

**Health
special-issue**

A Publication of Sant Shri Asharamji Ashram

RISHI PRASAD

Price: ₹ 7 Language: English
Publication Date: 1st October 2022
Year: 22 Issue: 08 (Continuing Issue: 358)
Number of pages: 36 (including cover pages)

**Pujya Bapuji is the strong pillar propagating
Ayurveda in the 20th and 21st centuries.**

The contribution of Pujya Bapuji to Ayurveda

Read
page 4



He taught the ideal daily routine, and enlightened others about healthy food, unhealthy food and recreation.



He taught the lesson of continence and the glory of Brahmacharya to teenagers and youth



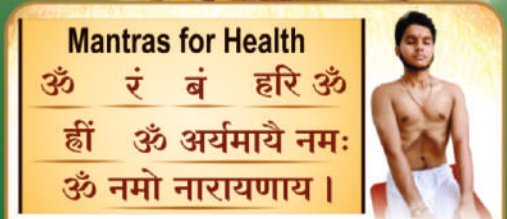
**Lord Dhanvantari Jayanti
(National Ayurveda Day) –
22nd October**



He saved crores of people from addiction through books and de-addiction campaigns



He shared the health secrets hidden in the Vratas and festivals; initiated Tulsi Worship Day.



He provided simple health solutions through Bija Mantras, Health Mantras and Yogic Kriyas



He promulgated Ayurveda through Rishi Prasad, Lok Kalyan Setu, Rishi Darshan and the Ashram YouTube channels.



He informed society of health tips from the shastras through Books, CDs, DVDs, etc.



He made the best quality effective medicines available at nominal price.



He opened health centres, mobile dispensaries and herbal medicine producing plants



He organised free medical camps



He paved the way for cow-based therapy through Cow-related literature and products.

Dipavali – A priceless gift from the sages 12

(Festival of Dipavali: 22 to 26 October) ...Lakshmi Mantra for wealth 9

**Gurukul
Student shines at
National level 19**



**Auspicious cow-service confers
happiness and prosperity
Gopāstami: 1st November**



Very effective, time-tested remedies 27 : Ambrosial Giloy 31 : Take care of your eyes, get rid of spectacles 32 : Get rid of disease and... 34

An effective remedy to attain
God and cure diseases

Ajapā japa

– Pujya Bapuji



Ajapā japa is an unfailing remedy for all diseases. When you inhale air, repeat mentally the divine name, when you exhale count the breath or when you inhale air, repeat mentally ‘So’, when you exhale repeat ‘Ham’. This is an unfailing remedy for all diseases. One will definitely attain God, but before that the body will become healthy, the mind, intellect and senses will become disease-free. ‘*Ajapā japa*’ is also called ‘*Ajapā Gāyatri*’. External medicine cures one organ, but it affects other organs adversely. It enters all other organs of the body where it is not needed. That’s why many therapies were developed, many operations, injections and capsules were discovered, but human health worsened more and more. The more the treatment was given the more the disease worsened.

There are psychosomatic (mentally induced) diseases and there are diseases induced by *Prāṇa*. Many diseases are also caused by improper circulation of *Prāṇa*. A repressed sex desire also causes disease. Anger, pride, anxiety also cause disease. Neither allopathic doctors nor *Ayurvedic* physicians have a cure for such diseases. They don’t even know that the diseases are caused by the five passions. Attachment and aversion is the root of the five passions. In order to cut the root...

“May we never slander anyone, on any account. May we never be jealous of anyone, on any account. May we speak the truth, avoid lies, and associate with one another on friendly terms.”

This prayer is a fatal blow on attachment and aversion. But just reciting this does not work; it should be practiced diligently, only then will you remain healthy.

Proper blood circulation is essential for the optimum functioning of all organs. But the power to circulate the blood is given by *Prāṇa* (life-force). If the movement of *Prāṇa* is not rhythmic or if there is no vital force, then there will be no mental power, there will be no healing power. Therefore, the vital force should be increased.

