

# RISHI PRASAD

*He fainted, and while unconscious he saw a divine man appear from the Tulsi plant and say, "I am Nārāyaṇa. I reside in the Tulsi plant."* Read page 18

## 25<sup>th</sup> December: Tulsi Worship Day

Initiating this festival, Pujya Bapuji re-established Tulsi plants widely in homes, and by expounding its importance, He taught how to be healthy naturally.



## This is the golden era for doing selfless service 21

I am pleased and will continue to be so, knowing that people are engaged in the service of spreading satsang, facts revealing the truth behind false allegations through posts and tweets on social media platforms as well as Rishi Prasad, Rishi Darshan, and Lok Kalyan Setu. – Pujya Bapuji



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From 25<sup>th</sup> December  
to 1<sup>st</sup> January



25<sup>th</sup> December  
Tulsi Worship Day



31<sup>st</sup> December/ 1<sup>st</sup> January  
De-addiction campaign



27<sup>th</sup> December  
Havan



29<sup>th</sup> December  
Japa-Mala worship



29<sup>th</sup> December  
Cow-worship



31<sup>st</sup> December  
General Health and  
Yoga Training Camp



31<sup>st</sup> December  
The Cow, the river Gangā, and the Gitā  
Awareness processions

In this great sacrifice for the protection  
of culture, make sure you offer at least  
one oblation in the form of service!

## Pujya Bapuji's gift to mankind: Vishwa-Guru Bharat Programme

In ancient times, every single home would have *Tulsi* (Holy Basil), the *Gitā*, and the Mother Cow inherited from Indian culture, because of which the people would be healthy, happy, and calm. However, gradually, these were exiled (from home), as a result of which society started to become sick and restless. In recent times, this restlessness has assumed such horrible proportions that crime rates and suicide rates increase sharply during the last days of the year. The main reason behind this is – the increase in vice, like meat eating, drinking alcohol, etc., from 25<sup>th</sup> December to 1<sup>st</sup> of January.

With the objectives of showing the right path to the cheerless society which has gone astray, and infusing human life with blissfulness, purity, health, love for God, etc., Self-realized saint Pujya Bapuji gifted the unique '*Vishwa-Guru Bhārat Programme*' to society in the year 2014.

The ultimate objective of all projects run by Pujya Bapuji is to ensure that the individual soul attains the bliss of the inner self (Supreme Self), and by knowing his 'Existence-Knowledge-Bliss-nature', he becomes liberated. As a result of Pujyashri's clarion call to celebrate the '*Vishwa-Guru Bhārat Programme*' from 25<sup>th</sup> December to 1<sup>st</sup> January, crores of people have been celebrating '*Tulsi Worship Day*' with their friends & families, and are becoming joyful and also reaping the health benefits. They are also creating a sacred environmental aura by performing *havan* (fire sacrifice); and by holding Cow, *Gangā*, and *Gitā* awareness processions, they are disseminating the knowledge of the benefits of the service and worship of Mother cow that gives happiness, prosperity and health; divine knowledge of the *Gitā*, and the glory & greatness of the *Gangā*, etc., from village to village, and city to city. By organizing Yoga Training Camps, they are heading towards a disease-free life without dependence on medicine or surgery. Through de-addiction campaigns, they are saving the younger generation from a ruinous path and are showing the right path to those who have gone astray. By way of introspection, spiritual aspirants are awakening their latent powers in '*Dhyān Yoga Shivirs*'. All of these herculean tasks are being carried out with Pujyashri's resolve, inspiration, and the power of His grace by His countless beloved ones, and the beloveds of God. Humanity is obliged and indebted to Him. Come, let us make our life and that of those coming in our contact blessed by participating in this divine work, and let us attain the supreme benefit of absolute knowledge and Self-bliss. If someone has served us and thereby changed our life, we should find some service in this great sacrifice of spreading the wisdom of *Vishwa Guru – Bhārat* in the world.



## Spiritual questions answered by Pujya Bapuji

**Question:** Gurudev! I do *sandhyā* worship three times a day, at dawn, midday, and dusk, regularly. However, my mind entertains useless thoughts. What should I do?

**Pujya Bapuji:** When thoughts arise, either good or bad, just think what gives rise to them? Why do they arise?

Waves and ripples rise naturally on the surface of the ocean. Sweets are naturally sweet and common salt is naturally salty. Similarly, the basis of the goodness of good thoughts and the play of bad thoughts is our consciousness-nature. That existence alone is the cause of their origin. Focus your attention on the existence of substratum.

