

Indian Culture  
Special-issue

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RISHI PRASAD

Price: ₹ 7 Language: English  
Publication Date: 1<sup>st</sup> November 2023  
Year: 23 Issue: 09 (Continuing Issue: 371)  
Number of pages: 36 (including cover pages)

Why are **Indians** achieving  
international recognition?

Read page 21



**Gita Jayanti**

22<sup>nd</sup> December 12

The world is indebted to  
**Bharat**

(Must read on page 28)

*Shāstras based upon  
Vedānta were composed by  
Veda Vyāsa in India.*

*Ādi Shankarāchārya  
proclaimed Advaita  
Vedānta with emphasis.*

*A scientist sage like  
Kaṇāda was the founder  
of the Vaisheshika  
Darshana*

*A great physician  
and surgeon  
like Sushruta was  
a spiritualist*

*A mathematician  
and astronomer  
like Āryabhatta was  
a staunch theist*



Chandrayaan-3

*This is the  
land of the Vedas, Āyurveda,  
Yoga, and Mantra-science.*

**A revolution  
inspired by  
Benevolent  
Thoughts**

Read page 4



**Tulsi Worship Day**

**The government should be cognizant of this for the sake of nation-building**

— Shri Manas Kinkar Ji, Katha-narrator and national spokesperson of the Vishwa Vedic Dharma Sangha 23



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# This verily is my mission

– Pujya  
Bapuji



**In 1993, 100 years after Swami Vivekananda Ji, Pujya Bapuji represented Hindu Dharma at the World's Parliament of Religions in Chicago, where 600-700 people from all over the world, from many religions, gathered. Pujyashri served the nectar of non-dual knowledge of Sanatan Dharma which removes malice, drawing the world's attention towards saving humanity by enhancing mutual good disposition and love. Read Pujyashri's own words...**

“Today's man, village, and nation wants to become happy by oppressing other men, village, or nation but this is not the way to happiness. To help and to do good to one another is the way to happiness. First, learn to give happiness if you want happiness. *Parasparam Bhāvayantah...* “Nourish one another...” Whatever we do to others, comes back to us. Therefore, along with science, human sympathy and cordiality are also needed, which can be obtained from the knowledge and wisdom of *Vedānta*. If modern science makes discoveries while being averse to *Vedānta*, they will make the world dreadful instead of beautiful. So, the knowledge and wisdom of the Self are most needed, along with or even before modern science. Today, what the world needs most is to save the young generation from losing their way (of morality) by explaining the rules of protection of the youth and health to those who have been ruined by sense enjoyment, gluttony, and sexual indulgence. The downfall of the new generation is the gravest threat to every nation. Today, people of all races, religions, and countries should think about the good of the young generation and engage themselves in the propagation and promulgation of self-restraint and good conduct, leaving their mutual conflicts and narrow-mindedness behind. What the world needs today is to resort to *Yoga* and *Vedānta*.

All beings have a common origin. Whether the child belongs to a Christian, *Mārwāri*, or *Sindhi* family, when it is born, the natural sound emanating from the inner self is ‘*Ooān... Ooān...*’ – The sound of this *Omkār* is the same for everyone.

***“Om in me, Om in you, Om in everyone. Love everyone. No one is a stranger in the world. We are all children of one father, and we have one mother. No one knows which passions have taught us to fight.”***

If you ask, “Bapuji, what is your mission? What do you want to do? Do you want to establish a sect or religion?”

Then listen: **“Smiling is my habit, being cheerful is my nature, and to awaken humanity is my mission.** No matter which country one lives in or, which dress one wears, which religion or creed one belongs to, whether he believes in me or not, whether he accepts me as a Guru, Sāi or Saint, or if he wishes to hurl 50 abusive words at me, it is his choice. But **it is my aim to keep his body healthy, his mind happy, and to develop in his intellect, the joy, power or strength, and equanimity of the Giver of the intellect (God).”**

May you not be overwhelmed by slight pain, may you not be fooled by little happiness, may your ego not be inflated by little praise, and may you not be distressed by small failure. Trample all these under your feet and continue your journey to the Supreme *Sachchidānanda*. I will be happy if you take any kind of support from the words of my *satsang*-discourses.”





