



Udruga "Joga u svakodnevnom životu" Zagreb
Jurišićeva 3/IV, 10000 Zagreb, Hrvatska
Tel. 01/481-2624; faks: 01/481-3527
e-mail: zagreb@yogaindailylife.org

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je ogranak međunarodnog Sustava "Yoga in Daily Life"
Udruga je neprofitna pravna osoba. MB/OIB: 03297152/61468519769
Žiro-račun: Raiffeisen BANK Austria 2484008-1102817296

Beloved Gurudev,

With real joy and happiness we have received the news about You receiving the great recognition of the Bharat Gaurav Life-time Achievement Award and we sincerely congratulate You for it. For us, Your Croatian disciples, it is one more official proof of the greatness of our Master in which we are deeply sure and very aware of.

Yoga in Daily Life and Swamiji Himself have brought the light and left a deep trace in life of thousands and thousands of Croatian people – whether as spiritual seekers or practitioners of yoga, in search of health and mental happiness. After 30 years there is hardly any person in Croatia who doesn't know about Yoga in Daily Life or its founder, our Swamiji. This great system has been practiced in nearly every larger town in Croatia, and we warmly remember the big international World Peace Conference which took place in Zagreb in 2005. Also, we are very happy that Croatia was the first of many countries worldwide where we have prayed for peace and a better world, as part of the World Peace Prayer program.

We live in hard times. But at the same time, we have a great opportunity to work for peace, spiritual progress and real achievement in our lives, just by following the examples given by His Holiness Swamiji and His outstanding commitment to promoting tolerance and respect between different religions, cultures and nationalities.

The occasion of receiving such an award is a great opportunity to review some activities, initiatives and achievements of His Holiness Abunathswami Maheshwaranandaji and Yoga in Daily Life in Croatia in last decades.



His Holiness Paramhans Swami Maheshwarananda has been a regular guest in Croatia since 1984, holding international seminars with several thousands of participants.



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During one of these seminars – in September **2001** – the first Peace Prayer took place. By the seaside of the Adriatic Coast, Swamiji gathered representatives of the Catholic Church and Islam, as well as the Indian ambassador to Croatia and representatives of local and regional authorities. From Croatia, international peace prayer events then spread all over the world, with many ceremonial gatherings organized by *Yoga in Daily Life*.



2002

President Stjepan Mesic awarded H.H. Mahamandaleshwar Paramhans Swami Maheshwarananda with the Order of Croatian Danica with the image of Katarina Zrinska. It is the highest decoration of Croatia for Humanitarian Merit, acknowledging decades of humanitarian and spiritual work for the sake of the entire humanity.





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In November 2002, Croatian President Stjepan Mesić visited the OM Ashram in Jadan, Rajasthan, during his official visit to India. The President and numerous Croatian delegates were greeted by more than 5,000 inhabitants of Jadan, as well as children from the free school, which is a part of the Om Vishwa Deep Gurukul Swami Maheshwaranand Ashram

Research and Education Center. President Mesić officially opened a Center of Croatian Culture in a special part of the OM Ashram.





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2003



With a public lecture in front of 2,500 people in Zagreb, His Holiness Mahamandaleshwar Swami Maheshwaranda started a very successful five-day tour of Croatia. After public lectures in Rijeka and Čakovec Swamiji's tour ended with international seminar in Umag, a famous resort in Istria.

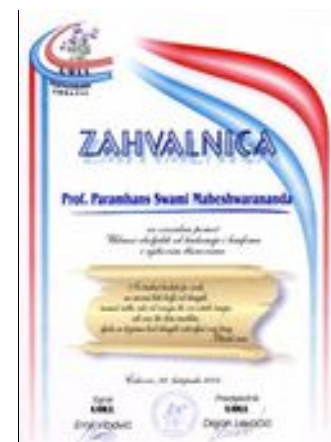
2004



An audience of more than 2,000 attended HH Swamiji's public lecture in the biggest hall in Croatia, "Vatroslav Lisinski" Hall in the capital city Zagreb, supporting an initiative of *Yoga in Daily Life* to give all income from the event to the Croatian Society of Leukaemia and Lymphoma.

