



*H. H. Shri Mataji Nirjala Devi Sahaja Yoga Trust Invite you*

# *Maha Kumbh 2025*

*Prayagraj, Uttar Pradesh, India*  
**10th Jan to 26 Feb 2025**

## **Sahaja Yoga**

### **Self-Realization Tour**

**An event dedicated to spreading Sahaja Yoga at the world's largest human gathering – the Maha Kumbh 2025, to be held in Prayagraj, also known as Ilahabad or Allahabad**





### THE MESSAGE OF SHRI GANESHA "

Shri Ganesha's puja is to give Realization. That is His puja. Supposing He is waiting there for you to ask for His blessings. Now what is His blessing? It is to give Realization, to allow the Kundalini to rise. You ask for it and what do you get? You ask for your health, ask for this, ask for that. Why not ask, "Shri Ganesha, make us good instruments of Sahaja Yoga. Give us strength to give Realization to people and talk about Sahaja Yoga." People do not even talk about Sahaja Yoga. They are feeling shy....

You must talk about it. You must tell people. You must go around. Do not be afraid. Ganesha will protect you. He will help you. He will be very happy. He will work it out – everything for you. All problems can be solved. Everything can be done. Believe in His power. Have faith in your Mother. That is the message of Shri Ganesha. (15.09.1996 - Ganesha Puja, Cabella Ligure ,Italy)



Dear Sahaja Yogi Brothers and Sisters,  
We invite you to participate in Mega collective work of self-realization at the sacred Triveni Sangam. Dive into the divine! "Bathe in the Ganges, Nourish Your Soul! Join our Self-Realization Tour at Prayagraj. Experience the magic of Maha Kumbh 2025.



- The world's largest spiritual gathering
- Start Date: **10th January 2025**
- End Date: **27th February 2025**
- 7 Teams, 49 Days, Sahaja Yoga Spreading
- Deepotsav, Ganga Aarti, Maha Aarti, Chaitanya Rath, and Medical Camp.
- **Once-in-a-Lifetime Experience** : Attend this mega event, occurring only once every 12 years, making it a rare and special opportunity.
- We are anticipating **100 million** people (pilgrims) to attend the holy bath

### Sahaja Yoga Spreading Team Details

Team 1 – Shri Ganesha	(10th Jan - 18th Jan)
Team 2 – Shri Hanumana	(19th Jan - 25th Jan)
Team 3 – Shri Kartikeya	(26th Jan - 1st Feb)
Team 4 – Shri Bhairava	(2nd Feb - 8th Feb)
Team 5 – Shri Vishnumaya	(9th Feb - 15th Feb)
Team 6 – Shri Virat	(16th Feb - 22nd Feb)
Team 7 – Shri Shiva	(23rd Feb - 27th Feb)



# COME JOIN US



## SEMINAR VENUE:

Sahaja Yoga Camp  
Mela Ground, Prayagraj  
(Allahabad),



We request you to share the details of this event with your collectivity and humbly invite all the Sahajayogis to book their travel arrangements in advance to attend and enjoy the collective vibrations

## About the Kumbh Mela of Prayagraj (Allahabad)

The Kumbh Mela in Prayagraj is distinctly different from Kumbh Melas held at other locations for several reasons.

- First and foremost is the tradition of Kalpavas, which is unique to Prayagraj.
- Secondly, the scriptures regard the Sangam as the center of the earth.
- Thirdly, it is said that Lord Brahma performed a Yajna here for creation.
- Fourthly, Prayagraj is revered as the king of all pilgrimage sites.

However, the most significant aspect is that the spiritual activities and penances performed here are considered more fruitful than in other sacred places.

According to the Matsya Purana, the great sage Markandeya states that this location is especially sacred to all deities. Spending a month here, maintaining purity, and practicing Brahmacharya while meditating on one's deities and mantras can fulfill all desires.

A devotee who bathes here can liberate their ten generations from the cycle of birth and death, achieving salvation. Even serving the pilgrims here helps one overcome greed and attachment.

