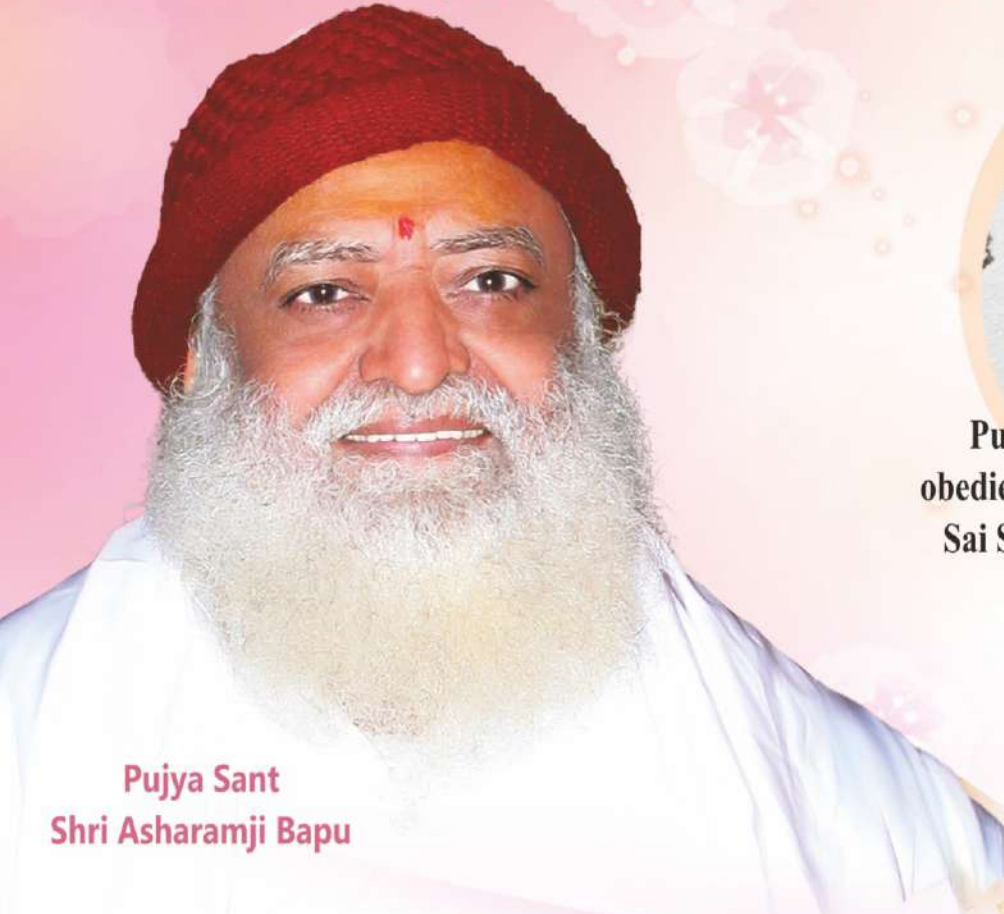


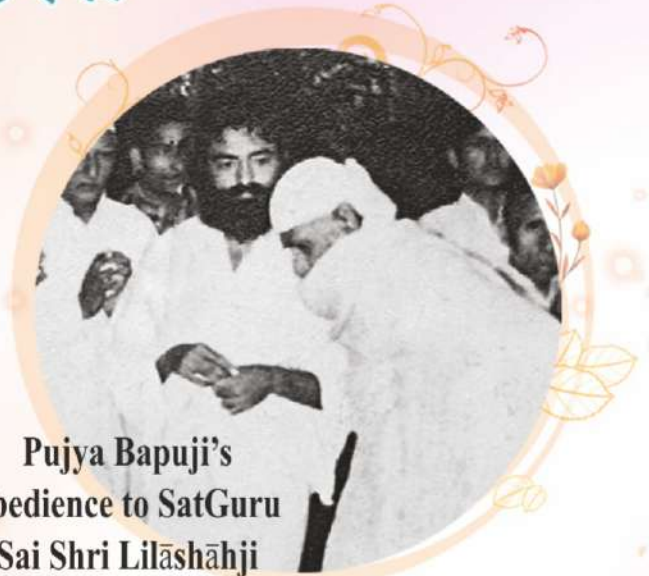
RISHI PRASAD



**Pujya Sant
Shri Asharamji Bapu**

I would pay obeisance to my parents and massage their feet. What they would have gained from this is known to them alone. My obedience to my Guru's commands may have pleased him a bit, but I gained Guru's entire spiritual treasure.

