

# Comprehensive Yoga

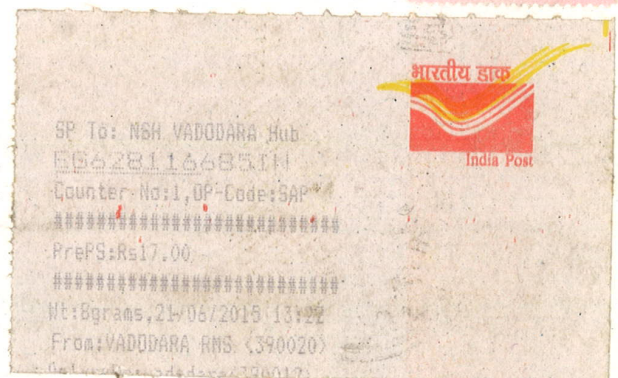
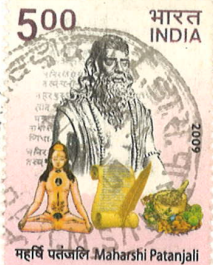
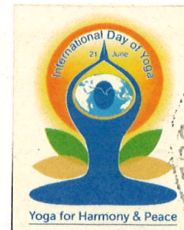
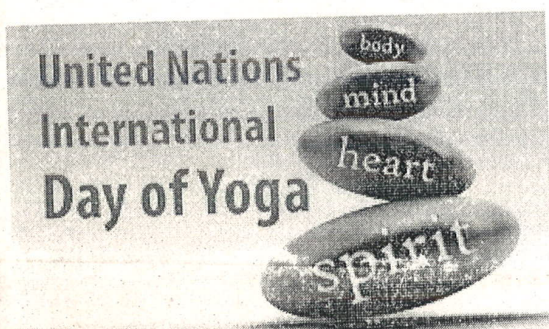
## 3.11 Other Proponents of Yoga



**Swamy Rama Tirtha** was a great ascetic and an enlightened mystic. He practiced *Yoga* on the banks of the river Ravi. He taught a purely Vedantic approach to Jnana yoga, an approach which affords no room for anything other than inner freedom.



## INTERNATIONAL DAY OF YOGA



PM Narendra Modi's call  
For INTERNATIONAL DAY OF YOGA  
In UN on 27-9-2014  
UN accepted on 11-12-2014  
First celebration all over the world  
21-6-2015



To,  
Jay Bansal  
F1/5 - Sairang Heights  
Atlalara  
Vadodara - 390012

# Comprehensive Yoga

## 3.12 Other Proponents of Yoga

ri Chandra Bhagawan was always in subtle body. Very few people met him in physical terminology, but everywhere he appeared in his radiant body, in perfect form and shape. He is known as the world's greatest yogi. He was Baal Yogeswar. He is said to have walked on the planet for 151 years and never aged. He attained what the yogic writings describe as, "Kanchan Kaya" the golden body



विशेष आवरण Special Cover

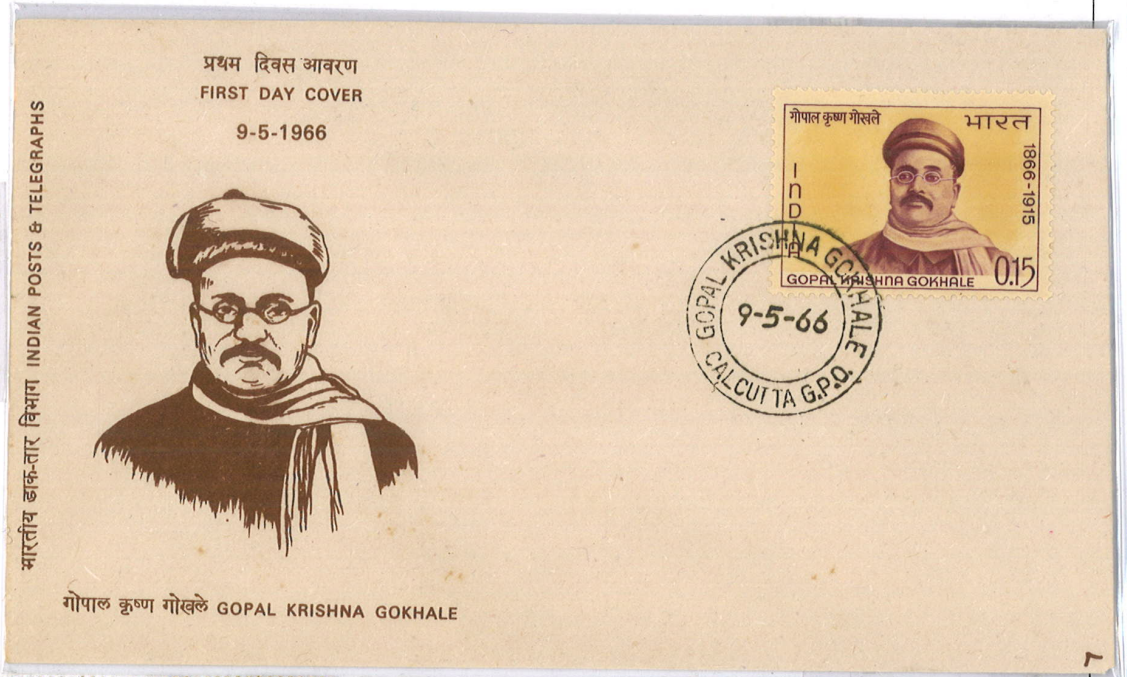


योगाचार्य  
**बी.के.एस. अयंगर**  
**B.K.S. IYENGAR**  
 YOGACHARYA  
**100**  
 CENTENARY YEAR 2018  
 जन्म शताब्दी स्मरणोत्सव Birth Centenary Commemoration