Prāṇa becomes rhythmic by remembering the Name of the Lord. If the *Prāṇa* is rhythmic, the disease of the body and the mind can be cured by remembering the Name of the Lord. *Prāṇa* becomes rhythmic even more through the *sādhana* of breathing, *Ajapā Gāyatri* which in turn cures diseases of the intellect. Medicines do not cure as many diseases as this does. Many diseases are worsened by medicines, many diseases are suppressed and some diseases are also eradicated in the due course of time by immunity, but never get uprooted. *Ajapā japa* is the infallible cure for uprooting disease. *Ajapā japa* is an effective remedy to ward off and cure disease, and to attain God.

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Owner : Sant Shri Asharamji Ashram

Publisher : Dharmesh Jagram Singh Chauhan

Printer : Raghavendra Subhashchandra Gada

Place of Publication : Sant Shri Asharamji Ashram, Motera, Sant Shri Asharamji Bapu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).

Printed At : Hari Om Manufacturere, Kunja Matralion, Paonta Sahib, Sirmour (H.P.) - 173025.

Editor : Shrinivas R. Kulkarni

Co-Editor : Dr. P.K. Makwana

Patron: Shri Surendranath Bhargava, Former Chief Justice, Sikkim High Court, Former Chairperson, Human Rights Commission (Assam & Manipur), Former Justice, Rajasthan High Court

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'RISHI PRASAD' Sant Shri Asharamji Ashram, Sant Shri Asharamji Bapu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).

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9512081081 'Rishi Prasad'

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www.rishiprasad.org www.ashram.org

Subscription Fees (incl. postage)

For English, Hindi, Gujarati, Marathi, Telugu, Odia, Kannada and Bengali Editions (In India)

1. One Year ₹ 75/-
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2. Two Years US \$ 40
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In This Health Special-issue...

- * Contribution of Sant Shri Asharamji Bapu to Ayurveda 4
 - ♦ Protected the health of healthy people...
 - ♦ Offered many alternative therapies to the sick society
 - ♦ Propagation of Ayurveda by various media
 - ♦ He described the actual aim of Ayurvedic therapy
- * Japa of Lakshmi's Moola-Mantra on Dipavali for wealth 9
- * The secret of disease and the way to become disease-free 9
- * Now I don't want anything else – Sant PathikJi 10
- * True wealth and the way to protect it 11
- * Dipavali – A priceless gift from the sages 12
- * Father of God: My Gurudev 14
- * Proper use of the eclipse-period to avoid distress and to improve this life and the afterlife 15
- * The influence of the mind over the body 16
- * The banana of Brahma-Vidya and the cardamom of Guru's grace 17
- * Why retreat once you have set foot on the path divine? 18
- * A Gurukul student shines at National Level – Khushi Kukreja 19
- * You have the unlimited power of healing within yourself! 20
- * What Bhagavān said, especially about women, in the Gita? 21
- * The Miracle of Prayer and Saubhāgya Shunthi Pāka 21
- * The Power of Mantra for Health 22
- * What could not be cured by spending thousands, was cured by these two items – Saroj Jindal 24
- * Don't treat the body much, treat the mind 25
- * Tips for Good Health 26
- * Very effective, time-tested remedies for various diseases prescribed by Pujya Bapuji 27
- * On Sharad Purnima, take the benefit of effective medicine for asthma 30
- * Health-promoting ambrosial Giloy 31
- * Take care of your eyes, get rid of glasses 32
- * Get rid of disease and make good use of illness! 34

Pujya Bapuji's Satsang on Various Channels

 <p>अनादि बात सिर्फ खबर की</p> <p>Daily 6.30 am & 11.00 pm</p> <p>Tata Sky/Play (Channel No. 1170) & Various Cables of M.P., C.G. & U.K.</p>	 <p>DIGIANA DIVYAJYOTI</p> <p>Daily 10.00 pm</p> <p>'Digiana' Cable (Channel No. 109) in M.P.</p>	 <p>अराधना</p> <p>Daily 7.30 am & 8.30 pm</p> <p>JK Cable in Jammu</p>	 <p>Mangalmay Digital</p>	 <p>Asharamji Bapu</p>	 <p>Asharamji Ashram</p>
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Contribution of Sant Shri Asharamji Bapu to Ayurveda