– Pujya Bapuji



**Pujya Bapuji's
obedience to SatGuru
Sai Shri Lilāshāhji**



**Pujya Bapuji's father – Shri Thāumalji
and mother – Shri Mā Mahangibāji**



Parents' Worship Day

14th February

**This festival will give you longevity,
fame and Intelligence**

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Pujya Bapuji's message on the New Year's Day

Page 4



**Māgha Māsa: A month conducive
to health, longevity, strength
and abundance in the Self**

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Māgha Māsa Vrata: 28th January to 27th February

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Universal acclaim for 'Parents' Worship Day', the brainchild of Pujya Sant Shri Asharamji Bapu



Hundreds of salutations to Param Pujya Sant Shri Asharamji Bapu who has initiated the tradition of celebrating 'Parents' Worship Day' in lieu of Valentine's Day on 14th February, verily for the protection of Indian culture. 'Parents' Worship Day' is going global under his guidance. Come, let's resolve to protect the culture of this country, and bring every success to Parents' Worship Day!

– Shri Ramesh Modi,
Chief Treasurer, Vishwa Hindu Parishad



The direction that Asharamji Bapu has shown by way of the Parents' Worship Day event is not just for a particular region, community or race, but an important step to make the whole world virtuous. I have been witnessing that on the one hand, the youth influenced by the indulgent culture is becoming decadent, all young men & women associated with Bapuji are showing the right direction to others on the other hand. I give my best wishes to this programme.

– Shri Faggan Singh Kulaste,
Union Minister of State for Steel



Such a nice campaign of Parents' Worship Day being run by Bapuji across the nation, and even globally, should be commended. I have participated in quite a number of Parents' Worship Day events, wherein I witnessed the instances of parents and children getting overwhelmed with joy. This is a remarkable campaign indeed.

– Shri Gajendra Singh Shekhawat,
Union Minister of Jal Shakti

The campaign of celebrating 14th February as 'Parents' Worship Day' has been run for the past 15 years with a view to making future generations of the country brilliant and energetic, and for the revival of our Vedic customs. I express my heartfelt gratitude to Sant Shri Asharamji Bapu who made this revolutionary initiative.

– Shri Santosh Pandey,
MP, Rajnandgaon (C.G.)

The convening of 'Parents' Worship Day' celebration will prove to be inspirational in terms of making future generations reflect on the favours done by their parents to them, besides infusing society with harmony.

– Shri Ashok Gehlot,
Chief Minister, Rajasthan

My best compliments to you for the great conception of celebrating 14th February as 'Parents' Worship Day'. Hoping that you will continue such excellent work for the preservation of Indian culture, I hereby give my best wishes.

– Shri Vijay Rupani,
Chief Minister, Gujarat

It is a matter of great pleasure that 14th February is being celebrated as Parents' Worship Day. This effort of making the youth take a resolve to serve their parents is commendable. On this occasion, the distribution of useful literature will guide the youth.

– Shri Shivraj Singh Chauhan,
Chief Minister, M.P.

Children should be associated with Indian culture and customs right from an early age; and you have been executing this responsibility perfectly. My best wishes for the successful accomplishment of Parents' Worship Day.

– Shri Jai Ram Thakur,
Chief Minister, H.P.

For the success of 'Parents' Worship Day' celebrated on the 14th of February with the objective of helping the children and youth elevate their lives, keep increasing respect & regard for their parents and teachers in their hearts, and protecting our great cultural heritage; I hereby send my best wishes and compliments.

– Shri Nitinbhai Patel,
Deputy Chief Minister, Gujarat
(Refer cover page 3 as well)

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This is the hollowness of the world! – Pujya Bapuji

There was a devotee, a boy from a good family. Being influenced by bad company he started going less frequently to his Guruji. Guruji asked: “Son! Why don’t you come?”

He said: “Sai! What do you know; marriage is marriage! All that time, I was alone, so I would visit you, but now I have learned the way to live.”

“What’s the matter?”

“Sai! I have a wife who appears as if Brahmaji nourished her with special nectar. Once I finish my work, I have to go straight home, otherwise she keeps waiting. When I arrive home, we touch each other’s glasses, and then only she drinks water.”