# Comprehensive Yoga

## 3.13 Other Proponents of Yoga

**Gopala Krishha Gokhale** was considered to be the "greatest pioneer of Indian Liberalism". He was the founder of the Servants of India society. He practiced Yoga and took yogic lessons.

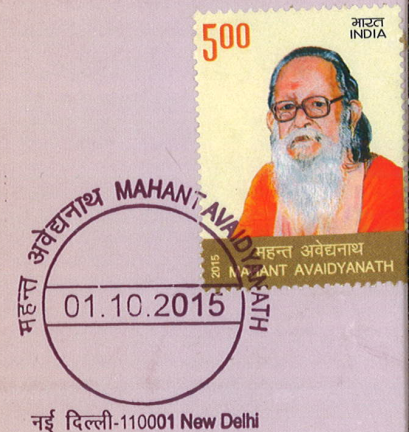


Mahant Avaidyanath was Mahant of Goraknath Mutt, oldest mutt of Nath panth. He was a philosopher of Vedanta and yoga and his generous and courteous attitude was greatly admired by all. He was a great learner of Vedanta philosophy and yoga philosophy.

प्रथम दिवस आवरण First Day Cover



महन्त अवेद्यनाथ  
MAHANT AVAIDYANATH



## Comprehensive Yoga

### 3.14 Other Proponents of Yoga



14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. As a spiritual leader of Tibet, he opens the door to the topic of Yoga Tantra with an extraordinarily detailed teaching on a classic text.. Meditation is a yogic practice used by Buddhists and yogis alike to go beyond the fluctuations of the mind to realize the Oneness of Being.

**Ravi Shankar** is a spiritual leader frequently referred to as Gurudev. He founded the Art of Living Foundation in 1981, a volunteer-based NGO providing social support to the people. He says that his rhythmic breathing practice, SudarshanKriya, came to him in 1982, and started preaching it. He brought to light the profound wisdom contained in ancient Yoga Sutras of Patanjali. **Postally used cover.**

