

SEVA SOUBHAGYA

परम पू. कैलाश जी 'मानव'

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Tied in the 'lifelong' knot of marriage



31st Mass 'Free of Cost' Marriage Ceremony of 'differently abled' and poor young marriageable boys & girls

SEWA PARMO DHARM TRUST



'APNA GHAR' ASYLUM OF AFFINITY

'Apne Ghar' got established on behalf of 'Sewa Parmo Dharm Trust' keeping in view the oath of improving the life of 'differently abled' helpless, poor and the needy children where along with shelter, inner instincts children upto the age of 18 years are being provided with 'free of cost' lodging, boarding, medical and educational facilities. Your inner heart would definitely fill with love, affection and compassion on witnessing them.



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Sharing of Views



Kailash 'Manav'
Founder-Chairman

Enjoy each moment

It is a law of nature that human service executed by us this day would be beneficial for us in future. Don't let time go waste and utilize it in the service of the needy.

Every moment that has been showered upon us as a blessing is a moment of celebration and joy. Hence, utilize the same in the service of the needy ones.

This incident took place in New York. An old-aged man fell on the road. An ambulance reached at the spot after some time of the incident and it carried away the man to the hospital. On the way, the nurse searched his dress and found a wallet inside his pocket. She saw a paper which contained the name and address of the old man's son who was working in the same city with sea army. The son was then informed about the condition of his old father. A young soldier immediately rushed to the hospital. She informed the old man about the arrival of his son at the hospital. The old man, with a view to touch his son, moved his hand forward. At this, the young man shook hands with warmth of affection. He was hugging the old man again & again. He sat beside for the whole night and took great care of him, but the old man died the next day. The young man said to the nurse, "His son has been transferred recently". At this, the nurse asked, "Wasn't he your father?" He replied, "No, but I realized that he was in need of his son who could take care of him sitting beside him and console him". ■■

Inspiring Incident



Prashant Agarwal
President

One needs intelligence

We should execute every work with intelligence so as to avoid loss or suffer little loss. Work executed with intelligence is always considered as good work.

We should execute every work with intelligence. Work executed with intelligence is always good.

A young man was passing through the road. He witnessed a bodily laborer busy in whitewashing the wall on the other side of the road. He wanted to cross the road, but it was occupied by heavy traffic. So, he was waiting for the traffic to be cleared. The method of whitewashing was proving to be time consuming and wastage of physical labour and material. He, at the clearance of the traffic, went to the physical laborer and asked him, "Would you like to learn from me the technique of good quality of whitewashing with less labour and material?" The bodily labourer gave his consent for the same. At this, that person put on his sleeves and started whitewashing. After some time, he proved himself right. The bodily labourer promised to adopt his working procedure in future. The owner of that place was watching everything. He offered him prize money but the person said, "The bodily labourer is entitled to get the prize and not me. He has executed the entire work. I simply briefed him about the proper way of working. Hence, kindly give the prize money to the bodily labourer. This person later came to be known as Karl Marx. ■■

Tolerance

Control your anger

'Anger' is a big hurdle to success. 'Anger' is a source for expressing natural feelings. Excessive anger develops differences between people and causes it to such a great extent that we hardly come to know about it.

Anger on a regular basis develops differences between people and creates bad impression over others. 'Anger' adversely affects our work and also reduces our work capacity. Some people are hot –tempered by nature. They immediately react before giving a thought to a certain thing. They start becoming angry when they to cope with the situation coming their way. Some people feel jealous at other people's progress. The situation on many occasions turn so tense that a person starts losing his cool.

Tips for getting rid of anger

'Anger' is expressed in many ways, for instance suppressing anger in the mind, immediately bursting with anger or to transfer anger in any different form. The initial form of anger doesn't cause loss to the other person, but hatred towards that person continue to prevail within his mind and the other person fails to understand the reason for which you are behaving badly with that person. On some occasions, you have no option, but to control simply because of the reason that the person who is

trying to provoke you is either your superior or an old –aged person from your family. So, you cannot afford to become angry before them. People suppressing anger within them remains tensed and later gets depressed.

Less Tolerant

Lose tempered people are generally less tolerant ones. They quickly turn irritated. They distressed over petty situations whether it is traffic jam or any of the electronic gazettes get destroyed at the time it is needed most. Such people are over ambitious, perfect with high expectations, but on some occasions they cause loss to themselves and also to others.

