

## Parents' Worship Day

### 14<sup>th</sup> February



To stop the destruction caused by Valentine's Day, I initiated Parents' Worship Day. However, this alone is not enough. Propagate the glory of self-restraint through education, literature, and mass media on a much wider scale.

- Pujya Sant Shri Asharamji Bapu



# The Diwali of Bapuji's devotees is truly unique in the world!

Walking on the sacred path shown by their Gurudev, the *sādhakas* of Bapuji celebrate *Diwāli* every year, not merely as a festival of lamps, but as a grand celebration of selfless service, sympathy, and good feelings. Reaching out to the poor and underprivileged, they provide necessities of life, and in gloomy hearts they light lamps of hope, enthusiasm, and self-confidence with the nectar of Guru's wisdom and the Divine Name.



We are not able to publish all the pictures due to lack of space. For many more pictures, please visit the website [www.ashram.org/seva](http://www.ashram.org/seva)

# Sacred Message of Pujya Bapuji **A Worldwide Campaign for the Protection of the Wealth of Youth**

## **The Lamp of Self-Restraint Amid a Storm of Infatuation**

What is wrong if one merely looks at someone lustfully; what if one has a chit-chat with someone of the opposite sex; so what if one enjoys a mere handshake with someone of the opposite sex; what is wrong if youths exchange flowers with someone and say, “I love you”? O fools—this will only lead to your destruction! When a boy and a girl indulge in premarital sex, their vital fluid is destroyed, memory power declines quickly, and old age arrives early, and irritability develops. They become victims of sexually transmitted diseases, impotence, depression, and even suicide. They become disrespectful to their parents. Seeing this Western norm destroying the wealth of Indian youth, I became deeply concerned. Like Brahmā Ji, I too dived within, wondering, ‘What could be the solution to this?’ Just as Brahmā Ji immediately found a solution, I too found a way to protect the wealth of the youth, and thus initiated the celebration of ‘Parents’ Worship Day’. Today, the songs of Parents’ Worship Day are being sung in many languages, and many people have benefited from celebrating it.

People of different religions (including believers of Khudā) praise Bābā āshārām—followers of Lord Rāma, Krishna, and Jesus also secretly accept this. I have no opposition or hatred toward Christians, Muslims, or any other race, for that matter. I do not wish harm upon any caste,

individual, political party, or anyone. I want everyone to have the realization of the bliss of ***Satyam-Shivam-Sundaram*** (Truth, Auspiciousness, and Beauty) in their lives.

As a line from Shri Āshārāmāyaṇa imply: ***All He wishes is – May all be blessed with Self-realization.***

## **The Greatest Challenge to Society**

People say, ‘environmental pollution is a major challenge, so-and-so is a major challenge, economic crisis is a challenge or any other crisis, for that matter...’ But

**14<sup>th</sup> February: Parents’ Worship Day**

hey, the greatest challenge is Valentine’s

Day, which ruins the lives of teenagers! Teenagers, boys and girls, were destroying themselves (by indulging in sex) at a tender age. To prevent that destruction, I initiated Parents’ Worship Day. However, this alone is not enough. Propagate the glory of self-restraint through education, literature, and mass media on a much wider scale. Children all over the world are rapidly heading towards ruin. Through smartphones, computers, and laptops, they watch porn websites and blue films; and indulge in activities (that are embarrassing to even speak of) leading to their ruin. Up to 9<sup>th</sup> or 10<sup>th</sup> grade, they perform well in exams, but as they advance, their academic performance significantly deteriorates. Why does this happen? Because by stroking their genitals, they destroy the sexual fluid which nourishes the brain that gives intellectual power. Many teenage girls suffer from leucorrhea, while teenage boys suffer from nocturnal emissions,

# Demands to Ban “Valentine’s Day” are also increasing in Foreign Countries.

In today’s society, various media platforms are promoting unrestrained and unlimited indulgence, pushing humanity towards moral degradation. Adolescents and youth are the most affected in this global inferno of immorality.

Recent data from the World Health Organization reveals that every day, more than 1 million sexually transmitted infections (STIs) are contracted every day worldwide in people 15-49 years old. An estimated 8 million adults between 15 and 49 years old were infected with syphilis in 2022. As of 2019, adolescents aged 15-19 years in low- and middle-income countries (LMICs) had an estimated 21 million pregnancies each year, of which approximately 50% were unplanned, resulting in an estimated 12 million births.