Thus, adorned in traditional attire, the saints and ascetics engage in diverse spiritual activities at the Sangam, drawing many onlookers who are eager to witness these sacred rituals. The Kumbh Mela transforms the Sangam area into a temporary city spanning thousands of hectares for nearly 50 days. This age-old festival maintains its extraordinary essence. Despite modern pressures and the rapid spread of urbanization, the Kumbh Mela continues to honor the rivers, acknowledging their status as the Mother of the World.

Deeply rooted in the consciousness of the Indian populace, the unwavering faith and devotion of the people is the nectar of life. Their immortal beliefs remain steadfast in times of crisis, symbolized by the "Akshayavat" (the eternal Banyan tree). Knowledge, renunciation, and the essence of spirituality are embodied in the Sangam, with the foundation of Dharma being Prayagraj.

# HISTORY

**Kumbh Mela** : The Kumbh Mela is celebrated once every three years on the banks of the following rivers:

- Godavari in **Nashik**
- Shipra in **Ujjain**
- Ganga in **Haridwar**
- Sangam (the confluence of the Ganga, Yamuna, and Saraswati) in **Prayagraj**.

- **Ardha Kumbh Mela**: The Ardha Kumbh Mela is held every six years in Haridwar and at the Sangam in Prayagraj.
- **Purna Kumbh Mela** : The Purna Kumbh Mela occurs once every twelve years, determined by specific planetary alignments. This grand congregation takes place at all four sacred locations: Nashik, Ujjain, Prayagraj, and Haridwar.
- **Maha Kumbh Mela** : [The Maha Kumbh Mela is a once-in-a-lifetime event, held every 144 years \(after 12 cycles of Purna Kumbh\)](#). It is celebrated exclusively at the Sangam Ghat in Prayagraj.
- **Spiritual Significance of the Kumbh Mela**: The sacred rivers associated with the Kumbh Mela are believed to be the places where drops of divine nectar (Amrit) fell during the churning of the cosmic ocean (Kshira Sagara). Devotees who attend the Kumbh Mela take a holy dip in these rivers to receive divine blessings. It is also believed to be an ideal path to attaining Moksha (liberation from the cycle of birth, life, and death).

## Kumbh Mela Prayagraj Auspicious Bathing Dates

- **Key Bathing Dates (Shahi Snan)** : The most significant aspect of the Kumbh Mela is the Shahi Snan, or Royal Bath, which occurs on specific auspicious dates. These dates are known as the main bathing days and attract the largest gatherings of devotees. The Shahi Snan dates are determined by astrological configurations and are considered the most spiritually potent times to bathe in the holy waters of the Triveni Sangam.

### Here are the key bathing dates for the Kumbh Mela:

- **Paush Purnima** (Full Moon in January) (January 13) : A significant day for devotees to commence their ritual bathing, marking the beginning of the pilgrimage season.
- **Makar Sankranti (January 14)** : Marks the transition of the sun into the zodiac sign of Capricorn. It is considered a highly auspicious day for taking a dip in the holy rivers.
- **Mauni Amavasya** (New Moon) (January 29) : One of the most important bathing days. It is believed that on this day, sages and saints observe silence and meditate, enhancing the spiritual atmosphere.
- **Basant Panchami** (Fifth Day of the Magha Month) (February 3) : Celebrated to mark the arrival of spring, this day is associated with the worship of Saraswati, the goddess of knowledge and wisdom.
- **Maghi Purnima** (Full Moon in the Magha Month) (February 12): Another significant full moon day when devotees gather to take a holy dip.
- **Maha Shivaratri (February 26)**: Dedicated to Lord Shiva, this day is observed with fervent devotion and is an important occasion for spiritual seekers.

