Sthalam) in memory of the illustrious Gurus of this living tradition. Maha Shivaratri was also celebrated with special Pujas for the Shiva Lingam located under the Shiva Shakti Tandava Moorthy followed by 1008 Panchakshara Japa and the Bhajan laden Pada Yatra to ICYER where the specially worshipped mud Lingam was immersed in the Bay of Bengal. The Jayanthi of Yogamaharishi Swami Kanakananda Brighu was observed with a special Homa ceremony and all night AUM chanting at ICYER. Dr Ananda as Madathipathi of the Sri Kambaliswamy madam has been conducting all the religious activities under guidance of Ammaji.

**YOGNAT OUTREACH PROGRAMMES:** Various awareness programmes and lecture demonstrations were conducted by Yogachemmal Meena Ramanathan, Co-ordinator Yognat Outreach Programmes and other faculty members during the past year. Sri Balaji Vidyapeeth has started a Yoga Centre in its Mahatma Gandhi Medical College and Research Institute at
Pondicherry and Dr. Ananda is Honorary Advisor of the centre being ably coordinated by Smt Meena. Nearly 3000 patients attended consultations and Yoga therapy sessions. Students of the Kasturba Gandhi Nursing College are receiving regular Yoga training and research studies have been completed while many others are in progress. Smt Meena continues to teach at SADAY and also is conducting classes for senior citizens in old age homes of Pondicherry. As part of the Study India Programme of Puducherry University our faculty members imparted training in Classical Yoga and Bharatanatyam for international students of Puducherry University. Students from different universities in the USA had chosen to take a semester in India and study at Puducherry University. The programme was conducted for the 13th semester in succession had bi-weekly classes in Classical Dance and Yoga at ICYER by Yogacharini Devasena. Ammaji and Dr. Ananda supervised planning and implementation of this unique programme. Yognat is now expanding its adult Yoga training activities and has started focusing on Corporate Yoga programmes. The first of such programmes was conducted for the Harmoney Corporate group on a regular basis by Yogachemmal C Shanmugam and Yogachemmal Lalitha Shanmugam.

27th PONDICHERRY STATE YOGA SPORT CHAMPIONSHIP: Pondicherry Yogasana Association organized the 27th Annual Pondicherry State Yoga Sport Championship on 22 & 23 December, 2012 at Sri Subbulakshmi Mahal. The much awaited event showcased the flowering of pioneering Yoga Seva of Swamiji manifesting through yeoman service of Ammaji. There were 1400 registrations by more than 900 participants from nearly 50 educational and Yoga institutions. The participants ranging from the age of 3 to 30 years were divided into various educational and gender-based categories so that the competition was amongst equals. Each group had six separate prizes and honour certificates for male and female competitors who could participate in the general competition where they did three compulsory and two own choice Asanas or in the special category where they performed five Asanas of their choice from a list of 50 Asanas belonging to the front bending, back bending, twisting, hand balancing and non-hand balancing varieties. There was also a demonstration event held for nearly 100 children under the age of 5 years to stimulate them to adopt the Yoga life. Unlike other sports, such championships are the only times that people performing Yogasanas are appreciated, and awarded prizes, medals and certificates for their proficiency in the field. Every one of the participants walked out of the venue with some kind of gift, medal or certificate thus enabling all to have a sense of camaraderie normally absent in competitive events. All the children under the age of five got a special honor award for participating and demonstrating their skill in Yogasanas. Apart from all these groups another special group consisted of 40 mentally-challenged special children, from the SADAY School for Children with Special Needs run by the dedicated Dr. Sugatham. Thiru G Nehru, MLA was the Chief Guest of the event and distributed the prizes to the worthy winners. Master M SRIDAR and Miss M SATHYA won the coveted Championship Award for male and female competitors at the end of the grueling event and received a Trophy, Certificate and a cash prize of Rs 3000. International students of ICYER participated as members of the jury and were astounded at the enthusiasm and cheer shown by jubilant participants and their parents for it meant these children would continue their Yoga journey for at least another year if not more due to this stimulation. Motivation is such an important aspect of growth for children and these events surely do that at multiple levels. Yogacharini Sangeeta of Italy, commented, “Having participated in two of these Competitions both as a participant and as part of the jury I can say that they are miraculous events. To have thousands of kids stay together for two days, learning, sharing, eating together, and developing their personalities in a healthy environment. Yes, this is Yoga for me”.

