Excellent results of Board Examinations, 2021-2022

Gurukuls at Ahmedabad, Agra, Rajkot, Dhule and Ludhiana score 100% in Class 10th Board Exams.

Gurukuls at Ahmedabad, Surat, Bhopal and Jaipur score 100% in Class 12th Board Exams.

Khushi Kukreja* of Chhindwara Gurukul ranked in the list of Top Talented Students of India by securing 99% marks in Commerce and Maths Faculty in Class 12th (CBSE) Examination.

Class 10th State Board Exam results

Krishna Chaudhary
Ahmedabad 98 PR

Govind Chauhina
Ahmedabad 97.92 PR

Rajshri Vagh
Dhule 89.20%

Varun Pujara
Ahmedabad 97.84 PR

Yogesh Kachve
Dhule 88.80%

Bhavesh Asari
Sarki Limdi 97.58 PR

Aditya Kumar
Ludhiana 86.92%

Aditya Karsaria
Surat 96.33 PR

Vaishnavi Mahajan
Dhule 86.40%

Nidhi Patel
Dantod 86%

Sneh Jotangia
Rajkot 95.80 PR

Sahil Bodat
Dantod 85.50%

Kanha Sahu
Raiipur 85.16%

Ayush Asari
Dantod 85%

Tanvi Shah
Ludhiana 84.77%

Sumant Sarki Limdi
94.38 PR

Class 10th CBSE Board Exam results

Ishwar Singh
Jaipur 96.4%

Hari Om
Chhindwara 95.8%

Prakhar Porwal
Indore 94.4%

Svarit Yadav
Indore 93.6%

Arya Dev
Chhindwara 91%

Bhavesh Khairnar
Indore 90.4%

Khushi Notani
Chhindwara 89%

Divyanshi Rajoria
Jaipur 87.2%

Anuj Yadav
Agra 86%

Avijit Bhaskar
Agra 85.8%

Sanjita Pahadia
Jaipur 85.8%

Tushar Bhopal
81.60%

Pratham Kumar
Agra 80.8%

Priyanshu Gupta
Bhopal 80.20%

Class 12th Board Exam results

Khushi Kukreja
Chhindwara 99%

Dhananjaya Agrahari
Chhindwara 95.6%

Prashant Chaure
Chhindwara 94.4%

Mayank Sharma
Agra 91.6%

Ravi Balodi
Jaipur 90.2%

Vanshita Dhandha
Jaipur 87.6%

Rameshwar Gunasara
Agra 79.3 PR

Jahanvi Rajoria
Jaipur 86.2%

Aditi Parwani
Bhopal 85.8%

Chirag Yadav
Ahmedabad 94.4 PR

Saloni Mevada
Bhopal 80.4%

Vivek Sarswat
Agra 78.8%

Nikhil Singh Lodhi
Bhopal 75.4%

Vishnu Sharma
Agra 75.2%

Krishna Har Solanki
Indore 73.8%

Vankateshwar Gattare
Indore 73.4%
In This Willpower special-issue...

- The auspicious message of Pujya Bapuji on Raksha Bandhan
- From Resolve to the Great Resolve
- Great resolve and small resolve
- Sankalpa creates desire
- A festival that reveals the immeasurable power of auspicious will
- I am waiting for you to arrive here
- A simple remedy for long life
- Why retreat once you have set foot on the path divine?
- How to excel in exams and develop abilities?
- The Power of Will
- What is the Highest Education?
- Bapuji taught us the usefulness of Yogasana
- Why the Ámēḷ tree is holy and adorable?
- Flaws belong to Nature and you are capable of becoming flawless
- Benedictory experiential words of Saints
- The best means for elevation
- Nothing is impossible for him
- Will is omnipotent
- Priceless Keys to a Happy Life
- Pujya Bapuji’s benedictory message on Shri Krishna Janmashtami
- The problems of students and the solution
- A cheap and readily available source of Vitamin B₁₂
- Pujya Bapuji’s message for sādhakas and samitis
- Organize this programme in all schools
- Do this great charity this year

Pujya Bapuji’s Satsang on Various Channels

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<td>Tata Sky/Play</td>
<td>Daily 6.30 am &amp; 11.00 pm</td>
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The auspicious message of Pujya Bapuji on Raksha Bandhan

From Resolve to the Great Resolve

Understand this carefully

Rakshā Bandhan gives the message that we should understand the significance of Sankalpa Shakti (will-power). We should not make resolves that cause bondage, instead, we should make resolves that give liberation and make our lives filled with peace and happiness. While doing so, know the technique of rooting out the sankalpa-vikalpa (will-thought and doubt) to attain the Nissankalpa state (devoid of thought or imagination) and become a Jivanmukta (liberated while living). But how is it possible? Listen carefully!