Valentine’s Day and other immoral practices contribute to this epidemic by encouraging immoral sexual relationships. Evil practices like Valentine’s Day act as fuel to the fire by promoting immoral sexual relationships. Voices have been raised, not only in India but also in other countries to impose a ban on Valentine’s Day. In 2025, prior to Valentine’s Day, Bishop Charles Ighele, a prominent cleric, called for a ban on Valentine’s Day celebrations in Nigeria, labelling it a “universal day of immorality.” The celebration of the day inspires sexual feelings in people and spreads sexual entertainment, in order to further institutionalise sex,” the bishop explained.

At present, when the incidence of teenage pregnancy, abortions among adolescent girls, and sexual disease and sexually transmitted infections is increasing, one can imagine how disastrous the situation would become if evil practices like Valentine’s Day were not banned. Such practices are also contributing to the breakdown of families, leading to a rise in care homes for the elderly.

To guide society in the right direction, nineteen years ago, a Self-realized saint, Pujya Bapuji initiated the celebration of

Parents’ Worship Day on 14<sup>th</sup> February, which today has taken the form of a global celebration. On this day, when children worship their parents, beholding God in them, their hearts and the hearts of their parents flow over with bliss, joy, and sweetness of *Sachchidānanda Paramātmā*. This unique festival has infused countless lives with pure love and has reunited many broken families.

For the bright future of coming generations, it is the responsibility of us all to deliver spiritual literature that teaches self-restraint, such as *Divine Inspiration: The Secret of Eternal Youth*—to children, adolescents, and youth, and to promote Parents’ Worship Day, which promotes self-restraint and virtuous conduct. This is a great service to humanity. Those who participate in and encourage others to join this service are true benefactors of themselves, their families, and society.

(Compiler: Aditya Thakur) ○

## International News

# Asharamji Bapu's Contribution to the Protection of Dharma and Culture Is Incomparable: Sant Community



**Mahamandaleshwar Swami Abhayanand Saraswati, President, Akhil Bharatiya Sant Samiti (Uttar Pradesh):**

The Supreme Lord has, from time to time, incarnated in many forms for the protection of Sanatan Dharma. Numerous great souls have appeared on this Earth. In the same sacred lineage, our Sant Shri Asharamji Bapu also has visited this land. He too has carried out many noble works. Unjust people, adopting unethical means, falsely implicated him through fabricated cases and troubled him. But truth can never be defeated. *Satyameva Jayate —Truth alone triumphs.*



**Mahamandaleshwar Arun Giriji, Avahan Peeth, Chief Patron, Hindu Yuva Vahini:** Bapuji prevented religious conversions. Even today, many of Bapuji's initiatives are active across the entire nation.

**Shri Shri 1008 Mahamandaleshwar Swami Lalitanand Giriji,**

**Shri Niranjani Akhara:** Our internationally renowned saint Asharamji Bapu has done numerous works for the nation and for Dharma. I humbly request the Government of India and the judiciary to consider matters related to Bapuji with neutrality and impartiality.



**Nirmal Peethadhisthwar Shri Mahant Swami Gyan Dev Singhji, President, Shri Niranjani Akhara:**

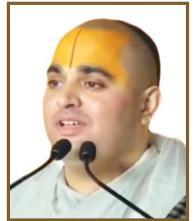
**Panchayati Akhara Nirmal:** Asharamji Bapu is a great luminary of India. He extensively propagated Sanatan Dharma. He established Gurukuls to ensure excellent education for children. For the protection of the nation, the cow, and Sanatan Dharma, great souls have made sacrifices. Among such great men, also stands our Asharamji Bapu.

**Mahant Raghavendradasji, Shri Panchayati Akhara Bada**



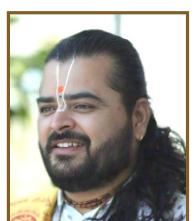
**Udasin Nirvan:** Although attempts were made by selfish powers and politicians to defame Asharamji Bapu, even today society at large respects him, and his glory shall remain forever.

**Sant Gopiramji, Kathavachak, Vrindavan:**



The collective efforts that all saints and speakers are making today to protect the nation, Dharma, and the cow—twenty years ago, saint Asharamji Bapu was doing all of that alone. Even today, despite everyone working together, they are unable to match his contribution.