Remedies

- Utilize your energy in a positive way i.e., by playing, by exercising and by enjoying their hobbies.
- Meditation is necessary along with 10 minute exercise. It helps exhaling negativity and inhaling positivity. Whenever you feel angry just try to give a thought to it whether it is in his control. If not, then there is no reason for becoming angry. Everything then would be alright. Within no time you would find yourself in a relaxing mood. ■■



Light Pollution

Light Pollution... Dangerous for health

We get sufficient sun light during daytime to enable us to execute our work in a systematic manner, but we remain in great need of artificial light even after sunset so as to maintain our work capacity. Are you aware of the fact that this artificial light is the only cause for light pollution in our environment which is similarly dangerous to air pollution and water pollution. Very few people are aware of this fact.

According to a report that was released in 2016 on global light pollution 80% of the world population dwells under the light polluted sky. According to International Dark Sky Association of Takson Arizona, the light in the other cities of United States of America got seriously affected after the cyclone that hit Los Angeles in 1994 and according to people dwelling in those cities claimed to have witnessed shining clouds in the sky whereas in actual terms it was the milky way that came to an end due to the light pollution of Los Angeles. So, you may easily evaluate about the loss that occurs due to light pollution.

Artificial Light:- Artificial light adversely affects the process of sleep and rest of human beings round the clock which creates loss to the hormones of our body, regulation of cells and other biological activities which in turn causes

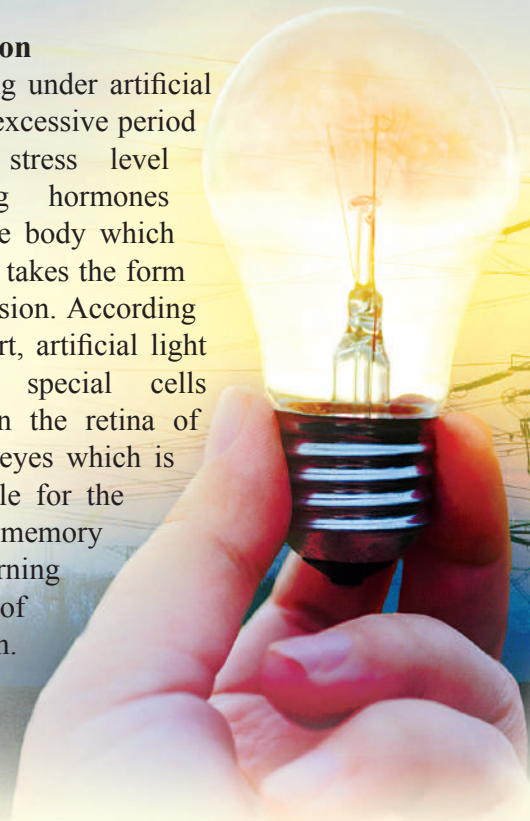
many diseases viz. sleeplessness, depression, obesity, diabetes, breast cancer, prostate cancer and cardiac diseases.

Sleeplessness

The light resulting out of the smart phones and gazettes with its use during night time adversely affects the production of melatonin hormone within the body which is responsible for your sleeping and waking up process. According to a report released by the psychologists using smart phone or gazettes during night time instead printed items generally feel sleepy half an hour late.

Depression

Remaining under artificial light for excessive period increases stress level promoting hormones within the body which gradually takes the form of depression. According to a report, artificial light activates special cells present in the retina of blue ray eyes which is responsible for the behavior, memory and learning capacity of the brain.



01. We are aware of the fact that nothing is permanent in life. Even then, we want to remain secured in every situation and at any cost. On some occasions, this perception turns so strong that we become scared even at little transformation. We fail to get out of it. According

to a visually impaired graduate writer Helen Keller, security is merely a superstition. 'Life' is either a courageous adventure or nothing.

02. We are the best judge to decide as to remain infatuated or make us better, to grab the opportunities coming our way or let others to grab the same. On some occasions, we curse our misfortune, but it doesn't depend upon your luck, but upon you. You become what you choose to become.

Navratri

'Virtue' of girl worshipping

Girl worshipping is considered very significant during 'Navratri' (the first nine days of the light half of the month Asvin during which Goddess Durga is worshipped). The fact is that the devotees witness the appearance of 'goddess Durga' among small girls and this is the reason they worship them. According to religious texts, 'girl worshipping' is considered as an integral part of navratra festival. It is assumed that the girls belonging to the age group of two years to ten years are a symbol of powerful appearance (Shakti Swaroopa). According to Hindu religion, a two year old girl is known as a very young unmarried girl (Kumari). It is an accreditation that one gets rid of all his pain & suffering with the worshipping of this girl. A three year old girl is known as the triad of deities (Trimurti). One turns prosperous with the worshipping of 'Trimurti' and brings good fortune to his family members. A four year girl is known as a blessed girl. One turns prosperous with the worshipping of the blessed girl. A five