Maharaj observed that the case was very serious, and couldn’t be cured without an operation. Maharaj was also very clever. He gave herbal medicine and said: “Tomorrow is Sunday. Before Lailā (your wife) prepares you anything, go out for a walk and take this medicine. This will make your body a little feverish and then it will become completely cold. I’ll tell you a technique. Doing so will bring life force to the tenth door (an opening in the subtle body near the middle of the forehead). Then you will utter a moan ‘Oh...Oh...’ and falter, and fall down, and relax your body. You will become like a dead body. Though remaining conscious within, the breathing will become minimal.

Then see what she does, the one who does not drink water without you.”

The Guru was a yogi. He taught some yogic techniques, and then applied his yogic power.

The next day the young man went out and drank the medicine. He felt the symptoms manifesting as mentioned by Guruji. He returned and said to his wife:

“I am dying, I have pain... fever... I do not know what is happening!”

His wife said: “I have prepared Mālpuā, kheer and rabri, it is on the *chhinka* (ropes or wire net which is hung from the ceiling, to keep food). Take the food.”

At that time, houses in the Sind Province were made in such a fashion that the roof was a little open. There

were no cupboards, so they would put food, milk or butter in pots which were hanging from the ceiling on a swing (*chhinka*) to protect them from cats and rats.

The young man said: “I have pain in my stomach....” While saying this, he collapsed.

The wife thought ‘He has departed this life. If I lament over his death, all this kheer, rabri will have to be thrown away. And if I go to get a stool from my mother-in-law’s room, she will ask, ‘Has my son arrived yet?’ Then what should I do?’

The wife dragged the dead body and stood on his chest to take the kheer and rabri



His brothers deserted him but he did not give up worship of God

– Pujya Bapuji

(Continuation of the article ‘**God Himself secures what they lack and preserves what they have**’)

This is a Puranic tale. There lived a Brahmin born to the lineage of sage Jābalya. He had three sons. The two younger brothers followed the daily routine of the Brahmins and earned their livelihood by officiating at the performance of ceremonies at their patrons’ houses. On other hand the eldest brother did not go to patrons’ houses. He had read this verse from the Gita :

अनन्याश्चिन्तयन्तो मां...

“To those men who worship Me alone, thinking of no other, to those ever self-controlled, I secure for them that which is not already possessed (Yoga) by them, and preserve for them what they already possess. (Kshema).” (The Gita: 9.22)

One who worships God need not worry about basic necessities like food, clothes, shelter, etc. He remained ever engaged in God’s worship. As the time passed, the elder brother gained peace of mind as a result of his worship and meditation. The two younger brothers said, “We earn our livelihood by officiating at the performance of ceremonies at patrons’ houses but you are living without doing any work. In addition to your spiritual practice you should step out of the house with a jug of water (*kamandalu*), leaves and flowers to shower blessings on our patrons to please them and bring home some alms and gifts

from them for our subsistence.”

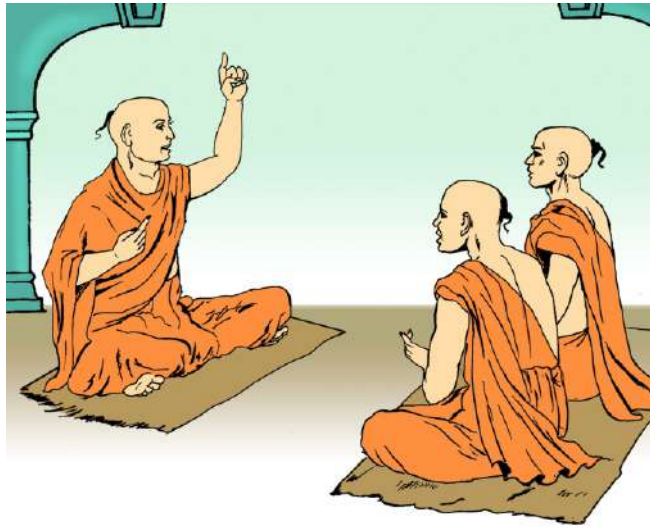
The elder brother replied, “O brother! I am born as a human being not to flatter or please others. Human birth is given solely for loving God, not for any other work. Having obtained this precious male human body, I wish to please the Lord of the worlds

and feel blessed in my life, instead of pleasing people for transitory things. So, I want to realise the Eternal Truth. My life is not meant to earn bread and butter or clothes and house. My life is meant to please my Supreme Lord, the Lifter of the Mountain,

cowherd Krishna to attain liberation.”

