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01

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Inspirer ▷ Kailash 'Manav' Editor ▷ Prashant Agarwal English Version ▷ Deepak Gupta Designer ▷ Virendra Singh Rathore



Narayan Seva Sansthan

Sewa Nagar, Hiran Magri, Sec-4, Udaipur (Raj.) 313002 Tel.:+91-294-6622222, 3990000, Mobile: 09649499999 Fax : +91-294-6661030 Web ⊇www.narayanseva.org E-mail ⊇ info@narayanseva.org



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Kailash 'Manav' Founder-Chairman

## **Opportunity of Service** Glimpse of God

The 'supreme being' makes his appearance on several occasions and in different forms during our lifetime. Serve the poor people and you would have a glimpse of them.

nce, God appeared before a prosperous merchant in his dream and said, 'I would make my presence at your place, the next day." The merchant was very glad in the morning, and started preparing to welcome the 'almighty'. The fine attired merchant was himself standing with devotion to feel the presence of God. He was delighted to have a glimpse of God. At that very moment, an injured person appeared and requested the merchant for dressing & binding of his wounds. The merchant said, "I don't have time. God is making his appearance so you may leave for some other place." So, he person left distressfully. Thereafter, a hungry person appeared & requested, him for food. The merchant replied. "God is making his appearance. I would serve you food on some other day." He too left dejectedly. The merchant stood with an empty stomach for the arrival of God, but in vain. So, he went to sleep in the night. God again appeared in his dream. The merchant taunted him, "You didn't make your appearance." The Lord said, "I made my appearance twice, in form of an injured person and a beggar, but you failed to identify me n both the occasions. It wasn't my fault.

### Inspiring Incident



**Prashant Agarwal** President

It's a human tendency to find mistakes within others and to eulogize about himself, but it is not advisable to o so because such people lose their prestige.

nce, a notorious robber went to Guru Nanak Dev and said, "I am greatly concerned for my behavior and evil deeds. I want to improve myself. Kindly bless me with some knowledge so that I may get rid of my bad habits". At this, Guru Nanak said, "Give up robbery and stop telling lies". After some days, the said robber again went to Guru Nanak Dev and said, "Sir! It's not possible for me to do so as I wouldn't be able to foster my family members if I give up smoking. Hence, it's impossible for me to adopt the measures suggested by you. Suggest me some other measure to implement". GuruNanak Dev said, "Execute all the evil deeds that you want to execute, but go to a cross road every evening and make people aware about all your evil deeds". The robber said, "Sir, it is an easy job for me to execute". Next day, he executed the evil deed of stealing. Then, he went to the cross road, but couldn't make the people aware about his evil deeds. He thought "How could it be possible? He said to Guru Nanak Dev, "Sir! The measure suggested by you proved successful. I have stopped telling lies and given up robbery. I am now improved and happy for the same".

### Viewpoint /

# Victory over Life

Every person has to pass through a difficult phase sometime or the other during his lifetime. As a result, he starts thinking that he is loaded with burden and finds it too difficult to bear the same in the long duration. Time may lead him to dejection, but he can overcome this crucial situation with his strong will power.

### 01Prayer/ Meditation

You may remove the feeling of negativity arising during the bad phase of your life through prayer/ meditation. You will feel comfortable sitting in a lonely environment. You will then be able to give a positive thought to it and get rid of your bad phase.

### **02**Self–Analysis

Self – Analysis' becomes mandatory during hard times. So, start thinking about the circumstances during which you overcome the same situation in the past. You may also find a remedy to the problem by talking within yourself.

### **03**Self–Care

The feeling of negativity may arise within your body and mind during the bad phase of your life, but you can overcome this situation by taking good care of yourself during that crucial juncture.

### **04**Transformation of attitude

We can overcome every problem by bringing change in our attitude. One can easily get through bad phase of his life by transforming his negativity thoughts into positive ones. You would definitely overcome the bad phase once you apply it. The gist is that anything can be attained in life with positive framework of life

### **05**Aim Determination

Determine as to how you can overcame your bad phase during your favorable time and what would you do if the same thing reoccurs. Determining your aim would definitely help you in overcoming this difficult situation. It would then help you to get the best results you want to attain and reach your desired goal without facing any difficulty whatsoever in this regard as determination of aim plays an important role in the overall progress of the people.

**Transformation** 

## Don't blame yourself for wrong decisions

It's not an easy task for a person to give up his old habits specifically in that situation when he starts blaming himself for his wrong decisions. This situation can be changed with the passage of time and dedication.

Il of us commit mistakes and take wrong decisions in life. Committing mistakes is human nature. The manner in which you deal with your wrong decisions and wrong selection signifies your thought with regard to your future. A serious mistake is said to have been committed if a person continues to blame himself for the mistakes committed at his end. It would then be impossible for him to ever achieve success in life.

### **Evaluate the circumstance**

Analyze your work and give a thought to the logic behind taking the decision. Then think about the measures to be adopted for its improvement and what are the lessons that can be learnt with this experience. One should never hesitate in giving up his egotism and take apology for the mistake committed by him. If situation demands then an extra effort may be exerted in this direction. If it isn't possible to do so then one should move forward keeping the said problem aside.

### **Change your viewpoint**

The only way to learn a lesson from our own mistakes and to transform the same into a positive experience is to change our viewpoint, but it's not an easy task to execute it. One shall have to practice as how to transform the old way of thinking. It is advisable to find out the ways of making things better and implement them accordingly.

### Learn and move forward

Always treating yourself as a culprit may produce adverse results for you as you may not learn anything or achieve out of the same. Learn from your mistakes and move ahead. It's not an easy task for a person to give up his old habits specifically when he starts blaming himself for his wrong decisions taken by him. This situation can be changed with the passage of time and dedication. Health //

# 'Dementia' is a disease, not a habit

You may come across many people who, during their conversation admits that either they don't remember things for long or forget about the place where they have kept their belongings. The houselady generally starts developing doubt within herself as to whether she has put off the regulator of the gas stove or not. If you are facing the same situation you may then perceive that you are affected with Dementia.

oday, nearly 31 million of people in the world are victims of Dementia. Two-third among these are from developing countries. According to a report, the figure of such patients in India stands at 37 lakhs. Dementia is generally found among the people with more than 65 years of age, but it may also affect those falling in the age group of 30-40 years. Dementia, at its initial stage can be kept in check with the use of prescribed medicines.