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Pondicherry Yogasana Association also organized the 14th SWAMI GITANANDA YOUTH & CHILD AWARDS 2013 competitions during May 2013 at Yoganjali and more than 100 children and youth participated in this event. This was the 14th year that this competition is being conducted and the Best Youth Award was bagged by Aradhana Mukherjee and Best Child Award by Anandraj Bhavanani. The awards were given away in a glittering function held on May 30th at Yognat by the Chief Guest, Thiru G Nehru, Government Whip and MLA in the esteemed presence of Muthamizh Mamani Pulavar I Pattabiraman, Dr N Ardhani and Smt Thilagavathy Santhaseelan. The event was ably organized by the wonderful husband-wife Yoga team of Yogachemmal G Dayanidy and Smt Reena Dayanidy who have been students of Yognat for many years, winners of the Youth Awards and have dedicated themselves to continuing the event to help many more youngsters grow in spirit.

19TH INTERNATIONAL YOGA FESTIVAL: This was the 19th edition of this annual event held every year since 1993 when Yogamaharishi Dr Swami Gitananda Giri, Swami Dayananda Saraswathi and Shri MP Pundit launched the first edition. Such a festival is unique for it is the longest and maybe only such directly Government sponsored and organised International Yoga Festival anywhere in the world where all traditions are represented and various facets of Yoga brought to light under the same umbrella. This year was the most successful one in the festival’s history with more than 1000 delegates participating in discourses, workshops, lecture demonstrations and Yogasana championship. Highlights of the cultural evenings were the ‘AVVAIYAR dance drama presented by Yoganjali Natyalayam under Ammaji’s able direction as well as spectacular Yogasana demonstrations from participants from all over the world. At the inauguration, the Chief Minister of Pondicherry Thiru N Rangasamy and the minister of tourism Thiru P Rajavelu paid rich tributes to Swamiji and Ammaji for their unparalleled service for the cause of Yoga in Pondicherry. Ammaji was felicitated by officials of the tourism department in recognition of her Yoga Seva and for supporting the smooth conduct of the festival over the past 20 years. Ammaji commented on the event in her usual open minded manner as follows. “This event is a “Festival”! Festival implies a joyous occasion when people gather to celebrate good fortune and to share good news with each other. The Yogic life is a joyful life in which every breath we take is a “Festival of Life” connecting us to the cosmos.”! Great praise is due for all members of the Tourism department for their untiring efforts. On behalf of ICYER, Yoganjali Natyalayam, Pondicherry Yogasana Association and the Worldwide Gitananda Yoga Family we offer our sincere thanks and congratulations to the Director, officials and staff of the Tourism Department for their great service for the cause of Yoga and our Indian culture. May the Divine bless them all for this great service with success at all levels and in all endeavors. This festival was indeed an event that inspired, educated and stimulated positive action - a rare event in the normally “dog-eat-dog” ethos of modern day life!

19th ANNUAL DAY OF YOGANJALI NATYALAYAM: Thiru R RAJAVELU, the Minister for Welfare and Tourism and Thiru T THIYAGARAJAN, the Minster for Electricity and School Education were Chief Guests of the entertaining and enlightening event and complimented Ammaji and Dr Ananda on the wonderful cultural seva they have been doing in Pondicherry for the past four decades. Thiru G Nehru, the Government Whip and MLA Orleanpet assured his wholehearted support for all activities of Yognat that was functioning in his constituency for the past 20 years.