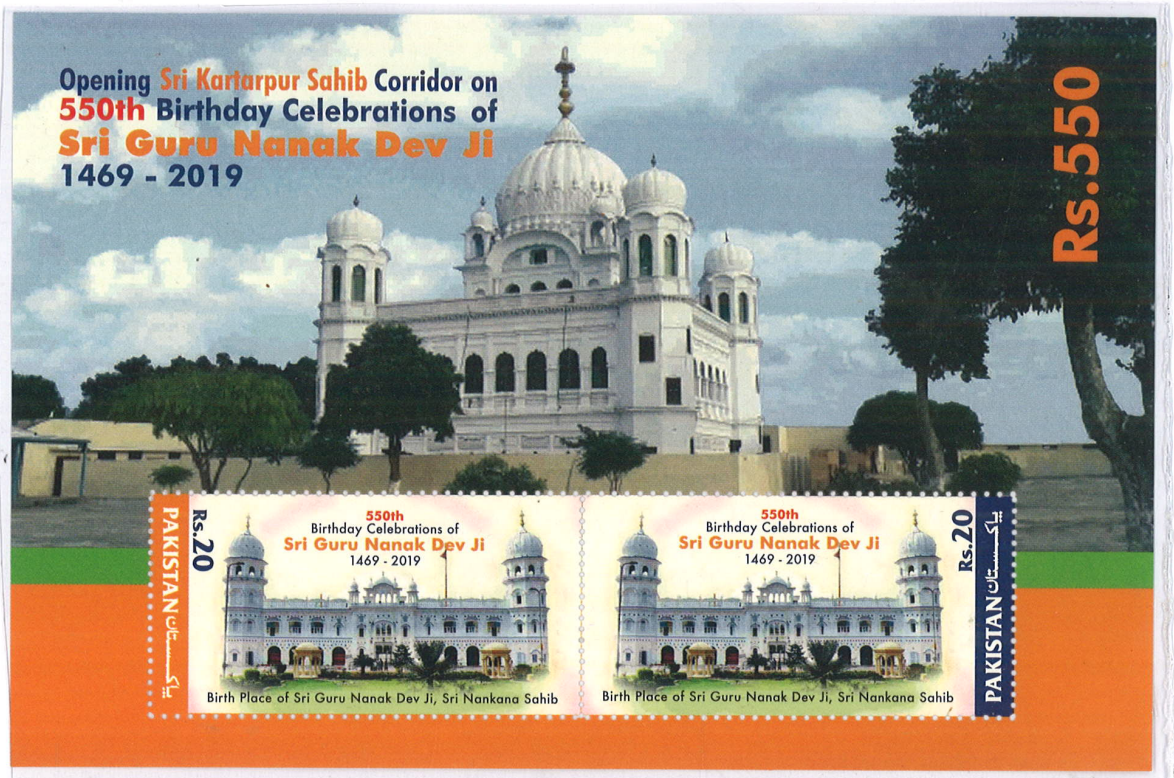


## Comprehensive Yoga

### 3.15. Other Proponents of Yoga

**Guru Nanak Dev Ji**, the founder and first Guru of Sikhism, in Punjab region, presently city of Lahore in Pakistan. He is variously revered as Sadguru Nanak, Jagat Guru Nanak. In the later years of his life, Guru ji founded and settled down at the township of Kartarpur ("creator's town"), on the banks of river Ravi in Punjab. Gurbani clearly states that the highest form of **yoga is meditation**.

Commemorative postage stamp

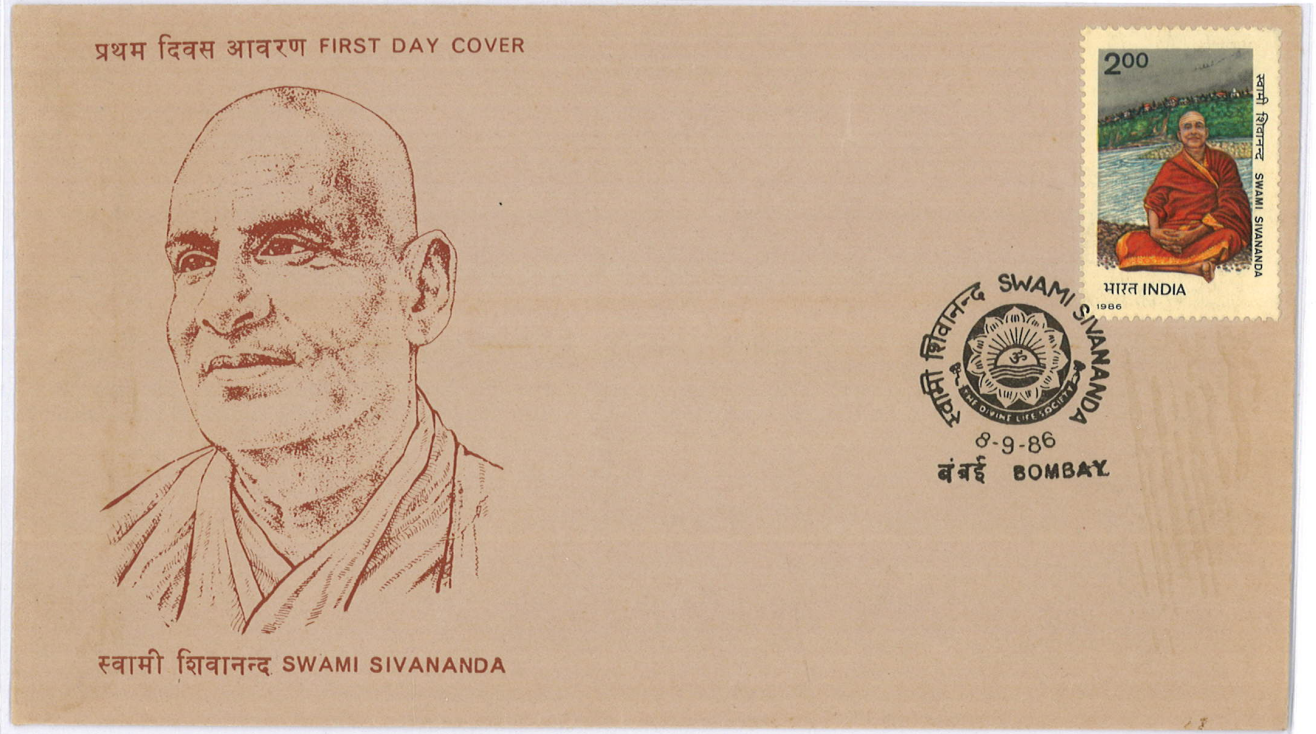


Commercially used cover

## Comprehensive Yoga

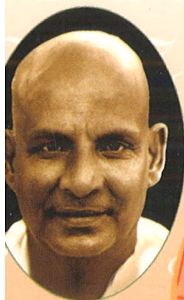
### 3.16. Other Proponents of Yoga

**Swamy Shivananda** was a Hindu spiritual teacher and a proponent of Yoga. He was the founder of the **Divine Life Society**, Yoga-Vedanta Forest Academy and authored over 200 books on yoga. Yoga form by, is now spread in many parts of the world through Sivananda Yoga Vedanta Centers. "Yoga must educate and develop the whole man - his heart, intellect and hand. Then only he will have integral development"