There is hardly any aspect of life that is untouched by Pujya Sant Shri Asharamji Bapu's heart, overflowing with goodwill for the welfare of every human being. Even all scientists and mathematicians cannot count and praise the miraculous and unprecedented changes which have occurred in the lives of many crores of people by the guidance, through *satsang*-discourses delivered by Pujya Bapuji on various topics like the secret of Dharma, the power of yoga, the inculcation of *samskāras* (values), worldly and spiritual success, de-addiction, relieving stress, excellent health.



Dr. Sundar Sharma, Deputy Director of the Department of Ayurveda, Himachal Pradesh, said: "Sant Shri Asharamji ashram has inspired us how to serve humanity."

Pujya Bapuji has widely propagated Ayurveda along with *satsang* on *Brahmajnāna* keeping in mind that if a person has a healthy body and a cheerful mind, he will then be able to tread the path of *Karma*, *Bhakti*, and *Jnāna* easily.

It is written in the *Charaka saṁhitā* (*Sūtra-Sthāna*: 1.15):

धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम् ।

'Health is the supreme foundation of *Dharma* (righteousness), *Artha* (wealth), *Kāma* (desire), and *Moksha* (liberation).'

Pujya Bapuji explained that the way to achieve excellent health is not to indulge

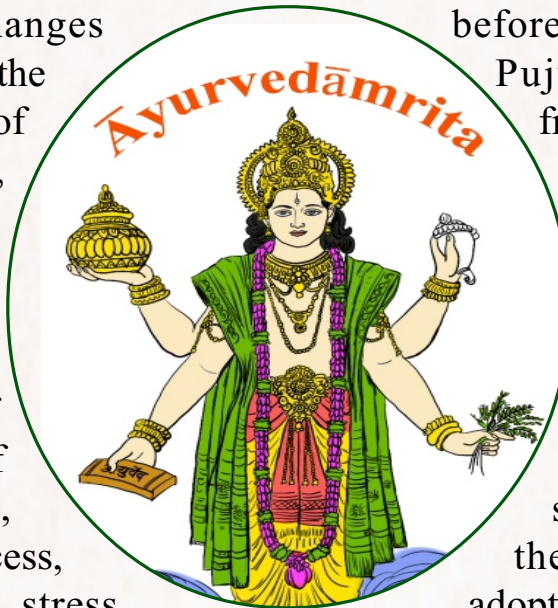
in sense enjoyment but to become capable of attaining our true nature of eternal, *sat-chit-ananda* (Truth-Consciousness-Bliss absolute) – the ultimate basic necessity of life.

Many people had experienced that before coming in contact with Pujya Bapuji, they were frustrated and disappointed with trivial matters and turned towards expensive Allopathic medicine which caused side effects. Now the very same people remain healthy and tension free without spending money, following the principles of Ayurveda adopting a natural lifestyle and daily routine, Mantra therapy, etc.

The real propagation of Āyurveda

The real propagation of any principle is nothing but its deep acceptance in public life. Pujya Bapuji has imparted the abstruse and precious discoveries of Ayurveda in a very simple and lucid style to the common man in such a way that the people did not have to make an extra effort to adopt them. They became an integral part of their life. Pujya Bapuji has made the masses healthy in body and stress-free and joyful in mind through his teachings on many principles like daily routine according to the biological clock, not eating incompatible foods, morning walk and diet and life-style according to the season, observance of the rules of a Good Life, etc.