Bathing Date	Bathing Day	Event
13 January 25	Monday	Paush Purnima
14 January 25	Tuesday	<b>Makar Sankranti</b>
29 January 25	Wednesday	<b>Mauni Amavasya</b>
3 February 25	Monday	<b>Basant Pancham</b>
4 February 25	Tuesday	Achla Saptami
12 February 25	Wednesday	Maghi Purnima
26 February 25	Wednesday	Maha Shivratri

# Maha Kumbh 2025, Prayagraj, Uttar Pradesh, India

## Sahaja Yoga Self-Realization Tour Jan- Feb 2025

### Samarpan Details



Category -Age	For One Day
Bal Shakti (0 - 6 years)	Free
Teenagers (7 - 13 years)	INR 400
YuvaShakti (14 -24 years)	INR 500
Adult ( 25 Year & Above)	INR 700

- **Account name:** H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust -Allahabad Unit
- **Account No:** 286010100029272
- **IFS code-** UTIB0000286
- **Bank Name:** Asix Bank LTD Allahabad ( UP)

#### Note :

- The fee is calculated on a per-day basis. You need to count the number of days you will attend the event to determine the total cost.
- All contributions include meals and lodging.
- Transportation charges are not included in the above contributions and will be charged separately on an actual basis.
- Non-resident Yogis are also required to pay the full contribution amount for their stay.
- The online payment process will be available from November 1st, 2024

### CONTACT US



#### REGISTRATION

- Sharad Chauhan : +91-9335156446
- Anil Shrivastav: +91-7054292197
- Dinesh Singh: +91-8707769701



#### Transport Team

- Mukesh Kushwaha : +91-7607187453
- Raghendra : +91-7054544876



#### Accommodation Team

- Rakesh Mishra : +91-9450626636
- Nitin Sinha : +91-9473751844
- Narendra Singh: +91-9450608731

#### Realisation Pandal In charge

- Babita Chauhan : +91-8052524000
- Jaya Srivastava : +91-8737922893

#### Prayagraj Mela In charge & Joint Coordinator Prayagraj

Mr. Ajay Bhatt +91 98191 60882

#### Prayagraj City Coordinatore

Mr. Suresh Kushwaha +91 94153 66711

#### State Co-Ordinator (Central and East) UP

Mr. R P Singh : +91 84169 21812

#### State Co-Ordinator ( West ) UP

Mr. S K Aginigoti +91 94116 06560

### Organizing Team and General Enquiry




- **Lucknow:** Col Chakraborty +91 94519 05373 / Mr. Santosh kumar Verma +91 91199 45145
- **Ex State Co-Ordinator (Central and East) UP :** Dr Ashish Kumar Mishra +91 96850 06543
- **UP Prachar Prasar :** Manoj Kumar Srivastava +91- 80813 95325 / +91- 96969 38955
- **India Prachar Prasar :** Dr. Ashok Chauhan : +91 94150 17222



## IMPORTANT INFORMATION!



- The Yogis who are coming to Kumbh Mela should carry enough warm clothes because it would be very cold during this period
  - The train and flight reservation process has started; please proceed with booking your tickets. Kindly share your ticket details, as this will help other Yogis coordinate their travel plans accordingly
  - If you are traveling by your own car, please inform us in advance so we can arrange parking. Additionally, if you are traveling with family, ensure that each member is registered individually.
  - If there are any changes to your team, arrival or departure dates, or if your plans shift due to train or flight reservations, or any other reason, please update your registration with the new details.
  - All Yogis are advised to carry standees (most Prachar Prasar teams will have a few) for realization at various locations. Please also bring Prachar Prasar materials such as leaflets, books, photos, portable speakers, etc.
  - We are planning to print special T-shirts for Yuvashakti, priced between INR 300 and 350. If you're interested, kindly reply with your preferred size: Small (S), Medium (M), Large (L), Extra Large (XL), or Double XL (XXL)
  - **Transportation to the Accommodation Venue:** We recommend using public transport such as pre-paid taxis or local buses to reach the accommodation. For individual travelers, bike taxis are also a convenient option
  - During the Kumbh bath, major roads are closed, and all modes of transportation are restricted 🚫, so you will have to walk.
  - It gets very cold in the area during winter, with temperatures dropping to as low as 2 degrees Celsius. Therefore, bring appropriate warm clothing and a 🛖 sleeping bag according to your needs.
  - Make sure you have confirmed tickets for your arrival and departure, as it may be difficult to manage without them during the fair.
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# How To Reach Prayagraj



Prayagraj, also known as Allahabad or Ilahabad, is a vibrant metropolis located in the Indian state of Uttar Pradesh. Famous as the site of the grand Kumbh Mela, Prayagraj is well-connected through various modes of transport.