All merry-making happening in this creation is only for radiating the Brahmic bliss, Self-bliss.

**मधु क्षरन्ति सिन्धवः ।**

*"The rivers are madhu (as sweet as honey, bliss)."* **(Rig Veda: 1.10.6)**

If you observe thoughtfully, you will realize that the breeze, rivers, and oceans are showering *madhu* (honey). Herbs become sweet by absorbing the bliss showered by moonlight. Why do we eat sweet and salty items together? Why do the warp and the weft go together?

Numerous names and forms seen on cinema screens, of Ātman (Self) are nothing but the light of Ātman coloured by the mind. Everything we see as external, internal, solid, now, then, here, there, I, you is nothing but the light of Ātman.

Let things happen spontaneously... Enjoy it. Wāh! The pastimes of God are

amazing! Don't insist on anything, just enjoy the moment and rejoice. If a thought is beautiful, propagate its beauty, and if the thought is impure, do not follow it.

Saint Eknāth said, "Sing '*Hari Om, Hari Om*'. Repeat '*Pānduranga*'." Whether you get a good thought or a bad thought, behold their substratum. Remember God – *Aum... HariAum... Hare... Govinda... Nārāyaṇa...*

*Sachchidānanda... My Gurudev... My antaryāmin....* It will bring you to the substratum of thoughts through *Smṛiti* Yoga.

**Question:** Sāi! How can I be sure whether the inner voice I hear is

inspired by you, or if my mind is deceitfully misleading me?

**Pujya Bapuji:** I also experienced this dilemma several times, whether it was the voice of my presiding deity or a trick played by my mind. 'You go to Sāi LilāshāhJi. You will find me in all forms. Ganapati, Shiva, Pārvati... You will find me in one and many forms, in all forms only there.' I also used to wonder, 'Who is speaking? Is this my presiding deity speaking or my mind trying to deceive me?'

My heart became inspired: 'Go to the temple, you will automatically observe an omen.' I would go to a Shiva temple and feel elated when the remains of offerings made to the deity (ShivaJi-PārvatiJi) moved and fell down. This continued for many days. Also, I decided to go to my Guru and when I decided to go, I got more delighted. As the day approached, I would experience more bliss and joy. **The inspiration which increases joy and bliss is the voice of God.**





# The Ultimate Fact

– Pujya Bapuji

The disciples of a great self-realised great man gathered around him and prayed: “Guruji! We understand and believe that we should have *darshan* (vision) of God and have realisation of the essence of God. So, Guruji! Please tell us the ultimate fact.”

Guruji said: “I am always in search of someone who is willing to listen to the ultimate fact. It seems that God has sent you all to me.”

“Guruji! Please tell us the ultimate fact.”

“Whoever wants to hear the ultimate fact, should come to me on my birthday.”

“On which birthday?”

“Visit me on the day when my Guru blessed me with Self-realisation, the day I was born as a Guru.”

The word about Guruji revealing the ultimate fact on the day of his Self-realisation spread like wildfire. People from far off places began flocking around his ashram. Many scholars and pundits versed in *shāstras* also arrived. Eventually, a large group of people thronged around that place. Large tents were erected for the programme. The great sage on the other hand was completely unconcerned with all the commotion around him. On the stated day, he came out of his cottage in his usual carefree and cheerful demeanour.

“*SatGuru Mahārāj ki jai! Victory to SatGuru Mahārāj!...*” The entire atmosphere resounded with shouts of victory. After the shouts were over, a few chief disciples moved to the front and requested: “Guruji! Today is the day when you spoke about telling the ultimate fact.”

Guruji: “Ok. I am glad you reminded me. Today I shall tell the ultimate fact. All take your seats and get ready.”

Everyone sat down in absolute silence to ensure that no word of the ultimate fact would be missed. It was as if ears had developed eyes, as they wanted to hear and see at the same time. And perhaps eyes developed ears as they wanted to see and hear at the same time.

**Guruji: “Ok. I am glad you reminded me. Today I shall tell the ultimate fact. All take your seats and get ready.”**

Meanwhile, that great man arrived on the stage and passed into sleep. The time passed 10, 20, 40, 50 minutes, an hour, two hours... all disciples were wondering, “Who knows, what has happened to Guruji!”

Soon, the ordinary disciples began to slip away. But the inquisitive aspirants of knowledge thought ‘He has delivered many discourses in a sitting posture, today perhaps he will say something whilst lying down.’

Everyone began musing as per their own understanding and faith. A few got bored and left.