We read in the Rishi Prasad issue of August 2022 how because of the slavish mentality, even after independence, the



Japa of Lakshmi's Moola-Mantra on Dipavali for wealth

There is a special mantra for those who want to eradicate poverty. KuberJi became Kuber Bhandāri (the deity of wealth and abundance) by worshipping LakshmiJi. Kuber Bhandāri is wealthier than all the richest people of India and the world. The power of the mantra used by Kuber to worship goddess Lakshmi, to become the most affluent deity, helped Daksha Sāvarṇi Manu to attain a very high status and also King Mangal and Priyavrata attained inexhaustible wealth, power and fame. Dhruva's father, King Uttānapāda and also King Kedār obtained abundant wealth by doing *japa* of the same mantra.

The meanings of some mantras are not clear but when we do *japa*, they influence our subtle *chakras* and can connect us to the imponderable secrets of the cosmos. They are known as Bija Mantras.

The mantra for removing poverty is very simple. It contains many Bija mantras. The mantra is:

ॐ श्रीं ह्रीं क्लीं ऐं कमलवासिन्यै स्वाहा ।

*Aum Shrim Hrim Klim Aim
Kamalavāsinyai swāhā |*

This is Lakshmi's Moola Mantra which

is like a *kalpavriksha* (a wish-fulfilling tree) for everyone. This mantra is known as the king of Vedic mantras. LakshmiJi is pleased with anyone who does *japa* of this mantra on the night of Naraka Chaturdashi and Dipāvali. This will develop the *chakra* located in the heart of the person who repeats it, to enable him to earn opulence and power.

Those who possess discrimination, don't want to attain material wealth by doing *japa* of this mantra. They want to attain God alone.

You should also pray to goddess Lakshmi, **"O mother, whatever is dear to you should also be dear to me."** And none but Bhagavān Nārāyaṇa is dear to Lakshmi Ji. When you love that Paramātmā, LakshmiJi will be naturally pleased with you. The entire world's wealth, power and honour is not worth a penny compared to divine bliss.

I would be happy if you pray as mentioned above to Mother Lakshmi, not desiring material opulence but the opulence of Ātman. I feel this will please Mother Lakshmi along with Nārāyaṇa and you will also get peace in the Self.○

23 & 24 October

The secret of disease and the way to become disease-free

* Disease comes to make us understand the reality of the body.

* Only he who is able to experience non-attachment to the body can conquer disease.

* Disrespect of what is attained and contemplation of what is unattained; interest in what is not attained and lack of interest

in what is attained – this indeed is a mental disease.

* In fact, hope of life is the supreme disease and freedom from hope (expectation) is good health (*Ārogyatā*). Giving up 'I am the body' – idea is true medicine.

Proper use of the eclipse-period to avoid distress and to improve this life and the afterlife – Pujya Bapuji

Those who follow the rules of the eclipse during the eclipse-period and do *japa* and *sāadhanā*, are not only saved from the harmful effects of the eclipse but also get the benefit of religious merit. Food substances that are consecrated by putting *Kusha* (one of the varieties of sacred grass used in many religious rites), sesame seeds or Tulsi-leaves (Holy Basil) before the start

of *sutak*, are not considered to have become impure (defiled) during *sutak* or eclipse-period. However, do not put sesame seeds or basil leaves in the milk or the delicacies

prepared from it. The water consecrated by putting *Kusha* grass in it before the start of *sutak* can be used during *sutak* period.

Eating food during the eclipse-period leads to downfall, urinating brings poverty, sleep leads to disease, and indulging in sex leads to the birth as a pig in the next life.

How to make proper use of the eclipse-period?

(1) Wearing a *rudrāksha mālā* during a solar eclipse destroys sin, but the *rudrāksha* should be genuine, not factory-made fake *rudrāksha* beads.

(2) Doing *japa* of the mantra received during mantra initiation gives *mantra siddhi* which gives the power and goodness of the presiding deity of the specific Mantra to the *sādhaka*.

(3) Sage Veda Vyāsa said, “By doing

japa of a mantra during a lunar eclipse and solar eclipse, one gets a lakh-fold and a million-fold fruit respectively.”

