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# RISHI PRASAD

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According to Padma Purana, “Tulsi, when seen, destroys a multitude of sins; when touched, purifies the body; when saluted, removes disease; and when watered, frightens Yama.” – Pujya Bapuji

**A festival that bestows purity, health, and prosperity.**

Inspired by Pujya Sant Shri Asharamji Bapu

Read page 11

**Tulsi Worship  
Day**

**25<sup>th</sup>  
December**





# The Saints' Community and Eminent Personages

proclaim Pujya Bapuji's innocence and His need in society.



Shri Ravindra Puri



Shri Govindadev Giri



Shri Nrityagopal Das



Shri Umakantanand



Shri Riteshwar Maharaj



Dr. Subramanian Swamy



Shri Harishankar Jain



Acharya Kaushik



Shri Devkinandan Thakur



Shri Ramvilas Vedant



Shri Satyatmananda Giri



Shri Jayant Athavale



Shri Ashwini Upadhyay



Shri Bhaktanandahari



Shri Lakshmandas



Shri Ramkamaldas Vedant



Shri Jitendra Das



Baba Kalyan Das



Shri Vishnushankar Jain



Kirti ji Ahuja



Shri Vigyananand ji



Shri Vishweshwaranand Giri



Shri Chandreshwar Giri



Shri Atmanand Giri



Shri Kamaldas



Shri Dhananjay Desai



Dr. Radha Giri



Shri Kamalnayandas



Shri Vedanand Giri



Shri Anandswarupaji



Shri Krishna Puri



Shri Avadhesh Gupta



Shri Atul Krishna Maharaj



Shri Maheshwarananda Puri



Shri Raghavananda Das



Shri Sudarshanacharyaji



Shri Gyandev Singhji



Shri Hemant Kashyapji



Shri Dharmendra Bhavani



Shri Pradipbhai Shastri



Shri Madan Mohan Das



Sai Lal Das



Shri Kriparamji



Shri Pavan Kumar Das Shastri



Sushri Rajshree Chaudhary



Shri Milind Ekbote

We are not able to publish all the pictures due to lack of space.



# Uttarayana gives a message: lead your life towards Awakening

The festival of Makar Sankrānti falls on 14<sup>th</sup> January. About its significance, Pujya Bapuji's satsang says: Uttarāyaṇa is a natural festival that comes every year on 14<sup>th</sup> or 15<sup>th</sup> January. From the day of Uttarāyaṇa, Bhagavān Sūrya Nārāyaṇa begins to embark on his northward journey from the south. The nights will gradually become shorter and the days will become longer. Just as the sun leaves the South and travels northward, his movement becomes more *sāttvic*: in the same way, when you turn your life from a downward journey to an upward journey, your actions and even the noble activities inspired by your mere presence, will become auspicious and beneficial for your family members, your neighbours, other people, and the world.

## A festival for doing charity and taking a holy bath

The righteous deeds performed on this day become more fruitful. The scriptures state that one who does not do charity, japa, and bath on this day is bound to suffer from disease and poverty in the next seven lives. On this sacred festival, we should bathe the body in water and also rejoice in praying to the divine, loving the divine, and experiencing divine joy. Whoever uses sesame in the following six ways on this day attains the desired fruits in this world and the next: Taking a bath with water mixed with sesame seeds after applying unguent made of sesame seeds; performance of Tarpana and Havan with offerings of sesame seeds as oblations; donation of sesame seeds, and eating food containing sesame seeds. However, remember: it is forbidden to eat sesame or food prepared with sesame oil after sunset.

## Special Sūrya Mantra

At sunrise, have darshan of the rising red sun, meditate on Him with your mind, and repeat the mantra:

ॐ हां ह्रीं सः सूर्याय नमः ।

*Om hrām hrīm saḥ Sūryāya namaḥ.*

Then see how He gives joy to you. Bhagavān (Krishna) says: “Having become the sun, I give joy and light. Having become the moon, I nourish all herbs. Having become the āchārya (spiritual teacher), I impart knowledge.”