**Shri Harshad Krishna Pathakji, Nimark Sampradaya:** Who was the first to stop religious conversions? Asharamji



Bapu. He guided the youth onto the right path, ran de-addiction campaigns, and initiated Parents' Worship Day and Tulsi Worship Day. He carried out many philanthropic works. Why was he sent to jail? Because anti-Dharma forces

# The Sacred Message of Puja Bapuji The Great Sacred Observance of Vigil, Japa, and Austerity

## (15<sup>th</sup> February: Special on Mahā Shivarātri)

Mahā Shivarātri is not a festival of celebration; it is a sacred occasion of austerity and spiritual discipline. On this day, keep vigil, engage in japa, and meditate. Observing a vigil throughout the night of Shivarātri—ah!

As the scriptures say,

स्वल्पपूण्यवतां राजन् विश्वासो नैव जायते ।

*“Those with little religious merit do not develop faith (in fasting and observances).”*

Those whose lives lack religious merit do not understand the importance of vows and fasting. Yet even unknowingly, if one remains awake on the night of Mahā Shivarātri, a hunter, Dussaha, was born as King Vichitravirya, and later became Lord Virabhadra, who is worshipped even today. Therefore, earn the spiritual wealth of this sacred day.

The important fact is this: One, not observing the vrata of Mahā Shivarātri incurs sin, but the one observing it develops intellect akin to that of people living in the Satya, Tretā, and Dwāpara Yugas, and gets the same religious merit that was attainable in those yugas. Due to the effect of time (kaliyuga), many devas and deities of pilgrimage places and merits have left earth—but on Mahā Shivarātri, they become fully manifest once again. Hence, observance of the night vigil on this night surpasses all other observances in importance. Keeping a night vigil on this night brings immense blessing into one’s

life, and any virtuous actions performed yield infinite results.

“Shiva” means the One who brings auspiciousness—**Satyam Shivam Sundaram**. He is the embodiment of Truth, Auspiciousness, and Benevolence. On the night of Mahā Shivarātri, all pilgrimage sites and all deities are present upon the Earth. Therefore, minds become noble, peace prevails, and joy abounds.

It is visibly evident that Mahā Shivarātri surely brings joy into the lives of devotees of Shiva. This is due to the influence of special lunar days and festivals. The dialogue between Lord Shiva and Sage Vasishtha is also so powerful that one can attain direct realization of Brahman as clear as the amalak fruit in one’s palm. In the *Shri Yoga Vasishtha Mahārāmāyana*, Lord Shiva said to Sage Vasishtha, “The real God is not the lotus-eyed Vishnu; he is not the three-eyed Shiva; he is not the lotus born Brahmā; and he is not Indra, the king of all devatās (heavenly gods). The Real God is the one who knows Bhutākāsha (physical space), Chittākāsha (the space of the mind), and Chidākāsha (the space of absolute Consciousness). To that Divine Consciousness, I offer my salutations. Only for those who cannot grasp the auspicious nature of That, the worship of form is devised and enjoined. For those who cannot cross a Yojana (about eight miles), it is divided into the bits of Krodas (two miles).”

O Bhole Bābā (Lord Shiva)! What truth,





# For Students



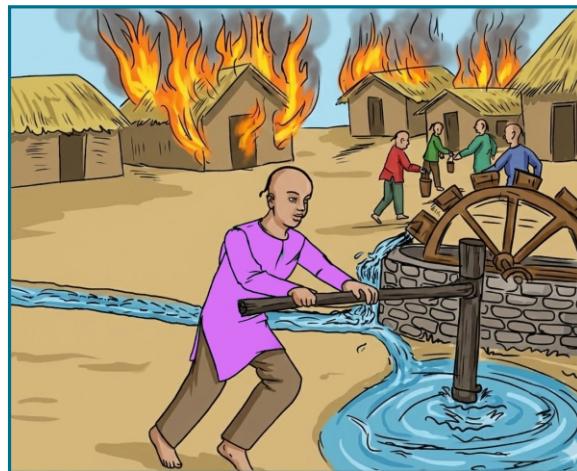
## You can do anything.

– Pujya Bapuji

In Ahmedabad, there is an institution named Sastu Sahitya Vardhak Karyalay, a blessed gift from Bhikshu Akhandanand ji. Who was Akhandanand ji? A student studying in a *gurukul*. The living quarters were thatched huts. The bell would ring, students would go to the Guru's feet, study, and then attend to their allotted work in the ashram. One day, the Guru had gone out to do some work. Because of the carelessness of one of the students cooking in the kitchen, a thatched hut caught fire. At that time, water was drawn from the well by turning a Persian wheel (a Persian wheel method is a partly submerged vertical wheel with buckets attached to the rim. As the wheel is turned by bullocks rotating a geared horizontal wheel, the buckets are filled and emptied into a trough above, which carries the water to crop-sown fields.) The bullock-cart had gone to receive guests, so the bullocks were away. There was no other means of drawing water. One hut caught fire, then the second. The fire was raging.

