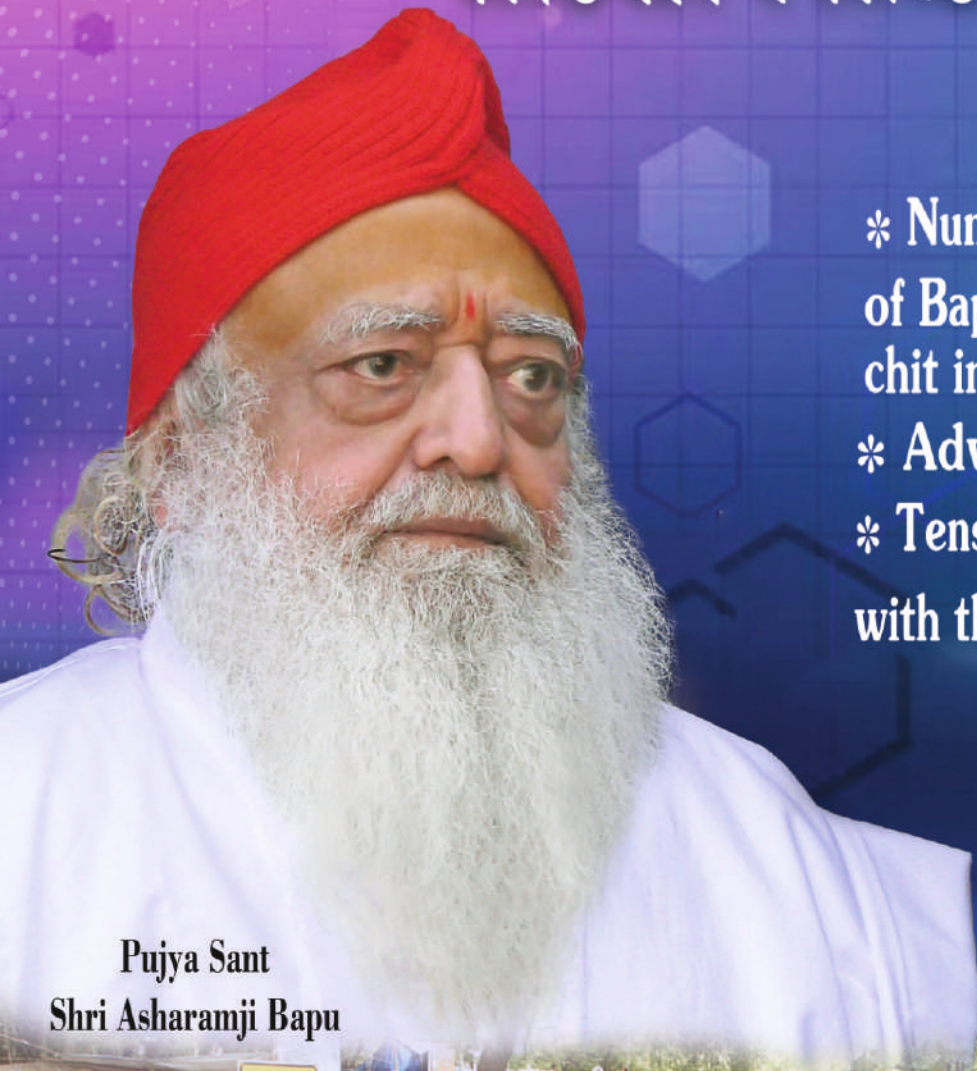


# RISHI PRASAD

Price: ₹ 7 Language: English  
Publication Date: 1<sup>st</sup> August 2024  
Year: 24 Issue: 06 (Continuing Issue: 380)  
Number of pages: 36 (including cover pages)



Pujya Sant  
Shri Asharamji Bapu

- \* Numerous Concrete evidence of Bapuji's innocence like clean chit in the girl's Medical report.
- \* Advanced age of 87 years
- \* Tens of serious diseases along with the heart disease...