Repeat this mantra, and you will immediately taste the bliss-nature and the consciousness-nature of God. Before beginning the japa, perform the *viniyoga* of the mantra:

‘अथ सूर्य मन्त्रः, ब्रह्मस्वरूप छन्दः, ब्रह्म ऋषिः, ब्रह्मस्वरूप भगवान् सूर्यनारायण देवता, अन्तर्यामी प्रीत्यर्थे, आत्मानन्दप्राप्ति अर्थे जपे विनियोगः ।’

*‘Atha sūrya mantra, brahmasvarūpa chhandah, brahma rishih, brahmasvarūpa bhagavān sūryanārāyaṇa devatā, antaryāmī prītyarthe, ātmānanda-prāpti arthe jape viniyogaḥ.’*

Thus, we do *japa* with the intention of attaining Self-bliss and Self-love.

## Take the benefit of these meritorious acts.

The shāstras say that on the day before the Uttarāyaṇa (13<sup>th</sup> January), one should eat only once, at midday. On Makar Sankrānti morning, one should apply to the body an *ubatan* made of barley, sesame, cow dung, soil from a cow's hoof, etc., or a *saptadhānya ubatan*★ (an unguent made

(Continued on page: 29...)

★ This may be obtained from Satsāhitya Sewā Kendras in the Sant Shri Asharamji ashrams and from the *samitis*.

# Pujya Sant Shri Asharamji Bapu: The Fairest Flower in the Garland of Saints Who Has Realized Brahman

Every human being is striving for spiritual peace. Those who attain Self-realization, the supreme goal of human life, revel in the Supreme Self. There is no duty to be done for those, and there is no work left to be done for those whose very existence is conducive to people's well-being,—such beings are called saints and Mahāpurushas because the Supreme Self is revealed in them. They are called Mahāpurushas because they are always established in the supreme Tattva (Reality)—the Self—abiding in their Self-nature.

The human body in which the supreme Tattva, Atma-Tattva, is revealed is not called an ordinary body. Some address such exalted beings as Bhagawān Veda Vyāsa Ji, as Ādi Shankarāchārya Ji, Swāmī Rāma Tīrtha Ji, Sant Kabir Ji, Pujyapāda Bhagawatpāda Sāin Shri Lilāshāh Ji Mahārāj.... Not only do their bodies become sacred, but even the inanimate objects that come into contact with them—such as their clothing, sandals, and other belongings—are considered worthy of worship.

This Earth—especially this sacred land of India—has been supremely blessed, for from ancient times until today, such divine saints have continued to incarnate here. The succession of divine saints incarnating in India has not been interrupted, even in this modern age. It is our good fortune and that of mankind that even today, this land

of penance, Bhārat, is not bereft of such great saints.

Pujya Sant Shri Asharamji Bapu, is a fully blossomed, fragrant, and radiant flower in the charming garland of saints. Pujyashri is a fountain of immeasurable spiritual love. There is always an aura of spiritual love around Him that makes devotees who visit Him express the sorrow, grief, and worry that has been repressed in their hearts for years, without any hesitation—thereby getting relief. Some people say, “Bapuji! We don't know

what magic spell you possess, under the influence of which we simply cannot help returning to you time and again.”

Pujyashri says, “My dear brethren! I have no

magical power, nor any secret mantra. I have the very same enchanting mantra that Sant Tulsidāsa Ji, Sant Kabir Ji, and the likes had; and that **enchanting mantra is unselfish love...**

This is all about that mantra. Everyone longs for love. I shower that love on people. I have already given away all my possessions and belongings, whereby I have been blessed with such an inexhaustible wealth of love—‘the wealth of Self-realization’. However bountifully showered, it is not exhausted, nor expended. With their selfish expectations people love others, but that's not the case with me; I have no selfish interest. I have merged all of my selfish interests into



## A festival that bestows purity, health, and prosperity

“*Tulsi Worship Day*” is a gift given to society by Pujya Bapuji for uplifting all beings. Like a mother, *Tulsi* protects and nourishes us. Through worshipping, consuming, and planting *Tulsi*, one receives not only health benefits and economic gain but also spiritual benefits. The benevolent objective of this festival is to bring happiness, harmony, health, and peace to society and make people’s lives happy.