The Association showed their appreciation with Certificate of Merit for outstanding efforts and humanitarian work in the Republic of Croatia.

Due to the great interest, His Holiness Swamiji included another public lecture in Zagreb during his busy international schedule that year. The hall this second time was again full to capacity and all income was donated to the 'Touch' Association for deaf and blind people.





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The year 2004 was a year of celebrating 20 years of *Yoga in Daily Life* in Croatia. Many dignitaries gathered from public and political life of the nation, at a solemn event to mark the occasion.



The Croatian minister of Justice, Vesna Škare Ožbolt, said in her speech, "It is expected that Croats should live a healthy life, supporting ecology and being sensitive to the problems of people. In this area, you, dear Swamiji, along with the members of *Yoga in Daily Life*, help the Croatian government and ministers who have a very responsible position, including the Justice Department, to understand the depths of life; to understand the problems they face and to know how to tackle them. *Yoga in Daily Life*, I wish you many successful years in Croatia and that is also a wish of other Croatian ministers."

At the initiative of His Holiness Swamiji, in 2004, a Multicultural Society was formed in Croatia. The opening ceremony united representatives of various nationalities and faiths, as well as many cultural societies. The Multicultural Society has organized many events that have brought together diverse religions and lifestyles of Croatia, supporting unity in diversity.





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Students of the Faculty of Mechanical Engineering in Zagreb had a chance to hear about the benefits of yoga in studying; and also about their responsibility as industrial experts of the future, who, by using technology that only supports and follow the laws of nature, can make the world a better place.



Dean of the Faculty Mr. Tonko Ćurko said, "There is a tradition in our faculty to invite famous personalities from various aspects of life to give lectures to our students and His Holiness Swamiji continues this tradition in the best way."

Another humanitarian fundraising lecture was given by Swamiji in Pula. His Holiness Swamiji met with the Mayor of the town, one of the oldest towns in Croatia's

Istria region. All of the income of Swamiji's public lecture was dedicated to the Association for Cerebral Palsy in Pula.

On his way to an International Yoga Seminar taking place in Umag, His Holiness visited Labin an Pula giving a lecture and meeting with Mayor of Pula and local authorities.

2005



Numerous meetings and activities, along with an extremely warm reception and keen media interest, marked the start of a five-day tour of His Holiness Mahamandaleshwar Paramhans Swami Maheshwarananda through Croatia.



Sklad tijela, uma i duše

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Swamiji visited the Croatian Parliament in Zagreb, where he was received by the Vice President of Parliament, Mrs. Djurdja Adlesic. Enroute from Zagreb to Čakovec, where an International Yoga Seminar was to take place, His Holiness Swamiji visited the Governor of Varazdin County, Mr. Radimir Cacic, who became the first Vice President of the Croatian Government in 2010.



In the city of Čakovec, His Holiness Swamiji met with the County Governor, Mr. Josip Posavec, and a representative of the city authorities, Mr. Slobodan Vejnovic. Local authorities stated that they were happy to host and greet all international participants of the Yoga Seminar in Cakovec and they readily embraced Swamiji's idea to plant a Peace Tree in the city. Swamiji's endeavours towards world peace thus left a

material trace in Cakovec – a tree symbolising peace was planted in the park, situated in the city center, and it took place exactly on Croatian Independence Day.

Under the patronage of His Holiness Mahamandaleshwar Paramhans Sri Swami Maheshwarananda,



the first Peace Summit in Croatia: *Sri Swami Madhavananda World Peace Summit and the Message of Mahatma Gandhi*, organised by the Croatian Union of *Yoga in Daily Life*, took place on 9 October 2005 in Croatia's capital, Zagreb.



