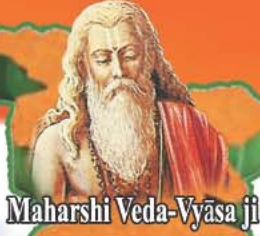


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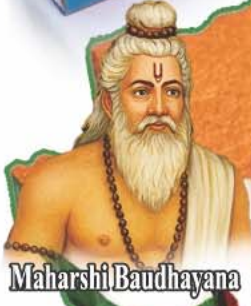
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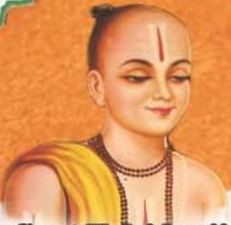
Price: ₹ 7 Language: English
Publication Date: 1st November 2025
Year: 25 Issue: 09
(Continuing Issue: 395)
Number of pages: 36
(including cover pages)



Maharshi Veda-Vyasa ji



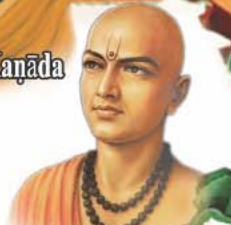
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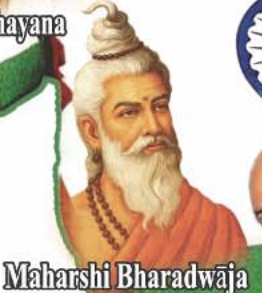
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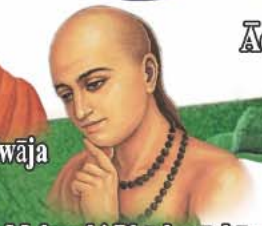
Sage Panini



Acharya Arya Bhatta



Maharshi Bharadwaja



Maharshi Bhaskaracharya



Jagadishchandra Bose

When Western civilization didn't exist, the wise sages of India gifted the world with the Advaita Vedanta, and remarkable discoveries about the material world.

The World's First Source of Knowledge:
India

Read page 6



I have the utmost respect in my heart for the most revered, saint Shri Asharamji Bapu, because he put everything at stake to protect Hinduism.

— Swami Shri Govind Dev Giri ji, Treasurer, Shri Ram Janmabhoomi Trust

Bapuji is the embodiment of God. The saint community loves Bapu wholeheartedly. We should do whatever we can for Bapu. — Shri Mahant Ravindra Puri ji Mahārāj,

National President, All India Akhārā Parishad



How can someone who has guided millions of people to the path of celibacy break it? This is a deception that has been played upon Bapuji. — Shri Dhananjay Desai,

Founder and National President, Hindu Rashtra Sena





You become active to safeguard your culture – Pujya Bapuji

It is true that Hindus are tolerant and magnanimous, but Hindus are neither foolish nor cowardly. As an ocean wave recedes and then returns with greater force, so too, whenever assaults have been inflicted on this culture, India's protective surge has risen back with strong momentum. Our culture teaches:

दुर्जनः सज्जनो भूयात् सज्जनः शान्तिमाप्नुयात् । शान्तो मुच्येत बन्धेभ्यो मुक्तश्चान्यान् विमोचयेत् ॥

“May the evil-minded become virtuous. May the virtuous attain tranquillity. May the tranquil be free from bondage. May the freed make others free.”

Human life is not meant to be destroyed in struggles, nor by enduring oppression. To oppress is a sin, but to endure oppression is a double sin. Therefore, my best counsel to all: you become active for the protection of your culture.

