



A Tribute to Mr and Mrs Ram and to the 50-year Journey of the Satyananda School of Yoga

In the vast tapestry of the Satyananda School of Yoga's 50-year history, the threads of dedication, spirituality, and community weave together a story of profound impact. The journey began in 1974 when Swami Amritananda, guided by the vision of Swami Satyananda Saraswati, set foot in South Africa. What unfolded over the ensuing decades is a testament to the transformative power of yoga and the unwavering commitment of Mr. and Mrs. Ram.

Swami Amritananda's visit marked the inception of the Satyananda School of Yoga, with initial classes held at the Sanathan Ved Dharma Sabha temple hall. The Ram family, led by Mrs. Ram, embraced these teachings wholeheartedly. In 1974, Swami Amritananda appointed Mr HD Ram as Chairperson, beginning his lifelong commitment to promoting yoga.

This was significant turning point when during a gathering in Fordsburg at the Patidar Hall when Mr. Ram was elected as the Chairperson, alongside Babubhai Gosai as secretary and Rissik Parekh as treasurer. Their roles shifted over time, but Mr. Ram's commitment remained unwavering.

The school's roots deepened in 1980 when Swami Yogananda visited Lenasia, leaving an indelible mark on the community. In 1995, Swami Shivmurti further enriched the yoga aspirants with his visit, initiating a new wave of practitioners. Mr. and Mrs. Ram, along with Vanita, were among those blessed with Diksha from Swami Amritananda, fostering a deeper connection to the spiritual path.

The Ram family's journey extended beyond South Africa, with visits by Mr and Mrs Ram to the Bihar Ashram in 1976 and 1996. They attended six weeks of immersive training in teaching yoga, Kriyas, Mudras, and Bandhas laid a robust foundation for their future endeavours. Deepak Ram joined Mr and Mrs Ram in 1976, and Swami Satyananda mentored and counselled him inspiring him to continue his

musical journey. Subsequently Rabin Ram's two-month sojourn in 1979 at the ashram further expanded the school's reach. After initiation by Swamiji he was mentored by Swami Satchidananda. Rabin conducted yoga classes for children at the Ramakrishna Hall in the early years of the Yoga school. In the following years, many yoga aspirants and teachers also visited the Bihar School of Yoga.

Embodying Swami Satyananda's vision of spreading yoga from door to door and shore to shore, Mr. and Mrs. Ram tirelessly introduced yoga to numerous communities. The journey extended from Nirvana High School Hall to Ramakrishna Hall in Lenasia, and eventually, to Roshnee, Benoni, Mayfair, Lenasia South, Winchester Hills, and Roosevelt Park.

In 2005, Mrs. Ram spearheaded yoga training, empowering a dedicated group of yogis who continue to share their knowledge today. The school expanded its outreach, reaching challenged learners at Jiswa School, stroke patients in Jacod, and learners at Tiba and Sai schools in Dakshina.

Charitable contributions became a cornerstone of the school's ethos. Donations collected from yoga classes were diligently sent to the Bihar School of Yoga and to Gift of the Givers. Mr. Ram's strict financial oversight ensured that every cent reached its intended charitable destination.

Throughout the years, the Ram residence in Lenasia became a home for visiting Swamis, who generously shared their wisdom. Swami Nisreyasananda, Swami Premananda, Swami Dikshananda, Swami Shankarananda, Swami Chinmayananda, Tilley Naidoo, and Dayabhai Hari all contributed to the spiritual tapestry of the community.

As the Satyananda School of Yoga continues to flourish, gratitude extends to the dedicated teachers who have tirelessly shared their time and energy. The legacy of Mr and Mrs Ram etched in decades of commitment and service, stands as a beacon of light, guiding countless seekers on their yogic journey for the betterment of all.

In addition, Mrs Ram together with Sister Layola from the Vincent school of the deaf started the first school for the deaf at the LMA premises in Duck Avenue in 1977. The school eventually grew to become the Kharbhai School of the deaf.

It is with gratitude that we thank Mr and Mrs Ram for their dedication and contribution to the community in Lenasia.



School of the Deaf - 1979 Circa



Children's yoga classes – Ramakrishna Temple – Circa - 1997



Children's yoga classes – Ramakrishna Temple 2007-



Lenasia Children's classes - Ramakrishna Hall - 2009



Children's classes - Sai School – 2015 Circa



Mr + Mrs Ram Founders of Satyananda Yoga school



Initiation of Satyananda Yoga School Nov 1974



Yoga Camp - Vaal Dam -2000 Circa



40th anniversary havan Yoga School – Roshee temple – 15 Feb-2015



Swami Niranjana visit – Good Shephard centre – July 2008



45th Yoga School anniversary - Goolab Residence 24 Nov 2019



50th anniversary Yoga school - Sai Temple - 10 Dec 2023