Whether you choose to travel by train, air, or road, there are numerous options available to reach this sacred city. This guide provides comprehensive details about train connections from multiple stations, flight operators, and bus services, making it easier for you to plan your journey to Prayagraj during the Kumbh Mela.

## Prayagraj: A Sacred City

Prayagraj, historically known as Prayāga, is situated near the Triveni Sangam, the sacred confluence of the Ganges, Yamuna, and the mythical Sarasvati rivers. This confluence is deeply revered in Hinduism and holds a central place in ancient Hindu scriptures. The city's origins are traced back to the Vedas, where it is referred to as one of the world's oldest cities, venerated as the holy city of Prayāga.

In the late Vedic period, Prayagraj was also known as **Kosambi**, named by the Kuru rulers of Hastinapur, who established it as their capital. Kosambi was one of the most significant cities in India during the late Vedic era and remained important through the Maurya Empire, with continued significance into the Gupta Empire. Over the centuries, Prayagraj has served as a political, cultural, and administrative center in the Doab region, playing a vital role in the history and culture of India.

## By Air

All flights to Prayagraj land at Prayagraj Airport (IXD), which is located 12 km from the Kumbh Mela area. The auto fare from the airport is approximately INR 200-300. If you are unable to find a direct flight, The two other nearest airports are Lal Bahadur Shastri Airport in Varanasi (150 km) and Amausi International Airport in Lucknow (200 km). Both these airports are well-connected to major cities across India.

Daily flights from leading airlines such as Air India, GoAir, IndiGo, Jet Airways, and SpiceJet are available. From these airports, you can easily hire local cabs or board interstate buses to reach Prayagraj.



**By Rail** : As the headquarters of the North Central Railway Zone, Prayagraj boasts eight railway stations within its city limits, all well-connected to major cities across India. Nearby Railway Stations in Prayagraj:

- **Prayagraj Junction (PRYJ):** The main station, well-connected to major cities, is located 10 km from the Kumbh Mela area. Auto fare: INR 150-200.
- **Prayag Junction (PRG):** Situated 6 km from the Kumbh Mela area. Auto fare: INR 100-150.
- **Prayagraj Rambagh (PRRB):** The closest station to the Kumbh Mela area, just 4 km away. Auto fare: INR 100-150.
- **Prayagraj Chheeki Junction (PCOI):** Located 9 km from the Kumbh Mela area. Auto fare: INR 150-200.



# How To Reach Prayagraj



## By Road

Prayagraj, situated in the heartland of the great Indian plains, boasts a high road density, making it well-connected to the rest of the country through national and state highways. **NH 19 (formerly NH 2)**, which links **Delhi to Kolkata**, passes through Prayagraj, while **NH 30** connects Prayagraj with **Lucknow**. Other highways include **NH 7**, which links **Nagpur** to Prayagraj, **NH 31** connecting **Patna** to Prayagraj, and **NH 135** linking Prayagraj with **Varanasi**. **NH 76** connects Prayagraj in Uttar Pradesh to **Pindwara** in Rajasthan, and **NH 96** links Prayagraj with **Ayodhya**, two major centers of Hindu pilgrimage.

The three bus stands in Prayagraj cater to different interstate routes. Local transport options, including tourist taxis, cabs, auto-rickshaws, and city buses, are also available for travel within Prayagraj and nearby cities.

