

The purpose of celebrating birthdays of Saints and Great Men

Pujya Bapuji's birthday: 13<sup>th</sup> April

Read page 12

Who is greater  
– God or His  
name?

Read page 11



Shri Rama Navami  
2<sup>nd</sup> April



Shri Hanuman Jayanti  
8<sup>th</sup> April

Dear student! Quitting bad habits and bad company, the study of spiritual books, the hearing of spiritual discourses, japa of Saraswatya Mantra, and meditation – all these are extremely useful for intellectual and all-round development. Do not complain, make an effort instead. Do not be disappointed, be optimistic and enthusiastic and keep moving ahead by trampling hurdles and obstacles, then success will become your maid-servant. – Pujya Bapuji

Pujya Sant  
Shri Asharamji Bapu



For the past 56 years, Pujya Bapuji has been inspiring the values of noble living in the future helmsmen of the nation through His guidance.

The fragrance of 'Parents' Worship Day' has been diffusing across millions of families

Numerous eminent persons heaping praises

See cover page 3 & 4 and  
Read page 2, 10, 28 and 29



Ahmedabad



Sri Ganganagar (Raj.)



Hyderabad



# Parents' Worship Day, initiated by Pujya Sant Shri Asharamji Bapu, endorsed all over



By celebrating 14<sup>th</sup> February as Valentine's Day, the Indian youth were falling into the abyss of decadence, as a result of which, our culture was on the verge of extinction. To save the youth and preserve our culture, Sant Shri Asharamji Bapu has offered a wonderful alternative to this. All the great work that Bapuji has done for the country, and the favour He has done to us, is beyond imagination.

– **Shri Ramesh Modi, International Treasurer, VHP**



I am glad to know that 'Parents' Worship Day' programme is being organised to be celebrated on 14<sup>th</sup> February under the guidance of 'Akhil Bharatiya Shri Yoga Vedanta Seva Samiti', Ahmedabad. I wish this programme every success.

– **Shri Ashok Gehlot, Chief Minister, Rajasthan**



Organising 'Parents' Worship Day' for the sake of preserving moral values of revering parents and protecting Indian culture – it's truly a great campaign, and we extend our full support to it. This work of yours is commendable.

– **Shri Kamal Nath, Chief Minister, M.P.**



This Parents' Worship Day programme will certainly build a cultured society, by promoting moral values in the future generation and citizens, as a part of the sacred work of nation-building.

– **Shri Om Birla, Speaker, Lok Sabha**

I salute those preceptors who have created the opportunity of service like the Parents' Worship Day Programme. I hope this programme gets propagated in the entire society and nation. All of us should contribute to this. I feel fortunate to be a part of such programmes.

– **Shri Faggan Singh Kulaste, Union Minister of State for Steel, Govt. of India**



Every year 'Akhil Bhartiya Shri Yoga Vedanta Seva Samiti' has been celebrating 'Parents' Worship Day' programme on the 14<sup>th</sup> February. The effort of this organisation will play an important role in cultivating excellent values in the future generation.

– **Shri Yogi Adityanath, Chief Minister, U.P.**

Hearty compliments to Mahila Utthan Mandal and all its active members for organising 'Parents' Worship Day' programme on 14<sup>th</sup> February, and best wishes to the children worshipping their parents.

– **Shri Vijay Rupani, Chief Minister, Gujarat**



By organising such events like Parents' Worship Day, we safeguard our culture and values. Extending my best wishes to the organisers and Samiti for their future endeavours.

– **Shri Uddhav Thackeray, Chief Minister, Maharashtra**

Organising 'Parents' Worship Day' in the current environment is a commendable step. I wish this programme every success.

– **Shri Hemant Soren, Chief Minister, Jharkhand**

(Remainder on page 10)

The following words, coming from the ecstatic heart of **former Prime Minister – Bharat Ratna Atal**



**Bihari Vajpayee**, are quite memorable today on the occasion of the successful conclusion of the 'Parents' Worship Day' programme conducted worldwide:

Travelling to every nook and cranny of the country and instilling good values in people all over, is such a national duty of the highest order that it has survived our country to this day; and it's on these very grounds that we are dreaming of a bright future... and to materialise that very dream, we are mustering strength and devotion.

Pujya Bapuji, by travelling all over the country, has been blowing the conch shell to awaken and instil good values in us. Additionally, He has been showing us our ancient cultural heritage that we had almost sinfully forgotten, by availing the collyrium of knowledge to us. Bapuji's spiritual discourse has infused great strength in me. One should take some time away from one's activities to visit satsanga.





