



A Publication of Sant Shri Asharamji Ashram

Price: ₹ 7 Language: English

Publication Date: 1st October 2023

Year: 23 Issue: 08 (Continuing Issue: 370)

Number of pages: 36 (including cover pages)

RISHI PRASAD

21st November :
Mahānirvāṇa Day of Sāi
Shri Lilāshāhji Mahārāj

(Read page 14)

They set out on a spiritual path straight away.



Pujya Sant
Shri Asharamji Bapu

Uddālaka Ji

King
Khatvāṅga

Shri
Gopichanda

Rājā
Rantideva

Pipā Ji
Mahārāj

Bhartrihari
Mahārāj

King
Bali

Blessed are such men of discriminative wisdom, great heroes, virtuous disciples, and devotees who set out on a spiritual path, renouncing destructive wealth for spiritual wealth, the transitory kingdom for the kingdom of the Self, worldly victory for real victory, **the victory over the self.**

गावो विश्वस्य मातरः ।

"The Cow is the mother of the world."

*"We do not rear the cows;
they nourish and rear us."*

– Pujya Bapuji

Gopashtami: November 20

(Read page 32)

The festival of lights... (*Dīpāvalī Parva: from 10th to 15th November*) Read page 11

May you blow up the spark of knowledge, awaken the Light, and brighten it. May you know the Sun through the Sun's rays. May you attain Truth with the grace of SatGuru, on this Diwali. – Pujya Bapuji



Ma Mahangiba Ji : an embodiment of faith and devotion

Mahānirvāṇa Day of Mā Mahangibā Ji: November 9

(Read page 9)



**Dipavali
remedies 33
for wealth**

**Science of Eclipse
Observances...
October 28 10**



**Avoid these foods, 30
which are
hazardous to
your health**





Pujya Bapuji's sweet message on the occasion of Dipavali

Just radiate love, joy, bliss, and the nectar of Atman!

The celebration of *Dīpāvalī*, a five-day festival including *DhanTeras*, *Narak Chaturdashi*, *Diwāli*, New Year, and *Bhāidooj*, enraptures you. It inspires you to discard the base thoughts of downtroddenness and lowliness that give rise to sorrow, worry, fear, grief, and hatred, and fill your mind with new thoughts that give rise to peace, affection, generosity and joy. It encourages you to awaken your essential nature, which is Existence-Knowledge-Bliss Absolute. If your eyes, speech, and action brim over with that *Satchidānanda*, make sure that you radiate bliss and peace through your eyes. Through your speech, bring hope to the hopeless, courage to the depressed, and shower the nectar of Ātman. Through your thoughts and benevolent deeds, shower the love, bliss, joy, and wisdom of the most benevolent God hidden within you. It is the law of nature. *The way to receive is to give*. A person receives what he gives. The flower gets its colour by reflecting or throwing back that colour.

Every action creates a reaction.

Share bliss and let your speech, eyes, and gestures brim over with joy. Songs and dances that arouse divine love are the means to do so. The ocean of bliss is surging within you. Even the salty oceans roll as sweet as honey.

मधु क्षरन्ति सिन्धवः । “*The oceans roll as sweet as honey.*” (Rig Veda: 1.90.6)

Bring happiness to all, wish good of all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत् ॥

“*May all be happy; may all enjoy health and be free from disease; may all behold what is auspicious; may none suffer.*”

My dear sons and daughters! Misery is not your nature, nor do you want it. For example, you have 32 teeth in your mouth, which are as hard as stone, yet never ever would you think – I have stones in my mouth, let me extract them and throw them away; instead, when a food-particle or the fibre of *sabji* gets stuck between your teeth, your tongue tends to go there over and over again, and you remove it by some or other means, just because it's not natural. Similarly, when sorrow comes, we remove it because that's not our nature. Have you ever tried to remove happiness when it comes? Instead, bliss is what you hanker after! If you adopt fair means for the sake of bliss, all well and good; but bliss is what you seek, even by unfair means. However, one is bound to suffer the bad consequences of bad deeds; and hence, as per the rules laid down by the *shāstras*, one must not enjoy pleasure that will lead to future misery.

भूलकर भी उन खुशियों से मत खेलो । जिनके पीछे लगी हों गम की कतारें ॥

“*One must never indulge in pleasure that entails a series of sorrows.*”

Your action should result in joy, bliss, and exultation, and must be intended to become one with the nature of God, who inspires, impels, and empowers the *jivas* to perform actions and gives their fruits. AUM, AUM, AUM...