### **Cause of Dementia**

'Stress' is plays a vital role in the occurrence of this disease. In addition, alcohol and smoking are also some of its major causes. Alzheimer's disease, sleeplessness, dehydration, diabetes, obesity, head injury, brain stroke are some of the main causes of Dementia.

### Symptoms of Dementia

Forgetting small matters, forgetting about the place where the articles like remote, keys have been kept, forgetting the way or number of the dwelling place, repeating the same thing again & again, sleeplessness, forgetting about having meals, forgetting own contact number and known people are the symptoms of this disease.

### **Measures to sharpen memory**

- Eat an apple before your meals.
- Consume sugar beet juice twice a day and maintain positive thinking.
- Massage the middle fingers.
- Develop the habit of solving puzzles.

### Caution

- Don't allow these patients leave home alone.
- Don't debate with such people.
- Regular conversation with the patient is also advisable.
  - Always keep the patient busy.

• Motivate him to play games like chess, ludo etc.

### Safeguard measures

Regular exercise may increase the memory of the elderly ones. The medicinal quality of turmeric has the power to put an end to this disease. Consumption of grapes is also beneficial. Include green tea, tomato etc, in your daily diet. Regular breakfast is also necessary.

### Apostasy //

## Care of Elderly Ones

It becomes a matter of sorrow when we come to know that our parents once had a sound body and were able to take good care of them on their own, but now they aren't in a position to do so. Let us know as how the elderly ones can be cared of in such circumstances.

It might be difficult to discuss about the problems that may occur in one's old life, but it becomes a much easier job for the family members if they jointly held a discussion with regard to the decisions that are needed to be made relating to the health issues of their elderly ones. We should keep in mind that we may also face the same problem in our old age. Therefore, it is necessary for all of us to always keep ready to face such type of challenges as a family unit and mutually decide so as to how we can pull the elderly ones out of their problems. It is found on some occasions that many parents find it too difficult to take care of themselves and need help. In such

circumstances, the parents along with their children should mutually decide with regard to the care that can be provided to the elderly ones keeping their financial help in view and also about how they can contribute with regard to the same. All the family members, specifically the parents should frankly express their views and evaluate as whether they would be able to foster themselves living on their own with the help that is to be provided to them. All the family members should be fully aware about their responsibilities in this regard. There might be a possibility that with the passage of time the family members may have to make certain changes within their responsibilities and they may have to fulfill their responsibilities on a 'turn by turn' basis. Mutual understanding, adjustment and coordination among the family members play a vital role in fulfilling such responsibilities. The positive aspect of it is that the parents would neither have to pass through a difficult phase in their life nor they would be compelled to get themselves shift to old -aged homes with the feeling of inferiority complex. It is for sure that we get in return for what we pay to others. Hence, we should take good care of our parents keeping in view that later we would also become elderly ones and we would be rewarded with the same then. This is parody of destiny.

Health //

## Listen to your Inner Heart

n several occasions in life it becomes necessary for us to take instant decisions. Taking decision, in such a circumstance becomes more significant than thinking about its 'ifs & buts'. You miss opportunities if you fail to take decision at a right time. There are two possibilities in this aspect. Firstly, you would be benefitted if you succeed in taking the decision at a right time and secondly you learn a lesson from the worng decisions taken by you.

### Don't get tangled

Many people, before taking any decision starts thinking about the 'ifs & buts' of any matter concerned to such a great extent that they continue to get themselves tangled with the situation. They analyze the matter so much so that they fail to take even a small decision on their own. They detriment in two ways. Firstly, they get themselves tangled with the situation and secondly their opponents take benefit out of it. In this way they fail to face the challenges put up by their opponents.

### Listen to your inner heart

It is observed on many occasions that a person starts thinking about himself so much so that he gets tingled with the situation. You should take decision with your normal viewpoint and must always listen to what your inner heart says as the voice coming out of it is a true voice. You would then always be able to take right decision.

### **Determine the deadline**

One should look into 'pros & cons' of taking decision, but the decision should be analyzed in a proper time. Determine your aim keeping this aspect in view. One should also take the decision with regard to the determined aim.

> Decision in this regard becomes mandatory. You should then stop thinking about the decision taken by you.



## 'Differently Abled' Stars Shine

'Fashion & Talent Show' of 'Narayan Seva Sansthan'



Some were deprived with both their hands while some with their legs, but the similarity among all these brothers & sisters was the definite intention to present their potential and skills with complete enthusiasm and to attain success in life through their courage

his was the scene at the 'Get-Together & 'Divya -2018' (Fashion and Talent Show) organised on Sunday, 18th February, 2018 and on behalf of 'Narayan Seva Sansthan' at its Sewamahateerth premises in Badi, Udaipur. The show was participated by the talented 'differently abled' brothers & sisters from Udaipur and various states of the country. Most among these had turned self – dependent by undergoing 'free of cost' training

in various spheres viz. mobile repairing sewing, heena, computer housekeeping etc. at the completion of their corrective surgery for their polio (formerly and 'by birth') and other physical disabilities by residing at the organization itself. It was for the second time in the history of Udaipur that a unique show of this sort was organised in Udaipur specifically for the 'differently abled' talented ones. The show was inaugurated by the Founder –

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Chairman of the organization, Mr. Kailash 'Manav'. Welcoming the guests, the President of the organization, Mr. Prashant Agarwal said that the 'differently abled' are not deprived of potential and skills. This quality was observed within them during their arrival at the hospital of the organization for their treatment and it was then realized that they simply needed motivation, an appropriate opportunity and a proper platform. The organization decided to fulfill this responsibility on its own. Hence, the said glittering programme was dedicated to all the 'differently abled' brothers and sisters. The programme 'took off' to a great start with the lighting of lamp before the idol of Lord Ganesha at 6.30 in the evening. In his address, the Founder – Chairman of the organization, Mr. Kailash 'Manav' said that 'each & every' single activity of the organization is inspired by sympathy, courteous demeanor and mutual cooperation. He described 'differently abled' brothers & sisters as a pledge of the society. The feeling of love and self-respect is the most significant for them.