year old girl is known as Dipheriaphor (Rohini). A person gets rid of his disease with the worshipping of 'Rohini', A six year old girl is known as blackness (Kalika). One gets blessed with education and victory with the worshipping of 'Kalika'. A seven year old girl is known as an enraged woman (Chandika). One earns fame with the worshipping of 'Chandika'. An eight year old girl is known as 'Shaambhavi'. One gets blessed with popularity and victory in matters relating to debate with the worshipping of 'Shambhavi'. A nine year old girl is known as 'Durga'. Worshipping of 'Durga' destroys the enemy and turns all impossibilities into possibilities. A ten year old girl is known as 'Subhadra'. Worshipping of 'Subhadra' turns ones dreams into reality. As per technology, if possible, one should worship a girl on day one of 'Navratra', two girls on day two, three girls on day three, four girls on day four, five girls on day five, six girls on day six, seven girls on day seven, eight girls on day eight and nine girls on day nine. Goddess Durga turns happy with her worshipping and fulfills all the desires of her devotees. If it's not possible for a devotee to fulfill these formalities on all the days then one may worship goddess 'Durga on eighth or on the ninth day and get benefitted with her blessings. The fact is that the legislation with regard to the worshipping of girl has been made with a view to establish its importance ■■

Sensitivity

Always respect others

Sensitivity is the best and a unique thing. Sometimes, sensitive people fail to realize that how fortunate they are of being sensitive. If you aren't a sensitive person it clearly indicates that you cannot turn into a true human being. Though, it isn't so easy to be a sensitive person, but its qualities carry some merits too.

Intuitive

It is necessary for you to like this behavior of yours and feel good for yourself. Intuition is your internal guide which presents before you the entire picture of your action. This relationship of yours makes you understand about your relationship in a different way with others. Such type of people deals with their problems in a proper way.

Care for others

Sensitive people are more caring by nature. They take good care of themselves and also of others. Your caring nature for others would certainly make you internally strong. Sensitive people also take care of homeless animals.

Care for other's feelings

Sensitive people always care for other's

feelings. If you also come under this category it clearly discloses the fact that it is one of your strong qualities. Though, you should protect yourself from the feeling of negativity coming your way from quick-tempered people.

Connectivity with inner world

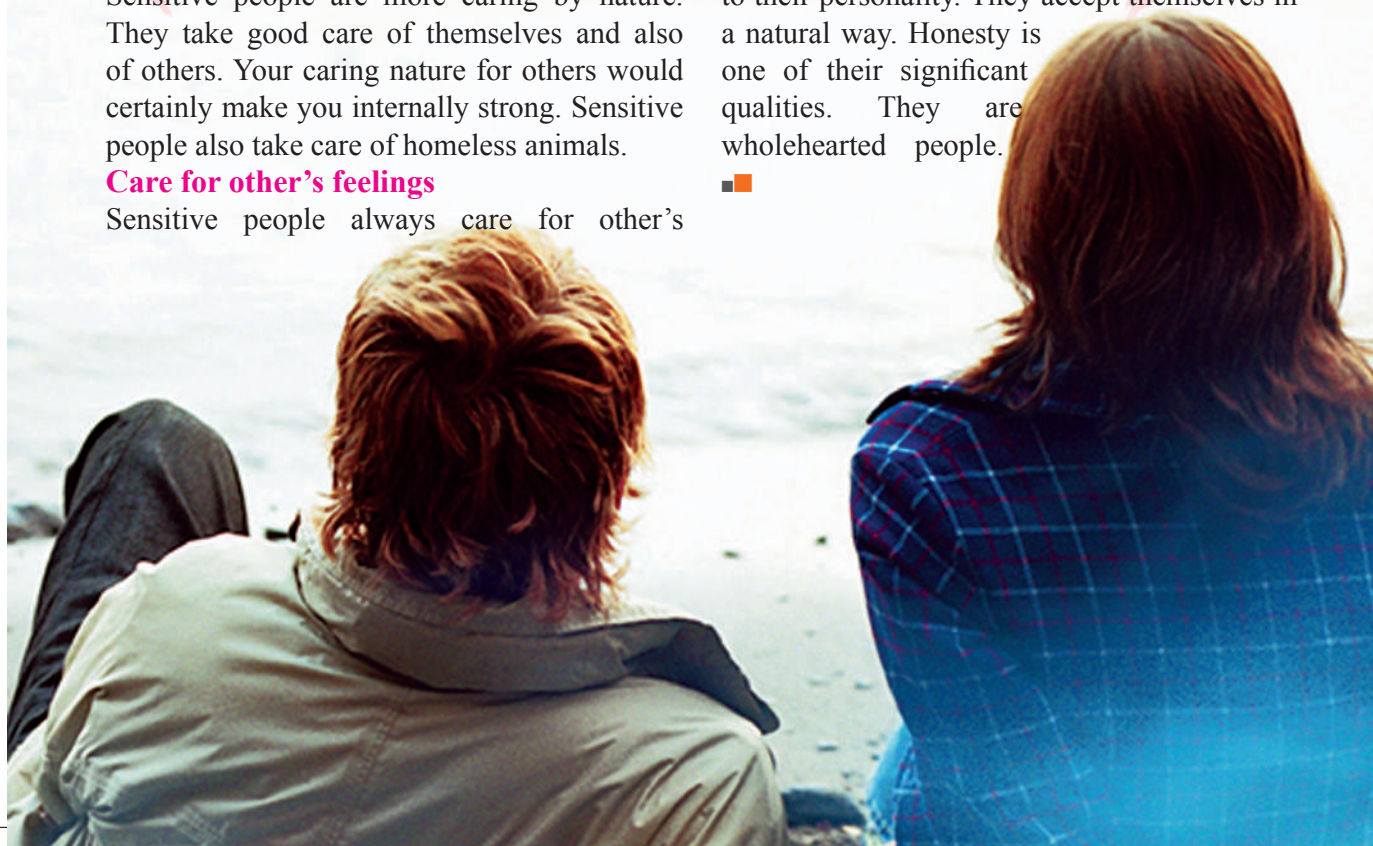
Sensitive people has a strong viewpoint with regard to every situation. These people always pay attention to the voice of their inner heart. If you also fall under the same category it clearly shows that you are also connected with your inner heart. This is the only reason that you are able to execute every work with prudence and carefully.