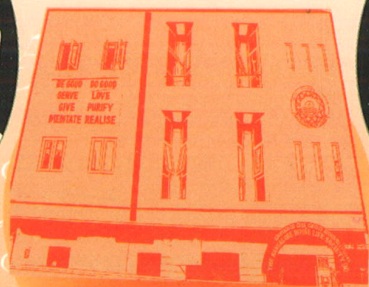


विशेष आवरण Special Cover

बेंगलूर डिवाइन लाईफ सोसाइटी  
की प्लेटिनम जयंती



Swami Sivananda

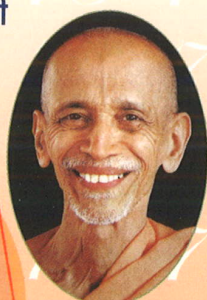


Platinum Jubilee of

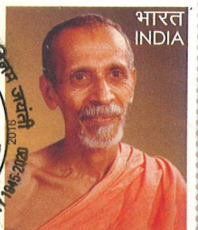
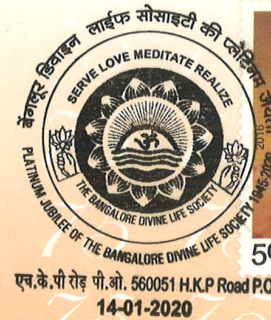


The Bangalore Divine Life Society

1945-2020



Swami Chidananda



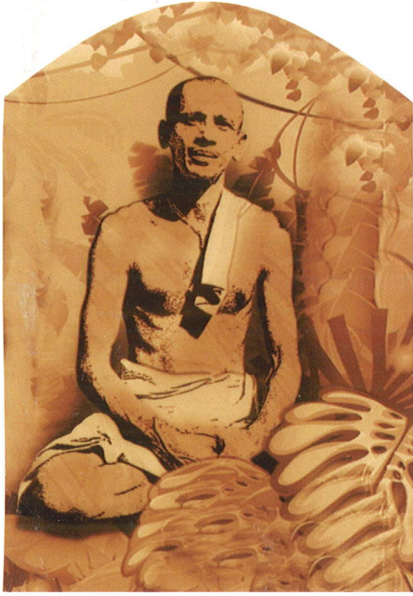
स्वामी चिदानंद  
SWAMI CHIDANANDA

## Comprehensive Yoga

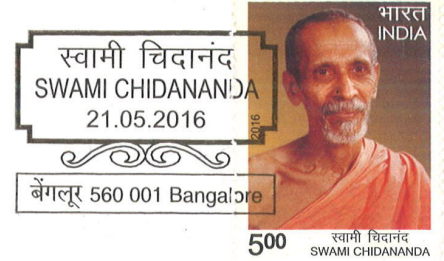
### 3.17. Other Proponents of Yoga

**Swamy Chidananda** was the President of the **Divine Life Society**, Rishikesh. He is well known in India as a yogi, Jnani and spiritual leader. He succeeded as President of the Divine Life Society in 1963, after the death of his predecessor, Sivananda Saraswati, who founded the Society.

प्रथम दिवस आवरण FIRST DAY COVER



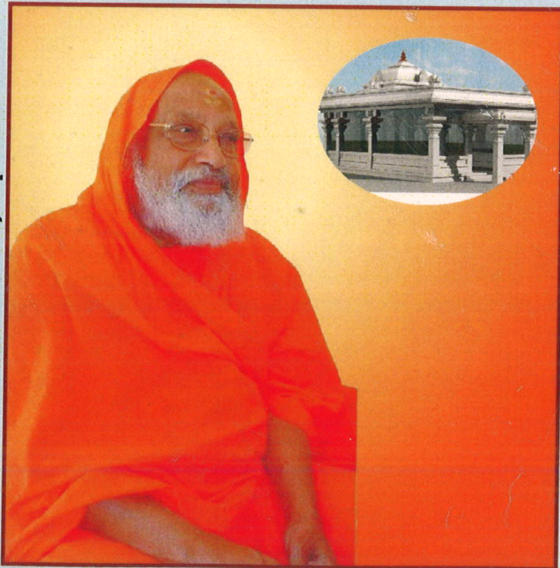
स्वामी चिदानंद SWAMI CHIDANANDA



**Swamy Dayananda Saraswathi** disciple of Swami Chinmayananda, is a distinguished, teacher of Vedanta. He established Arsha Vidya Gurukulam, where throughout the year, regular retreats take place on Vedanta, **Yoga**.

विशेष आवरण / Special Cover

विशेष आवरण (12.09.2016) Special Cover



दयानन्द आश्रम, ऋषिकेश / Dayananda Ashram, Rishikesh

स्वामी दयानन्द सरस्वती / Swami Dayananda Saraswati (1930-2015)