### **The importance and necessity of Tulsi** **Ayurvedic importance:**

In the *Charaka Samhitā*, it is written that: “*Tulsi* (holy basil) pacifies *kapha* and *vāta*, and cures poison, asthma, cough, and eliminates bad breath.”

In the *Bhāvaprakash Nighantu*, it is stated that *Tulsi* leaves contain about 0.7% volatile oil, which helps as a cough expectorant, anti-pollutant, and insect repellent.

### **Scientific importance:**

According to scientific research, ‘*Tulsi* leaves contain a compound called eugenol, which is antibacterial, antiviral, and anti-stress. It boosts the immune system of the body and protects the cells from damage. *Tulsi* helps reduce stress, anxiety, and depression.’

In human clinical trials, it has been found that ‘*Tulsi* helps lower blood glucose levels, improves blood pressure and lipid profile, and is beneficial in diabetes.’

One study shows that the ‘*Tulsi* plant helps destroy harmful bacteria and viruses

present in the air. The oxygen produced by *Tulsi* purifies the air and benefits the respiratory system.’

### **Spiritual significance of Tulsi**

In the book “*Vratarāj*” it is mentioned that Bhagavān Shri Krishna said, “Salutation to that *Tulsi* which, when seen, destroys a multitude of sins; which, when touched, purifies the body; which, when saluted, removes disease; which, when sprinkled, frightens Yama; which, when planted, bestows the vicinity of Lord Krishna; and when placed at His feet, gives the fruit (in the form) of salvation.”

Shri Sanaka ji says: “Service to the *Tulsi* plant is difficult to get; intimate contact with saintly people is also inaccessible; but the merciful nature with all living beings may be easy to some.”

### **(Nārada Purāṇa)**

Bhagavān Nārāyaṇa said, “O sage, this goddess cannot be compared with flowers nor other goddesses. Since, she happens to be the most sacred one, she has been given the name of *Tulsi*. She is held in high esteem, fulfills all wishes, and purifies the universe. She is a *jivanmukta* (liberated while living). She frees one from the cycle of birth, grants salvation and devotion to Lord Hari.”

### **(Brahmavaivarta Purāṇa)**

Brahmā ji said, “Those excellent men who grow a *Tulsi* grove that is destructive of all sins and always grants all desired





## Then, Bapu will come to your home every month

Under the auspicious patronage of Brahmavettā Sant Pujya Bapuji, the light of Brahma-jnāna and Sanātan culture is spreading across the world today. Its principal media are the *Rishi Prasad* magazine and the *Rishi Darshan* video magazine.

Pujya Bapuji launched the *Rishi Darshan* video magazine on Uttarāyaṇa (Makar Sankrānti) in 2012. That is why the day of Makar Sankrānti is also celebrated as ‘Rishi Darshan Jayanti’.

*Rishi Darshan* is a simple and accessible means of spiritual guidance for *sādhakas* and inquisitive aspirants of Self-knowledge. It enlightens society about Dharma, culture, yoga, and easy ways to live a peaceful life, as well as practical solutions to current social, religious, family-related, and health-related problems. Not only does it spread spiritual knowledge, it also inspires people to join philanthropic activities and to remain connected to their cultural roots.

The very name *Rishi Darshan* is filled with divinity. The word *darshan* here embraces both its empirical and spiritual meanings. The viewers of *Rishi Darshan* get a rare, golden opportunity of having darshan of Pujya Bapuji, a great Rishi of the modern age, along with hearing satsang discourses on the Vedānta—the highest darshan of Sanatan Dharma, Yoga darshan, and Bhakti darshan. One should not consider it merely a video magazine. It is, in fact, the living expression of the words of sages (Rishis),

the realizations of SatGurus, and the experiences of *sādhakas*.