A human being is constituted of three elements—animal, human, and divine. Animal urges and animal ego can compel one to do anything. Human sensitivity restrains and guides one to the right path. Longing for divine knowledge arises in the person, and he develops his divine element, realizing himself as the witness of pleasure and pain, honour and insult, victory and defeat, and life and death, and experiences his immortal Self while living. In a culture with such an excellent system of human evolution, how can Indian culture be subject to such injustice and oppression? Shall those driven by their animal element dominate to such an extent that the conspiracy launched by a handful of persons, causes distress to crores of people? Now we must develop the divine element within us to uproot injustice and tyranny. Those endowed with human sensitivity attend *satsang*-discourses, but now we must also develop the power of the divine Shakti within us. We should awaken divine existence within us. The chanting of *Omkāra* links you directly with that Divine Existence. Repeat *Omkāra*, and then send out your *sankalpa* (resolve) into the atmosphere: “May we summon the courage to protect our culture, and may many join with us. May the sentinels who guard our culture be emboldened, and those who step forward for the nation's culture, ever march ahead.” All of you should also resolve to support those guardians of Indian culture who truly feel the pain of their countrymen.

RISHI PRASAD

Year: 25 **Language: English**
Issue: 09 **Continuing Issue: 395**
Price: ₹ 7 **Periodical: Monthly**
Publication Date: 1st November 2025
Number of pages: 36 (including cover pages)

Owner : Sant Shri Asharamji Ashram
Publisher: Roopnarayan Bhagwansingh Lodhi
Printer : Vivek Singh Chauhan
Place of Publication : Sant Shri Asharamji Ashram, Motera, Sant Shri Asharamji Bapu Ashram Marg, Sabarmati, Ahmedabad-380005 (Gujarat).
Printed At : Hari Om Manufacturere, Kunja Matralion, Paonta Sahib, Sirmour (H.P.) - 173025.
Editor : Shrinivas R. Kulkarni
Co-Editor : Dr. P.K. Makwana
Patron: Shri Surendranath Bhargava, Former Chief Justice, Sikkim High Court, Former Chairperson, Human Rights Commission (Assam & Manipur), Former Justice, Rajasthan High Court

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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)

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3. Five Years US \$ 80
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Pujya Bapuji's Satsang on Various Channels



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The Bhagavad Gita: The Heart of Bhagavan Krishna and the Immortal Heritage of Humanity

The Jayanti of Shrimad Bhagavad Gitā falls on 1st December this year. On this day, various programmes are conducted including worship of the Gitā, kirtan processions, etc., in the branches of Sant Shri Asharamji Ashram across India and abroad, Bāla Sanskāra Kendras, Mahilā Utthāna Mandals, Yuvā Sevā Sanghs, and the Ashram's (Yoga Vedanta) Samitis, audio and video satsang discourses delivered by Pujya Bapuji, especially on the Gitā are played, and Gitā-based literature is distributed. Competitions are also organised.

Regarding the need and importance of the Gitā, Pujya Bapuji says in his satsang discourses:

We have a good disposition towards sacred books of all religions, but the Bhagavad Gitā has expressed the wonderful powers of mankind so succinctly that... And there the speech itself falls silent. The Bhagavad Gitā is a sacred book that is the essence of the Vedas, the Upanishads, and the record of the heart of Bhagavān Shri Krishna. Bhagavān says:

गीता मे हृदयं पार्थ ।

‘O Arjuna! The Gitā is My heart.’

If even one verse of such a Gitā is truly digested—digested, it means as you have digested the fact that snakes bite (and kill). So if a snake comes, you won't ask me, “Bābāji, should I run away or not?” Even if I tell you to sit, you won't obey—you will run away. That means you have digested that snakes bite and its poison is harmful. In the same way, even if you digest a single verse of the Gitā thoroughly, you cannot become unhappy or sad, even

if you want to, nor can you drive away happiness even if you want to. Such is the wisdom of the Gitā.

One who disregards the words of the Gitā's author continues to chase happiness, but happiness does not last; and while driving away sorrow, he throws himself into the mouth of death—sorrow never leaves him, and he meets a miserable death. There are billions of people on the earth; no sensible person can say that he did or is doing any work with the intention of becoming unhappy. No one works to become unhappy, no one wants

sorrow, yet sorrow does not go and happiness does not last. What a profound truth! If you embrace the teachings of the Gitā, sorrow will not persist and happiness will not leave.