‘May my resolutions be auspicious, may my practice and knowledge be sincere, may I become useful, industrious and cooperative’: such a mental attitude will help you greatly. The resolve of being useful, industrious and cooperative will develop virtues like industriousness, courage, fortitude, intelligence, strength and valour. Whatever thoughts you send to others will return to you sooner or later.

It is mentioned in the Yoga-Vasishtha Mahārāmāyaṇa, Bhagavān Vasishtha says: “This entire universe is a mental creation.” Thought and resolve are different things. When something is recalled – it is a thought, but ‘this should happen and that should not happen’, is a resolve. The world thought keeps arising and subsiding. If we get associated with a thought, hold on to it and become committed to materialize it, it becomes a resolve. Many types of thoughts come and go like Sāttvik, Tamas, Rajas; evil and good, but as per your disposition and habit, you keep repeating that type of thought and it becomes a resolve. Please don’t repeat thoughts according to your habit my brothers, sisters and dears. Don’t make inauspicious resolves, make auspicious resolves.

तन्मे मन: शिवसंकल्पमस्तु।
“May that mind of mine be of auspicious resolution.”

The Rig Veda, Sāma Veda, Yajurveda and Atharva Veda are replete with many instructions to alert you. You should resolve to attain Guru-Pada, Guru-Tattva; the greatest state of all states. How great is the Guru-Pada? Is it greater than earth or water or sky? Atharva Veda (9.2.20) has the answer.

यावती द्वावापृथिवीं...इत्तःकृष्णोमि॥
“However far and wide heaven and earth with their expanse exist, as far as waters of the earth, sky and space roll and flow, as far as light and fire glow and radiate, you are greater and higher than all that, all times always, the greatest indeed. I offer you salutations in homage.”

The Sun is thirteen lakh times bigger than the Earth but it is merely a star of
This day of Self-realization is the day for which the jiva (individual soul) waits for crores of lives. The jiva takes birth and undergoes death numerous times. This is the day which bestows the state of Self-realization, without attaining which the jiva leaves everything attained by him and departs empty-handed in every life. Having darshan of Krishna, Shri Rama, Shiva Ji is a big thing, but even this becomes small in front of self-realization. Arjuna would see Shri Krishna, but in the absence of satsang, Arjuna was confused and disturbed. In Vaikuntha, Jaya-Vijaya would see Lord Närāyaṇa, but in the absence of satsang, the same Jaya-Vijaya were condemned to be born as asuras (demons) Hiranyaksha-Hiranyakashipu, Shishupāla-Dantavakra and Rāvaṇa-Kumbhakarna in subsequent lives. Until the jiva attains Self-realization, the journey of repeated birth and death continues.

“Āsoja sud do diwas…” (The second lunar day in the bright fortnight of the month āsoja) is my Self-realization Day. Sometimes, being born to the species of deva (celestial god), demon, animal or bird, in innumerable lives, I don’t know what I would have done; even being born human I would have suffered many hardships, worked hard to get a little, but when Guru’s grace descended upon me, he unlocked my spiritual treasure with the ultimate key.

On the second lunar day in the in bright fortnight of the month of āsoja, samvat 2021, at two thirty in the afternoon, God merged with God,

When all three bodies (physical, subtle and causal bodies) became unreal, the world became worthless. Only then did I attain realization of the Self:

Until the jiva attains the realization of the Supreme Self, it may roam across all the Universes, but…

निज सुख बिनु मन होइ के धीरा ।
‘Can the mind be at rest without experiencing the inherent joy in one’s own Self?’

(Shri Rāma Charita Mānas, Uttara Kānda: 89.4)

So, the self-bliss for which the jiva takes many births, was attained by Arjuna, King Janaka and āsumal, by the grace and satsang of Bhagavān Shri Krishna, AshtāvakraJi and Sai Shri LalāshāhJi Bapu respectively. And the same Prasāda that I received from my Gurudev is available to you too. Congratulations to all of you.