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It was held in the capital's largest conference hall, Vatroslav Lisinski and more than 30 speakers from all over Europe, the USA, Canada, Australia, New Zealand and India spoke on topics of multi-religion and multi-culture, peace, education, the environment and water protection, ecology and sustainable development. They all urged for greater awareness of the need for peace, and called upon all people of good will for action and a personal contribution to the state of peace – to whatever extent possible.



During the interval break of the Summit, more than one thousand people gathered in the park in front the City Hall for the historic planting of a commemorative Peace Tree.

At the end of the Summit, a humanitarian concert with popular Croatian performers was presented and the entire proceeds were dedicated to the Union of Civil Victims of the Croatian War of Independence, for purchasing of orthopaedic tools for their members.





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In 2005, a second edition of Swamiji's book 'Yoga in Daily Life – The System; Harmony for Body, Mind and Soul', was publicly presented by several renowned Croatians. It is one of the best-selling books about Yoga in Croatia, ever.



2006

Accompanied by his *manas putra* (spiritual son), Swami Avatar Puriji, His Holiness Paramhans Swami Maheshwarananda visited Croatia in May 2006.

Croatian national tour, including: lectures in Zagreb, Opatija, Karlovac and Split;





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the traditional International Seminar in Umag on the Adriatic coast;



and a promotion of Swamiji's new book '*The Hidden Powers in Humans – Chakras and Kundalini*' in the Croatian language.

His Holiness Swamiji gave the first copy of the book to Croatian President Stjepan Mesić.





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During his stay in Split, the ancient city in Dalmatia, His Holiness planted an olive tree as another World Peace Tree. The ceremony took place with local authorities, and was surrounded by a gathering of many tourists and spiritual seekers.



In the same 2006, more than 100 teachers from all parts of Croatia successfully finished a three year training course: 'Education of school teachers for using exercises from the *Yoga in Daily Life System* in additional educational programs'. The course was financed by the Croatian Ministry of Education.

Teachers reported that "children were calmer and more concentrated", after practising for a while with their students.





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"I have tried all kinds of sports, but here I've found all in one. I am glad that I can practise in nature – this practising of *Yoga in Daily Life* in the park has really connected the spirit, body and nature", said one of hundreds of practitioners who participated in a new program of *Yoga in Daily Life* in Croatia – 'Free Yoga in Croatian parks and beaches', which took place in several Croatian cities during the summer. From that 2006, this program is continuing every year.



Inspired by Abunathswamiji, for the first time, Croatia celebrated the United Nations World Peace Day. Organized by *Yoga in Daily Life* in Croatia, people gathered around Peace Trees planted in Zagreb, Čakovec and Split, praying for world peace, and joined by choirs and dancers. This initiative united representatives of various different religions and groups. This celebrating of peace becomes tradition for YIDL centers in Croatia.





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2007

As in every year before, Swamiji held humanitarian lecture in Zagreb. Funds raised from this year's lecture were donated for the construction of a girls' school in Jadan, India, through which *Yoga in Daily Life* is contributing towards the achievement of the UN Millennium Goals. The right to girls' education is one of the important goals of the UN plan.



In addition to a Public Lecture in the capital of Croatia, Zagreb, His Holiness again met with Croatian President Stjepan Mesić. Swami Maheshwarananda has consistently supported the work of President Mesic in his efforts to establish peace, understanding and tolerance among the people of Croatia and the surrounding region. Like every year, traditionally, President Mesic had a warm conversation with H. H. Vishwaguruji, sharing with him many ideas and plans.

President Mesic showed a vivid interest in these subjects. He assured his support for the petition to the Indian Government to preserve the historical and archaeological monument of Ram Setu and that it should be declared by UNESCO officially as a World Heritage site. They also discussed possible ways how to grant equal rights and give opportunity for integration to the Roma people, in European countries and worldwide. The President informed Swamiji that in Croatia as the first and only country in Europe, Roma may be represented in representative bodies at local and regional levels, and elect special representatives to the Croatian Parliament.