So, do the *japa* of the health mantra during the solar eclipse and also get the *siddhi* of the mantra for *Brahmacharya*. Doing any kind of wrong or sinful deed during an eclipse-period also gives infinite fold punishment. And if a person takes

the benefit of remembering God, meditating on God and divine knowledge during this period he easily gets divine joy and goes to the world of God after death. If one

develops an intense feeling of *viraha* (burning agony due to separation from the Lord) during an eclipse-period, he will definitely attain God. Virtuous acts like *japa*, *mauna* (observing silence), meditation, remembrance of God done during the eclipse, gives a hundred thousand-fold fruit. After the eclipse, take a bath with your clothes on. ○

Drop of Nectar

– Pujya Bapuji

Satsang in practice, the company of holy men and their words elevate even the lowest *Jiva* to the ultimate height, and evil company brings about the ultimate downfall of even the best person.

The Power of Mantra for Health – Pujya Bapuji

Mantras have astonishing power. Even the pronunciation of each part of a Mantra exerts a different influence on your body and mind. Just like a stone thrown into water produces waves, more sensitive than that is the effect of Mantra on your nerves, vessels, mind, intellect and environment.

In recent times, even scientists are astonished to know the glory of Indian Mantra science. For instance, pressing the buttons of a typewriter slams the hammers on the paper and letters are typed; similarly, different Mantras have different effects on your life energy.

The effect of the sounds of the words

The sounds of words have different effects on different organs of the body and environment. Many words are pronounced naturally. At times of laziness, ‘Ah... Ah...’ is uttered naturally. During suffering from a disease the pronunciation of ‘Aum... Aum...’ naturally turns into ‘Uh... Uh...’.

If some syllables are pronounced with an understanding of their significance, they can save us from several diseases. The pronunciation of the Sanskrit letter ‘A’ has a positive impact on the heart.

It regulates the heart quickly. The pronunciation of the long vowel ‘Ā’ has a positive impact on life energy, lungs, chest, etc. It gives relief in the disease of cough, asthma, and removes laziness.

The pronunciation of the short vowel ‘I’ removes phlegm, and toxins from the

intestines. It also helps greatly in constipation, headache, and heart disease. Its pronunciation helps to remove dejection and anger. One who pronounces ‘I’ in any mantra removes the impurities of his throat, brain and intestines and thereby cleanses them.

One who pronounces the long vowel ‘Ī’ gets relieved of headache, heart disease, dejection, and if one pronounces it with divine bhāva, his heart becomes divine.

Pronunciation of the short vowel ‘U’ gives relief from pelvic pain.

This is beneficial for the liver, stomach, intestines, and pelvic region and also helps in constipation. Usually, women suffering from pelvic problems pronounce ‘Uh... Uh...’ naturally. Their mothers or mothers-in-law should not interrupt them, in fact, encourage them to do so. In pelvic problems, this natural pronunciation gives more relief than injections.

Pronunciation of the vowel ‘O’ expands energy; and pronunciation of the vowel ‘AU’ has a positive effect on the genitals.

Pronunciation of the consonant ‘Ma’ develops mental energy. Maybe this is why the Rishis of India used the word ‘Mā’ for the birthing parent.

Pronunciation of ‘Aum’ provides energy and develops mental power. It also has a *sāttvic* effect on the brain, stomach, and subtle senses.

Pronunciation of ‘Hraum’ removes stomach problems and constipation.



Very effective, time-tested remedies for various diseases prescribed by Pujya Bapuji

(Pujya Bapuji, the supreme well-wisher of all beings, tells in his satsang-discourses such remedies and tips to radically cure those diseases for which people wander for years, spend many lacs of rupees but get no real benefit. In addition they have to suffer the side effects of tablets and injections.

By following the tips and remedies from Bapuji's heart, which melts upon seeing people suffering, innumerable people have benefitted. This not only saves the medical expenses but also preserves the purity of their body and mind. Below are some very effective and time-tested remedies and tips from the inexhaustible health-treasure of Bapuji.)