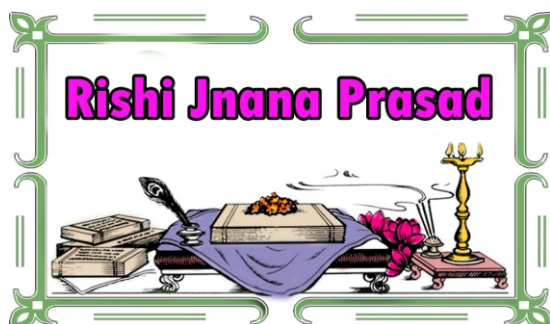
### The Anniversary’s Message

From Uttarāyaṇa onward, the sun begins to move northward; this is symbolic of the ascent to knowledge and light. It was on this very day that *Rishi Darshan* started. This day reminds us that the goal of our life is to turn from darkness toward light, from inertia toward consciousness.

Pujya Bapuji’s sacred words of blessing about *Rishi Darshan* are: “Just as *Rishi Prasad* is home delivered to *sādhakas* every month, so too *Rishi Darshan* is delivered every month. First, it comes to me for review and if I feel there are any necessary changes, I have them done.

Subscribe to it, and you will receive satsang at your home. Bapu will come to your home every month. When you see its contents, you will feel immense joy. Compared to reading, watching is more delightful. A single video magazine, *Rishi Darshan* can inspire the entire family and neighborhood to follow the saints’ messages in their lives by showing sublime and uplifting scenes.”

Come, on this sacred festival, let us all take a resolve: “We will follow the messages of *Rishi Darshan* in our lives, we will light the lamp of satsang in every home, we will revive India’s Rishi-culture, and we will completely shatter the designs of those who seek to destroy Sanātan Dharma.” ○



**Rishi Darshan Jayanti – Special, 14<sup>th</sup> January**



# For Students



## An Ungrateful Slanderer digs his own grave

There is a story in the Mahābhārata. Grandsire Bhishma said to Yudhishtira, “In a forest uninhabited by human beings there lived an ascetic (Muni) with his senses under control. Besides having attained *Siddhis*, he was established in *Sattva Guna*. He understood the cries and voices of all animals and even their thoughts. Fierce lions, tigers, leopards, bears, elephants, etc. also would come to him. All of them sat before him as if they were his disciples. A dog was so devoted and attached to the sage that it never left his company.

One day, a leopard came to prey upon the dog. The dog said to the Muni, “My lord! This leopard wishes to kill me. Act in such a way that your grace dispels all my fears from this animal.”

Muni said, “Thou shalt have no fear of death from leopards any longer. Let thy natural form disappear and be thou a leopard, O son!” The Muni transformed the dog into a leopard; whereupon the other leopard forsook all feelings of animosity towards it.

One day, a hungry tiger chased the leopard. He again sought the Rishi’s protection. This time the sage transformed him into a tiger so the other tiger could not kill him.

Another day, the tiger saw an infuriated elephant coming towards him. The tiger, agitated with fear, again took refuge of the Rishi. The Rishi transformed the tiger into an elephant. The real elephant became terrified and ran away.

After some days, a maned lion arrived

and again the elephant, for fear of its life, began to tremble and took shelter of the sage. The sage transformed the elephant into a lion. Seeing it, the wild lion became terrified.

One day, there came a *Sharabha* –the killer of all animals, having eight legs and eyes on its forehead. Seeing the *Sharabha*, the lion trembled with fear and sought the protection of the sage. The sage transformed his lion into a *Sharabha*. Beholding the Rishi’s *Sharabha*, the wild *Sharabha* became terrified and quickly fled.

The *Sharabha* lived happily by the side of the Muni. One day the *Sharabha* thought: ‘I have obtained the rare body of a *Sharabha* merely by the resolve of the Muni. There are other deer and birds, which are also terrified of fierce animals. What if this Muni feels pleased to give even them the body of a *Sharabha* like me? Before this sage gives any other animal such power, I better kill him.’

