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### project on football for physical education

Swami Satyananda Saraswati, born at Almorā in 1923, was initiated into the Dasnami Order of sannyas by Swami Sivananda Saraswati, on 12 th September 1947 at Rishikesh. In 1956, after spending twelve years in guru seva, his Guru sent him out into the world and gave him the mission to "spread yoga from door to door and shore to shore". Although his formal education and spiritual tradition ...

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