Why is it that criminals roam freely while innocent saints are behind bars?

– Swāmi Shri Chandradev Ji Mahārāj, Bhāgwat Kathā narrator, Prayāgrāj (U.P.)



RISHI PRASAD

Year: 23 Issue: 08
Continuing Issue: 370
Language: English Price: ₹ 7
Publication Date: 1st October 2023
Number of pages: 36 (including cover pages)

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 Manufactureres, 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

Please don't send your membership charges or any other type of payment in cash through registered or general post. We will not be responsible for any amount lost in transit under such modes. **Send your money only through Money Order or Demand Draft (In the name of 'Hari Om Manufactureres' and payable at Ahmedabad).**

Address for Correspondence:
'RISHI PRASAD' Sant Shri Asharamji Ashram, Sant Shri Asharamji Bapu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).
Ph. : (079) 27505010, 27505011, 61210888
Only for 'Rishi Prasad' Enquiry: (079) 61210742
9512081081 'Rishi Prasad'
ashramindia@ashram.org
www.rishiprasad.org www.ashram.org
www.asharamjibapu.org

Subscription Fees (incl. postage)

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

1. One Year ₹ 75/-
2. Two Years ₹ 140/-
3. Five Years ₹ 340/-
4. Lifetime (12 Years) ₹ 750/-

In SAARC Countries (All Languages)

1. One Year ₹ 600/-
2. Two Years ₹ 1200/-
3. Five Years ₹ 3000/-
4. Lifetime (12 Years) ₹ 6000/-

Abroad

1. One Year US \$ 20
2. Two Years US \$ 40
3. Five Years US \$ 80
4. Lifetime (12 Years) US \$ 200



In This Issue...



- * Learn to discriminate 4
- * Worry is like a funeral pyre 7
- * Mā Mahangibāji – an embodiment of faith and devotion 9
- * The Science of Eclipse Period: do's and don'ts 10
- * Celebrate Transcendental Diwali with Worldly Diwali 11
- * Earn merit by looking at these things on New Year's Day 13
- * The world subsists on the smallest fraction of Brahmananda 14
- * No one can be said to be poor, miserable or unfortunate 15
- * Attachment to sense enjoyment leads to transmigration through countless lives 16
- * An empathetic Child, Namdev! 18
- * Sure-fire keys to make students successful 19
- * A great lesson to learn – Swami Vivekananda 19
- * Real wealth 20
- * Look, who has achieved what? – Sant Pathik Ji 22
- * How to cut off attachment to worldly objects? 23
- * Why are people unhappy despite having bliss-nature Self ? 24
- * Who is great? – Paramahansa Yogānanda Ji 25
- * Benedictory experiential words of Saints 26
- * Whatever I am today is because of Bapuji – Madhusudan Agarwal 26
- * An easy Asana with many benefits 27
- * Kundalini Yoga – Yoga that bestows divine bliss and Moksha 28
- * A Vrata that saves one from the torments of Yama, and gives heaven and salvation 29
- * Avoid these foods, which are hazardous to your health 30
- * The extremely sacred and useful Cow 32
- * Deepavali remedies for wealth 33
- * Why is it that criminals roam freely while innocent saints are behind bars ? – Swāmi Shri Chandradevji Mahārāj 33
- * Meritorious Days and Yogas 34
- * Āmlā Navamī gives imperishable merits 34

Pujya Bapuji's Satsang on Various Channels

अनादि
Daily 6.30 am & 11.00 pm
Tata Sky/Play (Channel No. 1170) & Various Cables of M.P., C.G. & U.K.

DIGIANA DIVYA JYOTI
Daily 10.00 pm
'Digiana' Cable (Channel No. 109) in M.P.

Mangalmay Digital

Asharamji Bapu

Asharamji Ashram

YouTube Channels

Download: Rishi Prasad App (for Rishi Prasad online subscription), Rishi Darshan App (for Rishi Darshan video magazines subscription) & Mangalmay Digital App

Worry is like a funeral pyre

(In today's stressful environment, everyone says, "We should worry about our family, society, this and that." But the problems are multiplying. Why? Presented below is an inspiring story told by Pujya Bapuji that awakens discrimination.)