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### 12 April, 2018/Seva Pati



> Bride dressed 'differently abled' girl



**»** Utter Determination



»I am not less than an angel



**»** Moving with the help of crutches

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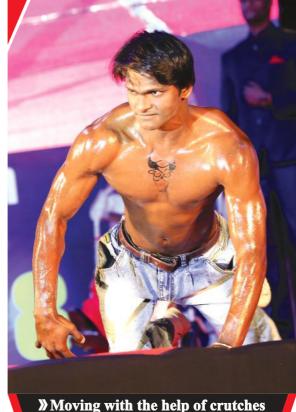
### »Presentation in six categories

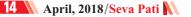
The 'differently abled' ones performed in six categories entitling 'fashion round with caliper', 'fashion round with wheel chair', 'fashion round with crutches', 'fashion round with artificial limbs', 'fashion round with blind sticks and 'V. R.N. (dance, singing, physical skills). It compelled the audience to bite their forefingers with astonishment. Every category comprised ten participants. Well dressed accompanied every participant assistants during the walk. All the colored and multi designed dresses they wore were prepared by the participants themselves during their training period at the organization itself and in the 'abled' guidance of Trainer Nasreen Gori. The stage proceedings during the show were jointly conducted by Mr. Om Pal Silan and a 'differently abled' little young one from West Bengal namely Shubham.

### »Salutation to physical skill

The audience present on the occasion gave a standing ovation when a 'differently abled' Jagdish Patel from Madhya Pradesh presented a dance with an unbelievable display of various bodily postures and that too with a perfect balance on a wheel chair. The next performance by a 'differently abled' one from Agra, Uttar Pradesh namely Yogesh was a repetition of the previous one as he too like a professional dancer produced his physical skills (in spite deprived with both legs) on the wheel chair and over the floor of the stage and stunned every one present over there. Blind children also got a huge applause when they turned on the stage for a cat walk with the attendants. Everyone present under the shamiyana started dancing with joy at the lovely dance performance of 'differently abled' ones namely Bankim & Aara from West Bengal and Rishikesh from Bihar.







### »'Get together' programme

A 'get together' programme also got organized on the same day and on behalf of the organization which was attended by service contributors, in large numbers from various parts of the country. These noble personalities personally witnessed the various 'free of cost' service activities of the organization. They were also felicitated on the occasion and on behalf of the organization as per Mewari customs & traditions. Mrs. Charu Lata from London, Mr. Om Prakash from Faridabad, Mr. Arvind Goswami from Behrod, Mr. Vijay Singh from Nasirabad, Mr. Thakur Das from Delhi and Mr. Dharam Pal Garg from Narwana made their presence as special guests.

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» Lighting the lamp is' Mr. 'Manav', Mrs. Kamla Ji and the guests



**»** Felicitation of the guests at the 'get –together' function



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### **Religious Devotion**

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## Devotion towards'God' is religion

A 'three day' sacred tale 'Saras Bhatmaal Katha and a discussion programme with regard to the 'differently abled' brothers was organized from 5th to 7th March, 2018 at Sewamahateerth premises of the organization in Badi, Udaipur. Addressing during the inaugural ceremony, the founder -chairman of the organization, Mr. Kailash 'Manav' said that the act executed devotedly towards the 'supreme being' is the religion. Religion helps the devotees to come closure to the 'almighty'. One who doesn't follow the path of religions and dignity always remain distressed in life. He also urged the devotees to realize the importance of time. He further added by saying that authority, grandeur and wealth are impermanent. Expressing his views on the penultimate day of the sacred tale, Mr. 'Manav emphasized the need for peace in life as according to him peace of the inner heart as the greatest joy of life. Proximity of the 'almighty' can be attained in the modern world only through religious congregation, but one should have pure feelings for the same. Nothing is impossible for those who move towards their aim in the vicinity of their 'Guru'. Speaking on the concluding day, Mr. 'Manav' said that 'joy' has nothing to do with any of the physical objects. He further said that illiteracy is a curse so the parents should educate their children and raise their lifestyle. We should turn our life physically verifiable. People go to the temples to worship, but they generally remain careless in fulfilling their responsibilities. The sacred tale was telecast 'live' through 'Aastha' channel.

### Spiritual Devotion



## 'Joy and Sorrow' are supplement to each other

➡ Expressing his views on the concluding day of the 'five day' programe that was grandly organized on behalf of 'Narayan Seva Sansthan'at its Sevamahateerth premises in Badi, Udaipur from 7th to 10th March, 2018 with regard to the flow of religious devotion, sharing of views and 'differently abled' brothers & sisters, the President of the organization, Mr. Prashant Agarwal said that every human being experiences joy & sorrow, honor & dishonor, fame & defame, profit & loss etc. once or more during his/her lifetime. A person cannot maintain the same status during his lifetime. It changes with the passage of time. We should never get distressed at the time of sorrow as every person has to pass through the same phase one time or the other. A person who helps during the good times of another person is regarded as an individual soul (jeevatma), but one who also helps during his bad times is considered as 'supreme spirit'. Therefore, every human being should engage himself in worshipping the 'almighty'. Today, every human creature is deprived of 'joy' inspite of the availability of several physical resources. Vicinity of the 'almighty' would help us in attaining joy in life. We should utter every word with utmost care so that it may not harm the sentiments of other individual/individuals. We should face every situation with positive thinking as it would then definitely produce better results for us. The programme was telecast live through 'Aastha' channel while the stage proceedings were conducted by Mr. Om Pal Silan.

## Support to 'differently abled' children

Treatment of a tuberculosis affected child, assurance of bearing educational expense of the remaining ones



16 April, 2018/Seva Pati

**Udaipur:** A tuberculosis affected child belonging to Kiyawaton Ka Phala village of Kurabad Panchayat Samiti in Udaipur district got medically treated upon on behalf of Narayan Seva Sansthan whereas two among five other children of the village were assured on behalf of the organization to bear upon their educational expenses on its behalf. A news was published in daily news paper Dainik Bhaskar on 16th February, 2018 with the heading '13 year old Kusum taking care of her four brothers & sisters through physical labour' according to which the parents had left their dwelling place leaving their children behind on getting afraid with

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disgrace as their son had flee away with a girl. The team comprising sadhaks of the organization, reached the village Kiyavaton Ka Phala carrying ration kits with them. They met the member of the ward jury, Mr. Ram Singh Meena, Uncle of the children, Mr. Mangi Lal, elder sister, Ganga and brother –in –law, Ram Lal and assured them for the treatment of eleven old tuberculosis affected Suresh and for the admission of Sonu (9 years) & Jeevan (7 years) at the residential school of the organization. The family members paid their sincere gratitude towards the organization for their immediate help.