Ammaji wrote, “We bask in the glory of the perfectly successful 19th Annual Day of Yoganjali Natyalayam. One year in the germination, two months “in the oven” and two weeks in the final “carving and shaping”. More than 300 students ranging from 4 to 30 years of age, 30 teachers, ten musicians, ten camera crews, five tailors and ten support staff “got it all together” for the nine– hour, non-stop extravaganza of music, Folk and Classical Bharat
Natyam Dance, Yoga Asana tableaux, prize distributions, Speeches… before a crowd of more than 1000! Like all good things, this project required several Yogic qualities, the chief amongst them being “Yoga Karmasu Khaushalam” or Yogic skill in action. We entered “Deva Lokha” (heaven) at 2 pm with the lighting of the traditional inaugural lamp by Sri Sri Velu Swamigal of Sri Rengiah Madam in Karaikal, followed by classical Carnatic Vocal by all sections of our music department, then a wonderful chanting of NAMA RAMAYANA, 108 verses which encompass, the entire story of Lord Rama, who himself graced the occasion (manifested by Varalakshmi). The traditional Yognat banner dance followed, a parade of 150 kids displaying aesthetic Yoga Asana tableaux in groups of 5 to 10 persons. Then explosive, colourful, mind arresting thrilling – Dances – Colorful costumes, beautiful young children shining with joy, enthusiasm and skill! Everything flowed smoothly, one to the other, without a break! Backstage management was superb, leaving “No gaps!” Truly, heaven came to earth (or earth Rose up to heaven), the Gods became real! little children showed us the reality of our idols, Especially Devi, The Goddess, ruled the day- night as many items were devoted to Shakti in all her forms – benevolent beautiful, violent, frightening – The Nava Rasa’s – Nine Emotions – Were stretched to their Limits! Many well known stories were enacted: Dasavatara, The formation of the Kaveri River, Durga’s battle with Asuras, Radha – Krishna’s Love play… it was all there, for the asking. But of course, like all things of value, there was a price to pay to enter this realm… the “Big Tent”, the “Greatest Show on Earth”. That “price” was the power of a concentrated mind, and a sensitive awareness. For those who had in their possession this “Coin of the Realm”, The Darshan or sacred viewing” of the reality of the spiritual planes of existence parted the curtains of Maya (illusion) and the Divine Light cavorted in Ananda Thandavam (Dance of Bliss) with the soul. Relatives of the young performers reveled in the “Unique” beauty and skill of their progeny, fixating on that “One dear face” amongst a score of faces moving on the stage in a beautiful, pleasing manner, Parental hearts swelled with pride at the accomplishments of their children. And the children! The Children! The Children! How wonderful it was to be alive! To sing, to dance, to do Yoga Asana on stage! How marvelous it was to be part of the throbbing whole, part of a great joy, part of a great undertaking! Yes! How the eyes shone! How delightful the smiles! How energetic the movements! Such a programme was a reaffirmation of the great Vedic Dictum Satyam, Shivam, Sundaram. Truth, Goodness and Beauty are our birthright; And we shall have it! At least for nine hours, once every year!” Wonderful words of spiritual nature, of an elevated perspective with intense motivation from the “Living Siddha of Pondicherry”.

Master AS Anirudh who was awarded Best Boy said, "A scintillating cultural evening, a grand success and no doubt, the best one till date! It was a superb effort! A special very big thanks to Dr Sir and Ammaji for giving all of us such a lovely platform to perform and showcase our talents every year! "! Miss I Krishnaveni, a star of Yognat and Best Girl Awardee a few years ago said, "Nine hours!! That’s how long our Yognat 19th Annual Day Stretched! Had a great day being a part of this extravagant celebration and danced to my hearts content. Every performance, be it the dance, the music or the yoga demo was superb!! A big congrats to all my fellow classmates and friends who were amazing on stage yesterday. Thank you Ammaji, thank you Dr Sir for giving us this wonderful opportunity every year".

Smt Meena Ramanathan, Coordinator of Yognat Outreach Programmes said, “Enjoyed the evening thoroughly, witnessing each student give their best and on the whole, every item, became the best one that they have done so far! Swamiji's dreams are coming true with each such programme given by Yognat”. Most of the dance items were original to our Institute with original music composed by Dr. Ananda with the dance choreography a joint effort of Dr. Ananda, Smt Devasena, the teachers and Ammaji. Smt Devasena gave admirable support for the entire performance along with the talented musical team. It was a mind boggling
variety of Carnatic Arts of all kinds, with acrobatic difficult Asanas performed as a team. As Kalaimamani Rajamanickam later said, “No other institute has been able to carry on organising annual days every year coupled with dance dramas and Yoga sport events without a single breaks, hats off to Yognat and to Ammaji and Dr Ananda”.