The more one is carefree, the more his intellect works miraculously. So, as far as possible, do not give importance to worry. Make any appropriate effort, but don't fall into the trap of thinking, 'What will become of my fate, my wife, and my children? What will become of this, and that?'

Once upon a time, there lived a robust wrestler. Right from his childhood, he moved from a village, and established himself in an *akhārā* (a traditional wrestling school). He would take milk, perform *danda-baithak* (a core wrestling exercise regime involving jack-knifing push-ups and deep knee bends), and narrate the *kathā* (religious story) of Lord Hanumāna to the public. He was mainly without worry and carefree! He didn't have to worry about making a living, the upbringing of children, doing a job, etc. The King had become quite annoyed with the wrestler because whenever he went on an elephant-ride, the wrestler would jokingly hold the elephant's tail. As a result, no matter how much the mahout tried, the elephant would not move forward. This would mock even the King. The crowd would then gather and cheer the wrestler. Wrestlers from far-off places were

impressed by his name and fame. The whole village loved him. And since the entire village was in favour of him, how could the King punish him or even scold him?

The King was worried about this. He went to a *mahātmā*, narrated the entire matter, and asked, "Mahārāj! How to punish this wrestler, please suggest a way? The *akhārā* where he lives is located in the middle of the city and whenever I have to go out, I pass in front of the *akhārā*. I keep

wondering, and checking on the whereabouts of the wrestler, so that the day he steps out, I can plan on my outing on that very same day. However, he never goes out."

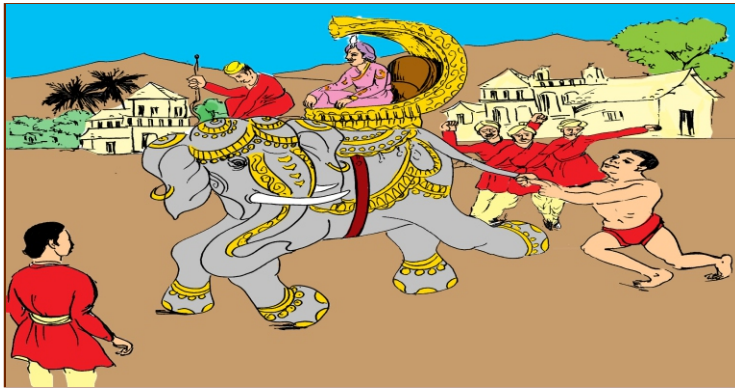
Mahātmā said, "Don't worry; just bring the wrestler to me."

The wrestler came and *Bābāji* said, "Look, you perform *danda-baithaks*, and impressed by you, the villagers arrange for your milk, etc., and love you; but O crazy fellow! Have you ever thought about this public that applauds your strength today, saying 'Wāh! Wāh!', but they may or may not do the same tomorrow? Today you are provided with food, etc., but tomorrow you may not get any, so what will you do if that happens?"

The wrestler said, "But until now, I haven't even thought or cared about tomorrow, or the future."

"You are an idiot. Just think about your future, keep some money (as your savings), and do a job."

"But I am not educated, all I have learnt is this wrestling, which earns me milk; and by performing some *danda-baithaks*, and by catching hold of the tail of the King's



Celebrate Transcendental Diwali with Worldly Diwali

– Pujya Babuji

Existence-Consciousness-Bliss Absolute is the nature of the Supreme Self. Existence-nature can be understood through true wisdom and the *Vedānta śāstras*. Consciousness-nature can be perceived through the eyes, but to fulfill the need of Bliss-nature, our Vedic culture has arranged the provision of festivals. The festival of Deepāvalī is a collection of festivals.

Other festivals usually last for 1, 1.5 or 2 days but this festival spans 5 days. Deepāvalī is a cluster of five festivals – DhanTeras, Narak Chaturdashi, Diwāli, Bali Pratipadā and Bhāi Dooj.

Dhan-Teras: This day is celebrated by worshipping a cow and money. The wealth of the Self is the best of all wealth; the joy of the Self is the best of all joy; and the knowledge of the Self is the best of all knowledge. Says the *Padma Purāṇa* and *Skanda Purāṇa*, ‘One who offers a light to Yama outside (his house) on Dhan-Teras is saved from untimely death.’