President Mesić and Swamiji were discussing also Swamiji's humanitarian projects and his tireless efforts for the protection of the environment and for world peace while conversing on various other topics from India as well as from Croatia.

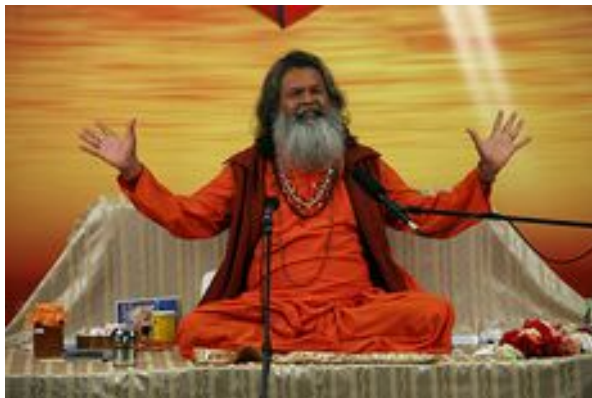


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Croatian tour ended with one of the largest Yoga in Daily Life seminars in the World – international seminar in Umag gathered more than thousand spiritual seekers.





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Although the organizers had booked one of the largest halls in the capital Zagreb, with more than 800 seats, tickets for Swamiji's lecture in December of 2007 were sold out in just two days. Public interest was so great that His Holiness Swamiji repeated his lecture three times, so all interested parties received the blessing of his words. The entire lecture was broadcast globally via the Internet.



2008



To honour the *International Day of Non-Violence*, H. H. Swamiji has inspired Yoga in Daily Life members throughout Croatia to save lives through donating blood. Hundreds of people followed Swamiji's appeal, and this initiative was highly appreciated by the Red Cross organization. H. H. Swamiji was cordially welcomed by the President of the Zagreb City Assembly, Mrs. Tatjana Holjevac in the City Hall to a friendly talk followed by a press conference and banquet.



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On the occasion of Mahatma Gandhiji's Birth Anniversary and the International Day of Non-Violence, His Holiness Paramhans Swami Maheshwaranandaji held public lecture that evening in Zagreb



On 3rd October, Swamiji was received by the President of Croatia, Mr. Stjepan Mesic in the famous spa Opatija on Adriatic coast. They had a 40 minutes intensive talk addressing issues of the present world situation, world peace and about the good relation between India and Croatia.



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After meeting with Croatian president Stjepan Mesić, His Holiness Swamiji stayed in the Adriatic holiday resort Umag, leading a weekend retreat on *Yoga in Daily Life, Chakras and Kundalini*.



2009



In 2009 Swamiji blessed Croatia with his darshan twice. First was summer yoga retreat on Pašman Island.



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"I am always happy to be able to come to Zagreb. It is a divine blessing to be here with you," His Holiness Mahamandaleshwar Paramhans Swami Maheshwarananda declared to the audience at the beginning of his Zagreb lecture, in an overcrowded hall of the Hypo Centre. This lecture was the start of Swamiji's tour which celebrated 25 years of practising of one of world's most popular systems of yoga in Croatia.



On the Croatian tour Swamiji visited and held lectures in Split and Labin.

The end of the week Swamiji spent in Umag, in Istria. There, from Friday to Sunday, he led an international seminar with hundreds of participants from Croatia and neighbouring countries, and also from USA, Australia, United Kingdom, Czech Republic, Slovakia and Austria. All of them enjoyed practising, but above all, the divine satsangs with Swamiji near the sea.





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2010

The one-day-event 'Day of Non-Violence for World Peace' that took place on Saturday, 2 October, declared by the UN as *International Day of Non-Violence* was the highlight of the yoga retreat organized from 24 September till 3 October, in the seaside town of Umag. Thousands of people from all over Croatia as well as from other European countries and representatives of USA, Australia and India, accepted the invitation of the organisers – *Sri Swami Madhavananda World Peace Council* and the *Croatian Association of Yoga in Daily Life* – and came to Umag to reinforce the idea of peace, tolerance and non-violence as the only viable future for mankind. Through the webcast participants from more than 200 countries around the world joined the event.