One of these four children was suffering from tuberculosis whereas Jeevan and Pramila were affected with malnutrition. They were also deprived of a ration card. According to the children their parents must have carried away the same with them. So, they couldn't be destined with the grain since the time their parents left them behind. The elder sister namely Kusum is fostering herself and other members of her family by working as a physical laborer. It was assured to the family members that every help would be provided on behalf of the organization to the children with regard to their rationing material, clothing, medicines etc. These children would always be allowed to collect the same at the organization whenever they feel the need for the same. Immediate steps were taken on behalf of the organization and the tuberculosis affected Suresh got admitted at the Government TB Hospital in Badi. Dr. Mahesh medically examined the patient and immediately started the treatmen. The Uncle of the child also accompanied him. After some days of treatment Suresh got discharged from the hospital.

## 'Financial Assistance' to Bharat



➡ It was the hearty wish of Bharat to get himself educated and achieve new heights in life bringing glory to his family and village, but poverty was proving to be a big hurdle on his way. It was then 'Sewa Parmo Dharm Trust' that turned out to be a big support for him. According to the Founder of the Trust, Mr. Prashant Agarwal a native of Jodra village of Rewari district in Haryana namely Bharat Kumar was passing through the difficult phase of economic crisis. He lost his father who died immediately after undergoing corrective surgery for his heart related problem. As a result, every responsibility of his family vested over his shoulders. His father's wish was to witness his beloved son achieving something in life and become a support for his family, but the said dream of his didn't turn into a reality. The poor mother had no other option, but to

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work as a bodily laborer and earn livelihood for the family. Anyhow, she managed to Bharat complete his senior secondary, get but she wasn't in a position to pursue his studies further as the expenses relating to his education was far beyond her reach to bear. The dream of his father seemed to have been shattered. So, Bharat turned distressed. One day, he came to know from one of the villagers about 'Sewa Parmo Dharm Trust'. Bharat, along with his mother came to Udaipur and met the founder of the trust, Mr. Prashant Agarwal and briefed him about all his grievances. Mr. Agarwal sanctioned him a financial assistance of Rs. 28, 500/- to be deposited as a tuition fee with Aakash Institute of Technology, Haryana. The director of the organization, Mrs. Vandana Agarwal presented him the cheque for financial assistance.

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## Helping Camps// Selection Camp in Behrod

diagnostic and selection camp was organized for the corrective surgery of 'differently abled' brothers & sisters at the premises of Surbhi Banquet Hall in Behrod in Alwar on 11th February, 2018 and on behalf of 'Narayan Seva Sansthan', Udaipur where a total of 110 'differently abled' ones got their respective names registered. A surgeon from Jodhpur, Dr. S.L.Gupta medically examined them and found 20 among those as suitable for 'free of cost' corrective surgery to be conducted on a later date at the hospital of the organization n Udaipur. The camp was inaugurated by the District Aryuvedic Officer, Mr. Arvind



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Goswami. 15 tricycles, 4 wheel chairs, 2 hearing aids, 2 walkers and 7 pairs of crutches were also distributed on a 'free of cost' basis among the poor and the needy ones. Mr. Hari Kishan Pant, Mr. Raghuveer Singh, Mr. Vinod Yadav and Mr. Bhawani Singh were among those present on the occasion as special guests. The branch president of the organization, Mr R.S.Verma, Mr. Hari Prasad Laddha and Mr. Mukesh Tripathi welcomed and felicitated the respective guests.

## 20 benefitted at Rajgarh Camp



A 'free of cost' mass diagnostic and selection camp was organized for the corrective surgery of 'differently abled' brothers & sisters at the premises of Bhramin Dharmshala situated at Govind Dev Market in Rajgarh, Alwar, Rajasthan on 25th February, 2018 and on behalf of 'Narayan Seva Sansthan', Udaipur where a total of 153 'differently abled' ones got their respective names registered.. The orthopedic surgeon from Jodhpur, Dr. S.L.Gupta medically examined them and found 20 among these as suitable for 'free of cost' corrective surgery to be conducted on a later date at the hospital of the organization n Udaipur. The camp was inaugurated by the District Vice President of Bhartiya Janta Party, Mrs. Sumitra Meena. Helping Equipments viz.15 tricycles, 5 wheel chairs, 2 hearing aids and 21 pairs of crutches were also distributed basis among the poor and the needy ones. Mr. Pradeep Sharma and Mr. Madan Lal Sharma were the special guests.

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## Distribution of artificial limbs in Bhopal

⇒ A 'free of cost' diagnostic and selection camp for the corrective surgery of 'differently abled' ones was organized at the premises of Manas Bhawan located at Shimla Hill locality of Bhopal, Madhya Pradesh. in Bhopal, Madhya Pradesh on 10th March, 2018 on behalf of 'Narayan Seva Sansthan' and with the courtesy of Bhopal Festival Service Committee A total of 79 artificial limbs were distributed on the occasion among poor and the needy ones. Dr. Vikas Mishra from Indore, Dr. Vidhi from Ahmedabad. Dr. Kesar Singh from Jaipur, along with their respective colleagues medically examined the 'differently abled' brothers sisters. camp The got &



inaugurated at the hands of the President of Bhopal Festival Committee, Mr. Manmohan Agrawal. Helping equipments viz. tricycles, wheel chairs, hearing aids, walkers and pairs of crutches were also distributed on a 'free of cost' basis during the camp among poor and the needy people. The Vice – President o the Festival Committee, Mr. Vijay Agrawal, Secretaory, Mr. Sunil Jainavil, Mr. Shailendra Nigam, Mr. Basant Gupta, Mr. Santosh Agrawal and the Branch Convenor, Mr. Vishnu Sharan Saxena were among those who made their respective presence at the camp as special guests. The senior sadhak (religious worker) of the organization, Mr. Hari Prasad Laddha welcomed and felicitated the 'honourale' guests.