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& 11.00 pm

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(Channel No. 1170)  
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Mangalmay  
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Asharamji  
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# A revolution inspired by benevolent thoughts

The war between Israel and Palestine dominates the headlines across the world.

Every person, family, society, and country wants their own self-interest and wishes to get happiness. The great men of India have deeply analysed and mentioned the gist of how to bring about that.

परहित बस जिन्ह के मन माहीं ।

तिन्ह कहूँ जग दुर्लभ कछु नाहीं ॥

*“Nothing is difficult to attain in this world to those who have other’s interests at heart.”*

Nothing is difficult to attain in this world for those who have others’ interests at heart.

Their own interests are then automatically fulfilled. Hence, if thoughts for the good of all are entertained while doing the works for the good of others as per one’s capacity, it opens the door to the welfare of oneself and others.

Noble thought of the welfare of every creature of the universe, which springs spontaneously from the minds of Self-realized great men, shows the right path to everyone. Divine sage Nārada’s noble thought inspired Maharshi Veda-Vyāsa Ji to compose the Shrimad Bhāgavat Purana, which is doing good to crores of people. Sant Tulsidas’ noble thoughts inspired him to compose Shri Rāma Charita Mānasa (Rāmāyaṇa) which has given peace and joy to crores of people. Similarly, Saint Asharamji Bapu’s noble thoughts caused a spiritual revolution. Having assimilated these noble thoughts, when benevolent, virtuous souls become a bridge between a people’s saint and society and participate in the divine works of that great man, they

change not only the state of the world but also its direction. Let us cast a glance at the glorious points of this thought-based revolution.

## Thought becomes a *saṁskāra*:

The seed of the divine thought ‘*Sabkā Mangal, Sabkā Bhalā*’ (may auspiciousness betide all; may good betide all) has been sown by Sant Shri Asharamji Bapu in the hearts of crores of people over the past 60 years has today become a huge banyan tree, which gives the cooling shade of innate bliss, peace and happiness, not only to India, but to the whole world.

Illuminating thoughts for the material, ethical, and spiritual development given by Saint Shri, through His *satsang*-discourses on Self-knowledge (knowledge of Brahman,) have brought a new light to the entire world.

Across the world, under His divine guidance, 432 ashrams, more than 1400 *Yoga Vedanta Sevā Samitis*, thousands of *Bāla Sanskāra Kendras*, hundreds of *Yuvā Sevā Sanghs* and *Mahilā Utthān Mandals*, etc., are fervently involved in materialising the thoughts of social welfare.

By becoming *saṁskāras*, these world-benefactor thoughts are globally unfurling the banner of our country (India) and her culture, be it the development of a new generation instilled with good *saṁskāras* through the Gurukul education system, or the development of a virtuous and healthy society through the campaign for the protection of youth and de-addiction campaigns, or the revival of endangered culture through *Divya Shishu Sanskāra*



## Two priceless boons on earth—the cow and the saint

(The festival of *Gopāshtami* will be celebrated even this year, like every year, by the ashram, organizations affiliated with it and *sādhakas* by doing cow-worship and cow-service on November 20. Let us read a story emanating from the holy lips of Pujya Bapuji explaining the importance of Mother Cow.)

In ancient times, people knew the glory of cows and benefited from it; hence, cows were not slaughtered at that time. People were nourished by drinking cow's milk, butter, ghee, etc. They heard satsang-discourses delivered by Self-realized great men and consumed cow products. On account of a cow-based economy, India enjoyed sound financial prosperity.

There is an incident in the Mahābhārata. Rishi Chyavana was practicing penance by standing upright in the water. He loved aquatic creatures as his own children. Twelve years of *sāadhanā* in water made him familiar with the aquatic creatures. One day, some fishermen cast their huge nets, at the grand confluence of the rivers Gangā, and Yamunā. When they jointly hauled in their nets, they caught a vast number of fish and other water creatures, along with Rishi Chyavana, who also became trapped in the net.