All the students began to think: "Now what do we do? As the bullocks are not here, we can't use the Persian wheel. How can we get water? How will we put out the fire? Alas, Guruji, what will happen now?"

Just then, a thin, frail-looking student came forward and said, "Why are you all weeping like this? We have a well and a Persian wheel; only the bullocks are missing. Come on, I will turn it."



He went and took hold of the handle of the Persian wheel and began to turn it with full force. He drew water even faster than the bullocks used to. The other students stood agape. He was a thinly built student, but he had strong will-power. He went on turning the wheel and drew a lot of water, and instilled courage into other students.

They poured bucket after bucket on the fire and controlled it. When the Guru returned, the disciples said, "Master, today the whole ashram would have been engulfed by fire! The bullocks were gone; there was a terrible shortage of water."

The Guru asked, "Then how did you manage?"

They replied, "There is a thin student. He turned the Persian wheel."

Guruji said in surprise, "He turned the wheel like that? Where is he now?"

They answered, "Even now, he is turning it, drawing water and storing it."

The Guru went close to him and asked, "Son, what are you doing? How did you manage this?"

The boy replied, "Guruji, I never learnt from you that 'We can't do something.'"

The one thing I learnt from you is, "We have the tremendous power of God within us. Whatever we want, we can do. I grasped this teaching from you. Then I held onto the Persian wheel and turned it—and the water began to flow. That's all."

His body was thin and weak, but when

# Pujya Bapuji Taught Sun-Worship

(Continued from the previous issue 395)

In the previous issue, we learned about the method of offering *Surya Arghya* and related practices. Pujya Bapuji also explains a very beautiful practice associated with *Surya Arghya*:

After offering water to the Sun, take the remaining water (about a sip) in the vessel while gazing at it—one should repeat:

***'Achyutāya Govindāya Anantāya  
Nāma Bheshajāta...'***

Then, assert, 'I am drinking the sacred charaṇāmrita of the Lord,' take a deep breath in, hold it, and while looking into the water, mentally chant 'Om... Om... Om...' for as long as you can hold the breath in. Then exhale. Doing this three times, within three deep breaths, the chanting of Om is completed well over one hundred times. Even though this water appears ordinary, it becomes charged with divine energy—carrying 70,000 Bovis units (a unit for measuring 'Natural Earth Energy'). Scientists state that an ordinary person's "Natural Earth Energy" ranges around 6,500 Bovis, and at most 16,000 Bovis. However, those who worship *Omkar* generate 70,000 Bovis energy in their bodies. Then drink that water. Begin this sacred practice from tomorrow.

## Mantra for Offering Oblations to Sun God

While offering water to Surya Nārāyaṇa (Sun god), chanting the Surya Gāyatri Mantra is considered especially beneficial: '*Om Ādityāya Vidmahe Bhāskarāya Dhīmahi Tanno Bhānuḥ Prachodayāta.*' Alternatively, one may also offer *arghya* by chanting: '*Om Ādityāya Namah, Om Sūryāya Namah, Om Ravaye Namah...*'



By offering *arghya* to Sun-god and praying in this manner, one develops the power of intellect and healing. It is even more beneficial if the sun's rays fall upon the navel during this time. About half a centimetre above the navel lies the solar plexus (Saurya Kendra), which absorbs solar energy and greatly helps in keeping the entire body healthy. A sick person should also practice sunbathing in such a way that the sun's rays fall half a centimetre above the navel for about ten minutes, while asserting, "My healing power is increasing." This strengthens the body's healing power against all disease.

After offering *Surya Arghya*, closing the eyes and meditating on Surya-Nārāyaṇa (Sun god) at the space between the eyebrows (Bhrumadhyā) while chanting *Omkār* holds immense significance. This is because 'Om' is the manifesting word of Supreme Brahman (God). *Omkār* is the origin of the creation. Surya-Nārāyaṇa (Sun god), himself, also becomes competent through the practice of *Omkār* worship. The root of the Gāyatri Mantra is *Omkār*. In '*Om Ādityāya Namah*', Om is inherently present. Lord Surya Nārāyaṇa also continuously traverses the cosmos while being engaged in the worship and chanting of *Omkār*. (To be continued...) ○

## Then the world does not exist

— Sant Ghātwale Bābā

If you do not recognise yourself (Atman), the world will exist and when you recognise yourself, there is no world. The existence of the world is only up to the ignorance of the Self and the Self is the source of the world.