## Selection Camp at Bilaspur



◆ A 'free of cost' diagnostic and selection camp for the corrective surgery of 'differently abled' ones was organized on 11th March, 2018 and on behalf of 'Narayan Seva Sansthan' and with the courtesy of Suresh Jewelers at the premises of Community Center located at Old Bus Stand locality of Bilaspur in Madhya Pradesh. A total of 292 'differently abled' brothers & sisters got their respective names registered at the camp. The orthopedic surgeon, Dr. Sunil Devangan and Physiotherapist, Dr. Bharat Baghel jointly examined 292 'differently abled' ones and found 38 among these as suitable for 'free of cost' corrective to be conducted at the hospital of the organization in Udaipur on a later date. Senior

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surgeon, Mr. Dr. Raj Sukh Nandan was the chief guest at the inaugural ceremony of the camp while the Chair person of Municipal Council, Mrs. Savitri Soni, Convener of Mungeli Branch, Dr. Yogesh Gupta, Doctor Saurabh Soni from Bilaspur Apollo Hospital, Social worker Mr. Ramesh Soni, Mr. Sunil Soni, Mr. Anil Soni, Mr. Sudhir Soni, Mr. Abishekh Soni, Mrs. Poornima Sharma, Mr. Roshan Soni and Mr. Chetan Tiwari were invited s special guests. Helping equipments viz. 15 ticycles, 5 wheel chairs and 38 pairs of crutches were distributed on the occasion and on a 'free of cost' basis among poor and the needy ones. The respective senior sadhaks of the organization, namely Mr. Mukesh Tripathi & Mr. Narendra Singh Jhala welcomed and felicitated the respective guests.





## Service Activity // 'Free of Cost' Food distribution

Food and biscuit packets were distributed on behalf of the organization



Distribution of Breakfast among attendants and family members of 'differently abled' ones

Vandana bags Excellence Award

### Honour

➡ The Director of 'Narayan Seva Sansthan' Mrs. Vasndana Agarwal was conferred upon with Deendayal Excellence Women Award-2018 for her outstanding contribution in the field of women empowerment by Social Environment Villagers Association and 'Aao Saath Chalen'. The State Minister for Finance, Mr. Shiv Pratap Shukla, Minister of State for Education, Mr. Satya Pal Singh, Minster of State for Environment, Dr. Mahesh Sharma, Member of Parliament, Mrs.

Meenakshi Lekhi and the President of State (Rural) Bhartiya Janta Party, Mr. Manoj Tiwari and the General Secretary of Deen Dayal Research Organization, Mr. Atul Jain were among the dignitaries who made their gracious presence during the function. The Founder of Social Environment Villagers Association, Mr. Rakesh Kumar, the Founder of 'Aao Saath Chalen', Mr. Vishnu Mittal, the General Secretary of International Vaishya Mass Coference, Mr. Satya Bhushan Jain and the Vice President of NDMC, Mr. Karan Singh Pawar were also present on the occasion.

## Felicitation of Service Contributors

Branch Department has been inducted on behalf of 'Narayan seva Sansthan' with a view to expand its service activities throughout India



Mr. Dharm Pal Garg H. S. Coordinator



Coordinator

Special Service Inspirer, Delhi Mr. R.S. Arora State

Bronze Award Convener **Branch** – Alwar

Mr. R.S. Verma Raj. State Coordinator

NARAYAN SEVA SANSTHAN



Mr. Sat Pal Mangla Branch Kaithal



Special Service Inspirer, Delhi Mr. Vijay Anand Gupta





Mr. Madan Lal Joshi



Silver Award Convener, Mr. Dilip Verma Mathura

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All these personalities have individually and socially inspired other donors for the conduction of polio corrective surgeries and also got the social work completed in their respective regions. We feel honored to felicitate them on this occasion.



Special Service Inspirer, Hathras

Mr. J.P.Agrawal





**Special Service** Inspirer, Ambala

Mr. M.B.Kapoor



Mr. Damnesh Kumar







**Special Service** Mr. Nand Lal Shri Inspirer, Buldhana Kishan





### Sacred Tale Programmes

Katha Gyan Ygya (sacred tale) programmes were organized in various parts of the country during the month of January & February, 2018 and on joint behalf of 'Narayan Seva Sansthan' and 'Sewa Parmo Dharm Trust' for the welfare of 'differently abled', orphaned, patients, widows, old –aged and deprived ones.

## Flow of Religious Devotion



A ' three day' discussion programme with regard to flow of religious devotion and sharing of views was grandly organized on behalf of 'Narayan Seva Sansthan' at Sewamahateerth premises in Badi, Udaipur from 29th

to 31st January, 2018. Expressing his views on the occasion, the founder – chairman of the organization, Mr. Kailash 'Manav' urged the devotees to always remain in touch with the 'almighty'. He further added by saying that we should keep our body clean and mind pure. A person should never forget God both in favorable and adverse conditions. Mr. 'Manav' described 'selfless service' as the greatest religion on the earth.



Mr. Prashant Agarwal said that accepting the challenges and overcoming them is the greatest mortification. 'Tolerance' is the greatest quality of a human being. One cannot acquire 'joy' in life without tolerance power.

NARAYAN SEVA SANSTHAN

'Tolerance' is mandatory for a happy life as it puts an end to all the deformities of life. Love, hatred and anger develop deformities within the mind. 'Bewilderment' is the cause for 'pain & sufferings'. We should fulfill every responsibility towards our family, but we shouldn't be infatuated with them. The programme was telecast 'live' through 'Sanskar' channel while the stage proceedings were conducted by Mr. Mahim Jain.



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# 'God'is always at the disposal of his devotees

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➡ 'Human life' is considered insignificant in the absence of religious devotion. It (human life) is surrounded by problems. A person gets ensnared by delusion. Worshipping of the 'almighty' with true religious devotion puts an end to anxiety



and delusion. These views were expressed by the sacred tales recite, Jaya Kishori Ji while sitting on the sacred sage seat during the 'weeklong' sacred tale 'Shrimad Bhagwad Katha' that was organised from 1st February to 7th February, 2018 at Silkuan village of Dhar, district in Madhya Pradesh. She described 'Shrimad Bhagwad'as the most eminent among all the 'puranas' (a class of voluminous work in Sanskrit dealing with aspects of ancient Indian history, legend, mythology or theology). She described 'Shrimad Bhagwad' as a mirror that makes a person aware of his internal beauty. The sacred tale was telecast 'live' through 'Satsang' channel. The stage proceedings were conducted by Mr. Kunj Bihari Mishra.