People take to the streets demanding innocent Bapuji's release with dignity.



The court shall not restrict personal liberty by staying the bail order in this manner. Doing so would be dangerous. Bail orders should be stalled only in rare and exceptional cases like terrorism. – The Supreme Court





## Disciples offered a grateful prayer at the feet of their Saviour, the Guru.

(From the ambrosial Satsang words of Pujya Bapuji)

What more can we give Gurus who gave us eternal divine wealth and treasure of the Ātman? We can only thank them silently in our hearts and harbour the wish that more people like us get the opportunity to savour the nectar of your ambrosial words, and your life and wisdom also enlighten them.

ॐ सह नावतु । सह नौ भुनक्तु । सह वीर्यं करवावहै ।...

*Om Sahanā vavatu | Sahanau bhunaktu | Sahavīryam karavāvahai....*

*“O Supreme Lord, protect us (the teacher and the disciple) both concomitantly. Please provide us with maintenance. May both of us obtain the power simultaneously.”*

May auspiciousness betide the Guru and the disciple. ‘May the disciple be competent, and may the Guru be even more competent. May the disciple be self-restrained, and may the Guru be even more self-restrained. May the disciple become excellent, and may the Guru ascend even higher.’ Let us make auspicious resolutions for each other.

‘May our Gurudev remain healthy, live a long life, share his wisdom with many, and elevate the entire human race. May our Gurudev’s spiritual energy and aura spread across all the Universes benefiting every creature. May we take maximum responsibility for doing Gurudev’s divine works and carry them out in the best way, so that Gurudev gets physical rest and his time is saved, and he can devote his time and energy to satisfy the maximum number of people with the knowledge of Brahman and spiritual divine experiences.’ With deep faith, you can offer such an auspicious resolution to Him.

Offering clothes, footwear, or sweets, we have done enough of that; now give only auspicious resolutions. May our studies be thorough and faithful (so we may become brilliant). May we both progress concomitantly.

King Janaka prayed at the feet of Yājñavalkya Ji: “O Lord! I offer at your lotus feet all the meritorious deeds and noble actions that I have done to repay the debt I owe to you for what you have given to me. I offer everything of mine, my kingdom, myself along with my family. Please accept it.

Gurudev! May you live long, may your knowledge last forever, and may your eternal grace always shower upon us. O Mahārāj! These transitory things cannot repay the worth of what you have given.

(Remainder on page 10)

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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 Babu 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).**

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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)

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Asharamji Babu



Asharamji Ashram

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# Spiritual Ques. & Ans. with Pujya Bapuji

**Ganesh Reddy (Class 9):** Bapuji, what should we do to protect ourselves and our culture?

**Pujya Bapuji:** Ah, wonderful question, Bablū! A student of class 9, thinking about protecting oneself and one's culture! Do nothing for yourself, and do nothing for the culture.

“Then, Bābā, what should I do?”

Ask God, ‘Who am I?’ Oblige God to grant your request, saying, “Though I ask for myself, I don't know who I am. ‘What should I do for the culture?’ I don't even know what

culture is. Who am I? Please tell me, O Lord! I am Yours, that's all.”

Pursue God and hold on to Him so tightly that even if He wants to run away, He cannot escape. This will bring joy to Him, to you, and also to me.

O child, this is a fantastic question, and the answer is splendid. Just keep asking God, ‘Who am I?’ while walking or sitting. I am not the body. The body did not exist in the remote past and won't exist in the distant future. Parts of the body change daily, the mind changes, the intellect changes, and the ego changes. So, O Lord, who am I ultimately? Hold on to this question. Just like young Ramana searched for ‘Who am I?’ and became Ramana Maharshi. Prime Ministers and other eminent people found peace at his feet. A famous journalist, Paul Brunton, a man of great insight, also stayed at his feet for several months. My Guruji (Bhagavatpāda

Sāi Shri Lilāshāh Ji Mahārāj) also went to see him, and knowing Guruji's state, Ramana Maharshi's heart was overwhelmed with emotion. He said, “With such a state, why do you wander from city to city and village to village?”