Sensitivity – Creativity

If you are a sensitive person then there might be a possibility of you being a creative person. Many sensitive people are introvert which in turn provides momentum to their creativity. Sensitive people have a unique and creative sense of observing and understanding the world.

True personality

Sensitive people are genuine with regard to their personality. They neither try to 'show off' themselves nor do they tell any lie with regard to their personality. They accept themselves in a natural way. Honesty is one of their significant qualities. They are wholehearted people.

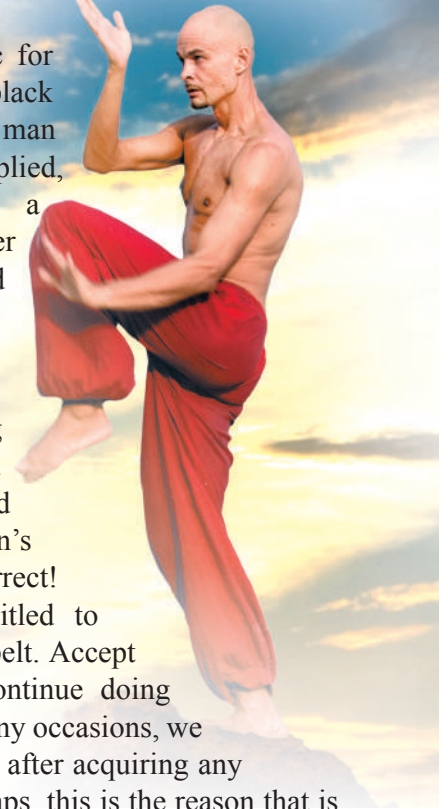


Lesson

Black Belt

A young martial artist was selected for awarding black belt after his hard labour for many years. The young man went to take the award from Sansei on award ceremony day. Sansei said to him, “you shall have to clear one more hurdle before receiving the award. The young man gave his consent for the same. Sansei asked him,” What is the logic for receiving the black belt”? The young man said, “Its end of my journey and is a prize for my hard labour”. Sansei said, “You aren’t entitled to receive the black belt now. Come after a year’. So, the young man went to receive the black belt again after a year. Sansei asked him the same question. “What is the logic for receiving the black belt”. The young man replied, ‘It’s a symbol of receiving the greatest achievement in this art”. Sansei wasn’t satisfied with his reply and said, “You are still not entitled to receive the belt. Come on some other day”. The young man again went to him after a year. Sansei again asked him the same question,