गीतायाः श्लोकपाठेन गोविन्दस्मृतिकीर्तनात् ।

साधुदर्शनमात्रेण तीर्थकोटिफलं लभेत् ॥

By reciting even one verse of the Gitā, by remembering and chanting the name of Govinda (Krishna), and by merely having the darshan of a Sādhu, who knows Brahman, one attains the fruit of visiting crores of pilgrimages.

How to remove sorrow and attain everlasting happiness?

If you want to remove sorrow forever and attain everlasting happiness, then inhale deeply and assert mentally, “I am God's, and God is mine. I am ready to believe God's words.” Then move your head up and down while chanting Om in the throat—this means that you are nodding (to give a signal to God), “Yes, I am ready to follow Your words.” Chanting Om... Om... in the throat is a

How do you like India now after experiencing the West ? – Pujya Bapuji

When Swami Vivekananda was returning from his travels to America, Europe and other countries, one of his English friends remarked sarcastically, “Swami, how do you like your motherland now after four years’ experience of the luxurious, glorious, powerful West?”

He thought that Vivekananda would have been impressed by the grandeur, comfort, and luxury of the West, and would have realized the importance of the same.

But Vivekananda had realized the Truth, and hence He replied,

“India, I loved before I went away. Now the very dust of India has become

holy to me, the very air is now holy to me; it is now the holy land, the place of pilgrimage, the *Tirtha*!”

In the West, people consider only the body as the self and believe the things given (by God) are theirs. Their philosophy is nothing more than providing material comforts to the body and seeking praise from a few relatives and acquaintances.

Vivekananda wanted to express the feelings of his heart, “Earlier I respected my motherland, India, but now I shall worship her. Forgiveness, magnanimity, *Karma-yoga* (the path of selfless action), *Bhakti-yoga* (the path of devotion), *Jnāna-yoga* (the path of Self-knowledge), and the path that unites one with the Giver of Life—all these are found nowhere but in India. Now I shall worship my motherland, India.”

What pure *vivek* (discrimination)! He was blessed with such pure discrimination by virtue of *shaktipāta* (transmission of divine power) by Shri Rāmakrishna Paramahansa and His grace through meditation. Students possess the sense of discrimination, through which they manage to earn a livelihood, grow up to become traders, businessmen, industrialists, etc.; but such pure discrimination is very rarely

found. When visiting a foreign country, if a person is asked by a journalist about their experience in that country, they tend to simply praise the country, saying, “It was wonderful, so pleasant, so nice.”

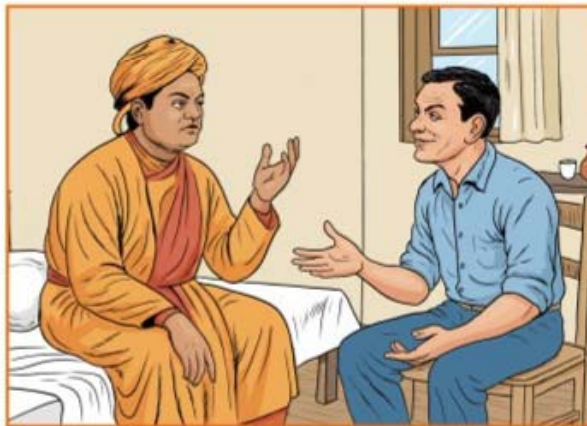
When I visited America (USA) from Switzerland, and someone asked me, “Bapuji, how did you like Switzerland?”

I said, “There is nothing special about this country except the natural environment.”

Someone said, “Switzerland is a country of major smugglers and thieves of the world who embezzle money through corrupt scams, scandals, and black markets, while saving their illicit gains in Swiss banks.”

I observed that they are spiritless. Due to cold weather, their skin is white, they have money and comforts but there is no lustre in their eyes. The boys and girls lack a brilliant aura. Outwardly they seem very fine in appearance, but within they are so dry and dull that they resort to

(Continued on page: 25...)



State Control Of Hindu Temples: Looting in the Guise of Secularism

– Shri Ashutosh Jha, Advocate, Calcutta High Court, Joint Secretary, Hindu Ekta Manch (W.B.)