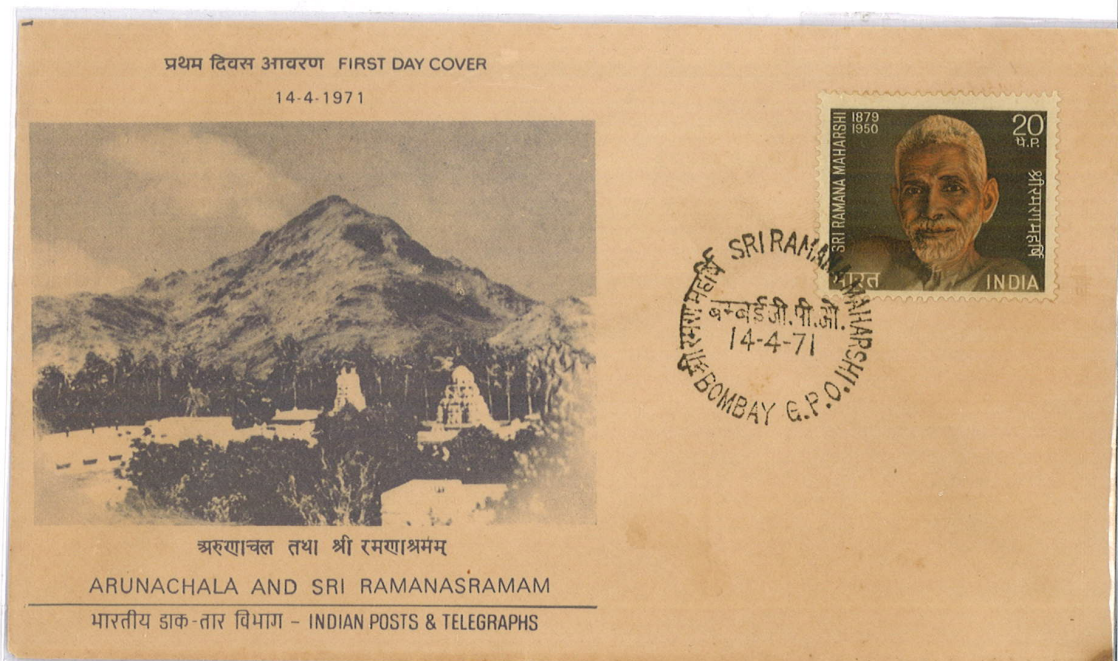


दयानन्द आश्रम / Dayananda Ashram  
मुनी-की-रेती / Muni-Ki-Reti-249137

## Comprehensive Yoga

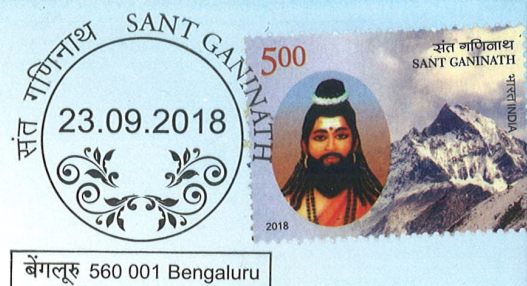
### 3.18 Other Proponents of Yoga

Ramana was one of the 20<sup>th</sup> century's greatest adepts in Jnana yoga. He was born in the southernmost part of India in 1879. He emphasized the personal experience of self-realization and the source of consciousness and its path was called as Maha Yoga or Hridaya yoga.



Sant Ganinath was a brilliant student of sharp intellect. He achieved master in eight siddhis with austerity and yoga. His four teachings were follow the truth and religion. Abandon attachment, anger, greed, pride and laziness, respect and protect women's honor in society.

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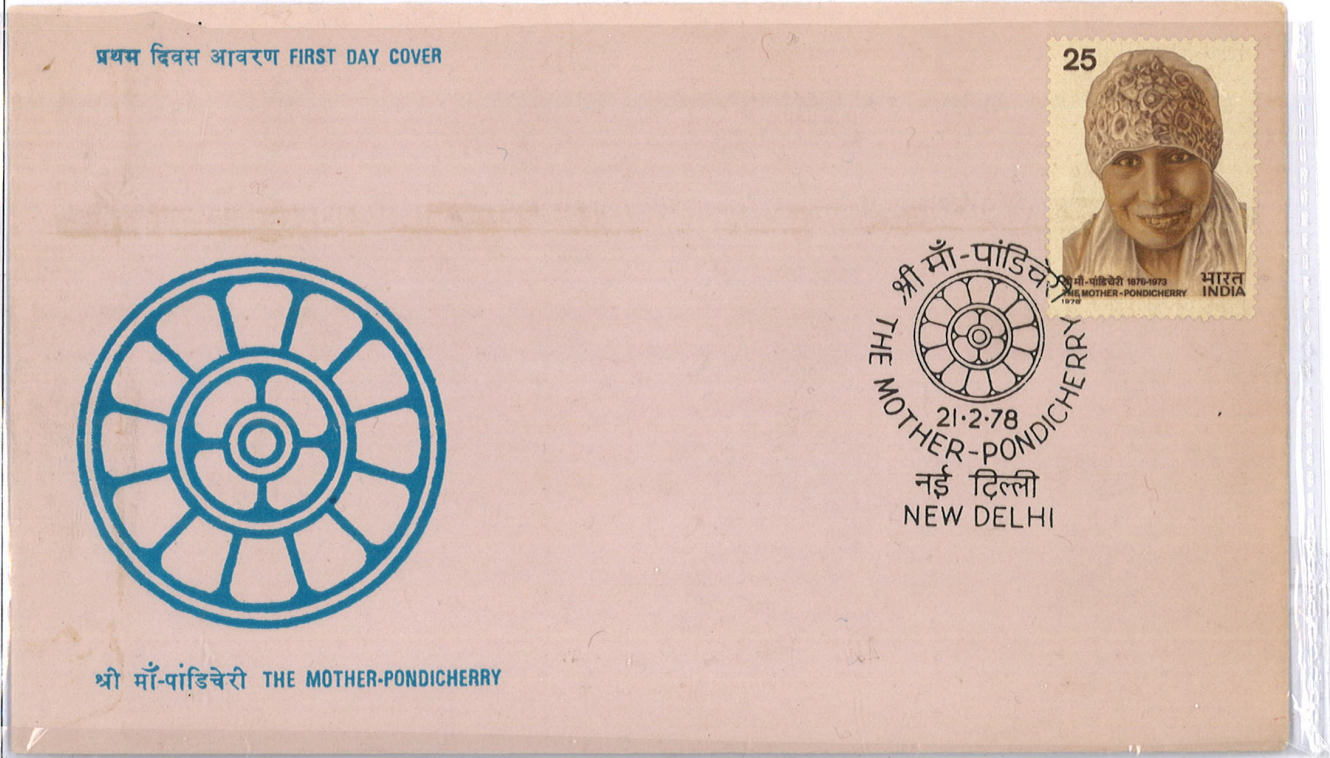
संत गणिनाथ SANT GANINATH