“What is the logic for receiving the black belt”? The young man confidently replied, “black belt is a beginning to a never ending journey and which is comprised of discipline and hard work and a desire of acquiring the best standards”. Sensei turned glad at the young man’s reply and said. “Correct! You are now entitled to receive the black belt. Accept this award and continue doing your work’. On many occasions, we turn free from care after acquiring any achievement. Perhaps, this is the reason that is easier for a person to reach at the top rather maintain his position at the top. Hence, we should work hard as per achievement and continue to maintain our dignity. ■■



Advice

Response to a doctor is necessary

Whenever we go to a hospital on falling ill or after coming in the grip of a disease the concerning doctor ask us some questions because the direct relation of those questions is not related with your disease and you remain hesitant to reply them. Therefore, many people never discloses correct information with regard to their age. The treatment of some diseases needs correct information relating to one’s age.

Eating Habits

Many people give wrong reply to the questions asked to them by a doctor with regard to the consumption of their food. On many occasions, we fail to understand the direct relation ship of our disease with the consumption of our diet, but some of the elements present within it may have a relation with it which is better

understood by doctors.

Medicines

Many people give wrong reply to the questions asked to them by a doctor with regard to the medicines prescribed to them or about the correct time at which they were suppose to consume them. Hence, a patient should give correct information to a doctor if he has missed any prescribed medicine dose.

Smoking/Drinking

Patients are generally asked by a doctor with regard to their smoking or alcohol consumption habits. Many people give wrong replies to this question which may prove to be hazardous in case of critical diseases. It is not at all advisable to hide such things specially from a doctor. Proper reply to the questions of a doctor is necessary for good health. ■■

Fostering

Smiling for the sake of children

Support of a father to his children is very significant. It is proved from different researches that children gets highly affected with the behavior and mood of their father right from their childhood.

Start smiling right from this day even if you are not used to it as your children are greatly affected by your mood in comparison to your thoughts even you don't do it. According to a research conducted by Michigan State University children are negatively affected by stress relating to the parenting of a father towards the development of his child. It was disclosed through a survey conducted over 730 families that a parental stressed or a depressed father adversely affects the development of his child. This outcome is against that concept where it is assumed that that the role of mother over the fostering and development of her child has an upper edge over the role of a father. The researchers also developed the fact that the parenting relating stress of a father starts affecting the child's knowledge and language developing right from the age of two or three years.

'Fostering' is necessary

A father cannot afford to keep himself away from fostering his child. It is the father who

has to fulfill the basic needs of his family. He should keep his official work stick only to his office and utilize the remaining time with his children. A child wants company of his father at home.

Gain of knowledge

It's a fact that a father remains tensed with the fostering aspect of his child and always remains surrounded by parental relating mental pressures. In this way, the research has clearly proved the fact that a father always play a vital role in the development of his child similar to that of a mother.

Long term influence

According to the associate professor of the university, Blair Walotan, it was previously considered that a father didn't directly affects his child and his work was simply to collect resources for his family members. It is only the mother who plays a vital role in the development of her child whereas father not only affects his child during the early years of his life, but continues to affect even during their later age. ■■



Foundation Stone

Date of Birth - 2nd October, 1904

Date of Demise - 30th January, 1966

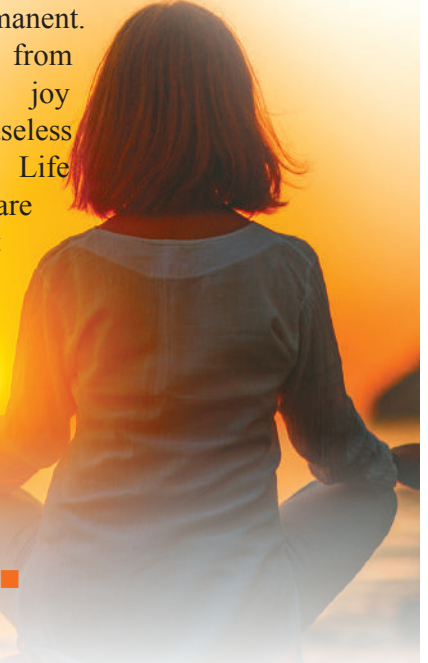
Mr. Lal Bahadur Shastri was a cheerful and a friendly person and was a member of Public Service Division. He was least interested in getting his name published in newspapers and in getting fame from the people. Once, his friend asked him, 'Why do you abstain from getting your name published in the newspapers?' Shastri Ji replied, "Lala Rajpat Rai while delegating me the responsibility of Public Service Division had said to me, 'Lal Bahadur' ! Taj Mahal is witnessed and praised by many people. The upper stone is marble that attracts everybody while the splendor and the beauty of Taj Mahal relies on the second stone". So, I always want to be a foundation stone". ■■