Since ancient times, the ashrams, monasteries, and temples of Hindu saints and Self-realized great souls have been the primary centres of divine worship, Vedic education, and cultural preservation. Recently, in a case related to the misuse of temple funds by the Tamil Nadu government, the Madras High Court stated, ‘Temple funds are collected from and out of donations offered by the devotees, donors and from immovable properties gifted in favour of the temple, only for religious purposes, or to celebrate temple festivals in temples, or to utilise the funds for maintenance and development of temple or groups of temples as the case may be. Thus, temple funds cannot be treated as public funds or Government funds.’



Trending News

The Bitter History of State Control Over Hindu Temples

The British were the first to impose State control over Hindu temples. When they arrived in India, they observed the plundering and mismanagement of Hindu temples under Muslim rulers; and under the pretext of proper administration, they began enacting laws to take over temples. The claim of maintaining our temples through State control was nothing but a pretense; their real purpose however, was to divert temple wealth into the colonial treasury and consolidate

power over Indian society. They passed numerous discriminatory regulations to assume control over the administration of Hindu temples, whereas institutions belonging to other religious communities were entirely spared from such interference.

After India’s independence, instead of repealing these colonial laws, State governments reintroduced them in new forms under the guise of secularism. Today, Governments of just 10 states control more than

110,000 Hindu temples. Temple funds are used to finance projects for Muslims and Christians—many of which work directly or indirectly against the interests of Hinduism. The donations that Hindu devotees offer in temples are meant solely for the purpose of Hindu Dharma, not for other faiths. The government should also take note of this. If the government uses this money to serve objectives that are anti-Hindu, or benefit other religions, it amounts to a betrayal of Hindus. In a nation where more than 80% of the population is Hindu, such actions expose the hypocrisy of so-called secularism. This is also a clear violation of Article 25 of the Indian Constitution.



Renowned political thinker and author Dr. Anand Ranganathan, in his 2023 book ‘Hindus in Hindu Rashtra-Eighth Class Citizens and



For Students



Such Inquisitiveness Can Make Every Child Great

— Pujya Bapuji

(In the previous issue we read how, upon seeing a funeral procession, little Pānduranga asked his father questions out of inquisitiveness. **Now further...**)

Father said, “Yes, son! There is only one way. If a person realizes the indweller God (Rāma) by going deep within, while repeating the divine name (Rāmanāma), he can be liberated.”

Pānduranga asked, “Alright! So what happens after repeating the Rāmanāma?”

Father said, “The person becomes calm, absorbed in meditation. Then he repeats the name mentally, not physically. Then he realizes that Rāma is his own Self. And this realization comes when one receives the grace of the Guru.”

Pānduranga asked, “One attains knowledge when one receives Guru’s grace. Knowledge of what does he attain?”

Father said, “He attains the knowledge of ‘Who am I?’”

Pānduranga asked, “Dear father! When a person dies, where does he go? His body is left here—then who dies?”

Father said, “The jiva leaves the body

and enters another and becomes that being.”

Pānduranga asked, “What is this jivātmā?”

Father said, “When it has the desire to live, it is jivātmā. When it knows its own Self, it is Paramātmā.”

Pānduranga said, “Then I will know my Self, father. I will not desire to live. I will realize my Ātmā, Paramātmā!”

Father said, “Alright, alright, son! Now stop asking questions. You ask too many.”



Thus, at the age of one and a half years, Pānduranga got the mantra and began chanting. He continued it even while going to school. When he was in the 4th standard, the

teacher said, “Tomorrow you must come well-dressed in good clothes and a necktie.”

Pānduranga stood up and asked, “Why should we wear a tie?”

The teacher said, “Tomorrow, an English officer is coming for an inspection.”

“If he is coming, let him come. I will wear my clean clothes as usual. Why should I act just to please him?”

Why Brahmacharya Is Absolutely Essential?