Gurudev replied, “What I have received, I want others to receive too.”

Overwhelmed by emotion, Ramana Maharshi embraced Guruji and exclaimed, “Lilāshāh! Blessed are you!...”

Indeed, he was blessed. If Guruji hadn't wandered from city to city, I would have spent

my life selling sugar.

People say, ‘I sell sugar, I sell gold and silver...’ Oh, nephew! You are selling your life. When King Bhartrihari attained Self-realization, he wrote ‘Vairagya Shatakam’. In one verse, he said:

भोगा न भुक्ता वयमेव भुक्ताः

तपो न तप्तं वयमेव तप्ताः ।

कालो न यातो वयमेव याताः

तृष्णा न जीर्णा वयमेव जीर्णाः ॥

*Bhogā na bhuktā vayameva bhuktāh; tapo na taptam vayameva taptāh|*

*Kālo na yāto vayameva yātāh; Trishṇā na jīrṇā vayameva jīrṇah||*

*“We have not enjoyed pleasures, but pleasures have consumed us. We have not performed austerities, but we have been scorched. Time has not passed, but we have aged. Desire has not aged, but we have grown old.”*

‘Who am I, really?’ Just hold onto this inquiry, Dear One! ○



# Sacred Message from Pujya Bapuji on Shri Krishna Janmashtami

## The Art of being joyful Taught by Shri Krishna Avatar

*Janmāshṭamī* is a day for the welfare of humanity. **Nanda Gher Ānanda Bhayo...** (A joyous event occurred at Nanda's home.) This is a day of joy for individual souls exhausting themselves in the hustle and bustle of the world.

Joyful teachings, the wisdom of the Gita giving bliss, and the joyful gestures of Shri Krishna... From birth to the last moment of life, the greatest incarnation of Shri Krishna teaches the art of staying blissful even while fighting amidst adversities. Jesus never laughed, and Shri Krishna never cried.

What a remarkable contrast! The soul is of the form of bliss and joy, so what is there to cry about? The soul is Truth-Consciousness-Bliss absolute. **Nanda Gher Ānanda Bhayo...** Your heart is Nanda's house, where in the blissful Krishna keeps manifesting himself again and again.

**Om Namō Bhagavate Vāsudevāya.** Whose name itself overflows with joy – He is the incarnation of Vāsudeva. The little playful child, the one who shows his thumb (making a contemptuous gesture), he pinches, sticks out his tongue, teaches a lesson to Prabhāvati, and feeds the nectar of the Gitā to Arjuna – this is Shri Krishna *avatār*...! *Janmāshṭamī* is the auspicious day on which Yogeshwar Shri Krishna incarnated.

**Nanda Gher Ānanda Bhayo...** Joy permeated the house of Nanda back then, but joy is permeating the house of your heart, just now. The world remembers Bapuji, and Bapuji remembers you, seeking you out and explaining things to you! Isn't it the wonderful glory of this sacred day?

This immortal incarnation's very name bestows immortality. **Om Namō Bhagavate Vāsudevāya.**

The son of Vasudev, the God of bliss! The God of joy! My God! The God, Kanhaiyā! The God Guru! The God of detachment! Doing everything yet remaining unattached!

*Janmāshṭamī* is the birthday of

Yogeshwar, who is awakened in the Self as it is. He teaches us how to live, to struggle, to eat, to feed others, and even to pick up the leaf plates after meals. Despite being so great, he doesn't hesitate to pick up defiled leaf plates! He exemplifies the highest peaks of greatness and simplicity, showing us how to remain joyful and blissful in pleasant and trying conditions. 'This is not right, that is not right, I am troubled...', Oh! Shoot the troubles. 'I am tired...', Oh! To hell, with tiredness. We are always joyful and blissful.