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## In This Students' Special Issue...

- \* Parents' Worship Day, initiated by Pujya Sant Shri Asharamji Bapu..... 2
- \* Strength of the intellect is the foremost of all kinds of strength 4
- \* The practice of Japa and meditation made him fearless... 5
- \* Special article on the Corona virus Tragedy: Return to our roots before the calamity strikes 7
- \* Who is greater – God or His name? 11
- \* The objective behind celebrating birthdays of Saints... 12
- \* Be great like Dhruva and Prahlada – Sakshi 13
- \* Every gesture of His is quite spontaneous, peculiar..... 14
- \* He hears every heart's calling– kindles interest in Japa... 15
- \* Four major steps to become dutiful and courageous 17
- \* Come on! Let's play the game of self-satisfaction! 18
- \* Make your life divine 19
- \* Reap the benefits of Seva & Sadhana along with Study – Aastha Pandey 19
- \* Khakham Khakhaiyaa Khaa Khaa Khaiyaa... 20
- \* Heartfelt words from 'Chalein Sva Ki Or...' Shivir attendees 21
- \* Composition of the Tanmatras of the Five Mahabhutas... 22
- \* Why perform the Ekadashi Vrata? 23
- \* O brother, the seeker, seek thyself ! 24
- \* Benedictory experiential words of Saints 26
- \* Even young boys and girls make progress through meditation – Swami Muktananda 27
- \* Parents' Worship Day celebrated fervently across the world 28
- \* Parents' Worship Day celebrated widely 29
- \* For the excellent health of students and to boost intellect, concentration and memory power 30
- \* Products for various ailments, and boosting memory..... 30
- \* Rasayana therapy for promoting longevity, intellect..... 31
- \* Parched Sorghum – A pacifier of Kapha beneficial..... 31
- \* Such sabji may cause severe ailments 32
- \* Overcame weakness in study; secured first rank in University! – Jyoti Gupta 32
- \* Mantra for wealth and knowledge 33
- \* Palaash is a boon for children's problems 33
- \* Questions and Answers 34

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“Bhante, although this boy has been caught with the stolen goods, he is fearless and not at all afraid. He doesn’t seem to be a thief even though he was found with the goods. Could ghosts have taken it from the palace? Why is he so calm?”

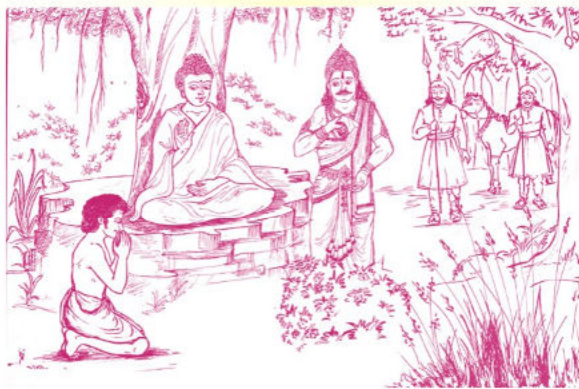
Buddha said, “It is possible. The mind of this innocent boy is not set on the plate or the woods. His mind is set on that where it ought to be (that is on the Antaryamin Self).”

The king released the boy with honour.

So his heart was pure. Not much worldly rubbish had entered his mind. Only that he had heard from his friend: “I meditate daily, I do japa daily, and so do I win.” He started doing meditation, japa, and winning the game,

occasionally winning and then the winnings opened the door to the supreme victory.

**The purer the mind, the easier it is to set it on Atman and the more it is set on Atman, the sooner it becomes pure.** The



more one seeks pleasure from external objects, the more impure it becomes and the more impure it becomes, the more averse it becomes to Atman. **The more a person is attracted to sense enjoyments, the smaller the person is**

**within; and the more the person is unconcerned and indifferent to sense enjoyments and blessed with the bliss of turning the mind inward, the greater is the person.**

## Special article on the Corona virus Tragedy

### Return to our roots before the calamity strikes

It is quite obvious to all what could be the deleterious effects of going against the tenets of Indian culture of abstaining from non vegetarian and inedible foods. The Corona virus outbreak, wreaking havoc worldwide, is a recent example of this. The Corona virus disease has become pandemic. Within 3 months, the number of Corona virus cases is more than 80,859, out of which more than 3,100 people have died in China. This virus has already spread to more than 101 countries including Iran, Afghanistan, Iraq, Oman; and worldwide the number of infected cases is more than 1,05,586. It has entered India, but the situation is said to be under control. Before this, SARS, a zoonotic

disease had created havoc.