— Swami Sivananda Ji

Brahmacharya is the vow of celibacy in thought, word, and deed. It means control of not only the reproductive *indriyas* but also control of all the senses. The practice of *brahmacharya* gives good health, inner peace, strength, peace of mind, and long life. It augments strength, vigour, and vitality. It gives power to face difficulties in the daily battle of life. It is the life-force. *Brahmacharya* is the basis of attaining immortality. It brings material progress and psychic advancement. It gives tremendous energy, gigantic will-power, bold understanding and retentive memory.



Bright Youth

What is the state of your mind when you attend a ball or dance, or when you read an interesting novel (say 'Mysteries of the Court of London')? What is the state of your mind when you visit sacred places or temples, or when you study soul-elevating scriptures of your religion? Compare and contrast your mental states. There is nothing so utterly ruinous to the soul as evil company. One should not even think of stories of women, the luxurious ways of the rich, nor rich food, silk clothing, flowers, scents, etc., because the mind gets easily excited. The mind will try to imitate the ways of the rich and luxurious. Desire will crop up. Obscene pictures, vulgar words, and novels which deal with love stories excite passion and produce ignoble, mean, undesirable sentiments in the heart.

Whereas the sight of the picture of the Lord and hearing the scriptures induce noble sentiments, holy thrill in the heart, and produce tears of joy and *prem*, and elevate the mind instantaneously.

Lead a well-regulated life. Moral strength is the backbone of spiritual progress. Ethical culture is of paramount importance. Have perfect control of all the senses. Give up meat, drink, scents, liquor, contact with females, all acts of violence, gambling, gossip, telling lies, looking at females, hitting on each other, and sleeping with others. A student should never, even in dreams, let go his *virya* (semen).

College students of the present day do not possess self-control. (They indulge in sex with their boyfriends and girlfriends.) Luxurious living (watching pornography on the Internet), and self-indulgence begins from their very boyhood. Arrogance, impertinence, and disobedience are deep-rooted in them. Fashionable dress, undesirable food, bad company, and frequent attendance at theatres and cinemas, have rendered them weak and passionate. Modern civilization has enfeebled our boys and girls. They lead an artificial life. Cinemas, (social media, smartphones, Internet), etc., have become a curse. Nowadays, in cinemas, vulgar scenes and immoral plays are enacted even when the films depicting stories from the Mahābhārata and Rāmāyaṇa are shown.

Kundalini Yoga bestows divine bliss and Moksha

(You read in the previous issue 370, how the awakened kundalini purifies the body. **Continued further...**)

When the Kundalini is awakened, all the nāḍis are blocked, and the nine types of vital air that differ in their functions and adjuncts, viz., Apāna, Vyāna, Udāna, Samāna, Nāga, Kūrma, Krukal (Krukar), Devadatta, and Dhananjaya disappear and the functions of the body like, breathing, sneezing, yawning, belching, hunger, thirst, digestion of food and water, excretion of faeces and urine, etc., cease. The Iḍā and Pingalā nāḍis flowing through the left and the right nostrils merge into one, and the three knots, viz., Brahmagranthi, Vishṇugranthi, and Rudragranthi located at the heart, throat, and the space between the eyebrows, respectively, open, and curtains of the six chakras, viz., Mulādhār, Swādhishthān, Maṇipur, Anāhat, Vishuddhākhyā, Ājnā, and Sahasrār, open out.

Then, the vital airs passing through the right and left nostrils, which are likened to the Sun and Moon respectively, fade to the extent that even a flame will not flicker by them.

At this time, the activities of the intellect cease altogether, and the smelling power, which remains in the nose, enters the Sushumnā along with the Kundalini.

Just then, the lake filled with the nectar of the seventeenth phase of the Moon, located in the upper region of the body, slowly gets turned on one side, and pours

the nectar into the mouth of Kundalini. This nectar running through the Kundalini vein spreads throughout the body and gets absorbed, wherever she spreads out, along with the vital air. As in a heated mould, the melted wax pours out (when molten metal is poured in), and only the metal shape remains, having taken on the form of the mould, so there incarnates the seventeenth phase of the moon, namely nectar in the form of the body, with only the skin covering it all around.