### **Key Routes to Prayagraj:**

- **NH 19: Delhi – Prayagraj**  
Route: Delhi - Agra - Kanpur - Prayagraj | Distance: 650 km | Approx. Travel Time: 10-12 hours.
- **NH 30: Lucknow – Prayagraj**  
Route: Lucknow - Raebareli - Prayagraj | Distance: 200 km | Approx. Travel Time: 4-5 hours.
- **NH 31: Patna – Prayagraj**  
Route: Patna - Chhapra - Ballia - Prayagraj | Distance: 370 km | Approx. Travel Time: 8-9 hours.
- **NH 135: Varanasi – Prayagraj**  
Route: Varanasi - Mirzapur - Prayagraj | Distance: 120 km | Approx. Travel Time: 3-4 hours.
- **NH 7: Nagpur – Prayagraj**  
Route: Nagpur - Jabalpur - Rewa - Prayagraj | Distance: 600 km | Approx. Travel Time: 11-13 hours.

### **State-run Services:**

The Uttar Pradesh State Road Transport Corporation (UPSRTC) operates frequent buses from Lucknow, Kanpur, and Varanasi, with departures every hour. These buses arrive at the Civil Lines Bus Stand, 8 km from the Kumbh Mela area. The auto fare from the bus stand is approximately INR 100-150.

### **Private Operators:**

Private bus services connect Prayagraj to Delhi, Agra, and Jaipur, with 2-3 daily departures, also arriving at the Civil Lines Bus Stand. For longer routes, private operators offer Volvo, AC, and Sleeper buses from cities like Patna, Ranchi, and Kolkata.

### **Other State Services:**

The Rajasthan State Road Transport Corporation (RSRTC) operates daily buses from Jaipur, Ajmer, and Udaipur, also terminating at the Civil Lines Bus Stand, providing convenient access to the Kumbh Mela area.



# Attractions In Maha - Kumbh 2025



**The Triveni Sangam in Prayagraj** is the sacred confluence of three rivers: the Ganges, Yamuna, and the mythical Sarasvati. This holy site holds immense spiritual significance in Hinduism, as it is believed that bathing here cleanses one of sins and aids in attaining salvation. The Sangam is a central pilgrimage destination, especially during the Kumbh Mela, drawing millions of devotees seeking divine blessings and spiritual upliftment.

**The Hanuman Mandir** in Prayagraj is a unique and revered temple, famous for its large, reclining idol of Lord Hanuman. Located near the Triveni Sangam, this temple holds special significance as it is one of the few in India where Hanuman is depicted in a reclining posture. Devotees believe that a visit to this temple before taking a dip in the Sangam enhances the spiritual merit. During the Kumbh Mela, the temple attracts millions of pilgrims seeking blessings for protection and strength.



**The Ganga Aarti in Prayagraj** is a beautiful and spiritual ritual performed daily at the banks of the holy River Ganges, particularly at the Sangam. The evening aarti, with its mesmerizing chants, ringing bells, and flaming lamps, is a tribute to the sacred river, symbolizing purification and devotion. Devotees gather to witness this divine ceremony, offering prayers and seeking blessings from the Ganga. The aarti during special occasions, like the Kumbh Mela, draws large crowds, enhancing the spiritual atmosphere of the city.

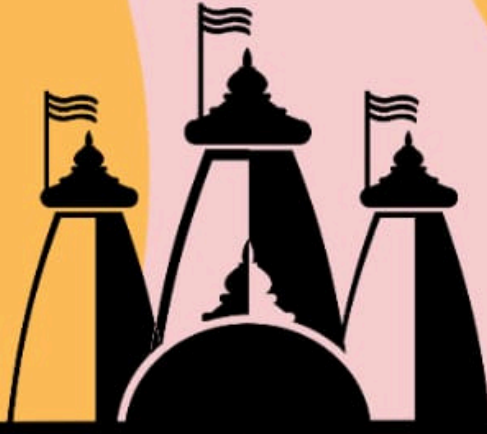


**Sahaja Yoga**

*Self-Realisation Tour*

*10 Jan- 26 Feb 2025*

*Uttar Pradesh, India*



# MAHAKUMBH

Prayagraj 2025



[www.sites.google.com/view/selfrealizationtour/](http://www.sites.google.com/view/selfrealizationtour/)