## 'Sovereign being' always prefer feeling

◆ 'Human Mind' is volatile in nature and keeps the person wandering. It can be kept in check through religious devotion. 'Victory over mind' is the greatest success of life. 'Good company' always helps a person in gaining new heights in



life whereas 'bad company' is the sole cause for his downfall. 'Compassion and selfless service' should be the prime motto of human life''. These views were expressed by the sacred tales recite, 'Radhalike' Jaya Kishori Ji while sitting on the sacred sage seat during the 'weeklong' sacred tale 'Shrimad Bhagwad Katha' that was organized from 9th to 15th February at Klamkheri village of Dhar district in Madhya Pradesh. She further added by saying that the 'sovereign being' always prefer the feelings of his devotees. 'Shrimad Bhagwad' produce fruitful result for the old–aged and the young ones. The sacred tale was telecast 'live' through 'Sanskar' channel. The proceedings were conducted by Mr. Kunj BIhari Mishra.

### Worshipping of 'Mother' is true service of God



➡ "We should remain concerned with regard to the empowerment of women as the society can be transformed into a prosperous one only through the empowerment of mother'. These views were expressed by the sacred tales recite, Miss Ritu Pandey while sitting on the sacred sage seat during the 'weeklong' sacred tale 'Shrimad Bhagwad Katha' that was organised from 22nd February to 28th

February, 2018 in Neemuch, Madhya Pradesh. She emphasized the need for employing the efforts in empowering the women. She described 'mother' as the first guru of a child and urged the devotees to worship their mother in the same way they worship the 'almighty'. The sacred tale was telecast 'live' through ' Aastha Bhajan' channel. The proceedings were conducted by Mrs. Kripa Dixit.

### Organizational Activities

## 'Get-Together' Functions

In addition to the execution of service activities 'Get together' functions were organized on behalf of various branches of 'Narayan Seva Sansthan' situated in various cities of India during the month of Febr., 2018 where the service contributors and donors were felicitated for their outstanding contribution made to the organization from their respective ends

### » JALNA

◆ A get-together function of the organization was grandly organized on 18th February, 2018 at the premises of I.M.A. Hall situated at Aurangabad Road in Jalna, Maharashtra which was attended by service contributors of the organization in large numbers. Mr. Gauri Shankar Lohia. Mr. Kamal Kishore, Mr. Kishan Lal Jalna, Dr. Asutosh Ghosh, Mr. Piyush Patel, Mrs. Sita Chaturbhuj Agrawal and Mr. Atul Rao were among those present on the occasion as special guests. The function incharge, Mr. Surendra Singh Jhala welcomed the guests and felicitated the donors while the stage proceedings during the function were conducted by Mr. Praveen Kumar.



### **»**JALANDHAR

◆ A get-together function of the organization was organized on 18th February, 2018 at the premises of Patrotic Society situated opposite P.V.R Cinema at G.T. Road in Jalandhar, Punjab. Mr. Roshan Lal, Mr. Avinash Kwatra, Mr. Rajan Sharma, Mr. Varun Sharma, Mr. Kapil Dev, Mrs. Swarn Lata Sharma and Mr. Deepak Jindal were the special guests of the function. Welcoming and felicitating the respective guests the function incharge, Mr. Ganpat Rawal and Mr. Jatan Singh Bhati briefed about the various 'free of cost' service activities of the organization.



### **»** AMRITSAR

NARAYAN SEVA SANSTHAN



⇒ A get – together function of organization the was grandly organized on 17th February, 2018 at the premises of Hotel Sanjog in Amritsar, Punjab. Mr. Dev Raj Gupta, Mr. Rajendra Kumar, Mr. Gunish Mehra, Mr. Vinay Kumar, Mr. Jiya Lal, Mr. Vijay Kumar and Mrs. Sanyogita were kind enough to attend the function as special guests. Welcoming and felicitating the respective guests the function incharge, Mr. Ganpat Rawal and Mr. Jatan Singh Bhati briefed about the various 'free of cost' service activities the organization. of The proceedings were conducted by Mr. Aishwarya Trivedi.

### **»**LUCKNOW

A get – together function of the organization was grandly organized on 18th February, 2018 at the premises of party Planet Banquet Hall in Lucknow, Uttar Pradesh. Mr. Raj Narayan Nigam, Mr. Shansher Singh, Mrs. Lakshmi Bai and Mr. Durga Prasad were invited as special guests during the function. ■

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### **»** KUTCH – BHUJ

◆ A felicitation function for the service contributors of the organization was grandly organized on 25th February, 2018 at the premises of Bhuj Rotary Club Hall situated at Vijaynagar in Kutch–Bhuj, Gujarat. Mr. Janendra Singh, Mr. Arvind Pradhan, Mr. Samar Pal Singh, Mr. Jamuna Das and Mr. Ram JI bhai were the special guests of the function. The incharge, Mr. Tarun Nagda welcomed and felicitated the guests while the proceedings were conducted by Mr. Kunj Bihari Mishra. ■



**»HOSHIARPUR** 

◆'A get-together' and a felicitation function for the service contributors of the organization was grandly organized on 24th February, 2018 at the premises of Gurudwara Shri Guru Kalgidhar Charan Pavan situated at Roshan Ground in Hoshiarpur in Punjab. Mr. Harvansh Lal, Mr. Mahesh Kumar Sharma, Mrs. Janak Dulari Sharma, Mr. Jagdish Bansal and Mrs. Kanta Sood were seated during the programme as special guests. The incharge, Mr. Ganpat Rawal welcomed and felicitated the guests while the proceedings were conducted by Mrs. Anamika Dixit. ■



### **»** CHENNAI



organization was organized on 25th February, 2018 at the premises of Bhuj Maheshwari Bhawan situated at Mint Road in Chennai, Tamil Nadu. The National Vice - President of Narayan Seva Sansthan, Mrs. Alka Chowdhary, the Presient of Mumbai Chennai Harmony Council, Mr. Keval Chandra Mandol, the Channai Branch President of the organization, Mr. Kesar Singh Rajpurohit, Dr. Lunawat, Dr. Mohan Lal Jain, Mr. Hemraj Prajapat, Mr. Shashi Kant Dave and Mr. Shyam Sunder Suthar were kind enough to grace the occasion as special guests. The incharge, Mr. Mahendra Rawat welcomed and felicitated the guests while the proceedings were conducted by Mr. Praveen Kumar. 

### **»**AKOLA

◆ A 'get-together' and a felicitation function for the service contributors of the organization was grandly organized on 24th February, 2018 at the premises of Parthsarthi Mangal Office in Akola, Maharashtra. Mr.Mohan Lal Mattha and Mr. Harish Manghane were the special guests. Mr. Hemant Meghwal welcomed and felicitated the respective guests.