**“Why live with sorrow and tears? Dance through sorrow, swelling the chest with pride. Hari Hari Om Om, Bam Bam Om Om... Guru Guru Om Om, Shiva Shiva Om Om... Victory to child Krishna Kanhaiyā!”**



August 26: Special on Shri Krishna Janmashtami



## Why wear jewellery?

(Continued from the issue 378)

During his Satsang discourse, Pujya Bapuji discussed the importance and utility of various ornaments.

**Ring:** Augments energy, prevents mental stress, controls sexual desire and protects Life Energy. It strengthens the digestive system, is beneficial for arthritis.

However, the ring should be made of gold and not soldered with any other metal.

**Armllets:** Cultivate the virtue of bravery in women. They maintain good digestion and proper blood circulation and also help make the body shapely.

**Karṇa-Kundal (earrings or pendants):** Women who wear earrings

develop thought power, intellectual prowess, decision-making power with emotions. They control speech and impulsiveness. Diseases like uterine illness, hysteria, hernia, and others do not easily afflict them. They provide relief in asthma and reduce shoulder and back pain. Ear-related ailments are alleviated, and auditory cognition remains intact. My mother, at 86, could hear perfectly. What a discovery by our sages and hermits!

**Bangles:** They control libido and reproductive organs. Wearing them strengthens the heart, increases thought

power, and regulates blood pressure. Thus, wearing gold or five-metal bangles is considered beneficial for health.

**Nose ring:** Wearing a nose ring prevents nose-related diseases and gives relief from cold and cough and also prevents uterine disease. It is beneficial for menstrual and childbirth problems and infertility, and strengthens the reproductive system.

**Mangalsutra:** It attracts cosmic energy, helping the heart function well. It regulates the breathing rate.

**Māṭā or necklace:** It prevents thyroid disease, protects the respiratory system, and has a positive effect on health.

**Glass bangles:** The bangles and wrists are in constant friction with each other, which leads to an increase in blood circulation. They help maintain mental balance and the sound of bangles provides protection from negative energy.

How rich is Vedic Sanskriti in profound knowledge!

Wearing jewellery protects health, but immersing oneself in meditation and repeating Hari Nāma eradicates the pain one suffers in 8.4 million species, ending all sins and afflictions. May your body remain healthy and protected, your mind joyful, and your intellect be more illuminated with the light of God, the giver of intellect, with the help of *japa* of the divine name, *satsang*, and good action along with external ornaments. Ultimately, let the Buddhi Yoga dawn in your intellect and enlighten you that illness affects the body, not me. Childhood, youth, and old

**May your body remain healthy and protected, your mind joyful, and your intellect be more illuminated with the light of God, the giver of intellect, with the help of *japa* of the divine name, *satsang*, and good action along with external ornaments.**

## Suicide occurs every 40 seconds, primarily due to anxiety and depression: (World Health Organisation)

In today's fast-paced life, the severe problem of stress is rapidly engulfing society. This year, UK health experts conducted a survey involving thousands of people over 16. In this survey, one out of every five people admitted that they struggle daily with stress.

Many people around the world are affected by serious diseases like depression and insomnia due to stress, and they take harmful anti-depressants and sleeping pills helplessly for the rest of their lives. These illnesses often drive people into despair, ultimately leading them to commit suicide.

According to the World Health Organization (WHO), More than 800,000 people die by suicide every year in the world, which is one person every 40 seconds. Mental disorders such as anxiety and depression are the leading causes.

### What causes stress, and how can we treat it?

The storm of stress particularly shakes those who do not believe in divine power and overindulge in sensual pleasures. However, those who have adopted the beneficial tenets of Indian culture such as devotion to God, equanimity, self-restraint, virtuous conduct, and altruism, are able to escape from it. By taking advantage of the *satsang* discourses delivered by Self-realized Sant Shri Asharamji Bapu, millions of people today are living a stress-free, care-free and joyful life.