#### From where did these Corona like viruses come?

According to scientists, the Corona virus is transmitted from animals to humans. Meat traders, who procure animals and work in meat production, and meat eaters endanger their lives by touching, inhaling and eating animals; they invite life threatening diseases and untimely death. If you follow vegetarianism, why would such diseases arise? Non vegetarians are endangering not only their own lives, but also the lives of vegetarians, because this virus spreads from humans to humans.

In China, there is prohibition on wild



animal trade and its consumption.

### Zoonotic diseases caused by viruses and meat eating

Names of the viruses	Disease spread
Novel Corona virus	Corona virus 2019
HIV	AIDS
H5N1	H5N1 Avian influenza or Bird flu
Ebola	Ebola viral disease
Nipah	Nipah virus infection
SARS coronavirus	SARS
H1N1	Swine influenza

#### What are the preventive measures?

(1) Vegetarianism is a preventive measure against these viruses.

(2) These viruses infect only those with low immunity. The best and simplest way of prevention is to burn *desi* cow dung cakes or '*Gauchandan dhoopbatti*'\* and add drops of pure *desi* cow ghee or coconut oil, '*guggal*'\*, camphor\* onto it. It stops



the growth of viruses. So, prevention is possible in all places. It also destroys the germs and viruses which cause various

diseases and creates a health-giving, happy environment. Pujya Bapuji, a visionary great man, has widely propagated the *dhoop* of cow dung cakes for the last few decades, and discovered the '*Gauchandan dhoopbatti*' for health benefits and boosting immunity; and '*special Gauchandan dhoopbatti*' for

★ *Gauchandan dhoopbatti*, *guggal dhoop* packet and *camphor* are available at the service centres of the ashrams.

memory enhancement. It is now being understood by expert doctors that the *dhoop* done by burning a cow dung cake is effective in keeping the environment free from such hazardous viruses.

(3) One should resort to the other measures for enhancing immunity mentioned in the spiritual discourses of Pujya Bapuji and published in '*Rishi Prasad*'.

#### Prevention is better than cure

Being tormented by the terrible pandemic of the Corona virus illness, the world is being compelled to adopt vegetarianism and the principles of Indian culture. But how much better would it have been that from the very beginning, the world followed the advice of great men to abstain from meat eating and thereby prevent violence of innocent animals and this disease!

Whenever the kind beneficial advice of the visionary and foresighted great men and scriptures is ignored, then sooner or later, its fatal consequences have to be suffered and ultimately, people are compelled to follow the scriptures and great men. There are so many examples of this right in front of us:

'People should practice Brahmacharya and continence.' Those countries who ignored this principle of our sages and seers, and adopted the thought of 'free sex', suffered the fatal sexually transmitted diseases like AIDS, which spread in far off countries; and those countries are compelled to spend billions of dollars on the education of abstinence, and even then, the expected results are not being achieved. According to the *Innocenti* report card, Issue number 3, published by UNICEF, 'Since 1996, more than US\$ 400 million in Federal and State funds has been spent in 'Abstinence only'



(Remainder of 'Parents' Worship...' from cover page 2)



Parents' Worship Programme will guide the children. My heartiest wishes for this event.

– **Ms. Anusuiya Uikey, Governor, Chhattisgarh**



I am sure that the endeavours like 'Parents' Worship' will create some positive attitude in the minds of young generation to respect their parents. – **Shri Jagdeep**

**Dhankhar, Governor of West Bengal**



My heartiest wishes and compliments to you for the success of this nice campaign of making the next generation virtuous & cultured through your efforts of preserving our

Indian cultural values of '**Matri Devo Bhava, Pitri Devo Bhava**' (meaning: Regard your father as God, Regard your mother as God) by means of conducting Parents' Worship Day programmes in schools and colleges. – **Shri Nitinbhai Patel, Deputy Chief Minister, Gujarat**

The noble effort of celebrating 'Parents' Worship Day' by Shri Yoga Vedanta Seva Samiti, is quite commendable. I wish a complete success to the promotion of this programme and the publication of the book for Parents' Worship Day. – **Dr. Surjya Narayan Patro, Speaker of Odisha Legislative Assembly**



I congratulate Shri Yoga Vedanta Sewa Samiti for organizing and guiding on "Parents Worship Day" on 14<sup>th</sup> of February every year. May this 'Parents Worship

Book' bring enlightenment to the lives of one and all. – **Shri Rana KP Singh, Speaker of Punjab Legislative Assembly**



This really is a commendable step. I wish and hope that this programme is successfully conducted.