Meditation

Easy way to rest

We remain attracted towards life irrespective of good or bad days as both the situations makes us strong. It entirely depends upon us as to how we deal with the adverse situation coming our way. We generally over react both in good or bad situations. We either turn overwhelmed with joy in good situations or fell greatly dejected in bad situations. We should accept both the situations with ease as sooner or later we have to accept every phase passing through our life. Ignoring the same may result in dejection for us. Acceptance of any situation maintains joy in one's life. 'Joy & sorrow' are two aspects of life. We experience joy only when we don't compare it with sorrow. Similarly, on passing

through bad phase of life we start comparing it with good phase and turns dejected. Although, life is the same coin with two sides within it i.e. 'joy & sorrow'. 'Joy & sorrow' are impermanent. 'Inner joy' comes from spirituality. Inner joy is considered useless without spirituality. Life is a celebration. We are never known about our demise hence we should enjoy every moment of your life to its fullest. Let us wait for the next day. Life is meant for joy and not for sorrow. ■■

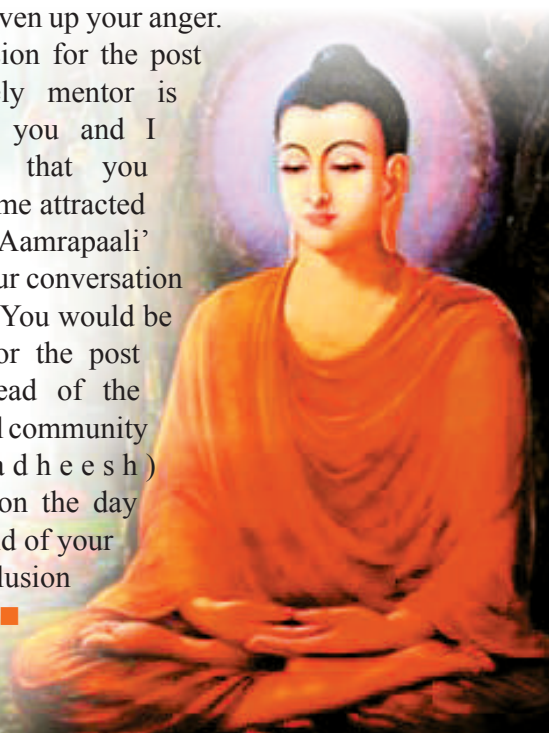


Folk-Tale

Delusion for a post

Sukant had spent many years dwelling with Lord Buddha. So, one day he requested for Buddha's permission for the promulgation of religion. Buddha asked him to initially develop his skills. Sukant learnt many skills for many years and then appeared before Buddha and requested him to grant permission. Buddha asked him to come the next day. Sukant, on making his appearance at the 'Math' (residence of the devotee and the disciples) the next day witnessed two persons sitting on the 'Aasana' (ascetic seat) of Buddha. He got annoyed and tried to make them leave the ascetic seat. At this, he was informed by them that they were royal servants and had come to invite Buddha. They also urged Sukant to accompany him to the princely state. Sukant gave his consent for the same and when he was about to leave Buddha suddenly made his appearance with 'Aamrapaali'. Sukant, getting attracted towards Aamrapaali briefed Buddha about the conversation that was held between

him and the royal servants. At this, Buddha replied, "Son! You are still not entitled for the post of promulgator or princely mentor (Rajguru). You have still not given up your anger. The delusion for the post of princely mentor is attracting you and I witnessed that you had become attracted towards 'Aamrapaali' during your conversation with me. You would be entitled for the post of the head of the residential community (M a t h a d h e s h) religious on the day you get rid of your anger, delusion and lust. ■■



Domestic Tips

'Asafetida' maintains sugar level

'Asafetida' is a spice that is widely used in various Indian dishes. It also helps in controlling many infected diseases.



1. Asafetida keeps blood pressure under control. Coumarone element present within the body helps in diluting blood. Regular consumption of asafetida helps in reducing cholesterol level of the body which maintains blood pressure.
2. Regular consumption of asafetida develops more insulin within the body and the level of

blood pressure turns normal. One forth spoon of asafetida powder mixed with two spoons of juice of bitter casting gourd is advisable.

3. A pinch of asafetida is a remedial medicine for indigestion and stomach upset. During stomach ache boil small quantity of asafetida mixed with a hot cup of water. Then, soak a piece of cloth with this water and foment the stomach. Apply lightly boiled asafetida mixed with water around the navel and the part surrounding to it. It would then provide instant relief.