As per Pujya Bapuji's nectarine *satsang*

discourses: "Today, all humanity is hit by three kinds of afflictions – physical stress, mental stress, and emotional stress which causes 60-98% of suicides.

Why does physical stress occur? You work, but while working, if the thought 'I am very tired, I have done a lot of work' creeps into your mind, you are instilling the poison of exhaustion into your body through your mind. Take enough rest and keep your mind cheerful and do not let the foolish thought 'I have done a lot of work, I am very tired' enter your mind, then physical stress cannot stand before you.

If you don't do the work of your choice, you get tired after doing a little because there is no passion for your work. **If you learn the art of being free from attachment,**

**no work will be difficult or stressful; all work will be worship of God.** You will take to your work like a noble prince plays a game for pleasure. Your work or job will become a means of joy. Memorize this aphorism.

जिंदगी के बोझ को, हँसकर उठाना चाहिए ।

राह की दुश्वारियों पर, मुस्कराना चाहिए ॥

*"We should bear life's burdens with a smile. We should laugh at the hardships we come across on the path."*

People don't know the technique of finding repose in the Supreme Self, and therefore they work with compulsion like labourers, which makes tasks joyless. Because they get no joy, they seek pleasure from liquor, women, pān masālā (chewable

**According to the World Health Organization (WHO), More than 800,000 people die by suicide every year in the world, which is one person every 40 seconds.**

# Such a Shraddha will awaken you and your ancestor in the Self

From September 17, the period of *Shrāddha* fortnight begins. Why is it necessary to perform *Shrāddha*, and how can these days of *Shrāddha* help in the self-awakening of ourselves and our ancestors? It has been mentioned by Pujya Bapuji in his ambrosial *satsang*-discourses:

The dark fortnight of the month of Āshwin is called ‘*Pitru Paksha*’ or ‘*Mahālaya*’. The ritual performed with faith for ancestors is called ‘*Shrāddha*’.

By performing *Shrāddha* once a year, the ancestors of our entire lineage are satisfied. One should definitely perform *Shrāddha* during this period according to one’s capacity. In the morning, with a resolve, remind those for whom you are performing *Shrāddha* of their true nature, saying, ‘Oh my father! Oh my mother! Oh my so-and-so! The death of your body has happened, but you have not died. We are performing *Shrāddha* for you, and it will reach you. You, who will use it, are immortal, your soul is immortal, and you were born to unite with the Supreme Self. You were not my father, mother, wife, son, etc. Your body was a father, mother, wife, son, etc. Your body was a relative of ours, but your soul was a relative of the Supreme Self. The one who is a relative of the Supreme Self is a relative of the entire universe. You are a close friend of (*Vishwambhara*), the Support of the Universe. The soul belongs to the Supreme Self.

Oh, my father! Oh, my mother! Oh, my

older brother! You are the form of the Supreme Self. Though your gross body is far from me, your soul is not far from me. You are the brother of the Supreme Self; you merge into the Supreme Self.’

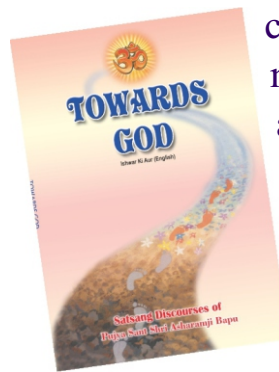
Those who remember their ancestors during the days of *Shrāddha*, and contemplate their self-awakening, their hearts become pure, and their ancestors become happy.

While offering food during *Shrāddha*, sit quietly for a while and mentally speak a few words of Self-awakening to them. ‘Oh, you, who partake of the food through the Brāhmin,

my so-and-so... (taking their name, then tell them), are immortal. The mortal physical body has perished, but you still exist. That existence is pure, consciousness, and eternal. You are pure, eternal, conscious being, immortal, changeless, and unblemished....’ By so doing, and reminding one’s ancestors of their true *Ātma-Svarupa* during *Shrāddha*, the performer of *Shrāddha* truly emancipates his ancestors, himself, and his family.