**THAMIZH MOOTHATTI AVVAI: A DANCE DRAMA OF EPIC PROPORTIONS:**

The latest and 19th full length dance drama of Yoganjali Natyalayam, “THAMIZH MOOTHATTI AVVAI” premiered on October 14th 2012 in honour of Pujya Swamiji’s 105th Jayanthi Celebrations was indeed a magnificent success at all levels. Thousands of cultural enthusiasts in the jam packed JIPMER auditorium witnessed Avvaiyar come alive with her teachings in a dramatic fashion for over three hours. “Everything was perfect right from start to finish” said Dr Arivunambi, Senior Professor in the School of Tamil, Pondicherry University. “Mahakavi Bharathiayar had great regard for Avvai and if he was alive today, he would have sung in praise of Yoganjali Natyalayam and Ammaji to the sky” said he. The Director of JIPMER, Dr TS Ravi kumar expressed his admiration for the perfect performance and appreciated the team work that made it such an enjoyable presentation. He said, “I am happy our JIPMER auditorium can be blessed by such performances and welcome Ammaji to make use of our facilities and present us with such splendid performances whenever possible”. Sri Malarkannan, Director Directorate of Art and Culture, Govt of Pondicherry expressed his heartfelt appreciation for Ammaji who has attained an indelible name in the cultural history of Pondicherry. He recalled his long association with Ammaji and Dr Ananda since the days he was Director Tourism and expressed his appreciation for their admirable support in the conduct of many successful International Yoga Festivals. Ammaji deserves the Padmashri Award from the Govt of India exclaimed Kalaimamani Manikanan, the long time music master of Ananda Ashram who was spellbound by the amazing performance. No one else can do what YOGNAT has done under the dynamic direction of Ammaji!” expressed Pulavar Pattabiraman, the lyricist for this and all the dance dramas of Yognat in the past 20 years. “Ammaji’s vision is the grandest and way beyond anyone and anything I have seen in my 80 years of life”, said he in admiration. “Hats off for Tamizh Mudhaatti Avvai, a fantastic team effort that made us all transcend to a beautiful world! Dr Ananda, your music was simply fantastic and the dance choreography was remarkable!” said Professor Uma Chandrasekaran of Pondicherry University. All our success is only due to the benevolent blessings of Pujya Swamiji, our beloved Ammaji and all the great souls of this and other worlds. Everyone's hard work paid off and all members of the cast and crew did an excellent job. Avvai indeed came alive on stage and hopefully her teachings will live on in the hearts of all those who attended. We are so lucky to be born into this culture and have the opportunity to evolve with the blessings of our Guru. Yogacharini Devasena Bhavanani became Avvaiyar on stage and made our heart, mind and soul blissful for it was her star birthday too. Yogacharini D Lakshmi proved once again that she is born to dance while Krishnaveni made sure the clockwork precision was there in every movement of the entire team. We were especially happy for little Deganand Dayarine who made his debut in the arms of his mother Reena and Varalakshmi, both natural actors who become their characters. Yoga Chemmal Meena Ramanathan and Muththamizhvaanan made sure everyone got to know the story in such a beautiful modulated manner while Yogachemmal Shanmugam, Lalitha Shanmugam and team were splendid. Shiva and Shakti came alive through Sowmiya and Sangavi while Dhyiva, Shalini, Anandraj, Preetika, Vithiya, Samyukta, Maheshwari and all the seniors who made us so proud. A special mention of Swathi who became Ganesha on stage and all the little ones who performed to their best perfection. The musical team was inspiring and the audience such a receptive, attentive, soulful Satsanga of humanity. Hats off to the entire YOGNAT team!
ANNUAL SUMMER COURSES: The 18th Annual Summer Intensive Yoga and Bharatanatyam Course was held in May 2013 with more than 130 students participating in Yoga, Bharatanatyam and Shlokam recitation classes that went on for more than four hours on Monday, Tuesday and Wednesday afternoons. Tremendous changes were witnessed in the children as the intensive gave them an opportunity to work closely with Ammaji thus manifesting their inherent potential. Smt Meena taught the students the Adhitya Hridayam Stotram as given to Lord Rama by Rishi Agasthya; empowering him to vanquish Ravana. Dr Ananda presented a series of Yoga theory lectures on “Living the Yama Niyama” and these compiled notes are now available on www.icyer.com for free download. The students then learnt various Yoga techniques related to front bending, back bending, twisting, hand balancing and single leg balancing Asanas along with different Suryanamaskar and relaxation practices taught in different groups under guidance of Yogacharini Devasena, Yoga Chemmal E Gajendiran, Yoga Chemmal Dr Balaji and Selvi G Sarulatha. The beginners were taught various basic practices by Yoga Chemmal Lalitha Shanmugam. This was followed by intensive Bharatanatyam training for different groups led by Dr Ananda, Smt Devasena, Smt Lalitha, Yoga Chemmal Smt Kanimozhi Satishkumaran, Smt Sri Valli Ramesh and Selvi G Sarulatha.