The younger brothers said, “Brother, what you said is ok, but only if you work, will you eat bread, the Lifter of the Mountain, cowherd will not come to feed you!”

The younger brothers were influenced by materialism. They did not know that the power of the mental body’s will is far greater than that of the physical body. Similarly subtle resolution of a person is more powerful than his manual labour. Also, *Bhāvajanya Sukha* (pleasure which comes out of higher emotion) is higher than *Kriyājanya Sukha* (pleasure derived from work). The bliss of *Savikalpa Samādhi* (*Samādhi* with the triad of knowledge, knower and known) is higher than that of *Bhāvajanya Sukha*. The bliss and power of *Nirvikalpa Samādhi* (*Samādhi* without any mental modification) is superior to that of



This festival will give you longevity, fame and Intelligence

Parents' Worship Day: 14th February

– Pujya Bapuji

Valentine's Day is "Ruin Day" whereas Parents' Worship Day is "Success Day"! This day should be propagated by those who favour Parents' Worship Day, see evil in teenagers exchanging flowers and look passionately at each other. Engage yourself in what you think is right, auspicious and beneficial and pray to God for those who are engaged in the evil, inauspicious and unwholesome thus: 'O Lord! Giver of good sense, please bless these children with good sense.'

Acharya Chanakaya used to pray: "O Lord! O creator of my destiny! If you ever become wrathful towards me, take away my wealth, my comfort but please don't take away my wisdom and good sense." Because where there is good sense and wisdom, wealth will follow like a shadow. But if one has wealth and a lack of wisdom and good sense, that entire wealth will bring interminable affliction.

O citizens of India! O children of India! Always pray to God for wisdom. Also, pray at the holy feet of your parents to bless you with good sense. It is good sense that guides one towards repose in the Supreme Self of the nature of Truth. And a perverted mind ruins one's life by indulging in unreal carnal pleasures.

मातृदेवो भव । पितृदेवो भव ।

आचार्यदेवो भव । अतिथिदेवो भव ।

"Regard your mother as a God. Regard your father as a God. Regard your teacher as a God. Regard your guest as a God."

Those who respect their lives, respect

their parents. I used to serve my father by massaging his feet. It might have relaxed and comforted my father physically but it brought forth huge mental, intellectual and spiritual gains for me. I used to pay

obeisance to my mother and massage her feet. What my parents would have gained from this is known to them alone, but I got everything by their grace and good sense. My obedience to my Guru's commands may have pleased him a bit, but **I gained Guru's entire spiritual treasure.**

Despite inclement weather, I accompanied and guided some tourists to a spot from where China peak (presently known as Nainā peak) was seen, obeying the command of my Guru. Upon which my Guru exclaimed: "Even the weather and nature will obey the command of the person who sets out obeying the command of Guru! How can she disobey?" My Guru's pleasure blessed me with a boon:

"Poisonous snakes in your presence become charmed by your love. Even rainclouds ask for your permission before raining!"

What an unbelievable boon I received from my Guru! Showing respect towards one's mother, father and Guru is to respect one's own self. Whatever you offer to your mother, father, Guru and God comes back to you manyfold. This world is a Karmabhumi (the land where one gets the fruit of actions.)

In the name of celebrating Valentine's Day, young boys and girls look at each

(Continued on page: 16...)

I am not worthy to describe His glory and greatness

Sayed Abdul Rahim (commonly referred to as ‘Rahim Chāchā’), a resident of Ambajogai village of Maharashtra’s Beed district, has been reaping the benefits of Pujya Bapuji’s satsang discourses and holy proximity since 2000. Reminiscing some of his life-experiences, he shares below:



...and my dilemma disappeared completely

In 2000, one of my acquaintances took me to attend Bapu’s satsang discourse for the first time. I liked the satsang discourse very much and got deep peace. Thereafter, I started visiting and attending satsang-programmes frequently. Bapu was very affectionate towards me. Whenever he looked at me, seeing my beard, he would gently move his hand caressing his beard, and then with a smile on His face, he would ask me through gesticulations: “Is everything alright? Is all well?” At times, he would put his hand on my shoulder and walk with me, and at times, would give me *prasāda* with His own holy hands, with deep affection.