# Comprehensive Yoga

## 3.19 Other Proponents of Yoga

Integral yoga, also called supramental yoga, is the yoga-based philosophy and practice of Sri Aurobindo and **The Mother** (Mirra Alfassa). Integral yoga finds all life conscious or unconscious a yoga, defines the term yoga as a methodised effort towards self-perfection



Commercially used cover

# Comprehensive Yoga

## 3.20 Other Proponents of Yoga

**Rabindranath Tagore** was an important Bengali writer who penned Gitanjali. He quoted "The meaning of our self is not to be found in its separateness from God and others, but in the ceaseless realization of of Yoga, of union." **Miniature Sheet**



Kaiwara is famous for Saint Narayanappa, **Sri Yogi Nareyana** popularly known as Kaiwara Narayana. His works include "Amara narayana Shathaka", "Kaalagnana", and "Bramanand puri Shatakka", in which he explains all the nuances of yoga.

ವಿಶೇಷ ಲಕೋಟಿ ವಿಶೇಷ ಆವರಣ Special Cover



ಕೈವಾರ ಯೋಗಿನಾರಾಯಣ ಮಠ ಕೈವಾರ ಯೋಗಿನಾರಾಯಣ ಮಠ  
**Kaiwara Yoginarayana Mutt**

## Comprehensive Yoga

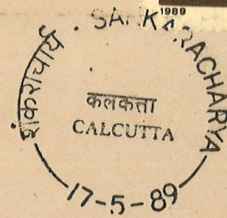
### 4 JNANA YOGA

Shankaracharya is the main traditional teacher of Jnana Yoga or 'Yoga of Knowledge' which is regarded as the highest yogic path. His philosophical work 'Vivekachudamani' has the core teachings of Jnana Yoga. Soundarya Lahari is the great poem on Tantric Yoga.



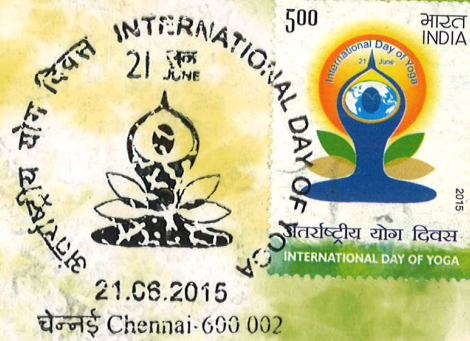
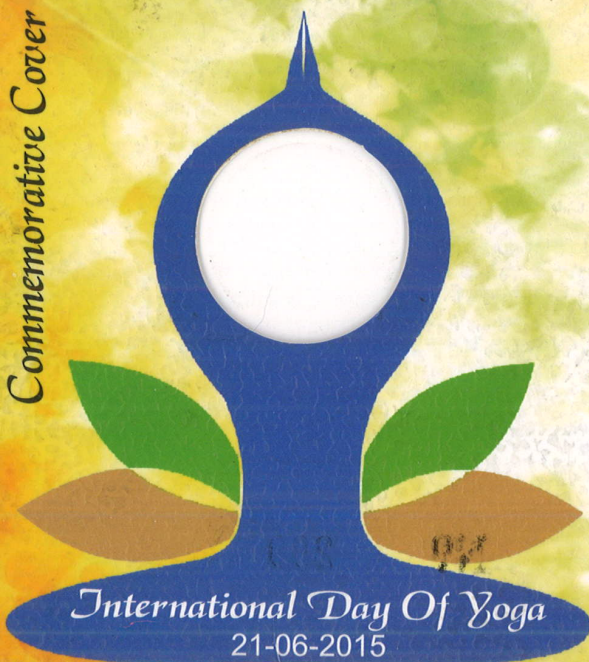
एकं सद्विप्रा बहुधा वदन्ति ।