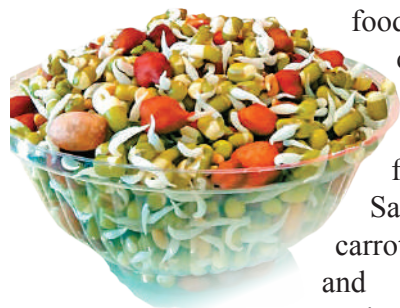
4. Consumption of a pinch of asafetida mixed with lukewarm water provides relief during gastritis. Consumption of a gram of roasted asafetida mixed with lovage and black salt and hot water helps in getting relief from gastritis. One forth tea spoon of ginger powder and a pinch each of black salt and asafetida mixed with a cup of hot water is advisable to consume at the time the belly gets swelled. ■■

Vegetarian food

Sprouted grain is health providing

The maximum benefit one can attain out of vegetarian food is by allowing the food to be cooked for a minimum time. Excessive cooking may provide us tasty food, but all the natural qualities vested within it gets destroyed. We generally consume raw fruits and vegetables. Salad prepared with carrot, cauliflower, onion and reddish fulfills the requirement of nutrient elements within the body. Sprouted grain is health providing and disease destroying food. Consumption of sprouted grain reduces the possibilities of occurrence of various diseases and the person gets blessed with a long life. Let us know about the way to prepare the sprouted grain.

Sprouted grain



You may sprout natural gram, sound green gram, pulse or peas, raw ground nut or sesame seed, wheat etc. both in winter & summer season. With a view to prepare sprouted grain one needs to soak them with water and cover them with an utensil and pick out the same in the evening and pack the same in a bundle of thick cloth. The same would get the next morning as sprouted grain.

Procedure for consumption

Sprouted grain may be consumed mixed with other eatable items viz. honey, jiggery, salad, soup, banana, papaya, mango etc. ■■

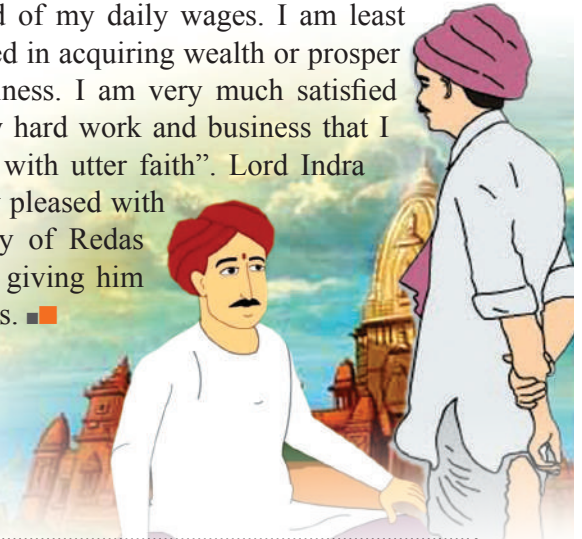


Inspirational

'Honesty' is the best policy

Saint 'Redas' was so concentrated in sewing his shoes that he couldn't realize that someone was standing before him. How could the newcomer wait for long? He drew the cobbler's attention towards him. Redas looked in front and found a person standing before him. He agitatedly stood up and humbly said, "I take apology as I was concentrated over my work". He said to Redas "I have a 'paras (precious stone). I am leaving for some urgent work. Kindly keep it in your safe custody. I would take it back on my return this evening. I would like to brief it out that the iron converts into gold on touching it with this precious stone. If you wish you may convert your working instrument into a gold one by touching it with precious stone". That person was none other than Lord Indra (God of rain) who had heard a lot for long about the devotional

and selfless nature of Redas. He, with a view to test Redas he went to him and said, "You may leave the precious stone with me, but I am unwilling to accept your advice as my working instrument would then be bent and I would become deprived of my daily wages. I am least interested in acquiring wealth or prosper my business. I am very much satisfied with my hard work and business that I execute with utter faith". Lord Indra got very pleased with the reply of Redas and left giving him blessings. ■■



