



Harmony for Body, Mind and Soul

Abunathswami Maheshwaranandaji – The Pride of India

The prestigious award of „Bharat Gaurav“, “Pride of India”, was bestowed upon His Holiness Abunathswamiji Maheshwarananda on the 23th of July this year. The award was handed to Swamiji in British Parliament’s House of Commons. This award is being given to men who within the scope of their activities, no matter where on this planet, have achieved magnificent results by spreading the glory of India. „The personalities and achievers compiled in this volume will add a new era in the history of Rajasthan and their dedication, achievements and entrepreneurship will definitely prove to be great impetus in the significant growth and development of this nation” are the words in which the award of “Bharat Gaurav” is being described by the non-profitable organization „Sanskriti Yuva Sanstha“ from Jaipur (India), that initiates the granting of this prestigious award.

His Holiness Abunathswamiji Maheshwarananda, the author of worldly known and acknowledged System „Yoga in Daily Life“, has promoted for 50 years the four aspects of health - physical, psychical, spiritual and social - by his lifestyle and deeds. In each and every of these fields he has marked countless excellent results on different continents. Thousands of hundreds of people, from various nationalities, various cultural and religious backgrounds, with different formal education and interests, have been taught, directed and advised by Swamiji what the valuable human life really means and what a person who wants to live a successful life should pay attention to.

Grateful people, those who devoted their spiritual wellbeing to the care of their spiritual master Swamiji, as well as those who in his words found an inspiration for their work in politics, sports, artistic and humanitarian fields, have initiated numerous prestigious awards given to this spiritual giant of our age, who long ago already transcended the Rajasthan borders - even the borders of India - and became a citizen of the World in the broadest sense.

Many of the awards given to Swamiji came with a title carried by a few men on this planet. To mention some of these titles: from his Master Paramhans Swami Madhavanandaji, at his sannyas initiation Swami Maheshwarananda got the spiritual title “Paramhans”, meaning “The Highest Swan”, The Enlightened One, The Knower of the Self, The Knower of Reality. Among many titles he earned through his work with people and by possessing a genuine knowledge, he got the honorary titles "Doctor of Yoga" and "Professor of the Science of Yoga" by the World Development Parliament in India. The outstanding spiritual giants of India awarded him with the spiritual title of “Vishwaguru”, meaning “the spiritual master of the Universe”. After his Guru Sri Paramhans Madhavananda passed away, Swamiji was declared as the heir of Siddhapeeth Parampara, the spiritual teachers’ lineage that

originated in ancient times not known by today's history. He is also Mahamandaleshwar, the highest dignitary within the circle of spiritual teachers who are the protectors of tradition and philosophy of Sanatan Dharma. He is also Abunathswamiji, the "Lord of holy mountain Abu". And now, he has received the Bharat Gaurav Award for the projects initiated and led in the scope of his humanitarian work. This way, Swamiji's name has been growing in many directions - like a tree growing deep, high and wide.

Swamiji initiated many humanitarian projects throughout the world, especially in the fields of children's and women's education and employment. Swamiji is also recognized as a persistent fighter for vegetarian nourishment, as well as an advocate of healthy organic food cultivation. Swamiji promotes the concept of self-sustainable development in agricultural food production and have initiated numerous projects in the fields mentioned above. He is also the promoter of the „Rainwater Harvesting Project“, which can change the life of millions in dry and desert regions. Among Swamiji's projects is also the tree planting, done by his disciples all over the globe, in almost every country in which Swamiji has yoga centers, as well as in Serbia. This project has already brought to this planet millions and millions of planted trees.

Swamiji first came to Serbia in 1981. Since then, the System “Yoga in Daily Life“ has been continually taught here. During this time yoga has been taught in many Serbian cities: Belgrade, Sombor, Kikinda, Kula... From the very beginning till today, the National Center and central ashram has been situated in Novi Sad, where the YIDL System is now taught simultaneously in three halls covering 500 m² in total.

Through all these years, Swamiji and his disciples held numerous seminars and public lectures, which helped promoting all benefits of yoga: physical exercises, breathing techniques, relaxation practices, meditation, techniques for body purification, nourishment culture through vegetarianism and other different methods aiming at the humanity welfare, all emerging from yoga.

Thousands of people have gone through different courses of YIDL in Serbia, in which they have learned to help themselves in all health aspects, and to understand themselves better, as well the world around them.

Dear Swamiji, we are thankful for all that You have been giving us through Your unselfish service to humanity. We congratulate You for this respected award and prize of Bharat Gaurav, which shows the growth of international recognition and respect of Your work on nurturing humanity's consciousness and responsibility.

Yours Bhaktas and disciples from Republic Serbia