Possessed of great wisdom, the sage, having ascertained the intention of the ungrateful beast, said, “Filled with affection for thee, I did not abandon thee, though born in the lower species of dog. Since, however, O sinful wretch, thou desirest to kill me, thou shalt return to thy own species, and be a dog again.”

After this, the mean and foolish animal with a wicked soul, which had been transformed into a *Sharabha*, once again took on its original form of a dog due to the Rishi’s curse. The Rishi, reproving him, drove the sinful creature out →

## India demands strict action against those involved in anti-Hindu activities.

Indian culture affirms generosity and tolerance, but it also teaches us to resist with strength and wisdom, evil attempts made by someone who tries to suppress truth on the strength of falsehood, and mislead society.

Recently, a shocking incident surfaced in California (USA). The main gate of a Hindu temple was defaced with anti-India graffiti, “Down with Hindustan!” by unidentified individuals. Hindus living in India and abroad—as well as the Government of India—strongly condemned this and demanded strict action against those involved. Local authorities have begun an investigation, treating it as a hate crime.

In Toronto (Canada), during Lord Jagannath’s Ratha-yatra celebration, certain self-serving elements shamefully threw eggs at Hindus. Devotees protested against the violation of their religious rights. India’s Ministry of External Affairs said, “Such despicable acts are regrettable and go against the spirit of the festival, which promotes unity, inclusivity and harmony.”

Some years ago, in the UK’s West Midlands, a school—following protests by the Indian diaspora—had to remove from its website a book that stated: “Some Hindus have turned to terrorism to protect Hindu beliefs.”

People of other creeds sometimes fall into the error of thinking, “Only our religion should be universally accepted.”

and they distort the tenets of Hindu Shāstras, declare our symbols and traditions to be myths, and mislead society by branding Hindus as superstitious or extremist. It is such misleading propaganda that gives rise to these hateful incidents.

### Cultural News

Fanaticism of the followers of other religions will benefit neither them nor their allies. The welfare of society can be achieved only by accepting the truth. And the truth is that Sanātana Dharma is the auspicious Divine Law, beneficial to all creatures. Germany’s scholar and noted writer, Hans Torwesten, after studying Indian philosophy, wrote in his book *Vedanta: Heart of Hinduism*: “The founder and foundation of the Vedas and the Upanishads is the Brahman itself, is what is indestructible and timeless. *The Upanishads* are indeed thoroughly suffused with the spirit of transcendence.”

Our culture states:

सर्वस्तरतु दुर्गाणि सर्वो भद्राणि पश्यतु ।

सर्वः सद्बुद्धिमाप्नोतु सर्वः सर्वत्र नन्दतु ॥

*“May all overcome their adversities (problems). May all see auspiciousness. May all attain proper awareness. May all rejoice everywhere and always.”*

‘May we all cross beyond our narrow circles, our belief systems, and our notions. May we all see auspiciousness. May we all gain pure intellect and right understanding, get repose in the Truth-nature, the Supreme Self, and rejoice

(Continued on page: 26...)



# Busting an Illegal Religious Conversion Network Fuelled by Foreign Funding

Foreign funds pumped into India amount to crores of rupees. These forces aim to keep Hindus fighting among themselves and sow the seeds of hatred against temples and sacred symbols of Hindu Dharma in their minds to ultimately push mass conversions through deceit and allurements.

These foreign anti-Dharma forces use a handful of selfish,

ungrateful Hindus as pawns in a global game to uproot Hindu Dharma.

Recently, the Uttar Pradesh Police busted a large scale inter-state illegal religious conversion racket during the probe for two missing sisters. It was uncovered that this group was entrapping women through 'love-jihad' and forcibly converting them to Islam, supported by massive foreign funding from the US, UK, Canada, and Dubai. Ten members from six states have been arrested by police.