प्रवक्ष्यामि



शंकराचार्य SANKARACHARYA

Commemorative Cover



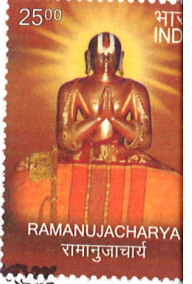
# Comprehensive Yoga

## 4.1 JNANA YOGA

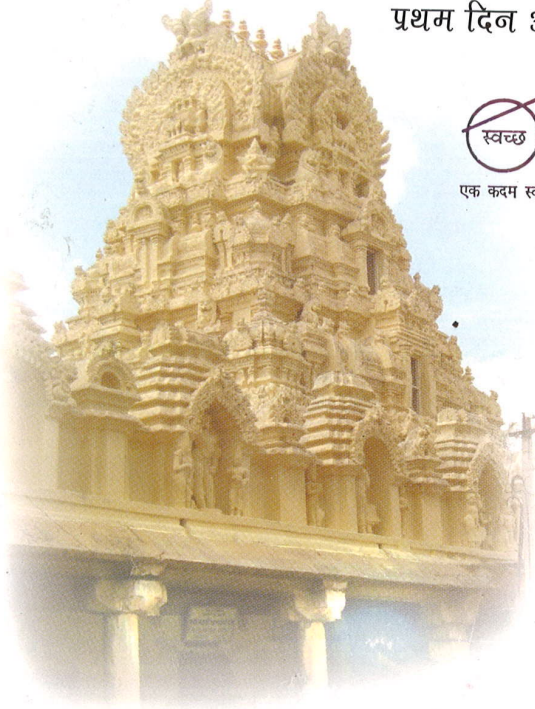
Ramanujacharya was an Indian theologian, philosopher, and one of the most important exponents of the Sri Vaishnavism tradition within Hinduism. His philosophical foundations for devotionalism were influential to the Bhakti movement. **Sri Vedanta Desikan** was the disciple Ramanujachariar



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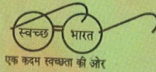


नई दिल्ली-110001 New Delhi



RAMANUJACHARYA रामानुजाचार्य  
MILLENNIUM : 1017 - 2017 CE मिलेनियम : १०१७ - २०१७ ईई

प्रथम दिवस आवरण First Day Cover



बेंगलूरु 560 001 Bengaluru

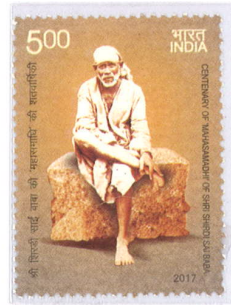
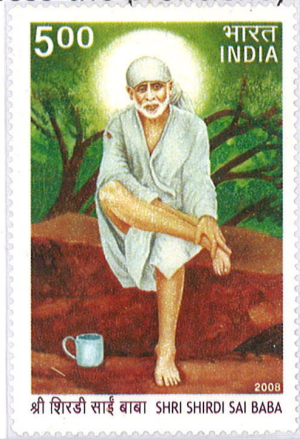


वेदांत देसिकन  
VEDANTA DESIKAN

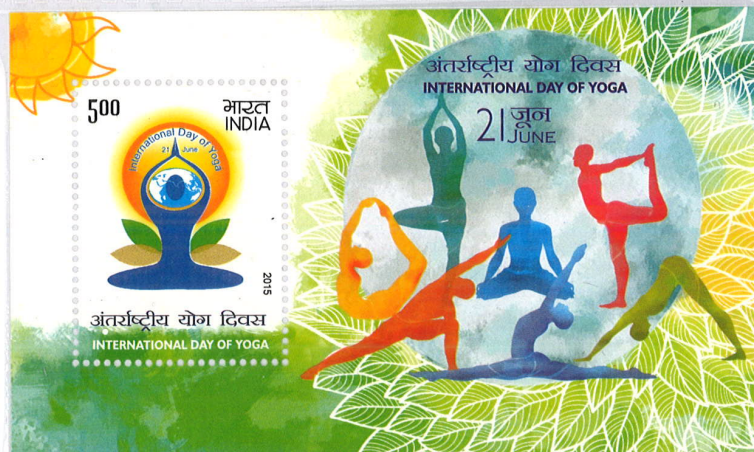
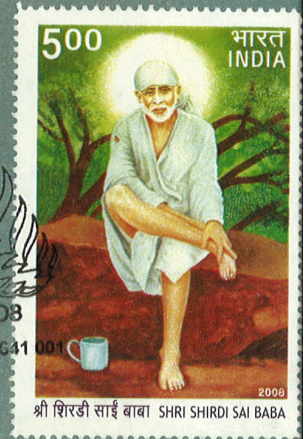
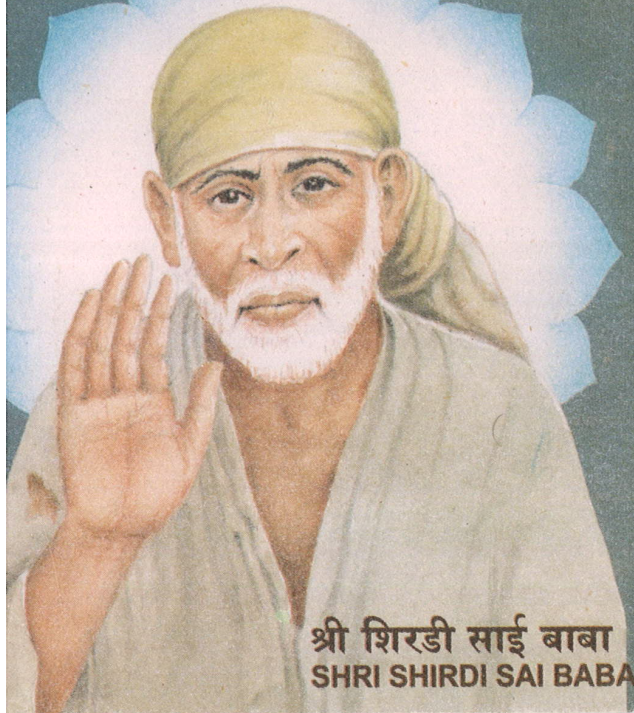
# Comprehensive Yoga