As the sun remains concealed under a veil of clouds, but when they pass, its light is beyond bounds, so the dried

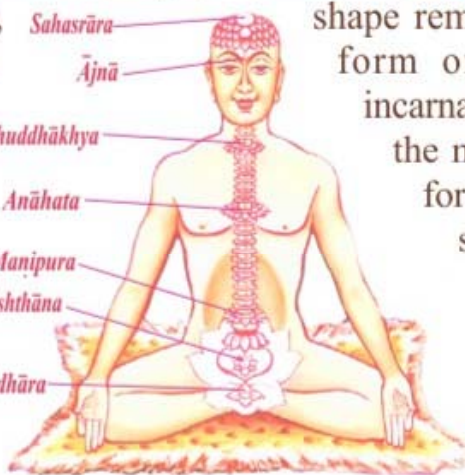
surface of the skin flakes off as the husks are shed from grain.

Then the brilliance of the different parts of the body, begin to shine like the form of the pure, spotless crystal or the blossom of the germinated jewel seed, or it appears as if, the body is made out of the colour of the sky at sunset, or as if it is a spotless image of the brilliance of the internal light of Self. (To be continued...)

Four Ambrosial Hours

— Pujya Bapuji

The most meritorious period is when we have *darshan* of a great man who knows Brahman. The second meritorious period is when we get a chance to hear experiential words spoken by Him soaked with His realization. The third meritorious period is when we reflect on His words, and the fourth meritorious period is when we abide in That.



Tulsidas' Ramayana Changed the Heart of a padre

During British rule, Reverend A. G. Atkins was a missionary sent from England to India to convert Hindus to Christianity. He was assigned the regions of Uttar Pradesh and Bihar. He wrote to the Bible Society: "The Tulsi Rāmāyaṇa is the Bible of North India." An order came: "Make people give up the Tulsi Rāmāyaṇa and teach the Christian Bible."

He thought, 'First I will learn the virtues and faults of the Rāmāyaṇa to criticise it on that basis, and then uproot it and teach Hindus the Bible.' He went to Kāshi and learnt Hindi and Awadhi, and read the Hindustāni Bible—that is, the Tulsidās' Rāmāyaṇa. He kept reading and noting negative points for criticism. Then he thought, 'If I criticise it, people may not take it seriously—they may say a naïve or inferior person has criticised it. First I will build my reputation, then I will criticise.'

He began rendering the dohās and chaupais of Tulsidās' Rāmāyaṇa into English verse. When the Bāla Kānda was complete he thought, "If this gets published, people will praise me. Then, when I criticise, they will say an authoritative scholar is criticising, not an ignoramus."

He showed his translation to India's freedom fighter, Purushottamdās Tandon. He liked it very much. He took it to Gāndhiji. When Gāndhiji read the English translation, he started shedding tears profusely. He said, "You have done a

wondrous job. What no one has been able to do until now, you have done. You may be a Christian padre, but your contribution to literature will be considered very great. Continue this translation work; do not stop."

While translating, when the padre had completed half the translation of Tulsidās' Rāmāyaṇa, he wrote to the Bible Society in England, "I began to read the Rāmāyaṇa with the intention of criticising it for propagating the Bible, but I have been so overwhelmed by Tulsidās' Rāmāyaṇa that you may keep your Bible with yourself; I have become a follower of Tulsidās. This text is a mine of virtues.

Verse after verse, line after line, it is full of virtues. It will not be possible for me to leave such an excellent volume. I have found the guide of my life."

On the day the translation was finished, Rev. A. G. Atkins made a request to Tulsidās, mentally: "Tulsi Bābā! People perform the Navāh pārāyaṇ (nine-day recitation) of the Rāmāyaṇa, some do a month-long pārāyaṇ. I have performed the pārāyaṇ of your work for twenty-five years of my life. Today I am so delighted and exhilarated—I have never found such joy in life. Today I have completed the best work of my life. Bābā! At the completion of a pārāyaṇ, one offers flowers, a garland to the shāstra. What should I offer you? Tulsi Bābā! I offer you my countless salutations!"