As soon as the net was pulled out of the water, many fish started floundering. Their pain distressed Chyavana Rishi, the same as a father would feel the pain of his floundering children. When the

fishermen saw Rishi Chyavana trapped in the net, they were horrified and started apologising to Him.

Rishi Chyavana said, “I don’t mind, but these aquatic creatures dwelling with me in the water are struggling for their lives. You release them all. I will live as long as they do, or I shall die with them.”

The fishermen respected the sage. King Nahusha came to hear of this incident. He was aware of the power of Rishi Chyavana. He came, along with his ministers, and worshipped the sage. He prayed, “Mahārāj! What shall we do to

please you?”

Rishi Chyavana said, “King! The fishermen dreamt of this for a long time and with great hard work, cast their fishing nets. Fishing is the livelihood of these men. Pay them the price that may be set upon me along with the value of these fish.”

The king said, “I will give 1000 gold coins.”

“Is that all? Have you estimated my value to be only this much?”

“Absolutely not, Mahārāj! I will give them one lakh coins.”

“Is this my worth?”

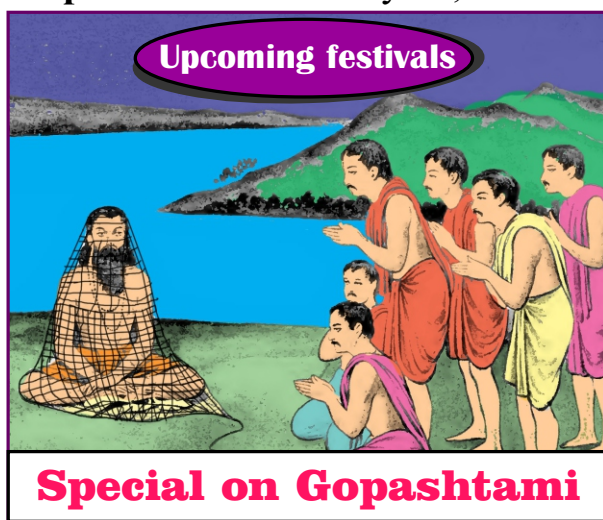
“Ok! A crore of gold coins will be given to them.”

“King Nahusha! What do you think Rishi Chyavana?”

Nahusha was terrified. He said, “Shall I give half of my kingdom?”

“Only this much?”

“I shall give them my whole kingdom.”





The sage was heartily pleased with the king's spirit of self-surrender, but said, "Go and consult the sages; they will tell you my worth."

The king explained his dilemma to Gojāta Muni (an ascetic born of a cow) and asked, "What would be the worth of the Mahārāj?"

The sage said, "Who in the three worlds is capable of setting a value upon a Self-realized saint? But I will tell you a solution to the current problem. Just as cows are invaluable on earth, similarly, saints are invaluable. If you give a cow in lieu of a saint, you will get the fruit of paying the value of the saint. You cannot pay the value of a saint, even if you give your whole kingdom."

King Nahusha offered a milch cow to the fishermen and said to Rishi Chyavana, "Munishvara, I have paid your worth."

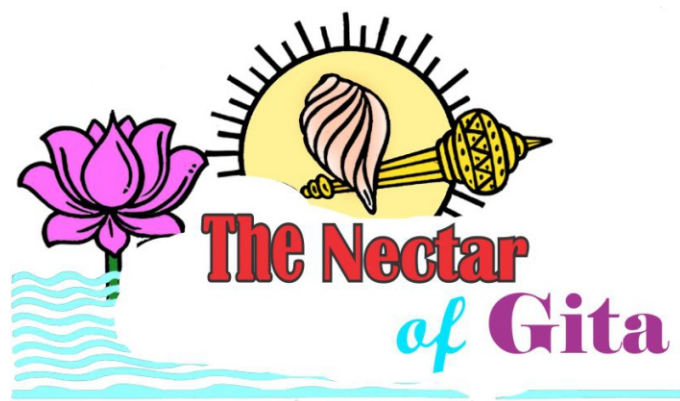
"How many millions or billions have you paid?"