Narak Chaturdashi: Narak Chaturdashi night is special for doing *japa* (repetition of the mantra) and observing a vigil. It magnifies the effect of mantra *japa* and gives mantra siddhi. If the mantra is not repeated on this night, which awakens consciousness in the mantra (especially in the evening sandhyā) it becomes impure, and if repeated, the mantra awakens consciousness that is latent in it. This has also been observed in worldly mantras. Whatever deity the worshippers believe in, they can get success in their *sāadhanā* to get

their wishes fulfilled on the nights of Narak Chaudas and Deepāvalī.

If someone wakes up after sunrise, even by mistake, on this day, the power of his religious merit and good deeds done throughout the year is diminished. On

the other hand, if one wakes up before sunrise, massages sesame oil on his body, and takes a bath a few moments before

sunrise, he will grow in *sattva guṇa*. One, who indulges in sex on the nights of *Holi*,

J a n m ā s h t a m ī, *Mahāshivarātri*, *Narak Chaturdashī*, and *Deepāvalī*, deteriorates his health and decreases longevity.

Deepāvalī: I would be pleased to see Deepāvalī in your life every day. Worldly Diwāli comes every 364 days. If we add the Diwāli of the Guru (Self-Realized Master), we experience Diwāli every day in every condition. Diwāli calls for four main activities:

(1) Cleaning the home (2) Bringing new things home. (3) Illumination. (4) Eating and offering sweets.

For other people, these are just four tasks, but a *Sādhak* should excel in these tasks.

First thing: cleaning the house. It is good to clean the house of your body, but it is equally important to clean ‘your’ own house. The house made from bricks and cement is not ‘your’ house but the house of your body. Your heart is ‘your’ house. So, ensure you keep ‘your’ house clean by repeating your Guru-Mantra, doing meditation and kirtan, performing good



Real wealth

– Pujya Bapuji

I heard a story wherein a woodcutter bowed down at the feet of a *bābā* (ascetic), and said, “*Bābāji!* I am wasting my life selling firewood. However, it is not enough for me to make ends meet. May you bless me, *Nāth!*”

Bābā said, “Dear son! When you go to the jungle to get firewood, go a little further into the forest.”

When the woodcutter went further into the forest, he started finding logs of sandalwood. This removed his poverty to some extent and brought about some richness. At times, he would discuss religious matters with *Bābā*. Then he said to *Bābā*, “*Bābā!* Other people are wealthier than me; please shower some grace on me, my Lord!”

Bābā said, “Go further.”

As the story goes, the woodcutter went further ahead, and found zinc and copper mines. He thus became richer. After some time, holding *Bābā's* feet, he requested, “*Bābā!* Please let me know if you have any other advice for me.”

Bābā said, “Go further ahead.” On going further ahead, he found mines of gold and diamonds, and he thus became very rich and wealthy. The hut and the broken vessels that he owned earlier were now replaced by palaces and golden dishes. He no longer had to carry the load of wood on his shoulders and was roaming in a chariot instead, but there was no peace in his mind, no joy. Holding *Bābā's* feet, he said, “*Bābā!* Earlier, when I earned my living by cutting wood, I would get good and sound sleep, but now, despite having so many facilities, I have become restless and am unable to sleep soundly.”

Bābā said, “OK, come back.”

“But *Bābā!* Even the thought of coming back to where I started sends shivers down my spine. Please bestow such grace upon me that I don't have to come back, and yet I find repose within.”

“OK, then go further ahead.” Upon going further ahead, he found jewels. He came to *Bābā*, and said, “*Bābā!* Now I own these things, I have some fear and worries pricking my mind: ‘What will happen to this wealth? What will happen to me? What if I lose these possessions and belongings?...’

Bābā said, “Go further ahead.”

When he went further ahead, he came across the hut of a great man who was established in the Self. He thus made it to the feet of such a *Brahmanishtha Mahāpurusha* (who was established in the direct knowledge of Brahman) who, being intoxicated with the wine of divine (bliss of Brahman), remained ever contented in the Self; whose eyes were dropping down that wine divine, and even the words being uttered by whose lips were reflecting the intoxication of that wine divine; whose mind as well as heart were fully satisfied with the divine bliss, and to whom, nothing other than Supreme Self appeared real.

