

February month report - Swami Dayananda Ashram, Rishikesh

February marked the beginning of the camp season at Dayananda Ashram which will continue until April this year.

The camp season was kick-started by Swami Muktatmanandaji with a 10 days camp which took place from 7th-16th February. Swamiji expounded on Vedantasara by Sadananda Yogindra. This camp saw a total of 160 participants, a mixture of senior and new students. During this period, Sundarkand, Shri Vishnu Yag, Sadhu-bhandara and Ganga Aarti were also arranged by Swamiji.

From 23rd-28th February, the Ganga Yoga Retreat led by Aishwarya Chaitanya had participants who came from various parts of the country as well as the United States. They practiced yoga for 4 hours a day along with nama smarana, kirtan and games. This camp was nicely complemented by the gracious and thought-provoking lectures on 'yoga of objectivity' given by Swamini Svatmavidyananda-ji. All participants enjoyed the serene environment of Swami Dayananda Ashram, satvic food and the wonderful weather. February also saw a 10 days retreat by Swami Chidrupananda-ji with a participation of over 120 students.

Shivaratri was celebrated with aplomb at the Ashram with the Ganagadhareswar temple decorated in flower garlands and rangoli. All retreats culminated on this day with the enthusiastic and active participation from everyone in the Ashram and saw huge participation from outside as well. The morning of Shivaratri started with arati followed by all day Om Namasshivaya japa. At 3pm the main program began with the chanting of Ekadasa Rudram which went on till 10pm at the Gangadhareshwar temple.

- Report by Arpan