# Safe and Nourishing Remedies for Physical Strength

★ Mix 10 grams each of cardamom and mace powder with 100 grams of powdered almond kernels, and store. Consuming 10 grams of this mixture with cow's butter strengthens the bodily tissues (*dhātus*) and builds physical strength.

★ Mix equal quantities of pure white Safed Musli *Circuligo archioides* (Pushti Kalpa\*) and Ashwagandhā (*Withania somnifera*) powder. Taking one small spoon of this mixture with milk every morning enhances muscle mass, strength, and semen.

★ Mix and store 5 grams of Tulsi seeds with 50 grams of sugar candy. Take 5 grams of this mixture with cow's milk in the morning. This powerful remedy has a remarkable effect in thickening and strengthening semen. Follow this practice for 40 days. Observance of Brahmacharya is essential during this period.

★ Mix 2 grams of Ashwagandhā (*Withania somnifera*) powder\*, 5 grams of sugar candy, 1 teaspoon honey\*, and 1 teaspoon cow ghee\*. Daily morning intake especially enhances blood, muscle, bone, and reproductive tissues, increases physical strength, and



strengthens bones, hair, and teeth.

★ Soak 1 teaspoon of *urad dāl* (split kidney beans) overnight. In the morning, grind finely and mix with 2 teaspoons of pure honey\* and consume. After 1 to 1.5 hours, drink milk sweetened with sugar candy. Practicing this throughout winter makes the body strong, well-built, and increases potency.

★ Eating 5-7 soaked dates in the morning followed by milk, or consuming singhārā (water chestnut) halwā prepared in desi ghee, is nourishing and strengthening for the body.

★ Mix Amlā powder\*, ghee and honey in equal quantities and store. Consuming one spoon daily in the morning increases physical strength, eyesight, potency, radiance, and strengthens bones.

★ Soak 3 tablespoons of broken wheat (daliyā) and 2 tablespoons of poppy seeds (khas-khas) overnight in water. In the morning, cook with milk and sugar candy to prepare kheer. The quantity may be adjusted as needed. This preparation is highly strength-promoting. ○



\* These may be obtained from Satsahitya Sewa Kendras in the Sant Shri Asharamji ashrams and from Ashram eStore (download from Google Play Store: "Ashram eStore" app).

## He gives Himself.

— Shri Ānandamayi Mā



Sit in the venue of great men's satsang-discourses. If a question arises in the mind, ask him. He solves doubts. Just as a tree gives shade

and also fruit, if it is fruit-bearing when we sit under it. It gives fruit means it gives itself. Similarly, when we sit at the feet of a mahātmā, He gives peace as well as Himself. ○

# Chinese Scholars Hailed the Bhagavad Gita

Recently, the Indian Embassy in Beijing organised a cultural and philosophical symposium, where Chinese scholars expressed deep admiration for the *Bhagavad Gitā*. The star speaker, Professor Zhang Baosheng, who has translated the *Gitā* into the Chinese, termed the *Gitā* a spiritual epic and a philosophical encyclopaedia of India, which reveals India's spiritual outlook—its ideas of duty, action, and detachment—which still moulds Indian life today.

Recounting his experiences in India from Cape Comorin (now Kanniyakumari) in the south to Gorakhpur in the north, Prof Zhang said everywhere, he sensed Lord Krishna's presence—a living moral and spiritual idol. He said he saw that the *Gitā* is not a remote scripture but a living influence on Indian psychology, morality, and social life—a “cultural anthropology” of the Indian soul.

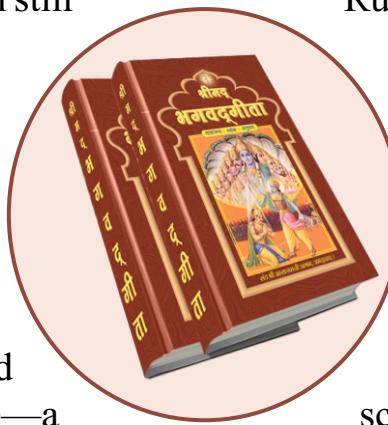
Praising the *Gitā* as “the nectar of wisdom,” Professor Wang Zhi-cheng said, “the Bhagavad *Gitā*, a dialogue from an ancient Indian battlefield over 5,000 years ago, transcended time to answer the anxiety and confusion people face today. Krishna's answers are engraved into the 700 verses of the Bhagavad *Gitā*. These words are not outdated maxims, but ‘spiritual keys’ that have crossed millennia. He outlined the “core” of three “wisdoms to solve life's problems”—which are: Karma Yoga, Sankhya Yoga, and Bhakti Yoga—propounded by Krishna which provide a