Fifty students and staff members participated in the 18th annual summer 3-day residential Yoga Youth Camp at ICYER. This was a great time for the youngsters who enjoyed numerous activities such as individual and team games based on Yoga concepts, Karma Yoga, beach classes, a bonfire and many other holistic activities to broaden their young minds. The camp is always much waited as the children have so much Yogic fun and get a chance to enjoy themselves fully on the beach. They learn about community life and how to interact with each other in a healthy and productive manner. Dhivyaa Priya Bhavanani, Suzanna and G Swarnamalya received prizes for being the ‘Outstanding Students” of the Camp. This year the team events of the Swami Gitananda Best Youth and Child Award competition were also conducted by Yogachemmal G Dayanidy and Smt Reena Dayanidy during the camp and the children had great fun while learning so much.

The valedictory function for the summer intensive classes was conducted on 30th May with students showcasing the Yoga and Bharatanatyam talents in the presence of Ammaji. Muththamiz Mamanii, Kalaimamani Pulavar I Pattabhiraman, the Tamil mentor of Yognat was felicitated on his 81st birthday on the occasion and all members of the Yognat family wished him and received his blessings. A Yuvarani, B Sushmita, Dhivyaa Priya Bhavanani, S Sriraghavi, Anandraj Bhavanani and C Pragathi received special prizes for bagging maximum points during the month-long intensive classes while more than 30 students received mementoes of appreciation for having 100% attendance in all sessions!

NEW PUBLICATIONS: Ammaji continues to motivate and guide so many students around the world through her writings in ‘Yoga Life’ the International Monthly Journal of Ananda Ashram as well as in numerous other forums. There has been excellent appreciative reposes worldwide to Ammaji’s “The History of Yoga from Ancient to Modern Times” that is her magnum opus and has in her own words been “two decades in writing and research plus forty five years of Yogic Sadhana” The scope of the book is vast – from Vedic times, through the Upanishads, Itihasas, Puranas, Bhagavad Gita, Yoga Sutra, Tantric literature, Hatha Yoga, Bhakti Yoga, Avatars of all religions and cultures, mystic science and Yoga philosophers in the West. The second volume is ready for release and will trace the modern Yoga movement from 1700 to the 21st century. These are books that will be appreciated by all serious Yoga Sadhaks as Ammaji has made a powerful intellectual contribution to the Yoga movement with this amazing approach. In the past year Dr Ananda authored or coauthored more than 20 research papers, abstracts and articles in national and international journals and is in the
process of publishing a text book on “Yoga Chikitsa: The Application of Yoga as a Therapy” as well as “Saraswati’s Pearls” a book on Yoga and Music coauthored by him with Yogacharini Sanjenta Laura Biagi of Italy. His 21 books and 19 DVDs continue to be well received all over the world and his “Yoga in Your Office” DVD and his audio CD, “Chanting the Yoga Sutras of Patanjali” have now been released as applications for iPad and iPhones by SUPER AUDIO, Chennai (www.musicandchants.com) who is a partner of UNESCO’S Global Alliance for Cultural Diversity.

