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## **Kriyayoga Program at Suman Vidya Niketan Inter-college**

Today, Kriyayoga Master and Scientist, Swami Shree Yogi Satyam conducted a Kriyayoga program for the students of Suman Vidya Niketan Inter-college in Naini.

Swamiji said that the time is now coming for all good persons in the world to come forward to follow the way to prosperity and peace. The future will bring good production of agriculture and scientific facilities for all persons.

Speaking on Kriyayoga, Swamiji explained that the visible presence of human being is the glorious condensed form of 24 elements: Chitta, Ahamkara (Ego), Buddhi (Wisdom), Mana (Mind), 10 Indriyas, 5 Tanmatras (subtle elements of 5 senses) and 5 gross elements - earth, water, air, fire and sky.

Kriyayoga Meditation is the practice of keeping the 24 elements in an integrated state. We learn how to concentrate on Self and experience the great power of integration. Then, we learn how to keep all family members well united together with heart and soul. As we practice more and more, we learn how to establish unity amongst various groups present in society, in nation and in the world. In this way, Kriyayoga is an essential need of the present time.

Following the lecture, Swamiji gave Kriyayoga practice to the students and teachers of the inter-college. Kriyayoga practice is the application of the philosophy of Kriyayoga on self.

The program was introduced to the students by the principal of the inter-college, Dr Ashok Mishra. Swamiji was accompanied by many foreigners from America, Canada, Singapore, Brazil and Poland at the program.

*Meeramata*