The padre went to prostrate himself, but he offered the flower of his life





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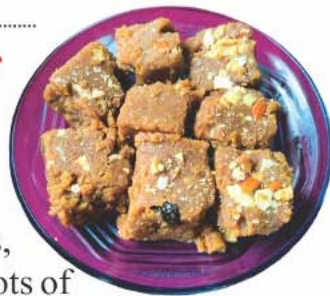
Omkar Wall Tiles

Omkār-printed wall tiles installed at Pujya Bapuji's residence are very impressive. So that everyone may receive their benefit, these attractive and inspiring Omkār tiles that bring good fortune, prosperity and peace been made, so you too can install them in your home or office (do not install them on the floor). This will effortlessly increase happiness, peace, joy, and cheerfulness, life-energy, and health-power. You will make worldly and spiritual progress. (Read more about the glory of Omkār on page 30.)

Methi Paak: A Nourishing and Strength-promoting Preparation for Winter

It has been prepared in the sacred atmosphere of the Ashram using many nutritious, strength-promoting and healthy ingredients. As well as being delicious, it is also useful for storing energy and strength for the whole year. It promotes strength and nourishment, strengthens muscles, bones, joints, and the waist, and is an excellent destroyer of *vāta*. It also strengthens the roots of the teeth and hair. If taken one month after childbirth, it increases milk production, which becomes especially nutritious for infants.

Note: Pure ghee worth ₹1650 per litre from the Gaushālās of Sheopur and Newai has also been added to this Methi Pāk. Volunteers who buy a large quantity of this pāka for mass distribution will also get 5% commission. It may be obtained from the Satsāhitya Sevā Kendras at the main Sant Shri Asharamji Ashrams and from the Ashram eStore (download the "Ashram eStore" App).



Dates: Health boosting and rich in nutrients

Dates pacify *vāta* and *pitta*, and radically cure 140 types of disease. Dates contain carbohydrates, protein, calcium, potassium, iron, magnesium, phosphorus, fibre, etc. Give instant energy and agility; increase blood, muscle mass, semen, and lustre. Cure constipation and strengthen the heart and brain. Dates can be consumed throughout the year.

Brahma Rasayan: An Excellent Rejuvenator That Increases Life-Energy

Its consumption removes physical debility and brain debility, and increases longevity, strength, radiance, and memory power. It cures diseases such as cough, asthma, tuberculosis, constipation, etc., and develops sustained strength in the body. Being an excellent rejuvenator, it enhances Life-Energy.



₹ 600
500 gm

Prepared from Desi cow ghee, *āmlā* and many medicinal herbs

Chyavanprash / Special Chyavanprash

Enriched with saffron, Makardhwaja, and silver

* It promotes the memory, strength, intellect, health, longevity, and efficiency of the senses. * Increases immunity, eyesight, and agility. * It 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 that originate from *Vāta* and *Pitta*, as well as for weak individuals.



₹ 225
1 k.g.



₹ 300
1 k.g.
₹ 160
500 gm

The above-mentioned products may be obtained from Sant Shri Asharamji Ashram stalls or service centres of the Samitis. For information about other products and their detailed benefits, etc., and to receive products by registered parcel, please download from Google Play Store: "Ashram eStore" App or visit: www.ashramstore.com or contact: 09428857820. E-mail: contact@ashramstore.com



Pujya Bapuji's Self-Realization Day celebrated exuberantly

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Ujhani (U.P.)



Janakpur (Nepal)



Panched, Dist. Ratlam (M.P.)



Gondia (Mah.)



Varanasi



Aligarh (U.P.)

Shraddha also performed for the martyrs along with ancestors on Sarva Pitri Amavasya



Ahmedabad



Raipur (C.G.)



Alandi, Dist. Pune (Mah.)



Surat



Patna



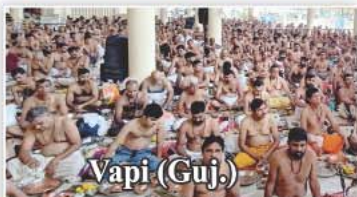
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Bengaluru



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Rishi Prasad



Rishi Darshan



Lok Kalyan Setu

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