"Mahārāj! You have been bought with a cow, who has divine power that cannot be bought with billions and trillions of rupees."

"You have given a fair price. I do not see any wealth that is equal to a cow in this world. When people listen to our conversation, they will start rearing cows. They will remain healthy, live long, and be freed from hell."

Then the fishermen requested Rishi Chyavana to accept the cow given to them. Accepting the cow, Rishi Chyavana said, "Fishermen! All your sins have been destroyed with the merit of donating the cow. You will all go to heaven with fishes born in this water."

With the blessings of Rishi Chyavana, those fishermen went to heaven along with fishes. ○



**This *shāstra* will release you effortlessly from all problems and bondage**

The Gitā is a wonderful *shāstra* that has been sung on the battlefield. It does not endorse or criticise any sect, personage, or tradition. It only approves the fact that the individual soul should recognise its divinity and perform worldly activities to perform his duty, like playing a game while protecting himself from and being untouched by attraction and repulsion, getting repose in his Self.

तमाम दुनिया है खेल मेरा,  
मैं खेल सबको खिला रहा हूँ।

*The whole world is merely my game. I am making everyone play.*

The way a Vedantist wakes up in his non-dual nature, he realises the entire world as a play of his own Self; the way a dream seen at night seems to be a play upon waking up; the same way, the Gitā awakens your true nature and exposes the entire play of the world. The Gitā releases you effortlessly from the folly of binding yourself to trivial action, sin and merit, and the attraction of the world.

Should you seek to attain the fruit of external worship of and service to God, you should take refuge at the lotus feet of a Self-realized great man. Lord Krishna did not overlook this, even on the battlefield:

## The world is indebted to Bharat

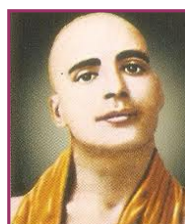
Recently, the Chairman of the Indian Space Research Organisation (ISRO), S. Somanath, said, “algebra, square roots, concepts of time, architecture, the structure of the universe, metallurgy, and even aviation were first found in the Vedas. This knowledge travelled to Europe through the Arabian countries, and was subsequently posited as discoveries of scientists of the western world.”



By making this statement, ISRO chief and **senior scientist S. Somanath**, who has been in the news ever since the successful launch of Chandrayaan-3, has made the greatness of our ancient Vedic theories known to the entire world. For his study of Vedic knowledge, his acceptance of the true theories of the Vedas, and his open expression of the same, S. Somanath certainly deserves kudos.

This fact has already been expressed by the great men of our country and even by foreign philosophers and thinkers. Pujya Bapuji has also been telling us the glorious history of the discoveries of our sages, as follows: “As per the Vālmiki Rāmāyaṇa, Bhagavān Rāma, after defeating Rāvana, boarded the Pushpaka Vimāna and told all the *vānaras* (monkeys) who were in the tens of millions and who had helped him, to join them. So, they decided to board it for the journey to Ayodhyā. The science that existed back then in ancient India (Bhārat), is something

that today’s scientists can’t even think of. You should not believe that foreigners brought science to India. They are quite smart at picking things from our ancient texts, taking off the names of our Rishis who were scientists, and claiming things to be the outcome of their inventions and discoveries. You should be proud of the fact that our ancient rishis did so much auspicious research work for mankind, even before modern research scientists came into existence in this world! What sublime wisdom and kindness those great men must have had!”