Around four hours passed, and hardly a handful of disciples remained. Guruji finally woke up. Seeing this, the chief disciples spoke up: “Guruji! You rested for quite a long time today. People all around will now ridicule you and all of us: ‘What a great ultimate fact told!....’ Guruji! You told us nothing, rather you took a nap. You could have rested inside your cottage. But, here in front of the people...? What is this...?”

Guruji: “I was not asleep.”

“You were not sleeping?”

“No. You asked me to tell you the ultimate fact. That is exactly what I have



## Tulsi is a boon from God

Tulsi (holy basil) holds an extremely important place in Hinduism due to its religious, scientific, and astrological qualities. Many scriptures have sung the glory of Tulsi. Ayurveda and Science have acknowledged the environmental and health-related importance of Tulsi.

### How amazing is the glory of Tulsi!

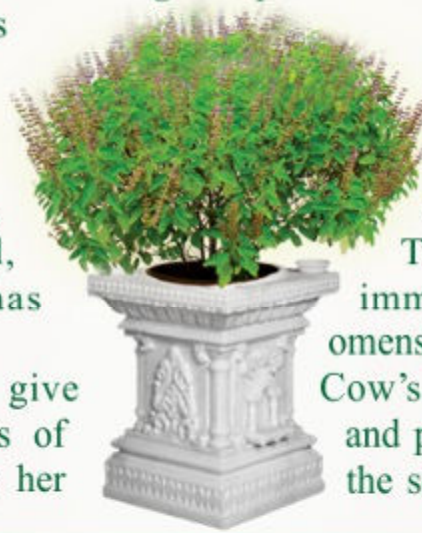
Pujya Bapuji says in his *satsang*-discourses: “Tulsi destroys pathogens and stimulates the appetite. It is beneficial for the heart and brain; it is indeed a life-giving herb, given for health by God, ‘*Sanjivani Tulsi*’. It has benefitted me a lot.

The leaves of Tulsi give oxygen. Offering one glass of water to Tulsi and having her *darshan* every morning yields the fruit of a gold donation and fills one’s heart with joy. Such a person does not get tortured by *Yamadutas* (the messengers of God of Death) and goes to the abode of God, after death.

Taking 5 Tulsi leaves with water (ensuring the Tulsi particles don’t get stuck between teeth) prevents stomach problems and cancer, and destroys sin. Children should eat 5 Tulsi leaves every day (except Sunday) to boost memory power. Many children have benefited. Tulsi has the power to cure 800 diseases.

If there is family strife, recite Shri ĀshārāmāyaṇaJi or Guru-Gita and keep some Tulsi leaves in a bowl filled with

water. After doing this, all family members should fervently do *kirtan* and *hāsyā-prayog* (laughter yoga) and sprinkle that Tulsi water in the home and take it as *prasād*. Place 2 Tulsi plants, 4-10 would be even better, at the main door of the house. They emit positive energy, neutralize negative energy and give positive vibrations.



*Peepal* tree (Sacred Fig), Tulsi plant, and Cow – these are the blessings for health and *Sadgati* (happy state after death). Keeping a Tulsi plant in the house boosts immunity and removes bad omens. The soil of Tulsi roots and Cow’s hooves bring happiness and peace to the home. Applying the soil of Tulsi root to the body and then taking

### Tulsi Worship Day: 25<sup>th</sup> December

a bath cures skin disease, improves health, makes the skin soft and beautiful, and pleases the mind. The oil of Tulsi leaves also gives many benefits.”

### The Glory of Tulsi Worship

It has been mentioned in the *shāstras* that Tulsi is the abode of all devas:

तुलस्यां सकला देवा वसन्ति सततं यतः ।

अतस्तामर्चयेल्लोके सर्वान् देवान् समर्चयन् ॥

“Always in the Tulsi plant, All gods live forever, And so worshipping Tulsi, IS the same as worshipping all devas.”

Tulsi Upanishad says: “You indeed are the object of worship for all the demigods, and the bestower of liberation. In Your shadow Lakshmi lives, and in Your root



## You will please God greatly by doing this

If you work hard it will take many years to progress in meditation. But let me tell you a trick to make it work fast. Just as a child walks holding his father's finger; it is the responsibility of the child, but if the father holds his child's hand or finger, then the child's work is done by the father. The Father of fathers is the *antaryāmin* Supreme Self! Learn how to converse with Him and then see how He holds your hand.