– **Shri Kanwar Pal Gujjar, Minister of Education, Forest, Tourism, Parliamentary Affairs, Science and Technology; Haryana**

**Hundreds of thousands of salutations to such a Saint!**

– **Gaubhakta Sant Shri Kalidasji**



Who is God for us? Our Supremely revered Sant Asharamji Bapu is the one to initiate and announce 14<sup>th</sup> February as 'Parents' Worship Day'. Pujya Bapuji has called upon the entire world to serve and regard parents. And due to His very initiative, this day of 14<sup>th</sup> February has been extremely energising for us. Hundreds of thousands of salutations to such a saint and Mahatma! Asharamji Bapu is the one to revive the supporting pillar of Dharma.

**All this is happening under a conspiracy**



– **Maa Dhyana Murtiji**

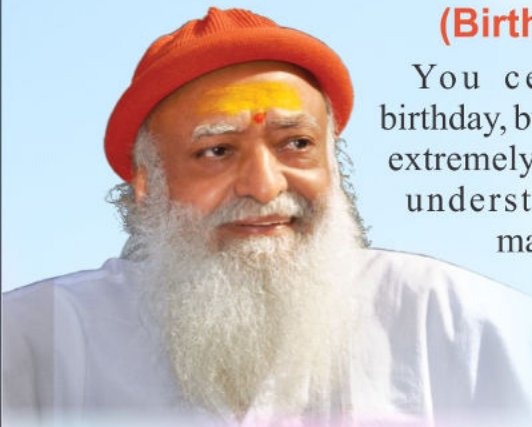
Some media personnel have spread weird rumours about Bapuji. All this is happening under a conspiracy. Such people are being foreign-funded. By celebrating 'Parents' Worship Day', our culture can be preserved and protected, and that's what Bapuji had done, and has been doing up until now; and we too are following Him in this regard.



# The objective behind celebrating birthdays of Saints and Great Men

(Birthday of Pujya Bapuji: 13<sup>th</sup> April)

– Pujya Bapuji



You celebrate my birthday, but it is extremely necessary to understand that for many, many births, both you and I have passed since time immemorial.

Lord Krishna says

to his dear Arjuna:

बहूनि मे व्यतीतानि जन्मानि तव चार्जुन ।

तान्यहं वेद सर्वाणि न त्वं वेत्थ परन्तप ॥

“Both you and I have taken many births. I know them all, O Arjuna, but you do know none.”

(The Gita: 4.5)

Why the Jiva does not know? This is because the Jiva's intelligence and *vritti* (modification of mind) have become gross by the thinking he does in order to accumulate transitory things and get happiness from them. Hence the Jiva does not know about his births, but God knows because He does not have the intelligence given to seeking pleasure from sense-enjoyments. God is completely aware of His Self-nature. ‘The one that takes birth, grows, becomes old, and undergoes death, is my body.’ Those Self-realized men who have such realization also make the birth of their body instrumental to some cause and know their real nature. Such Great men, by knowing this mystery of God, remain ever aware of their undivided being.

## Why birthdays are celebrated?

Vrata-Fasting is observed to purify the body and mind. Festivals are celebrated to remove impediments in the development of our subtle capabilities, to shake off disappointment and frustration, and get hints about our innate divinity. The objective

behind celebrating birthdays is to promulgate desirable ambitions, feelings, repose in the Self and sublime knowledge; to attain desirable vision and muster courage to remove undesirable habits and demands and to change the undesirable vision. You may celebrate the birthday of Lord Rama, Lord Krishna, Mahatma Buddha, Guru Nanak, Sai Lilashahji or any other Self-realized man, the objective is the same.

An environment needs to be created to incarnate the Supreme Self which is Shuddha (free from the stain of ignorance), Buddha (self-luminous), pure and formless. When thousands of minds need good wishes and want divine guidance, then the heart, in which that Sachchidananda (Truth absolute, Consciousness absolute, Bliss absolute) especially incarnates, is called Avatar. Otherwise the Supreme Self that incarnated as Lord Rama, Lord Krishna is the same here, sitting in the form of the listener or the reader. This fact is also equally true.