Expounding the gift of Bhārat to the whole world, **Swami Rāma Tirtha** says, “All your New thoughts, Theosophy, Spiritualism, Christian Science, Mental Healing, of which you feel so proud of today, all these without exception derive their origin from India, directly or indirectly. Rama is talking to you about the land which gave the world all its systems of Philosophy, in days gone by and at the present time. The

Grecian philosophers like Plato,

Socrates, Pythagoras, and Plotinus owe their inspiration to East India; the history of Philosophy shows it to you. Schopenhauer, Schlegel, Schelling, M. Cousin, etc., all confess that they owe their inspiration to East India, to Vedanta, to Sāṅkhya, to Buddhism, to the Upanishads and the Gitā. The modern Monism of America, England and Germany, derives its light from East India. Rama is talking to you about the land of Shankara and Krishna, the land which brought forth noble thoughts and high ideas that inspired →



# Nourishing dishes prepared from Carrots, rich in medicinal properties

Carrots are a health-promoting vegetable full of medicinal properties and easy to digest. According to the Ayurvedic treatise '*Bhāva-Prakāśh Nighantu*', the carrot is sweet, has a bitter taste, is sharp, hot in potency, and is an appetizer. It is a haematinic, and promotes the complexion. It is a vermicide, expectorant and it eradicates *Pitta* and *Vāta*. It contains vitamins 'A', 'B', 'C' and 'D', proteins, carbohydrates, phosphorus, iron, fibres, etc. It increases immunity, and being a rich source of vitamin 'A', it improves eyesight.

Eating stir-fried vegetables prepared from carrots mixed with split mung beans or yellow split peas by seasoning them in ghee with cumin seeds, asafetida, ginger, turmeric, and curry leaves removes disorders like irritability, mental stress, etc., and nourishes the body.

Eating carrot pieces as a salad, adding rock salt, mint leaves, tomatoes, ginger and lemon juice increases the power of digestion and removes anorexia (distaste for food) and flatulence. One can make *chapati* (thin griddle-baked whole wheat bread) by kneading a dough of wheat flour mixed with grated carrots, pieces of green coriander, turmeric, *ajwain* (carom seeds), salt, and chili.

## Healthy carrot juice

Carrot juice purifies the blood and is therefore beneficial in acne, pimples, boils, and skin eruptions. It ameliorates anemia, improves the complexion, and helps enhance the efficiency of the liver.

## Medicinal uses:

\* Drinking carrot juice once or twice a day helps in **heart weakness**.

\* It is beneficial for **chest pain** when taken with 1-2 teaspoons of honey\*. In this recipe, first boil the carrots and then extract the juice.

\* It's juice, when taken with 25 ml of beetroot juice, once or twice a day, helps in **irregular and obstructed menstruation**. (The amount of carrot juice should be 40-50 ml.)

## Nutritious carrot *halwā* for strength

**Benefits:** Carrot *halwā* increases muscle mass and semen. Its consumption thickens semen and strengthens bones. It is also beneficial for *rakta-pitta* (bleeding diathesis) and cerebral weakness.

**Recipe for *halwā*:** grate 500 grams of carrots after washing and peeling. Put 50 grams of ghee or oil in a wok. When it becomes lukewarm, add the grated carrots and 150 to 200 grams of sugar candy and cook on a low flame until it becomes dry due to evaporation of the water. Cardamom seeds, opium seeds, nutmeg, raisins\*, dry fruits, etc. can be added as per taste.

## Carrot and coconut *Barfi*

**Benefits:** *Khoyā* (milk boiled down to fudge-like consistency) is added for taste to *bazaar barfi*, which is very heavy to digest and gives rise to life-threatening diseases like cancer. Carrot-coconut *barfi* is a healthy alternative. As it is rich in nutrients, it is beneficial for muscular weakness and in debility after illness.

**Recipe for *barfi*:** Cook 500 grams of



★ Available on Ashram eStore (download from Google Play Store: "Ashram eStore" app).