The woodcutter thus developed a strong faith in *Bābā*, wondering: ‘One *Bābā*, by way of repeatedly suggesting ‘go further ahead’, first led me to diamonds and jewels, and now I have found this *Bābā*.’ Sitting at the feet of the *Mahātmā*, he said, “*Bābā!* Earlier, I was a woodcutter. By virtue of the grace of a *Bābā*, I found mines of copper, followed by gold, and whatnot. As a result, I now seem to be quite happy in a worldly sense to worldly people. I may be a big-time merchant or even the richest merchant in town, but I don't have peace of mind or happiness, solace, or calmness within. By

An easy Asana with many benefits

(In the previous issue you read the method and importance of *shavāsana*. Continue...)

Nowadays, people are becoming slaves to injections, capsules, operations, etc., but those who follow the lifestyle of the sages, and do *āsanas* and physical exercise, naturally remain healthy and rarely become ill. *Āsanās* give good exercise to the channels of the life force, respiratory system, digestive system, brain, etc. and make them capable of working efficiently; they also give peace of mind.

In this series of *yogāsanas*, an extremely simple *āsana* is presented, which everyone can do very easily.

We hear in the *satsang*-discourses delivered by Pujya Bapuji:

There is a very simple *āsana* and it has many benefits. It provides health to the kidneys, the organs of the urinary tract and prevents diseases like backache. It prevents the formation of renal stones, and ameliorates all stomach disorders. If you do it, you will not have pain in the knees in old age and maintain celibacy.

Technique: Early in the morning, spread a mat or a blanket and sit on it with the legs extended forward, keeping both of your palms near the waist on the floor. Then place one leg over the other and move the toes from side to side (from right to left and vice versa). (It may be repeated after changing the position of the legs, too.) Repeat it for 5 to 7 minutes. (To watch the video,



visit the link: <https://youtu.be/OunjIJ0LM7M>).



The civil surgeon of Ahmedabad, who later became Director of the Department of Health, Gujarat State needed an operation. He used to perform operations on others. He was a high ranking officer. He came to me and said, “Swāmi ji! I have a health problem that needs me to undergo an operation.”

I said, “Will you have an operation on your belly, despite being a high ranking doctor?” Though you will be operated on free of charge, a torn

cloth does not have the same value after darning. Why will you get your abdomen incised? Have you committed a sin?”

“Bapuji, there is no other treatment.”

I explained to him the method of this *āsana*, and said, “Brother! Do this *āsana*, and take this small amount of herb. You will become healthy with God’s grace; keep your will strong.”

After three days, his letter arrived. He wrote: ‘Bapuji! I have been cured without undergoing an operation. I am astonished.’ There is nothing to be astonished by; *Āsanās* have a tremendous power of healing. One does not become a powerful man by becoming fat. Obesity does not make one powerful. Tendons and muscles should be strong. The practice of *āsanas* makes the tendons and muscles powerful. Energy is stores, and the person becomes strong. If females are not able to do other *āsanas* for whatever reason, they can do this *āsana*, at least. It is very easy. (To be continued...)○

Avoid these foods, which are hazardous to your health

There is a steep rise in the incidence of disease caused by faulty diet. More people are becoming sick due of lack of consideration about the wholesomeness or unwholesomeness of food, based on the quality of the food (good or bad), mode of preparation, manner in which we consume it, quantity, season, place, etc. Taste is given priority over health in the consumption of food and there is a trend of consuming scores of food and drink products that are extremely hazardous to health.

Beware of chips prepared from potatoes and bananas!

In Ayurveda, potatoes have been considered the most unwholesome tubers; and if they are consumed after being fried in cooking oil, they act just like poison. Palm oil which is normally used for frying potatoes, gives rise to health-related problems. According to the World Health Organization, consumption of palm oil increases the risk of cardiovascular disease and leads to hyper-cholesterolemia. Modern research shows that ‘potato chips give rise to diseases like mental stress, depression, and infertility. They increase the risk of high blood pressure due to their high sodium content. Not only this, as the potatoes are fried in oil at a very high temperature or for a long time, a harmful chemical named acrylamide is produced which is carcinogenic.’

Also, impure substances like animal powdered meat are added to potato chips by many food companies and they are mentioned in the ingredient list in coded

words so nobody can understand it.

Banana chips also have an extremely adverse effect on health. These are prepared by frying raw bananas in oil.