Time-tested remedy for cancer

Before brushing your teeth, and on an empty stomach in the morning, drink 20-25 ml of fresh cow-urine sieved through 8 layers of cotton cloth. Keep it in your mouth for some time. Or drink 20-25 ml *Gomutra Ark*★ after adding 100 ml of water to it (water must be added). And take 50gms of sweet fresh thick curd with 10-20ml of the juice of *Tulsi* leaves (holy basil leaves) in mornings and evenings. No matter what type of cancer it is; it will be cured. In the morning, take curd prepared by adding yoghurt starter to milk overnight. And in the evening before sunset take the curd



prepared by adding yogurt starter to milk in the morning. Or take either 10ml of *Tulsi* juice or 10ml *Tulsi ark*★ mixed

with an equal quantity of water with 10ml of honey in the morning and evening. (If the patient can't tolerate the



hot potency of *Tulsi* juice, 4 bael leaves should be added to *Tulsi* leaves while preparing the *Tulsi* juice).

Place a *Tulsi* plant in the room of the patient. The patient should wear a garland of *Tulsi* leaves. He should suck 2 *Tulsi* leaves at hourly intervals.

Take 1 tablet of 'Vajra Rasāyan' twice a day.

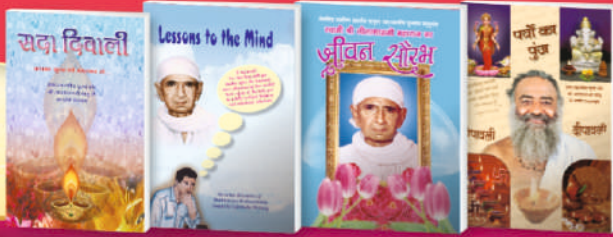


If you have piles...

(1) If you eat 10gms of ground black sesame seeds with 10gms of butter on an empty stomach for some days, then any type of piles will be cured.

(2) Some people who sit for a long time on a blanket (a mat of warm cloth) develop piles. Before I was aware of this fact, I sat for a long time on a mat of warm cloth. When I lived at the lotus feet of my Gurudev (Sai Shri Lilāshāh Ji Mahārāj) mentioned this remedy for piles. Squeeze two lemons and sieve its juice. Add 10ml water. Put the mixture in the container of an enema kit. Squeeze the liquid from the container into the rectum after inserting

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RNI No. GUJENG/2001/2779

RNP No. GUJ-618/2021-23

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Licence to Post without Pre-payment.

WPP No. 12/21-23

(Issued by CPMG UK, valid upto 31-12-2023)

Posting at Dehradun G.P.O. between 1st to 17th of every month.

Date of Publication: 1st October 2022



Rajkot (Sādhvi Jyotsnā BāhanJi)



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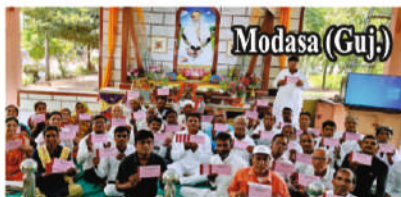


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Vidyarthi Anushthāna Shivar in the holy spiritual environment of Ahmedabad Ashram on the auspicious festival of Dipavali from 24th to 30th October

"The opportunity to come to the Guru Ashram for Anushthāna is highly beneficial for students." – Pujya Babuji

Contact: Bal Sanskar Department, Ahmedabad Ashram Phone: (079) 61210749/50/888

*As well as students, other people can also take advantage of the Anushthāna camp. * Train reservations have already started; book your tickets soon.

Owner: Sant Shri Asharamji Ashram Publisher: Dharmesh Jagram Singh Chauhan Printer: Raghavendra Subhashchandra Gada Place of Publication: Sant Shri Asharamji Ashram, Motera, Sant Shri Asharamji Babu Ashram Marg, Sabarmati, Ahmedabad- 380005 (Gujarat) Printed At: Hari Om Manufacturres, Kunja Matralion, Paonta Sahib, Sirmour (H.P.) - 173025 Editor: Shrinivas R. Kulkarni