कीड़ी में नानो बन बैठो हाथी में तू मोटो क्यूँ ?

बन महावत ने माथे बैठो हांकणवाळो तू को तू ॥...

ऐसो खेल रच्यो मेरे दाता ज्याँ देखूँ वाँ तू को तू ॥

“In the ant, You have become small; and in the elephant huge. You are the same riding the elephant as the elephant-driver. You have enacted such a play, my Giver, I behold You wherever I see.”

This Creation has been going on since time immemorial. You were also in the times of Lord Rama; you were also in the times of Lord Krishna. You were in the beginning of Creation, in the middle of Creation and even now you are, and you will not get destroyed even when dissolution takes place. In reality you are the eternal being of Supreme Brahman, Supreme Self. But to get an opportunity to resonate this knowledge, to get a means to realise it is why birthdays are



# Every gesture of His is quite spontaneous, peculiar, mysterious, and propitious

(Continuation of the article entitled **‘He raises one from whatever level of being one is, and hence, is called ‘the Friend of all beings’** as published in the previous issue)

Sharing a few more interesting and inspirational life-incidents of Pujya Bapuji, Ranvir Singh Chaudhary continues:

## **Even His denial was highly beneficial!**

This incident dates back to somewhere around 1997. We had prepared a plan for construction of an ashram at Khandwa. We wanted to have Bapuji’s permission and approval before proceeding with any further work. Pujya Bapuji was visiting Salumbar (Raj.) for a *satsanga* programme. Two of us *sadhaka*-brothers went there to show the plan to Gurudev. However, when we showed the plan to Him, He kept looking at it from all 4 sides for around 5 minutes, turning the sheet around and then said, “No-no... don’t construct anything just now.”

Yet, we put forth our request again, saying, “Bapuji! We are totally ready. Let us construct only the *kutir* (cottage) for now.”

“No; nothing as of now.”

After 3-4 months, we again arrived at the Holy feet of Pujyashri with the plan. Even before we could take the file out from the bag, Gurudev said, “Just wait for now.”

Wherever we went for Punam-darshan, be it Aurangabad, Ahmedabad, Vadodara..., we would carry the plan with us. Whenever we approached Bapuji with it, He would make a denying gesture from a distance and reject our proposal; and if we

didn’t carry the file, He would talk to us, and give *prasada*. This went on for around 2 years.

After the land was measured, there were some issues concerning the boundary, etc., which we got corrected.

Around August 2000, Pujya Bapuji was visiting Ujjain. We decided to approach Him, we were still nervous, thinking – ‘God forbid, today also Gurudev denies our proposal from a distance.’ However,

much to our surprise, despite having the plan with us, as soon as Bapuji noticed us, He said, “Come quickly; let me know your ideas.”

Gurudev looked at the plan and approved it, consenting for the ashram to be constructed. While doing so, He marked on the plan the spots for the *kutir*, *satsanga*-hall, *Vad-Badshah*, *sadhaka-nivas*, etc. with His Holy palms, and said, “It’s all fine, go ahead with the construction. Make sure you don’t spend too much on my *kutir*.” Gurudev also gave us some *prasada*.

We were delighted and deeply moved too wondering how astonishing is Gurudev’s *Trikala-jnana* (knowledge of past, present and the future) and His propitious compassion! How propitious was His denial concerning our request for the ashram construction earlier!

## **Miracle of Guru-seva and prasada!**

In 2001, I developed jaundice. Doctors advised me – “You need complete bed-rest, otherwise your health may deteriorate and worsen. You will need at least a month to



## Inspirational life-incidents of Pujya Bapuji



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## Select glimpses of Parents' Worship Day programmes (continued from cover page 4)



We are unable to publish all the photos due to lack of space. For many more photos, please log on to [www.ashram.org/sewa](http://www.ashram.org/sewa)



# The fragrance of pure love diffuses across India and abroad on Parents' Worship Day

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## Memoranda, seeking declaration of Parents' Worship Day as a National festival, submitted



Gwalior (M.P.)



Sagar (M.P.)



Moradabad (U.P.)



Kasganj (U.P.)

(Refer to cover page 3 for the remaining photos of Parents' Worship programmes)



Forest and Environment Minister of Uttarakhand - Dr. Harak Singh Rawat accepting Rishi Prasad as a gift

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