AMMAJI’S 70TH BIRTHDAY CELEBRATION: This year is a very special year for all of us as it marks the completion of seven decades by our beloved Ammaji in this blessed and loving form. We are gearing up to celebrate her 70th Birthday with a Grand Celebration that will be held at ICYER from the 6th to 16th of September 2013. This will be a gala get-together of the Worldwide Gitananda Yoga Family and is virtually another Decennial meet of the Rishiculture Ashtanga Yoga as codified by our illustrious Guru, Yogamaharishi Dr Swami Gitananda Giri. Many members of the Gitananda Tradition will be coming for the event that will feature invited sessions by senior members from different countries elucidating their experiential perspectives of the Gitananda teachings in Hatha Yoga, Pranayama, Relaxation, Jnana Yoga, Vibrational Breath Therapy and Mantra Yoga. There will be many sessions of jubilant Bhajans and entertaining music and dance performances by Yognat students and teachers. Full details are on www.icyer.com.

YOGNAT SCHOLARSHIPS AND AWARDS: Yoganjali Natyalayam has great reverence for the great cultural traditions of India and profoundly respects those eminent personalities who strive to keep such a cultural ethos alive through their selfless service for our Indian society. Each year Yognat and its parent organization Yoga Jivana Satsangha honour selected eminent personalities as a mark of respect and a heartfelt tribute to these great citizens of our beloved country. Over the past 20 years Yognat has been privileged to honour many such great role models who have excelled in their chosen field of endeavor motivating other to strive and reach the very high standards they have set through their own living examples of “Yogah karmasu kaushalam-Yogic skill in action”. This year Yognat honors the eminent social activist and spiritualist Dr N ARDHANARI and popular educationist and organizer Dr PANCH RAMALINGAM with the KARMA YOGA SHIRONMANI awards in recognition of their selfless service for the cause of Indian society through the field of education, psychology and spirituality. We also honour three eminent music artistes of Pondicherry, Tirumudi Thiru S ARUN, Kalaimamani Thiru Al RAMASAMY and Thiru V THANIGACHALAM with the NADA YOGA SHIRONMANI awards in recognition of their meritorious service for the cause of Indian classical music and dance.

Each year, Yoganjali Natyalayam honours a few students who have shown outstanding Yogic qualities and growth in recent times and this year, Selvi A YUVARANI and Selvi I BALASUNDARI have been selected for the BEST STUDENT AWARD in recognition of their exemplary character, artistic talent and Yogic growth. Similarly Selvi K SWATHI and Selvi C PRAGATHI have been selected for the Michael Danckwerts Yoga and Cultural Excellence Scholarship Award instituted in 2003 by Chris and Annette Danckwerts of Australia in memory of their son who was a lover of Yoga and Indian culture. The Sangeetha Samrat Shri Vijaya Bhaskar Music Awards were instituted in 2003 by the family of Smt Mangala Gowri and Sri CK Manoharun in memory of the great music composer Shri Vijaya Bhaskar. This year Selvi JC JEEBIDHA has been selected to receive the Shri Vijaya Bhaskar Music Scholarship Award. The BEST FAMILY AWARD is being bestowed upon the family of Master ISHWAR for their dedication to his physical, mental and spiritual development through the life giving art and science of Yoga.
Ananda Ashram has completed 45 years of community service through Yoga and Cultural Arts in Puducherry, India and the world in 2013. Yognat was founded in 1993 by Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj as a continuation of the Sri Kambalismwamy Youth Yoga and Cultural Arts Programme founded in 1975 by Pujya Swamiji and our beloved Ammaji at Ananda Ashram, Thattanchavady. Hundreds of students who were freely trained in that program have now become professional Yoga Teachers, Bharatanatyam masters and Carnatic vocalists. Many of these students are now on the teaching staff at Yognat. It is our keen observation that unlike most schools where the ordinary are slowly edged out, in Yognat it is seen over the years that many "ordinary students" have been transformed into "dynamic, skilful and talented" youngsters who can hold their own against the best. This has resulted in our adopting the motto

"MAKING THE ORDINARY – EXTRA-ORDINARY!
AND THE EXTRA-ORDINARY - GREAT!"

It is our heartfelt prayer that Pujya Swamiji continues to bless us to achieve this objective with each and every student who enters our institution and that our beloved Ammaji will always guide us at all times towards this noble goal.