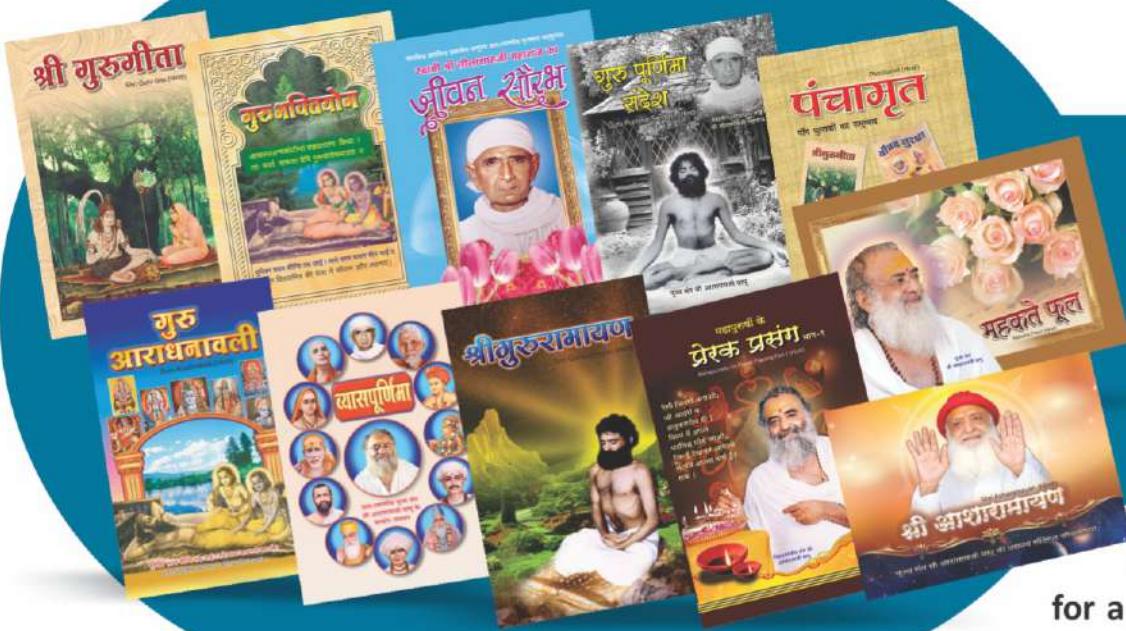
way to deal with the problems faced by the people in the modern world.”

Professor Yu Longyu called upon Chinese scholars to study Indian culture with dedication, to contribute to China's rejuvenation, to India-China harmony, and to peace in the world.

An Austrian spiritual philosopher Rudolf Steiner said, “In order to approach a creation as sublime as the Bhagavad *Gitā* with full understanding, it is necessary to attune our soul to it.”

The profound secret of the scriptures can be understood only through ambrosial words of saints and great souls who have attained the realization of God (in essence). Therefore, if humanity truly wishes to benefit from Vedic wisdom and move from materialism towards spirituality to attain genuine happiness and peace, it must benefit from the Self-realized great men during their lifetimes. At present, Pujya Sant Shri Asharamji Bapu is one such jewel among India's saints, who, through his experience-soaked discourses, has explained the *Gitā* and Vedanta-Jnāna in a lucid and interesting style to people, who put it into practice. Today, even in this terrible age of Kali, millions are treading the spiritual path. Only while saints like Bapuji remain amongst society, can humanity truly receive the benefit of Vedantic knowledge, leading to the real welfare of all beings. Therefore, there should be no delay in the acquittal of such a great man. (Compiler: Vikas Yadav) ○





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# Glimpses of Tulsi Worship programmes held in India and abroad

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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> January 2026



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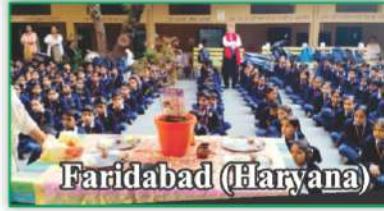
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