Acharya Charaka Ji says in the *charaka Sanhitā* (Sutra Sthāna 26.100-102): “That

is incompatibility with reference to richness of quality where the juice is taken of unripe (e.g raw banana), overripe, or putrified substances.★

Diseases caused by such incompatible food are

ascites, hyperacidity, herpes, anaemia, impotency, etc.”


According to experts, the high content of saturated fats in potato chips causes diseases like hypercholesterolemia, obesity, etc. The consumption of sugar-coated banana chips leads to an increase in blood sugar levels, which increases the risk of diseases like diabetes.

Lok Sant Pujya Bapuji who takes care of elevating society along with mental peace and physical health has alerted society by throwing light on this subject in his *satsang*-discourses. He said, “It is the discovery of the followers of Hippocrates that raw bananas contain this many vitamins, this many calories, and are very nutritious, but they are not aware of the fact that it will increase *āma* (undigested food toxins) and thereby ruin your health. The discoveries of Ayurveda are based on divine insight.

Never consume unripe or overripe fruit.

★ According to the Ayurveda *shāstra* ‘*Bhāvaprakāśh Nighantu*’, some fruits like cucumber and *bael* are among the food substances that are more beneficial when consumed unripe than ripe. Therefore, consumption of these unripe fruits is not prohibited.






Dipavali Special


(Sadā Diwālī, Parvon Ka Punja: Dīpāvalī)

To celebrate *Diwālī*, not only for five days, but your whole life, and to get the keys to wealth, happiness and prosperity, you must read these spiritual books.



Patriotic processions held by Yuva Seva Sangh





Camphor

- * It is useful in worship and religious acts.
- * It purifies the environment.
- * It is beneficial to inhale a sachet of camphor for the prevention of infectious diseases.

Vajra Rasayan Tablets: containing pure diamond ash

These tablets make the body radiant and as strong as adamant. They pacify all three *doshas*, stimulate digestive fire, give long life, nourish the brain to promote intellect, memory and efficiency of the senses, and help in cell formation. They are semen-promoting.



Mango Kernel Mukhwas a digestive appetizer

This highly nutritious *Mukhwās* corrects Vitamin B12 deficiency, which is essential for health. It also helps in problems like burning sensation in the chest, nausea, vomiting, worm infestation, etc.

Vitamin B12 tablets: NOURISH, a prebiotic

* Rich in vitamins, amino acids, and minerals. * Prevents many serious problems caused by vitamin B12 deficiency. * Increases digestive power. * Beneficial, especially in old age and impotence.



The *Mukhwās* and tablets are good substitutes for chewing tobacco preparations and help to quit *Gutkhā* addiction. (Take the tablets by sucking.)

The above-mentioned products can be obtained from Sant Shri Asharamji Ashram stalls or the service centres of the *Samitis*. For information about other products and their detailed benefits, etc., and to get home delivery via registered post, please download from Google Play Store: “Ashram eStore” App or visit: www.ashramestore.com or contact: (079) 61210769. E-mail: contact@ashramestore.com





RNI No. GUJENG/2001/2779
RNP No. GUJ-618/2021-23
(Issued by SSPOs Ahd, valid upto 31-12-2023)
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 2023

House-to-house Calendars 'Divya-Darshan' Campaign (2024)

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

Source: Available from Sant Shri Asharamji Ashram book stalls and service centres of *sādhaka*-families and *Shri Yoga Vedanta Sevā Samitis*.
For online orders, visit: www.ashramstore.com/calendar Contact: (079) 61210732 (*Sāhitya* Department), 61210761 (*Yuvā Sevā Sangh* Head Office)

Note: A single copy of the calendar costs only ₹ 15. Buying 8 calendars gets you a discount of ₹ 20, and you pay only ₹ 100.
Upon ordering 250 calendars or more, you can get your name & address, or that of your company, shop, etc., printed on them.
The printing cost per copy is ₹ 15.50 for an order of 250-999 calendars, and ₹ 14.50 for 1000 calendars and above.

A glimpse of Raksha Bandhan programmes organized by Mahila Utthan Mandal



A resolution made in the Rishi Prasad Conferences to propagate the nectar of divine wisdom to the masses



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

To subscribe to the Ashram's monthly publications, Rishi Prasad, Rishi Darshan and Lok Kalyan Setu, please scan:



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 Manufactureres, Kunja Matralion, Paonta Sahib, Sirmour (H.P.) - 173025 Editor: Shrinivas R. Kulkarni