### **This is how your sleeping and awakening should be**

When you sleep at night, the senses get absorbed in the mind, the mind gets absorbed in the intellect, the intellect gets absorbed in the individual soul and the individual soul gets absorbed in God, only then do you wake up fresh in the morning. So, while sleeping at night tell God: "O God! I don't know you. In the night my mind, intellect, and 'I' are absorbed in you, I don't know this, but you know!" Say it with a smile, say it with a cry, say it humbly, or say it with any emotion as you speak to your parents – "I don't know you but you know me. Whatever I am, I am yours, Lord! Give me wisdom. Help me advance in meditation. Let me know who I am. Who am I, Lord? A boy or girl is my body. The mind feels sorrow and fear, who am I, the knower of that, Lord?" God will be pleased with you- 'How lofty questions these children are asking!' The parents will also be happy seeing the intelligence of the children.

Say to God every night while sleeping, "Lord! Who am I? I am not the body, the body is mine, I am not the hand, the hand is mine... in the same way, my legs, my head, my mind, my intellect, my ego – who am I, the knower of all these, tell me! O

Lord! Hey dear! O My dear!" While doing this, sometimes beseech with helplessness, beg desperately, sometimes cry, sometimes laugh. This will make God pleased with you.

An industrious child is liked even by the parents. Parents are troubled by lazy and stupid children: 'he does not speak, he does not eat... he is so...' but for an industrious child they will say, 'he is very clever...!'

You are truly a child of God since many births. The parents and children of the body also change, but the individual soul and supreme Self (God) have same relationship for centuries.

Connect with God every night before sleeping. When you wake up from sleep, do not open your eyes. If they open, close them again. Contract the body, contract the hands and legs and other parts of the body. Contract and relax, again contract and relax. You must have noticed that cats and dogs don't get sick very often and remain very active and alert. Why? Whenever they wake up from sleep, they stretch their bodies. Contracting draws more energy, more divine power, and peace, which increases the efficiency of work and the ability to be useful, industrious, and cooperative.

Then sit in cross-legged pose and say, 'O Lord! I have heard that you are Truth Absolute. Truth Absolute means existing through all time. The body does not exist through all time, you exist through all time. Similarly, I too exist even after death, so I am also Truth Absolute. I have heard this, but not realised it.

And the one who is Truth Absolute is consciousness Absolute; this has also been heard in *satsang*-discourses delivered →



## Nourishing recipes for winter

### Nourishing laddoos of date and coconut

**Benefits:** These *laddoos* are haematinic, semen-promoting, complexion-promoting, and intellect-promoting. They nourish the body and increase weight and strengthen the heart and the brain. They are useful for everyone and especially beneficial for children and pregnant ladies.



**Method:** Soak 20-25 dates\* in water, remove the seeds and grind with the kernel of a fresh coconut. Then stir-fry it on a low flame with 10-15 gm of pure ghee\* of *desi* cow until the water evaporates. Add cardamom and raisins\* and form into small balls (*laddoos*). Cashew nuts or almond may also be added.

**Precaution:** Avoid consumption on the eighth lunar day, as coconut is one of the ingredients.

### Nutritious Sesame-Groundnut crunch (*gajjak*)

**Benefits:** This *gajjak* is rich in protein, iron and calcium, and is a very cheap and good source of energy and vigour. It pacifies *vāyu*, increases weight, and strengthens the brain, bones and muscles. Lean and thin, weak and anaemic people should consume this *gajjak* in the winter season. It is beneficial for growing children, youth and adults in making the physical body strong.

**Method:** Roast 150 gm of sesame seeds and 150 gm of groundnut seeds on a low flame separately. Remove the skin of the groundnut seeds and separately grind the

groundnut seeds and sesame seeds coarsely. Add 250 gm jaggery pieces (one-year-old jaggery is preferable) to a mixture of 2 spoonfuls (10-15 ml) of cooking oil or ghee and 2 spoonfuls of water in an iron frying pan, and heat it to prepare *chāshani*. Keep stirring with an iron spoon or ladle. Test the *chāshani* (syrup) by dropping 1-2 drops in water. Remove the drops from the water and press them. If they are hard and break on pressing, the syrup is ready. Remove the pan from the flame and add the mixture of groundnut seeds and sesame seeds to the syrup. Put the mixture into a platter coated with oil. When it cools down, cut it into diamond-shaped pieces.