MR SURESH DATWANI Dubai



MR PRASHANT KHERIA, Dubai

28 April, 2018/Seva Pati



Dubai



MRABHISHEK MR PRAKASH **KEJRIWAL** MULANI Dubai Dubai

Mr. Chirag Oswal,Ludhiana (Punjab)



NARAYAN SEVA SANSTHAN

MR RAMESH P MR TULSIDAS THANWANI Dubai Dubai

C SAJNANI









MR MAHESH BHATIA Dubai



MR RAJESH **KOTHARI** Dubai



MR MAHESH G. ADVANI Dubai



Dubai

MR DIPAK NANJEE

MR DAYAL SONI



Dubai

MR ANIL

DHANAK

MR NITESH AGRAWAL Dubai



MR CHANDRU THAKUR Dubai



**ODHRANI** Dubai KALWANI, Dubai



MR MANWANI

Dubai



SMT VARSHA SRI LAKHPATI **KALWANIL** Dubai







MR LAXMANDAS PAGARANI Dubai



MR DEEPAK RAWAT & FAMILY, Dubai



Dubai

MR KAMAL K. SAWLANI &

MR LOVE SAWLANI, Dubai





MR KISHAN PARWANI & FAMILY, Dubai



Dubai



MR M. LAKHANI & D. LAKHANI, Dubai



NARAYAN SEVA SANSTHAN

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## **Global Presence**

Narayan Seva Sansthan UK

### LONDON

Mr. Bhikhubhai P Patel-Trustee 68-76 Belgrave Road, Victoria London SW1V 2BP Tel: 07973266569

### LEICESTER OFFICE

Mr. Prakash Patel 12, Melton\_Road, LEICESTER LE4 5EA Tel. 1163196495

### LONDON

Mr. Ramnikbhai Raniga (Patron) 290-292, Green Street Forest Gate, London E7 8LF 0208-4701221

### READING

Mrs. Sarla Kakar (Patron) 46, Vauxhall Drive Woodley, Reading RG54DU 07795190728

### Croatia

Mladen Zlamalik (Patron) 10000 Zagreb Jurjevska 41 Croatia +385-14668488

### Narayan Seva Sansthan INC ARCADIA

Mr. Anil Mehta President 936, Hampton Road Arcadia CA- 91006 U.S.A. 323-669-9090 Mo. - 6263552069

### Narayan Seva Sansthan South Africa

### DURBAN

Mrs Pushpaben Juta- Treasurer 612 Manjee center 320, Dr Yusuf

Dadoo Street. Po Box no 3423 Durban 4000,07762122340

### Kenva

Mr Rasik Bhai Shah (Patron) PO Box-2218 Kisji, Nairobi +254-722975038, Kenya

### MALAYSIA

Mr. Balram chabra (Patron) Lot 1.03 Plaza City One Jin Munshi Abudulah 50100 Kualalampur +60-178881464

### TANZANIA

Mr Bharat Parmar (Patron) PO Box No-22260, Dar E Salam, Tanzania +255-713224411

### BRADFORD

Mr. Baldev Krishen - Trustee 131-133, Sycamore Close Bradford, BD3 OFA Tel: 07448269808

### SMETHWICK

Mr. Kulbhushan Rai Prashar (Patron) 111, Devonshire Road, **SMETHWICK** B67 7QQ 07815430077

### LEICESTER

Mr. Jagjivanbhai Mistry(Patron) 115, Nansen Road Leicester LE5 5NL 01162217427

### PRESTON

Mr Harishbhai G Mistry (Patron) 44 Lauderdale Street **Preston PR1 8 JL** 01772 825 817, 0755 249 4582 Indonesia

Mr Y.S. Lodha/Pt Sampurna (Chief Patron) Group J.L. Ayung Niaga VI/26 Jakarta Utara, Indonesia +62-815-74274684

### NEW YORK

Dr. Subhash Paliwal, Secretary 43,32, Kissena BLVD#7 B, Flushing NY. 11355 718-939-3211 6466443853 (M)

MALAYSIA Mrs. Chetna Ben (Patron)

3180 Main Road Alorgajah Malaka-78000 196608125

### GERMANY

Mr Sukhendra Bahadur (Patron) 81 Sabulite Road, Kelston Auckland 0210455179

### Norway

Mr Tribhuwan Chandra Tiwari (Chief Patron) Nedre Skoven VEI Pin-0276 Oslo Tel. 046713425

### Australia

Mrs. Bharti Gidwani (ChiefPatron) 6, Cameron Street, Strathfield, NSW 2135, Sydney, Australia 0412648198

#### LEICESTER

**Dr. Pramod M Patel - Trustee** 23. Coral Street. Leicester LE4 5BF, Tel. : 07504458048

### Rugby

Mr. Vasant R Mistry (Patron) 40 lodge Rugby CV21 2TF Rugby Tel. 01788574778

### **PETERBOROUGH** ·

Jai Shree Mehta (Patron) 261, Fulbridge Road Peterborough, PE46SL 07834590284

### LEEDS

Mr. Vasantbhai K Mistry (Patron) 45, Wynford Terrace LEEDS LS16 6HU 07713791877

### Singapore

Mr Sanjay Rathi (Patron) 10 Anson Road, # 33-03 A Int. Plaza Singapore-079903 Tel. 65-84440584

### UGANDA

Rajesh Agarwal (Chief Patron) 314-Speke Apartments, Wampewo Avenue, Lower Kololo, Kampala, +256-752670048

### BELGIUM

Mr. Ranjeet Sanghvi Hoveniersstr, S539 B-414, 21018, Antwerp Belgium 0475605111, 032315111

### Oman

Mr Chetan V Ganatra (Patron) Po. Box 1070 PC 131 AI Hamariya. Sultanat of Oman 0895208064

### ITALN

Mr. Dharmendra Sharma (Patron) C/o Sharma Indian Store Via Ammiraglio, Burzagli-27 Montevarchi 0328-2029217, 039055984085

### THAILAND

Mr. Hiren Jain (ChiefPatron) 919/503-504 43 Floor Jewelry Trade Centre Building Silom Road, Bangrak, Bangkok, 026302728, 0880090060

### Thailand

Mr Sanjeev Bilala (Patron) 202 TD Building 2nd Flr,14-16 Mahaesak Road Suriyawongse, Bangrak, Tel. 0818102879