# Piyush Ghee Equivalent to ambrosia; it is an immunity booster

*Piyush* means the milk of a cow during the first 2-3 days after calving. This special ghee is prepared in the *Gaushālās* of *Newai* and *Sheopur* with the noble aim of providing its ambrosial benefits to all. **Benefits:** ✱ It is nutritious and helps to increase Ojas, vigour, and promotes semen and intellect. ✱ It gives everlasting youth and longevity. ✱ It is beneficial in diseases of the brain and nervous system. ✱ It helps in mental disorders and the diseases of the nervous system. ✱ It helps in extreme debility and compromised immunity. **Contact: 9924448618**



## Health tonic **Alfalfa 1x**

A nourishing tonic for scrawny and weak people, lactating mothers, and newborn babies. It increases the appetite and vigour while removing physical and mental fatigue.

## **Synergy** hot and cold drink A beautiful combination of excellent homoeopathic medicines

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33% special discount.  
Get 50 gms for  
₹ 80 only

~~₹ 120~~  
50 gm



## For the optimum health of the family **Amla candy** Healthy as well as tasty

Candy made from fresh *āmlā* grown in the clean forest land rich in cow-dust, cow dung manure, other natural manure, and very pure water are beneficial for health and *Sāadhanā* purposes. They are tasty, energy-boosting, and a rich source of vitamin 'C'. It is an excellent and healthy alternative for children to bazaar toffees.

Amla candy is available in both sweet and salty tastes.



## **Special Chyavanprash** Enriched with saffron, Makardhwaja, and silver; prepared from desi cow ghee, āmlā and many medicinal herbs.

✱ It promotes memory, strength, intellect, health, longevity, and efficiency of the senses. ✱ Increases immunity, eyesight, and agility. ✱ Nourishes the heart and brain. ✱ Strengthens the lungs. ✱ Specifically promotes Ojas, vigour, semen, complexion, and beauty. ✱ Strengthens the bones, teeth, and hair. ✱ Beneficial for tuberculosis, semen-related, and urinary problems. ✱ Specifically beneficial for diseases originating from *Vāta* and *Pitta*, and for the weak.



## **Ashwagandha powder or tablets** An excellent strength-promoting rasāyana

This is an excellent *rasāyana* that promotes the seven *dhātus*, especially muscles and semen, and gives strength and nourishment. It strengthens tendons and muscles, pacifies *Vāta*, and increases height. It is a sure-fire remedy for seminal weakness and physical debility.



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



## **Ashwagandhā pāka**

It promotes longevity, a disease-free state, and enhances nourishment.

It is nourishing and semen-promoting. It strengthens tendons and muscles, and increases height and muscle mass.



There may be variations in cost and weight from time to time.

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.ashramstore.com](http://www.ashramstore.com) or contact: (079) 61210769. E-mail: [contact@ashramstore.com](mailto:contact@ashramstore.com)





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## Sadhakas in Samiti-conferences resolved to propagate services



Rajnandgaon (C.G.)

Surat

Sirohi (Raj-)

Dhaulti-Bhubaneswar (Odisha)

## Virtuous souls determined to propagate Jnana



Saharsa (Bihar)

Dinanagar (Punjab)

Siddhapur, Dist. Hamirpur (H.P.)

Daltonganj (Jharkhand)

Tharad (Guj.)

Mālā Pujan

Limbadi, Dist. Surendranagar (Guj.)

Receiving the gift of a mala consecrated by Pujyashri

## Glimpses of the collective shrāddha ceremony on Sarvapatri Amāvasyā



Surat

Bhairavi, Dist. Navsari (Guj.)

Rayta, Dist. Thane (Mah.)

Karol bagh-Delhi

Alandi, Dist. Pune (Mah.)

Raipur (C.G.)

Patna (Bihar)

Indore

Ahmedabad

Varanasi (U.P.)

Bengaluru

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## Vidyarthi Anushtthan Shivar in the holy spiritual environment of Ahmedabad Ashram on the auspicious festival of Deepavali from 12<sup>th</sup> to 18<sup>th</sup> November

“The opportunity to come to the Guru Ashram for Anushtthāna is highly beneficial for students.” – Pujya Bapuji

Contact: Bal Sanskar Department, Ahmedabad Ashram Tel.: (079) 61210749/50/888, 9510322100

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

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