The shāstras say:

यत्यद्र प्रेमस्यो दीना: शक्राद्या: सर्वदेवताः।
अहो तद स्थितो योगी न हंसस्मुपप्रेषित।

“Truly the one centered in mystic union feels no excitement even at being established in that state which all the gods from Indra down, yearn for disconsolately.” (Ashtāvakra Gitā: 4.2)

The day this surprising event occurred was ‘the second lunar day in the in bright fortnight of the month of āsoja’. I have arrived, and now I shall wait to see when you will arrive. Reach the state from where there is no downfall, no pleasure of any worlds can attract you anymore – and no sorrow can overwhelm you, even nymphs will seem worthless to you. There is no
Bapuji taught us the usefulness of Yogasana

(Continued from the previous issue)

Include the practice of Yogasana in your daily routine

As per ‘Pātanjali, Yoga Darshana’, āsana is the third limb of the eight limbs of *Ashtāṅga Yoga*. As per Pujya Bapuji’s nectarine *satsang*-discourses, “being plump doesn’t make one strong; one should rather have strong nerves. Practice of āsanas strengthens the nerves. Performing āsanas removes unnecessary body fat, reduces corpulence and obesity, makes the intellect fine and sharp, and increases longevity. Ailments like heart attack, high blood pressure, low blood pressure, etc., cannot easily attack one performing yogāsanas regularly. There are numerous types of āsanas. One should perform certain selected āsanas on a daily basis.

If one’s digestive fire is a bit weak, and he eats slightly more than his digestive power, it builds up Āma (toxin or undigested food that gets absorbed into the system without proper assimilation) in the body. Excessive build-up of āma (more than what could be accumulated by the nādis) obstructs the channels of the system, which in turn results in body ache. If you continue to eat on top of that, you tend to develop a fever to enable you to digest the āma. A foolish act that people tend to do on getting fever is, they take injections or pills to suppress the fever. This very āma will turn into cancer and harm your organs like the liver, kidneys, heart, and digestive system. Allopathic medicines tend to suppress the particles causing ailments, because of which they continue to rot within the system. Ayurvedic medicines and yogāsanas have the provision to remove the disease-causing particles and other causes of sickness. If one develops fever due to something other than āma, one should take appropriate medical treatment as per a doctor’s advice.

Those, who don’t perform āsanas, tend to develop a paunch or potbelly with age. However, those, who perform yogāsanas, right from their childhood or even youth, remain strong. I wish you to learn such an art of living that you don’t have to repeatedly trouble yourself consulting doctors, Unāni medical practitioners, and the likes; nor should much energy of the doctors be wasted. In order to make sure you don’t have to drag your life along complaining – ‘This body part of mine is aching, that is aching, I am going through so & so, I need to get myself operated on…’, you better include the practice of yogāsanas and prāṇāyāma into your daily routine.

Practice of āsanas and prāṇāyāma keeps your mind and body healthy. Even though it takes 20-25 minutes or even half an hour of your time, that half an hour is worthwhile, for it vitalises you and keeps you energetic all through the day and increases your work-efficiency by 4 hours at least. Āsanas should be performed on an absolutely empty stomach only. If you can’t perform āsanas in the morning, you may do so in the evening on an empty stomach. Also, āsanas should be performed only after 4 to 6 hours after eating, and a minimum 2 hours after taking milk.” (To be continued…)
Flaws belong to Nature and you are capable of becoming flawless

Totâpuri Mahârâj would lie down in the sand of the ocean until the afternoon and would light a smoky fire. This increased the Pitta in his body and he became irascible. Râmakrishna Dev learnt that in the freezing cold December, Guruji had visited a certain place. Râmakrishna Dev’s heart was full of devotional love developed by worshipping Divine Mother Kâlî, so he knew the glory and power of his Guru. He went to serve his Guru.

One night, a sâttvik satsang conversation started between the Guru and the disciple. They discussed topics like the importance of equanimity in pleasure and pain. “All action, in its entirety, O Partha, culminates in Knowledge.” – the fruit of all good acts is that the life becomes blessed with the knowledge of Âtmâ and Paramâtma. The conversation continued until early morning.

In the meantime, an addict came to take a coal from the fire to light his hookah. He said: “Bâbâ! I need some fire, may I take a coal from your fire?”

Bâbâ noticed that he was a hookah addict, and said: “There is no fire.”

“Bâbâ! With your permission can I search for a coal?”

Bâbâ thought: ‘A devil fit only for kicking won’t heed my words, so it is not worth wasting time in talking.’

Bâbâ flew into a rage and the addict ran; Bâbâ also ran after him with tongs in his hand.

“Stop. Beware; I shall see to it! Just stop….!”

He was way ahead and Bâbâji way behind. When he returned after chasing him, Râmakrishna started laughing. If someone is angry and you laugh at him, anybody can become the victim of his wrath.

Overcome by anger, Guru Totâpuri hit Râmakrishna three times with the tongs.

He hit him three times, not to test him, but in ire.

Râmakrishna’s devotion was full of bhâva and happiness! He laughed: “Gurudev! Today the grace I have received from you would have not been received by anybody. It is your blessing that you considered me your own.” Saying this he prostrated himself at the feet of Gurudev and sang his glory.

So Guru Totâpuri felt, ‘So even though I have beaten him in a fit of anger, he sees my virtues.’ He became instantly aware of his witness-nature which is beyond the eight-fold Nature.