Those who perform *Shrāddha* while crying, their *Shrāddha* is not successful; the apparitions take them away. One should read the 7<sup>th</sup> chapter of *Shrimad Bhagavad Gitā* and offer its merits to his ancestors. If possible,

one should read the book ‘*Ishwar Ki Aur*’







100% pure

## Honey

This honey is a natural *sanjivani* full of minerals and vitamins. It promotes the complexion, improves eyesight, gives energy, nourishes the body, and clears the bowels.

## Pudina Ark

\* It is a digestive, it increases appetite, and enhances agility. \* It helps especially in stomach problems like lack of appetite, indigestion, flatulence, vomiting, diarrhoea, and worm infestation. \* It helps in fever, cough, oliguria, asthma, and skin disease.



## Pure Ghee

\* It stimulates digestive fire, increases semen and the desire for food and relish. \* It is good for the heart and eyes. \* It promotes longevity, memory, intellect, beauty, and complexion. \* It relieves anxiety and stress. \* It strengthens the bones and muscles. \* It removes poverty and brings prosperity. \* It enhances beauty. \* It is anti-cancerous. \* It makes the hair dense, soft, and long. \* It is beneficial in heat-related disorders like burning sensation and increased *Pitta*.

## Sanjivani Rasa:

A tonic for health, energy, and vitamin B<sub>12</sub>

\* A sweet, flavourful beverage. \* It contains gold and silver, which help in the formation of body tissues, it nourishes the brain, and enhances the memory and intellect. \* The *Shilajit* present in it is an excellent source of *humic acid* and *fulvic acid*, which are known for their properties of detoxification, antioxidants, and revitalisers. \* It is an excellent source of vitamin B complex, including vitamin B<sub>12</sub>, and minerals, calcium, selenium, iron, potassium, etc. \* It maintains health and strengthens the body. \* It relieves and prevents problems such as obesity, anemia, liver disorders, renal stones, and AIDS, as well as serious diseases such as cancer, heart blockages, paralysis, etc.



## Nirapada Vati

It destroys infection, and gives quick relief from symptoms of fever, cough, debility, etc. caused by it.

## Sanjivani Tablets

This tablet, possessing tremendous power of fighting and destroying all disease makes one strong, vigorous, brilliant and intelligent. It promotes the seven *dhātus*, sharpens the five sense organs, and prevents ageing. It is a special tonic for the heart, brain, and digestive system. As it contains Tulsi seeds, it is extremely beneficial for people of all age groups.

## Amrit Drava

It is a very effective medicine. It helps in cold & catarrh, cough, headache, and disease of the teeth and throat. To prevent infection, inhale, by putting a few drops onto a clean cloth or cotton swab.

## Cough Syrup

Beneficial for all types of tracheal ailments, including colds, coughs, asthma, and dry coughs. It is beneficial for children and the elderly.



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RNP No. GUJ-618/2024-26

(Issued by SSPOs Ahd, valid upto 31-12-2026)

Licence to Post without Pre-payment.

WPP No. 12/24-26

(Issued by CPMG UK, valid upto 31-12-2026)

Posting at Dehradun G.P.O. between

1<sup>st</sup> to 17<sup>th</sup> of every month.

Date of Publication: 1<sup>st</sup> August 2024



Hearing of *satsang*-discourse

*Yogāsana*



Offering oblations of water to the Sun-god



Resolve to serve Rishi Prasad



Sankirtana

## The women's power led to divine life through the camps organised by Mahila Utthan Mandal.



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Prāṇāyāma

## Guru's beloved, resolving to do the best form of charity – '*satsang-dāna*' (Rishi Prasad conference)



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Rishi Prasad



Rishi Darshan



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