Having been blessed with Bapu’s satsang and affection, one thought occurred to me repeatedly – ‘I should be taking mantra-dikshā (initiation) from Bapuji, and thus have Him as my Guru.’ However, I’d already been initiated by a Guru of my religion in the past, and hence, I would always have a dilemma regarding this. On one occasion, I went to Ahmedabad to have Bapuji’s darshan, where He said to me, “why don’t you become a sādḥaka?”

I said, “Bapu! I have already been

initiated by another Guru.”

“If you don’t want to advance on the path of sādhanā, then why do you come here?”

“Ji, I love you and like your satsang discourses very much. I feel like listening to your words a dozen times, and hence I keep visiting you.”

Bapu realised my desire and dilemma and smiled then walked away.

It was sometime in 2006 when I attended a satsang programme in Bandra (Mumbai), wherein I was sitting in the front row of the audience. As soon as Bapu saw me, He started to caress His beard gently, and then said, “Get up Rahim! Just stand up.”

I humbly stood up with folded hands. He then cast His gracious glance upon me, and said, “Look, today I have imparted *drishti-dikshā* (initiation by sight) to you. The whole world is witnessing this. Starting from today, you are my sādḥaka.”

The grace that Bapu showered on me at that time, through His gleaming eyes can’t be described in words; and my dilemma was resolved completely. The following day, during the mantra *dikshā* session, I took Guru Mantra-Dikshā with everyone seeking initiation. That’s when I realised that I had wasted so many years of my life uselessly till date.

It is beyond human comprehension to know how a gracious Guru like Bapu does good to human beings through different means. What can I say about the grace of Bapu? Bapu is Ishwara, Allah personified. The world may say and comment whatever it has to, I have nothing to do with the world. Even if Allah or Bhagavan Vishnu happens to appear in front of me, and say – ‘I am God, just recognise me’, I would

Types of Meditation

(‘The fruit of meditation’ Continued from the previous issue)

Pujya Bapuji explains in his satsang discourses that there are 4 types of meditation:

- (1) *Pādashtha Dhyāna* (2) *Pindashtha Dhyāna* (3) *Rūpastha Dhyāna* (4) *Rūpātita Dhyāna*

(For detailed information on the above methods of meditation, refer to page 16 of ‘Lok Kalyan Setu’, January 2020 Edition)

Types of Mediation from another perspective

The meditation techniques that fall into another category are: *Sthūla*, *Sūkshma*, *Sūkshmatara* and *Sūkshmatama Dhyāna*.

(1) *Sthūla Dhyāna*

(Gross meditation): Repeatedly looking at or meditating on the form of God is gross meditation. It has two further categories- *Savitarka* (the adept can look directly into the essence of real things, but only at the gross level) and *Nirvitarka* (conventional understanding, verbal and logical associations, cease). Meditating upon the form of Lord Shiva, Lord Vishnu or other deities, or SatGuru is *Savitarka dhyāna* and eventually, developing oneness with their form is *Nirvitarka dhyāna*.

Savitarka dhyāna gradually turns into *Nirvitarka dhyāna*.

(2) *Sūkshma Dhyāna* (Subtle meditation): *Sthūla dhyāna* takes the form of *Sūkshama dhyāna*. It has further two categories:

(a) *Savichāra dhyāna* (b) *Nirvichāra dhyāna*

Sūkshama dhyāna initiates with thoughts

related to virtues of God – ‘God is Peaceful Atman, Consciousness Atman, Witness. This is *Savichāra dhyāna*. Meditation on such thoughts culminates in a state where there is no thought; being calm while meditating on light, being calm in witness-nature and being calm after chanting *Omkāra* is *Nirvichāra dhyāna*.

For instance, the nature of a surging ocean and a tranquil ocean – a surging ocean delights and exhilarates people, but a tranquil ocean intimates its depth and serenity. Similarly, gross meditation begins with *Savitarka dhyāna* culminating into *Nirvitarka dhyāna* which will gradually culminate into subtle meditation, beginning with thoughts on virtues of God like ‘I am verily that Atman, consciousness which is in the form of light in the

sun, in the form of moonlight in the moon, and brims over our heart in the form of Self-bliss.’ Thus be calm after contemplating such thoughts and then become free from thought.