In the name of the President of Croatia, Dr. Ivo Josipovic, patron of this event, his Commissioner for Civil Society and Human Rights Prof. Dr. Sc. Ankica Marinovic, delivered a message: "Through his patronage the President appreciates your work for world peace and he is always going to support any organisations, associations and religious communities in their peace building initiatives. The care for cultivating peace and establishing mutual inter-religious acceptance is an important pillar of civil society and for mankind."



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After the peace dialogues, HH Swamiji, together with the Deputy Mayor of the city of Umag, Mr. Mauro Jurman, and other distinguished guests, planted an olive tree as a living symbol of peace and non-violence in the centre of Umag.





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At sunset time hundreds and hundreds participants lit candles and let them float into the sea with a peace prayer, as symbols of peace overcoming violence.



2011

HH Abunath Swami Maheshwarananda is great inspiration for all our work and activities promoting health and charity and Yoga in Daily Life Croatia is promoting all aspects of healthy living. Therefore, all income from a lecture on yoga and cleansing of the body held by Swami Vivekpuri, was donated to the association of women with breast cancer "EVERYTHING FOR HER".





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After initiating programs for seniors, summer recreation for all citizens with Yoga in Nature, and programs for women suffering from breast cancer, *Yoga in Daily Life* has started a free of charge program for the numerous unemployed people in several Croatian cities.



2012

By Swamiji's initiative, all groups who are practising yoga in Varaždin, an historical city in the northern region of Croatia, were gathered in a 'Yoga EXPO' – a two-day event organized by *Yoga in Daily Life Varaždin* and under the patronage of the City of Varazdin.





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Jurišićeva 3/IV, 10000 Zagreb, Hrvatska
Tel. 01/481-2624; faks: 01/481-3527
e-mail: zagreb@yogaindailylife.org

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je ogranak međunarodnog Sustava "Yoga in Daily Life"
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On the occasion of the auspicious celebration of Guru Purnima 2012 His Holiness Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda encourages all disciples, spiritual seekers, as well as whole public to make personal sankalpa (resolution) of planting 11 trees during the next 12 months. Followed by this idea, in between workshops and lectures, all participants

gathered together to plant a new Peace Tree. It was one of the thousand trees planted in Croatia from that Swamiji's idea.

Planting trees for a greener future is an action that will surely continue to be one of the primary actions of Yoga in Daily Life. Members of the association Yoga in Daily Life in Umag and Labin, with the support of the City of Umag, together planted 20 trees in four kindergartens in Umag. Children kindergarten students of these is of course a great event full of joy in which they willingly and with interest involved.





Sklad tijela, uma i duše

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2013

On the 13th of February 2013 two Croatians became the first Europeans to be initiated as Mahamandaleshwars in the long history of the Maha Nirvani Akhara. This took place at the Kumbha Mela in Prayag Raj (Allahabad) where more than 140 million people have gathered to bathe at the banks where the Holy rivers Ganga, Yamuna and Saraswati converge. Being initiated into the Hindu order as a Mahamandaleshwar (similar to a Cardinal in the Catholic religion) is the highest honour that can be bestowed upon a Sannyasi (Hindu monk). Mahamandaleshwar Swami Vivek Puri Ji (Tino Pavlin) and Mahamandaleshwar Swami Gyaneshwar Puri Ji (Igor Mrkoci) are long term disciples of His Holiness Vishwaguru Mahamandaleshwar Sri Paramhans Swami Maheshwarananda Puri (Swamiji). They are the first Europeans to be invited into this Akhara (order).





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"Yoga in Daily Life" joined the campaign of The Office for Associations of Croatian Government called "Open Days of associations." In seven Croatian cities a free yoga classes, lectures and presentations were held and visitors were able to taste vegetarian delicacies.