## 5 Khanda yoga and Dauthi

Shirdi Sai Baba is regarded by his followers as a saint, guru, yogi. He knew all yogic practices and was well versed, with special emphasis on Khanda yoga and Dauthi as documented in his book 'Sri Sai Satcharitra'. He knew Yoga since his childhood and nobody could guess the proficiency he had attained in it.



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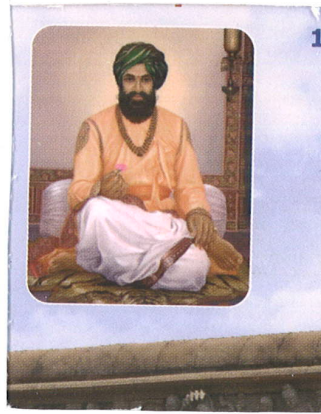
## Comprehensive Yoga

### 6 Bhakthi Yoga

**Manik Prabhu Maharaj**, was an Hindu saint, philosopher, poet and guru.. As a wandering Yogi he travelled across the length and breadth of the country. He composed a number of Bhajans and Abhangas. gave 'Yoga Dandas' or Divine Sticks to his followers".He propounded Sakala matha based on Advaita Philosophy.

Special Cover on

**Manik Prabhu Maharaj**



Sant Tukaram Maharaj also referred to as Santshreshta, Tukoba and Tukobaraya, was a 17th-century Hindu poet and sant of the Bhakti movement in Maharashtra, India. He is best known for his devotional poetry called Abhanga and community-oriented worship with spiritual songs known as kirtans. His poetry was devoted to Vitthala or Vithoba



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संत तुकाराम SANT TUKARAM

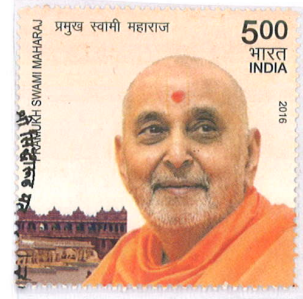


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SANT TUKARAM  
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नई दिल्ली 110001 NEW DELHI

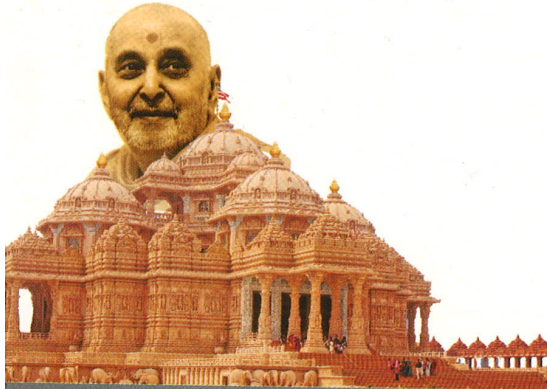
# Comprehensive Yoga

## 6.1 Bhakthi Yoga

**Pramukh Swami Maharaj** was the guru and Pramukh, of the Bochasanwasi Akshar Purushottam Swaminarayan Sanstha (BAPS), a major branch of the Swaminarayan Sampradaya, a Hindu denomination. BAPS regards him as the fifth spiritual successor of Swaminarayan. In total he consecrated 125 temples abroad, and 1,000 in India.  
**FDC**



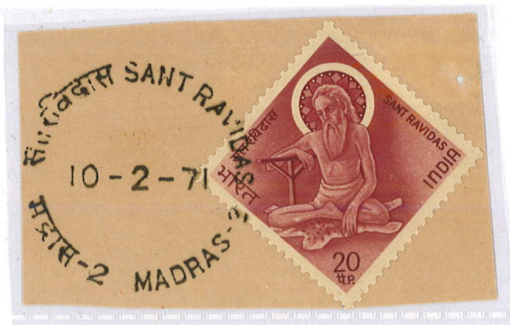
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नई दिल्ली-110001 New Delhi

अक्षरधाम मंदिर, नई दिल्ली AKSHARDHAM TEMPLE, NEW DELHI

**Samarth Ramdas** was an Indian Hindu saint, philosopher, poet, writer and spiritual master. He highlighted the warriors' role of establishing the rule of righteousness (dharma) in running society. He was guru of Shivaji Maharaj.



**Ravidas** was an Indian mystic poet-saint social reformer and a spiritual figure of the Bhakti movement. His devotional songs were included in the Sikh scriptures known as Guru Granth Sahib.

# Comprehensive Yoga

## 6.2 Bhakthi Yoga

**Basavanna** was a philosopher, poet, Lingayat saint in the Bhakti movement, during the reign of the Kalyani Chalukya/Kalachuri dynasty. Basavanna spread social awareness through his poetry, popularly known as Vachanaas. **1st day cancellation and FDC**