The work done through foreign funding is no different from the British colonial strategy— “divide and rule” — a weapon once used to conquer and control India. According to an article published in *Rising Kashmir*, ever since the British set foot on Indian soil, they discovered one truth that helped them govern a vast and diverse land with a small foreign elite. India could not be conquered by force alone, but it could be controlled by division. What started as a commercial enterprise of the East India Company soon became an empire built on fracturing Indian society along with caste, religion, language, and region.

The British strategy to rule Hindus by keeping them fighting among themselves indicates their selfish mentality. The objective of the past and present powers carrying out religious conversion has been to attain power, wealth, etc., to get happiness through this means, but happiness is

obtained only by those who understand the fact that our good lies in the

good of others and our harm lies in the harm of others. Those who cause pain to others are bound to suffer pain in the future. And the happiness one experiences in the present is illusory and false.

In the words of Pujya Bapuji, “Those who wish to break undivided India desire us to keep fighting among ourselves. But our spiritual wisdom reminds us:

तुझमें राम मुझमें राम सबमें राम समाया है ।  
कर लो सभीसे स्नेह जगत में कोई नहीं पराया है ॥

*Rama is in me, Rama is in you, Rama is in everyone, love everyone, no one is a stranger in the world.*

Foreigners apply the wrong strategy of divide and rule, sow discord amongst Hindus, incite them to fight with one another, and defame Hindu organisations. Those who desire to rule the Hindus by dividing them and proselytizers have created a gulf between the sadhus-saints and police, and between Hindu organisations and the media. They become successful only when various sects of our religion, culture, and country start fighting amongst themselves, overcome by self-interest. We should not fight with one



# Healthy Recipes for Strength in Winter

In winter, the digestive power is strong. Therefore nutritious food consumed during this season gives vigour and strength to the body required throughout the year. Let us know simple recipes to improve health in this season.

## Energy-boosting diet:

An excellent source of energy boosting is eating *Rotis* prepared from pearl millet flour mixed with sesame seeds with old jaggery (gur)\* and ghee\*. Pearl millet, jaggery and sesame seeds are rich sources of iron and calcium.

## Nutritious breakfast:

Soak overnight in water one bowl of the mixture of chickpeas, Mung beans, and Moth beans (*Phaseolus aconitifolius*) along with a handful of peanuts and a spoonful of sesame seeds (preferably black sesame seeds). In the morning, add salt and boil it. Add chopped green coriander, spinach, and cabbage together with grated beetroot, radish, and carrot. Sprinkle some black pepper powder over it, and squeeze a lemon. Breakfast is ready for four people. Eat it with good mastication. This breakfast replenishes various minerals, protein, vitamins, and calories. Those who are over sixty and who have weak digestive power should not consume this breakfast.

## Nutritious Laddoos:

Eating Laddoos prepared from mung dāl (yellow split mung beans) in winter increases red blood cells. It is energizing and semen-promoting, too.

## Dates pudding (Khajoor Kheer):

**Benefits:** (1) It helps gain weight and increase strength. (2) It strengthens the

stomach. It is beneficial for diseases like dry cough, tuberculosis, etc. (3) It greatly helps in debility caused by nocturnal emission and various diseases, weakness of the heart, and anaemia.

**Recipe:** Soak 5–7 dates\* in water overnight. In the morning, remove the seeds and mash the dates in the same water. Mix them with 200 ml of milk and boil on a low flame. You may add

cardamom and 1-2 peeled soaked almonds overnight. This is an affordable, strength-giving preparation with all qualities.

## Other recipes:

\* Wash 4-6 dates thoroughly. Soak them in water overnight and eat in the morning. If possible, take them with cow's milk or ghee\*. This promotes strength and semen.

\* Consuming 3-5 grams of Shatāvri\* (*Asparagus racemosus*) powder mixed with milk helps emaciated persons, particularly women, become healthier and well-nourished in just a few days. This powder also invigorates and strengthens the ligaments and tendons.