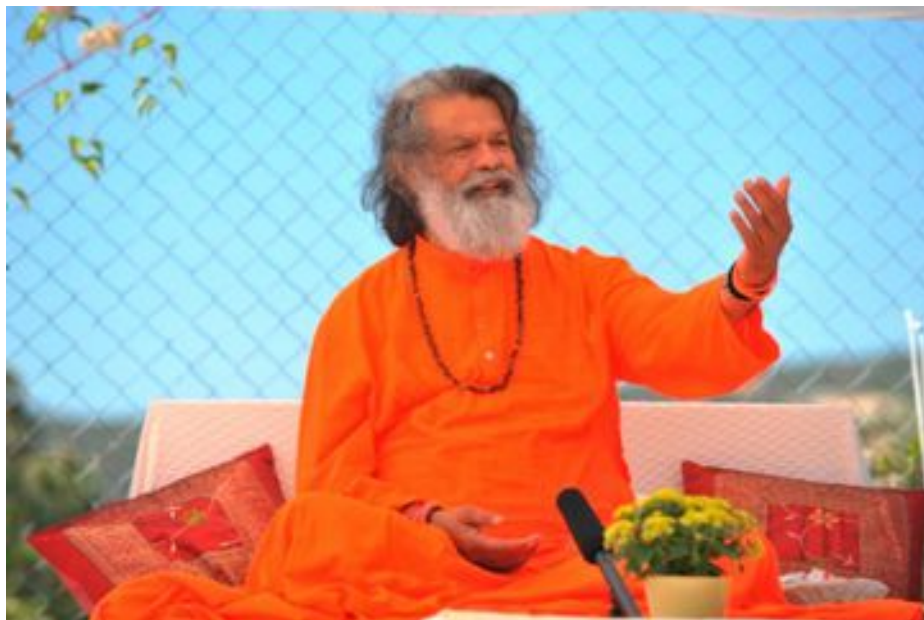
In 2012, Swamiji blessed Croatia again with his visit. His Holiness Mahamandaleshwar Paramhans Swami Maheshwaranandaji led a seven-day international seminar at the Duga Uvala retreat.





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During the seminar on Friday 6. September 2013 birth anniversary of Holy Guruji was celebrated. Celebration started with planting of olive tree, the symbol of peace, and continued with bhajans, prayers and satsangs.





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"Yoga in Daily Life" is a part of regular training of physiotherapists, approved by the Croatian Chamber of physiotherapists. In "Yoga in Daily Life" Centre in Split, more than 20 therapists practised Yoga for the spine in physical therapy.



2014

Following Swamiji's great inspiration, in the small town of Jastrebarsko, near Karlovac, a group of Karlovac and Zagreb members of Yoga in Daily Life, with the help of good people of Sumarija Jastrebarsko (Forestry Authority of Jastrebarsko), planted 800 young Red Oak and Ash trees.





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India can indeed be proud to have someone like His Holiness Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwaranandaji and so we are. On the end of this remembering of great work of Swamiji in Croatia, we can only say that we will do our best to forward this bright light of Sri Alakhpuriji Siddha Pith Parampara further for the sake of the whole planet.

We can only show our thankfulness on Croatian traditional way, with or song HVALA (Thank you)

Fala

Za vsaku dobru reč,
Kaj reći si mi znala,
Za vsaki pogled tvoj,
Za vsaki smeh tvoj, fala!

Tak malo dobroga
V življenju tu se najde,
I če je sunce čas,
Za oblak taki zajde.

A ti si v srce mi
Tak puno sunca dala.
Kaj morem ti neg' reć:
Od vsega srca fala!



Thank you

For each nice word,
That you used say to me,
For each glance from you,
For each smile from you,
thank you!

So little good things
Can be found in living,
And there can be sun one
minute,
The next it goes behind the
cloud.

And you gave to my heart
So much sunshine.
What can I do but tell you:
Thank you from the bottom of
my heart!

Yoga in Daily Life Croatia