

BIHAR YOGA BHARATI

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Bihar Yoga Bharati (BYB), an Institute for Advanced Studies in Yogic Sciences, is the culmination of the vision of Sri Swami Sivananda Saraswati and Sri Swami Satyananda Saraswati and is the first of its kind in the world wholly devoted to the subject of yoga. BYB has been established along the lines of Nalanda and Vikramshila, two great spiritual centres of learning. It continues the work started by these ancient centres, as a pathfinder for the current and future spiritual awakening of people, in the spheres of Yoga, Vedanta, Tantra and other allied subjects.

Normally an educational institution focuses solely on academic goals, whereas a gurukul environment combines both intellectual and experiential learning, aiming towards the holistic growth of the student. Emphasis is laid on both the mental and spiritual development of the student.

BYB offers scholars, scientists, doctors and yoga aspirants from all parts of the world a golden opportunity to work together to formulate a scientific basis for the growth, expansion and rapid integration of yoga into modern society.

Sri Swami Sivananda originally had the vision of a yoga institute when he established the Yoga Vedanta Forest Academy in Rishikesh in 1950. This inspiration was carried forward by Sri Swami Satyananda, who established Bihar School of Yoga in Munger in 1963, followed by the Ganga Darshan complex. Swami Niranjanananda, with the blessings of his predecessors, founded Bihar Yoga Bharati in 1994 as an Institute for Advanced Studies in Yogic Sciences.

Sri Swami Satyananda founded Bihar School of Yoga in order to carry out the mission given to him by his guru to spread the message of yoga from door to door and from shore to shore. Under the banner of BSY, he propagated yoga for people of all ages from all countries, races, religions and cultures.

Under his guidance, the ancient science of yoga was taught on a scientific basis with clarity and vision. Thousands of people were and continue to be trained and educated in yogic subjects.

Bihar Yoga Bharati is thus a natural continuation of the teaching activities of BSY. This gurukul based institute is the first of its kind in the world to impart a comprehensive yogic education.