



## YOGA IN DAILY LIFE USA

In honoring the prestigious Bharat Gaurav Life time Achievement Award, presented to Swamiji at the British House of Parliament in London on July 23, 2014, Yoga in Daily Life USA presents a brief summary of events, initiatives and achievements of Swamiji's work in the United States.

With great respect and joy, we congratulate our beloved Gurudev, H.H. Abunathswami Paramhans Maheshwarananda, on behalf of Yoga in Daily Life USA, for receiving the prestigious Bharat Gaurav Lifetime Achievement Award.

We are deeply honored to be Swamiji's disciples, whose hearts he has filled with love and whose lives are transformed by his example of tireless work, patience, and selfless service for world peace, the well-being of all people around the globe, and environmental protection. We are grateful to Swamiji for bringing the Light of Mahaprabuji's teachings to the United States of America, for keeping this light alive, and for inspiring the Yoga in Daily Life community to contribute to this mission.

Yoga in Daily Life USA is a non-profit, community-based, service organization dedicated to teaching yoga based on the authentic system Yoga in Daily Life® created by Swamiji. YIDL USA has Consultative Status with the United Nations Economic and Social Council (ECOSOC). Swamiji's disciples assist his work toward U.N. goals of peace, protection of the environment, and human rights, including ongoing participation in the Ethics and Spirituality Initiative for Sustainable Development.



Seminar with Swamiji in Sri Dip Madhavananda Ashram in Alexandria, 2014.



Lecture by Swamiji in YIDL NY Center in Whitestone, Queens, NY. 2014.

At the present, Yoga in Daily Life has four centers in the U.S.: the national center of Washington, D.C. in nearby Alexandria, Virginia, developed in the early 1990's and formally established in 1996; YIDL-Buford in Atlanta, Georgia founded in 1999; YIDL- New York established in 2006 in Whitestone, Queens, N.Y., and YIDL Bay Area in Oakland, California founded in 2011.

Thousands of people from various walks of life have practiced yoga in our centers and have experienced improved physical, mental, social and spiritual health. By systematically structuring the vast science of yoga into the Yoga in Daily Life (YIDL) system, Swamiji has made yoga accessible to all, regardless age, physical fitness or cultural diversity. A variety of special programs, such as yoga for a healthy back, yoga for seniors, yoga for stress relief, and yoga for children, based on the YIDL system, have been offered in our centers.

Yoga in Daily life community outreach programs offer free yoga classes for those who are unemployed and people with low income, and yoga classes in after-school programs, detention centers and assisted living residences.



Swamiji with Mr. and Mrs. Jonathan Dean (middle), in 2006, Alexandria, Virginia and Mrs. David Dean (sister-in-law; right). Mr. Dean was the U.S. ambassador to the MBFR Negotiations (Mutual Balance Force Reduction), in Vienna from 1978 to 1981, and Mrs. Dean was Swamiji's disciple. They both passed away (Mrs. Dean in 2012 and Mr. Dean in 2014), and we truly miss them.



Sponsored by Yoga in Daily Life USA, Alexandria, Virginia, Swamiji leads the Interfaith Perspective: A Hopeful Dialogue panel at The Catholic University, in Washington, DC, in 2009.

Swamiji has regularly visited the U.S. since 1985. Swamiji has held seminars and lectures, and led dialogue programs with leaders of major religions and diplomats at the United Nations, and in Temples, Ashrams and Universities of the U.S.A., always giving his love and maximum care to all regardless if whether surrounded by just his devotees or by dignitaries. By constantly reminding us that world peace starts with our inner peace, Swamiji is awakening consciousness of our individual responsibility to contribute to the peace process and to live in respect and harmony with nature.



Swamiji participated with many Washington, DC, residents and YIDL bhaktas during the 9-11 Unity Walk in 2008. The walk ended at the Mahatma Gandhi Memorial in front of the Embassy of India where Swamiji gave a talk about tolerance and understanding.



Swamiji was interviewed at the UN headquarters in NY for the Feather Project, initiative of the Jacob Soetendorp Institute for Human Values; 2011.



In 2000, Swamiji participated at the Millenium World Peace Summit of Religious and Spiritual Leaders at the U.N. Headquarters, New York. In succeeding years, Swamiji and his disciples have represented YIDL and the Sri Swami Madhavananda World Peace Council at the United Nations participating in the NGO/DPI Conferences and CSW Sessions (Commission on the Status of Women), and in summits and plenary meetings on the Millennium Development Goals. Swamiji's message of peace, unity and the potential of yoga to create a harmonious life has been heard at Queensborough College in New York, Catholic University of America in Washinton, D.C. and Emory University in Atlanta.