### Groundnut brittle (*Chikki*) cures anaemia and nourishes the body

(Excerpt from a *Satsang*-discourse of Pujya Bapuji)

Everyone can prepare groundnut brittle (*chikki*) from groundnuts and jaggery, even the poor can make and eat it. Prepare *Pakki chāshani* if you want to store *chikki* for a long time. It will not go bad. Make *chikki* of groundnuts and jaggery and store it. Give it to children, the elderly, anyone. If they eat it with good mastication, it will promote blood formation and also purify the blood. It will make the body well-nourished and robust, and increase the formation of semen. Groundnut *chikki* is a boon for anaemics. Many people are anaemic whose haemoglobin level has reduced to 7-9 gm/dL. Give groundnut *chikki* to them.

**Method:** Roast 250 gm groundnut seeds and remove the skin of the seeds by rubbing them. Then prepare syrup (*chāshani*) of 200 gm jaggery by the →



## One out of every 2 adults and 2 out of every 3 children suffer from **Worm infestation: a major health problem**

Worm infestation is now becoming a growing problem. Although this problem seems ordinary in children, it is extremely deleterious to their physical, mental, and intellectual development. This problem is also seen in adults.

**Causal factors:** Eating before the complete digestion of the previous meal; eating salty food, sour items, fruit, jaggery, etc., with milk; consumption of bakery products, fast food, Chinese food, noodles, biscuits, chocolate, etc., excessive consumption of food items prepared from jaggery, fine wheaten flour, rice flour; a continual excessive intake of curd, milk, *Khoyā* (milk cooked down to fudge-like consistency), *paneer* (Indian cheese), sweets, sugarcane, etc.; eating stale and rotten food, and eating in an unhygienic situation; sleeping during the day, lack of Yogic postures (*āsanas*) and physical exercise, and constipation leads to the development of worm infestation. Children have more chances of worm infestation due to the habits of putting fingers in mouth, biting nails, and eating clay.

**Symptoms, signs, and deleterious effects:** All or some of the signs and symptoms are worms seen in stools, anal itching, polyphagia, pain in and distension of the abdomen, nausea, stunted growth, weight loss, anemia, mental retardation, occasional fainting, bed wetting; sometimes worms obstruct the common bile duct and cause jaundice, and may cause intestinal obstruction. They infiltrate

into and eat the brain and cause disease of the brain and harm the eyes thus producing disease of the eyes. We ignore intestinal worm infestation in children due to the lack of knowledge about its hazardous complications.

### **Preventive measures for worm infestation**

It is mentioned in the Atharva Veda (Kānda 2, Sukta 32, Mantra 1) “Let the sun, when it is rising and when it is setting, kill with its rays the worms.” Thus pray to the sun god.

\* Take a sun bath daily.

\* Take 5-7 tulsi (basil) leaves daily.

**Diet:** Consume, especially barley, *kulthi* (horse gram), papaya, pineapple, black caraway seed, asafetida, *sonth* (dried ginger), mustard, fenugreek, cumin, castor oil, mint, bitter gourd, brinjal (eggplant), drumstick, *parval* (pointed gourd), garlic, etc., according to your body type and season. Eat fruit and vegetables after washing them thoroughly and avoid impure bazaar food.

### **Anthelmintics suggested by Pujya Bapuji**

(1) Approximately 70% of children suffer from worm infestation. The ova (eggs) and small larvae of the worms still survive even after taking a course of injections and capsules, and they develop again after some time.

The child should eat 7 seeds of papaya and 5-7 Tulsi leaves on an empty stomach in the morning for a long time (4-5 days a week). The child should eat a papaya





## House-to-house distribution of calendars 'Divya-Darshan' Campaign (2023)



Under this campaign, sādhas and volunteer brothers of Yuvā Sevā Sangh should reap the benefits of giving **wall calendars**, **pocket calendars**, and **diaries** to their relatives, friends, acquaintances and other sādhas by visiting them personally.

Wall calendars are available in Hindi, the divine language Sanskrit, Gujarati, Marathi, Odia, Telugu, Kannada, and English.

Source: Available at Sant Shri Asharamji Ashram book stalls and service-centres run by sādhas-families and Shri Yoga Vedanta Sevā Samitis.  
For online orders: [www.ashramstore.com/calendar](http://www.ashramstore.com/calendar) Contact: (079) 61210732 (Sāhitya Department), 8238091011 (Yuvā Sevā Sangh Head Office)

## Vajra Rasayan Tablets: Containing pure diamond ash

These tablets make the physical body as strong and vigorous as *vajra* (adamant). It pacifies the three *doshas*, stimulates digestive fire, promotes semen; and increases longevity. It nourishes the brain and thereby enhances intellect, memory and improves the functions of the sense organs. It helps in the formation of cells.