A Request for Donation Divine Device			
Donation amount for polio corrective surgeries		Donation Amount for Lifetime Membership	
No of Surgeries	Donation Amount	Donation Amount for	<b>D F</b> 1 000/
501 surgeries	17, 00, 000/-	Lifetime Patron	Rs. 51,000/-
401 surgeries	14, 01, 000/-	Donation Amount for Lifetime Membership	Rs. 21, 000/-
301 surgeries	10, 51, 000/-		
201 surgeries	7, 11, 000/-	'Lifetime Donation' amount for meals	
101 surgeries	3, 61, 000/-	Donation amount for two $\mathbf{p}_{a}$ 20/	
40 surgeries	1, 51, 000/-	time meals in a day	Rs. 30/000/-
13 surgeries	52, 500/-	Donation amount for one Rs. 15, 0	
5 surgeries	21,000/-	time meal in a day	1
3 surgeries	13,000/-	Donation amount for breakfast in a day Rs. 7, 0	
1 surgery	5,000/-		

Artificial Limbs & Helping Aids	Become a support for 'differently abled' ones by providing them with artificial limbs & helping aids.		
Limb/Aid	One Number	Three Numbers	
Artificial Leg/Hand	10,000/-	30,000/-	
Tricycle	4,500/-	13,500/-	
Wheel Chair	3,500/-	10,500/-	
Caliper	1,800/-	5,400/-	
Crutch	550/-	1,650/-	

### 'Free' marriage ceremony for differently abled and poor Donate for predestined differently abled pairs

Complete kanyadaan (per bride)	51,000/-
Partial kanyadaan (per bride)	21,000/-
Cosmetic amount for bride & groom	11,000/-
Food (100 donors expected)	5,100/-
Donation (per altar)	2,100/-
Heena ceremony (per pair)	2,100/-

Income Tax Rebate : Donation made to the organization is 50% tax exempeted under section 80G of Income Tax Act, 1961

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You may directly deposit your donation amount with the bank accounts of the organization in favour of 'Narayan Seva Sansthan', Udaipur and inform us by sending the 'pay -in -slip of the same to us so as to enable us to send you the receipt in time. Pan Card No of the organization is AAATN183F and TAN No. JDHN01027F

Bank Name	BranchAddress	<b>RTGS/NEFTCode</b>	Account
Allahabad Bank	3,BapuBazar	ALLA0210281	50025064419
AXIS Bank	Uit Circle	UTIB0000097	097010100177030
Bank of India	H.M.Sector-5	BKID0006615	661510100003422
Bank of Baroda	H.M, Udaipur	BARBOHIRANM	30250100000721
BANK OF MAHARASHTRA	Arihant Complex Plot No. 16, Thoran Banwre City Station Marg, Udaipur	MAHB0000831	60195864584
Canara Bank	Madhuban	CNRB0000169	0169101057571
CENTRAL BANK OF INDIA	UDAIPUR	CBIN0283505	00000001779800301
HDFC	358-Post Office Road, Chetak Circle	HDFC0000119	50100075975997
ICICI Bank	Madhuban	ICIC0000045	004501000829
IDBI Bank	16SaheliMarg	IBKL0000050	050104000157292
Kotak Mahindra Bank	8-C, Madhuban	KKBK0000272	0311301094
Punjab National Bank	KalajiGoraji	PUNB0297300	2973000100029801
Union Bank of India	UdaipurMain	UBIN0531014	310102050000148
State Bank of India	H.M.Sector-4	SBIN0011406	31505501196
VIJAYA BANK	Gupteshwar Road Titardi	VIJB0007034	703401011000095
YesBank	Goverdhan Plaza	YESB0000049	004994600000102

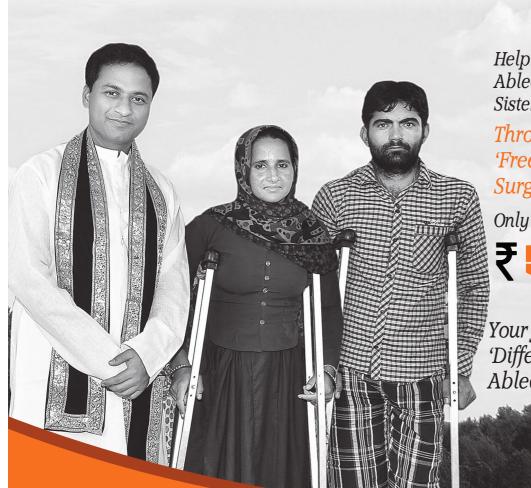
Donations made to the organization is 50 & tax exempted under section 80G of Income Tax Act, 1961

Narayan Seva Sansthan, 'Sevadham

Hiran Magri, Sctor -4, Udaipur - 313002 ( Raj.) India

### Service Activities of the organization on Channels

Channels active i	in India	Channels abroad	
9.00 <sup>am</sup> - 9.20 <sup>am</sup> 5.1 7.40 <sup>pm</sup> - 7.55 <sup>pm</sup> ► Sanskar 4.1 7.50 <sup>pm</sup> - 8.10 <sup>pm</sup> ► AasthaBhajan 7.3 7.40 <sup>am</sup> - 8.00 <sup>am</sup> ►	Zee T.V. 00 am- 6.00 am Paras T.V. 20 <sup>pm</sup> - 4.38 pm Arihant 30 pm- 7.50 pm Satsang 10 pm- 7.30 pm	<ul> <li>Sanskar (U.S.A.) 7.40<sup>pm</sup> - 8.00<sup>pm</sup></li> <li>Aastha Int. (U.K.) 8.30<sup>am</sup> - 8.45<sup>am</sup></li> <li>Aastha (U.S.A.) 8.30<sup>am</sup> - 8.45<sup>am</sup></li> <li>M.A. T.V (U.K.) 8.10<sup>am</sup> - 8.30<sup>am</sup></li> </ul>	<ul> <li>Zee International : -</li> <li>Zee USA 7.30 am - 8.00 am</li> <li>Zee UK 8.30 am - 9.00 am</li> <li>Zee Middle East 8.30 am - 9.00 am</li> <li>Zee Africa 8.00 am - 8.30 am</li> <li>Zee Asia Pacific 8.30 am - 9.00 am</li> </ul>



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₹5000/-

Your Joy... Smile Of 'Differently Abled' Ones

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