(3) *Sūkshmatara Dhyāna* (More subtle meditation): From the stage of subtle meditation one enters the stage of more subtle meditation. One makes progress in *sānanda dhyāna* soon after entering the more subtle meditation. *Sānanda dhyāna* blesses the *sādhak* with bliss. One gets so much bliss that he does not like eating, seeing or speaking. This is the stage of more subtle meditation. One develops awareness of beauty, bliss and peace and becomes handsome.

Sānanda dhyāna gives bliss for some time and then it disappears. With constant practice, one will sustain blissfulness for a longer time. If that bliss is experienced



Heartfelt Utterances of the Public for the Initiator of Parents' Worship Day



The observance of 14th February as Parents' Worship Day is a bold countercurrent initiative taken by Param Pujya Bapuji; and is highly commendable.

Children have been forgetting beneficent noble values. Pujya Bapuji has illuminated our lives with the light of knowledge reviving those values, thereby brightening the future of the nation.

—A leading philanthropist

Vasudev Chawla, Lucknow

Those, who are devoted to the good of all beings, irrespective of their nationality, race and religion, caste and creed, path and sect, remaining actively engaged in doing good to all, also inspiring others to take to the same path, have been favoured as

‘सर्वभूतहिते रताः’ (the one engaged in the welfare of all beings) by Lord Krishna in the Gita. Our Pujya Bapuji, the crest-jewel of all saints, is such a living Man of Greatness. And Parents' Worship Day is one example of His universal benevolence under which the entire world, forgetting all differences, is rejoicing in a spirit of non-duality.

—An eminent servant of Indian culture, Balram Manwani, Kanpur

Unmarried teenagers

exchanging flowers and indulging in promiscuity is not the mark of our (Indian)

culture; worshipping

parents and the SatGuru who reforms our life with continence by initiating the great festival like ‘Parents' Worship Day’, is a sign of our culture. Pujya Sant Shri Asharamji Bapu has shown the utmost kindness to mankind by initiating this great festival. It is unfortunate for the nation that such a Self-realized saint is in jail today, having been falsely accused.

— Eminent philanthropists, Roshanlal Garga and Ravikiran Garga, Delhi

The life-blood of a nation is its culture and the Self-realized men. Hence, Parents' Worship Day is an unprecedented tradition initiated by Pujya Bapuji for the protection of Indian culture in a constructive way, and its good results are now becoming visible to everyone.



This initiative taken by Pujya Bapuji will play a crucial role in reinstalling India on the throne of Vishwa Guru. — A social uplift enthusiast, Amrish Pandya, Hong Kong

Teenagers and youngsters were falling into abysmal moral degeneration by celebrating Valentine's Day. However, Param Pujya Sant Shri Asharamji Bapu, beautifully replacing it with ‘Parents' Worship Day’, has saved society from decadence and unrest on the one hand; and by showering happiness, peace and the bliss in the hearts of parents and their children has made them recipients of divine grace on the other hand. The fact that such a holy and innocent saint is behind the bars, is painful for innumerable people, and is a hindrance to the nation's progress. — A virtuous soul dedicated to the service of culture, Shri Nitin Kapoor, New Delhi

On the one hand, the consistent degradation of the future generation, and on the other hand, ever increasing anxiety of the parents... All have been watching this worsening problem for years; and are frustrated not being able to find a solution. A relishing, affectionate, and amazing solution to such a monstrous problem was presented by Bapu Asharamji — the Rama of everyone's hope, by way of Parents' Worship Day. — A philanthropist, Shri Sunil Agrawal, Angul (Odisha)

The campaign of celebrating Parents' Worship Day that Pujya Bapuji has run all over the world strengthens the moral character of the youth — the backbone of the nation, which in turn increases all powers like the power of the mind, intellect, soul, health, etc. Only those of good character can do good to themselves and others. Pujya Bapuji — the one engaged in the welfare of all beings, and knowing everyone to be His own Self, has given the key to easily do good to oneself, one's family, nation and mankind. Verily, we feel highly blessed to have such a great man who is the Self of all beings, and the giver of pure love and joy.

— A virtuous soul, Shri Pavan Sabharwal, Delhi

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Select glimpses of Gopashtami festival - cows worshipped, and offered food



Diwali celebrated by distributing blankets, food grains, clothing, oil, sweets, etc., amongst the needy



We are unable to publish all the photos due to lack of space. For many more photos, please login to www.ashram.org/sewa.
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