₹ 175  
25 tablets

## Shahabi Dates: Rich in nutrients, health-promoting

Dates pacify *Vāta* and *Pitta*, and cure 140 types of disease. A rich source of carbohydrates, proteins, calcium, potassium, iron, magnesium, phosphorus, fibre, etc., these dates give instant energy and vigour, promote blood, muscles, semen and complexion and relieve constipation; and strengthen the heart and brain. Dates can be consumed throughout the year.



₹ 150  
1 kg

## Kabkab Dates: have all the above-mentioned qualities and are more sweet, juicy and soft.

- \* Immunity booster and digestive. \* Strengthens liver, bones, etc.
- \* Extremely beneficial in gastrointestinal disorders like constipation.



₹ 230  
1 kg

## Pushti Kalpa:

Containing saffron and white Musli (*Asparagus adscendens*)

This tasty proven *kalpa* is nutritious. It promotes radiance, strength, vigour, semen and intellect. Its consumption, along with the practice of *Brahmacharya*, makes the body very strong and powerful.



₹ 195  
75 gm

## Piyush Balya Rasayan:

Containing divine gold salts

It is a divine source of energy and nourishment being prepared from *Gau-Piyush*, rich in gold salt and many other extremely beneficial nutrients.



₹ 200  
60 tablets

## Saubhāgya Shunthi Pāka

It is an excellent enhancer of strength. It destroys the diseases of *vāta*, *pitta* and *kapha*, fever, urinary disorders and diseases of ears, nose, mouth, eyes, brain and many other diseases.



₹ 225  
450 gm

The above-mentioned products can be obtained from the service centres of Sant Shri Asharamji Ashram and Samitis. For information about other products and their detailed benefits, etc., and home delivery of the products, please download from the Google Play Store: "Ashram eStore" App or visit: [www.ashramstore.com](http://www.ashramstore.com) or contact: (079) 61210769. E-mail: [contact@ashramstore.com](mailto:contact@ashramstore.com)





# The gods on earth fulfilling their resolve of delivering 'Rishi Prasad'

RNI No. GUJENG/2001/2779  
RNP No. GUJ-618/2021-23  
(Issued by SSPOs Ahd, valid upto 31-12-2023)  
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1<sup>st</sup> to 17<sup>th</sup> of every month.  
Date of Publication: 1<sup>st</sup> December 2022



Kolkata



Narayangarh (Nepal)



Sultanpur (UP)



Viramgam, Dist. Ahmedabad



Etawah (UP)



Kathmandu (Nepal)



Karad, Dist. Satara (Mah.)



Bilaua, Dist. Gwalior (MP)



Jalna (Mah.)

## Glimpses of 'Tejaswini Campaign' that aids in the overall development of female students



Bahadurgarh (Haryana)



Kaithal (Haryana)



Sihor, Dist. Bhavnagar (Guj.)



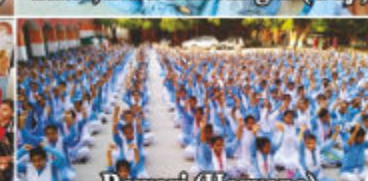
Neemrana, Dist. Alwar (Raj.)



Talaja, Dist. Bhavnagar (Guj.)



Bhopal



Rewari (Haryana)



Yamuna Nagar (Haryana)

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

Based on the life,  
teachings and *Yoga Lila*  
of Pujya Bapuji

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With the holy inspiration of Pujya Bapuji, to soar in the sky of divine experiences of meditation,

**1 Year 'Dhyana Yoga Shivar' will be held in Sant Shri Asharamji Ashram, Surat**

Located on the banks of the Tapi River full of natural beauty, and charged with the vibrations of meditation, *japa* and *satsang*.  
(Beginning in 2022, Concluding in 2023)

**From 25<sup>th</sup> December, 2022 to 1<sup>st</sup> January, 2023**

\* 'Chale Swa ki Or...' Camp for women \* Students' Camp \* Rishi Prasad Training Camp \* Yuvā Sevā Sangh Training

**Uttarayana Dhyana Yoga Shivar (From 15<sup>th</sup> to 19<sup>th</sup> January 2023)**

will be held in the Ahmedabad Ashram, located on the banks of the Sabarmati River,  
a place of penance charged with long stay of Pujya Bapuji.

Meetings of Rishi Prasad Volunteers and Shri Yoga Vedanta Seva Samitis will be held. Reap the benefits of the Camps and inform others of them.

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