An affectionate person transforms even an irritating situation into love. That does not mean that sage Durvâsâ and others who were irascible, were smaller than other great men. A person with a Pitta constitution is naturally overcome by anger. Vâta-Pitta-Kapha, virtues and vices belong to the eightfold Nature (ashtadhâ
A cheap and readily available source of Vitamin B\textsubscript{12}

The proverb ‘Āma ke Āma, Guthliyo ke Dāma’ is true as such. The benefits of these seeds is very well described in Ayurveda and the advantages have been taken in a traditional manner by our experienced ancestors; but due to a lack of knowledge, we tend to dump them in dustbins. The mango kernel is rich in different types of nutrients which are extremely important for physical and mental development.

It is stated in the satsang of Pujya Bapuji: “Vitamin B\textsubscript{12} is very important for the body. A deficiency of vitamin B\textsubscript{12} leads to loss of appetite and gives rise to many other problems. Some take a non-vegetarian diet to replenish vitamin B\textsubscript{12}, although it is not needed. Mango seeds contain vitamin B\textsubscript{12} in ample amounts. People throw mango seeds away after eating the mango. Start collecting, drying and storing the mango seeds. When required, break them open and roast the kernels. One can eat it like a betel nut. Crores of rupees are being spent in India and foreign countries manufacturing tablets of Vitamin B\textsubscript{12} which also cause side effects. If you take advantage of these kernels, you will never be deficient in Vitamin B\textsubscript{12}.”

Scientific research states that one hundred grams of mango seed kernel has more nutritional value than 2kg of mango pulp. Mango kernel has 20 times more protein, 50 times more fat and 4 times more carbohydrates than mango pulp. Vitamin B\textsubscript{12} plays a vital role in the production of red blood cells and keeps the nervous system healthy.

**Excellent source of essential amino acids**

There are nine essential amino acids; a deficiency of which causes many problems due to lack of synthesis of the hormones, neurotransmitters, development of muscles and other important functions. Mango kernel contains 8 out of 9 of these essential amino acids. One hundred grams of kernel have 1.5 to 2 times more amino acids than the daily requirement. It also contains minerals like calcium, magnesium, iron, manganese, phosphorus, etc., and vitamins ‘E’, ‘C’ and ‘K’. Mango kernels contain mangiferin which prevents diabetes, obesity and cancer.

According to Ayurveda mango kernel is a pacifier of *kapha* and *pitta* and a vermicide. It helps in many diseases like heartburn, vomiting, nausea, diarrhea, swelling of uterus, polyuria, menorrhagia, leucorrhea, etc.

**How to consume?**

* Roast the mango seeds and consume the kernel after extracting it, or consume the kernels after roasting or boiling, which make them easily digestible.
* 5-10% of the flour of raw kernels may be added to the flour of wheat, barley, maize etc., to prepare *roti* or *Shirā* (a sweet). Do not consume it regularly.
* Hundreds of people of the Kunbi caste
A set of beneficial spiritual books

A collection of 18 books containing the essence of śāstras, tips to become fearless and free from worry, infusing hope in everyone’s life either sick or healthy, ladies, gentlemen young or elderly.

Gulab Churna

※ Rich in nutrients ※ Regularly brushing the teeth strengthens the gums and teeth and helps in various dental disorders like bad breath, loose teeth, toothache, bleeding gums, gingivitis, etc. ※ Strengthens the liver, stomach, and heart ※ Removes wrinkles and promotes a good complexion ※ Helps in pain and swelling of the joints, diabetes, heart disease, peptic ulcer, diarrhea, bleeding, etc.

Nirapad Vati

It gives instant relief from fever, cold, cough, and weakness by destroying the infection. It is beneficial in removing weakness caused by infection.

Suraksha Vati

It prevents infectious diseases like cold, catarrh, fever, etc., by increasing immunity. It improves digestion and thereby helps to increase the production of the seven dhātus. Its consumption in communicable diseases restores health quickly.

Dant Suraksha Toothpaste

It provides total protection to the teeth. It cleans the teeth and strengthens the gums. Its regular use prevents various dental problems like swollen gums, bleeding gums, toothache, loose teeth, tooth decay, etc.

Amla Bhringraj Hair Oil

It ameliorates problems like hair loss, premature greying of hair, dandruff, headache, cerebral weakness, etc. It strengthens the roots of the hair and increases hair growth and shine. It keeps the mind calm and enhances memory power.
Select glimpses of ‘Yoga Va Uchcha Sanskar Shiksha’ programmes held in schools

Patriotic processions taken out by Yuva Seva Sangh

Date of Rishi Prasad quiz Contest: 2nd October 2022

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