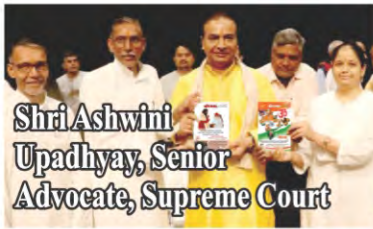
\* Mix Ashwagandhā\* and āmlā powder\* in equal quantities. Taking 4-5 grams of this mixture in the morning and evening strengthens the body tissues, bones, teeth, and hair. This remedy is beneficial for weakness caused by nocturnal emission, leucorrhoea, polyurea, and diabetes mellitus.

\* Mix 2 grams of Ashwagandha (*Withania somnifera*) powder\*, 5 grams of powdered mishri (sugar candy), half a teaspoon of honey\*, and one teaspoon of





# Receiving the Glorious Culture Special Issue



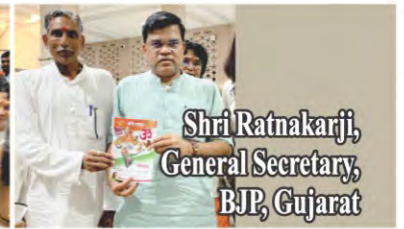
Shri Ashwini Upadhyay, Senior Advocate, Supreme Court



Shri Ashokbhai Raval, General Secretary, Gujarat unit VHP and Shri Ashwinbhai Patel, Secretary North Gujarat Region, VHP



Shri Jagdishbhai Vishwakarma, President, BJP, Gujarat



Shri Ratnakarji, General Secretary, BJP, Gujarat

## Virtuous souls resolve to send Vedic Wisdom to society, through Rishi Prasad



Chandigarh



Saharanpur (UP)



Kathua (J.&K.)



Dinanagar (Punjab)



Dehradun (UK)



Sitamarhi (Bihar)



Golwan (HP)



Mala Worship and R.P. meeting (Nashik)



## House-to-house distribution of calendars 'Divya-Darshan' Campaign (2026)

### Indian Chaitri Calendar

Vikram Samvat 2083 (Calendar Year 2026-27)

In this, calendar in which begins with the lunar month of Chaitra month, you will find meritorious days and festivals along with information about the five limbs (angas) of almanac (panchānga)—lunar day (tithi), weekday (vāra), lunar mansion (nakshatra), combinations of sun and moon positions (yoga), and half a tithi (karaṇa).



Pocket calendar ₹ 3



Karmayoga Diary

First time

All sadhakas should reap the benefits of having wall calendars, pocket calendars, and diaries delivered to every home.

Source: Available at Sant Shri Asharamji Ashram bookstalls and service centres run by sādḥaka families and Shri Yoga Vedanta Seva Samitis. For online orders: [www.ashramstore.com/calendar](http://www.ashramstore.com/calendar) Contact: (079) 61210732 (Sāhitya Department), 61210761 (Yuvā Seva Sangh Head Office)

Note: a single copy of the calendar costs only ₹ 15. Buying 2 calendars gets a discount of ₹ 5, so you pay only ₹ 25 for 2 copies! Upon ordering 250 calendars or more, you can get your name & address, or that of your firm, shop, etc., printed on them. The printing cost per copy is ₹ 13 for an order of 250-999 calendars, and ₹ 12.50 for 1000 calendars or more.



### Dates:

A health booster rich in nutrients

₹ 120  
1 k.g.

### Chyavanprash

₹ 225  
1 k.g.



### Special Chyavanprash

Enriched with saffron, Makardhwaja, and silver

An excellent rejuvenative increasing Life Energy

### Brahma Rasayan



₹ 600  
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](http://www.ashramstore.com) or contact: 09428857820. E-mail: [contact@ashramstore.com](mailto:contact@ashramstore.com)





Watch these three videos and decide for yourself **what the truth is, after all.**



[bit.ly/Kyakiya](http://bit.ly/Kyakiya)



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**All sadhakas and culture-loving people  
should promote these videos widely.**

## Glimpses of Diwali Anushthana and Dhyana Yoga Camp (Ahmedabad Ashram)



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