Swamiji and Swami Vivek Puriji attending ECOSOC Partnership event: Partnering for innovative solutions for Sustainable Development, April 2013 at the UN headquarters in NY.



Swamiji with the Indian Ambassador Mr. Asoke Mukerji at the Permanent Mission of India to the UN, New York 2014.



Swamiji with Mr. Ramu Damodaran Deputy Director for Partnerships and Public Engagement in the UN-DPI's Outreach Division and Rev. Tsu-Wei Zoe Chang, President of the United Nations Women's Guild, YIDL-NY Center 2009.



Swamiji attending the UN CSW58 Conference on behalf of SMWPC, accompanied by numerous representatives of SMWPC, YIDL US and YIDL AUS, March 2014, UN headquarters in NY.

Since 2003 Swamiji has planted more than 90 Peace Trees in over 20 countries spreading message of peace and tolerance among religions, cultures and nations and reminding people of their unity with nature and the environment. Joining in this initiative, several Peace Trees have been planted in the U.S.,



in the Canyon Peace Park, Los Angeles 2008; Alexandria, Virginia in 2011; and in the Alley Pond Environmental Center in Douglaston Queens, New York in 2013.



To promote world peace during his 2009 visit to the United States, Swamiji planted a world peace tree near the Yoga in Daily Life USA ashram in the Del Ray neighborhood of Alexandria, Virginia. Among the honored guests participating in this event with Swamiji were City of Alexandria Mayor William Euille and United States Congressman James P. Moran.



Peace Tree Planting by Swamiji at the Alley Pond Environmental Center in Douglaston, Queens, NY, on April 25, 2013. With MM Swami Harishchander Puriji from Shiv Shakti Peeth Temple in Hollis Queens, MM Swami Vivek Puriji from Croatia and Mr. Bawa Jain, Secretary General at World Council of Religious Leaders.

In addition to the Peace Tree initiative, Swamiji has inspired thousands of his disciples and friends to plant trees worldwide contributing in reforestation of our mother Earth.

For his service Swamiji was awarded with the title "Ambassador of Peace" presented by Mrs. Norma Foster, President of the United Nations Association of the USA Pacific-Los Angeles Chapter, Los Angeles, and honored by a Certificate of Recognition for his worldwide work to promote global peace, protection of the environment and religious tolerance, as an International Peace Ambassador, by Mr. Antonio Villaraigosa, Mayor of Los Angeles and the Council of Los Angeles, in September 2008.



In recognition of the International Day of Peace and in celebration of Peace Week in Los Angeles, the United Nations Association of California invited visiting spiritual luminary, His Holiness Paramhans Swami Maheshwarananda to partake in the annual ceremony of the official ringing of the World Peace Bell. September 26th, 2008. – Los Angeles, CA.



We are deeply blessed and grateful for Swamiji's teachings, embedded with love in the hearts and minds of all of his devotees: understanding, respect and tolerance among nations, cultures and religions, non-violence, protection of nature and the environment, and a vegetarian lifestyle. We are proud and honored to be part of this magnificent Yoga in Daily Life International Community Tree, rooted in teachings of the ancient Vedic wisdom, grown by unbroken devotion of our spiritual masters from Sri Alakpuriji Siddha Peeth Parampara and brought to us, as a light of knowledge in these troubled times, by our Divine Master HH Vishvaguru Mahamandaleshwar Puriji - Swamiji. We are looking forward to growing large and strong and to providing fruits and shelter to all, guided by our beloved Gurudev.



Swamiji in conversation with distinguished members of Rajasthan Association of North America, including Dr. Narendra Hadpawat, president of RANA and Mr. Chandra Sukhwai on whose initiative this meeting occurred. Hicksville, Long Island, NY 2014.



Intimate moments with Swamiji during seminar in Sri Dip Madhavananda Ashram in Alexandria, VA 2014.



Swamiji's Blessings for a peaceful and harmonious life and sustainable future from the UN headquarters in NY, 2013.



One of the many welcome & farewell gatherings of bhaktas, from US and overseas, with Swamiji at the airport. Always looking forward for our next reunion! Washington, DC, in 2014.

OM Shanti OM

Yoga in Daily Life USA, August 7, 2014.