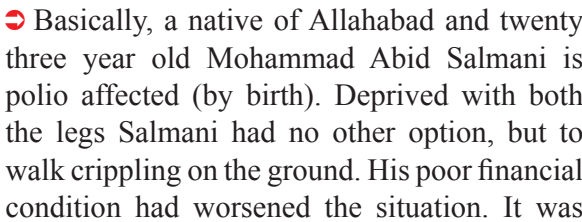
Easy tips for untroubled sleep



- » Morning exercise should be a daily routine.
- » Ignore sleeping during daytime as it is not good for untroubled sleep and also keep away from alcohol and caffeine.
- » Keep away from cigarette smoking as cigarette contains nicotine that causes difficulty in untroubled sleep.
- » Many types of drugs also cause difficulty in untroubled sleep.
- » Evening exercise is not advisable for untroubled sleep.
- » Deficiency of iron among women may also cause difficulty in untroubled sleeping. Hence, take proper care with regard to iron consumption.
- » Dim light in bedroom during night hours is advisable for untroubled sleep. ■■

Humble Request

All the humble donors are requested to kindly get their other family members, relatives, friends and well-wishers associated with the various 'free of cost' service activities of the organization. This is for sure that they along with their family members would always be blessed by the 'almighty' and by the poor, helpless and the needy ones for this virtuous act of theirs. ■■



Salmani is now leading a peaceful life. According to him he want to study and with this motive in mind he has made his appearance at 'Narayan Seva Sansthan' and undergoing 'free of cost' training for mobile repairing at the organization itself. Salmani has conveyed his sincere gratitude towards the trust for gifting him with a new life. ■■

➔ Basically a native of Dhanpura village in Haridwar district of Uttarakhand, India namely Vikas Kumar (36 years) had given every hope of his survival because of the deformity that had developed within his kidneys. He was getting ‘weaker & weaker’ day by day. Everything seemed finished finish for him when suddenly he came to know from his friend about ‘Sewa Parmo Dharm Trust, Udaipur.

Vikas Kumar had come in the grip of this deadly disease many years back, but he came to know about the same only a year and a half back. Both his kidneys had developed serious deformities. The doctors assumed an expense of rupees seven lakhs for his treatment. It was next to impossible task for him to bear the same on his own accord. He was totally dependent on his married sister for his medical and other expenses. She was also greatly concerned at his condition. The financial condition of his sister was also poor as she was married in an ordinary family. Vikas was out of employment and wasn't able to perform any task due to his poor physical condition. At this crucial juncture, he came to know from one of his known ones about the various 'free of cost' service activities of the Trust. Vikas was provided help on behalf of the trust for his treatment. The complete amount of his treatment bearing Rs. 6, 01,709 was sent directly to the hospital. ■■



behalf of Government of Madhya Pradesh for its marvelous achievements in the field of social goodwill and social harmony. Mr. Vishnu Sharan Saxena received the award from the Chief Minister of Madhya Pradesh, Mr. Shiv Raj Singh Chowhan at the glittering function that was grandly organized at Ravindra Bhawan in Bhopal, Madhya Pradesh on the 72nd Independence Day of India. A replica, a letter of commemoration and a cash prize of Rs.2, 00,000/- was awarded to the organization. ■■

total of 52 young boys & girls ‘differently abled’ marriageable pairs were seated on the well –decorated chariots The chariots were followed by joyful ‘Baratis’ (members of a marriage procession) who were dancing with joy over the sweet tunes of patriotic melodies, evergreen songs and folk songs from Rajasthan and Gujarat. The procession reached Delhi Gate covering Suraj Pole and Babu Bazar localities on the way. The marriage procession was ‘flagged off’ by the Founder –Chairman of the organization, Mr. Kailash ‘Manav’, Co-Founder, Mrs. Kamla Devi Agarwal, President, Mr. Prashant Agarwal, Director, Mrs Vandana Agarwal, Information Commissioner of the Government of Madhya Pradesh, Mr. Atma Deep, Dr. Dilkhush Seth, Nitin Pareekh, Trustee –Director of the organization and Mr. Vandendra Chowbisa welcomed the ‘Bindoli’

Inner heart turned joyous every 'now & then' when all the pairs got tied in the 'lifelong' knot of marriage. The moments were so memorable that the fondness of one's own removed every suffering of life. All the relatives and friends of the brides and that of the bridegrooms showered their love over them. The proximity of the religious parents making their way from various parts of the country turned everyone present at the venue overwhelmed and emotional. The presence of renowned personalities heightened the beauty of the divinely organized function. The marriage ceremony of all these 52 pairs making their way to the venue from various states of India got solemnized in a



the presence of thousands of people making their way to the venue. The well dressed brides and bridegrooms garlanded each other turn by turn thus got tied in the lifelong knot of marriage. The scene of garlanding ceremony of five pairs at the revolving hydraulic stage was really worth watching. People, present inside & outside the dome applauded the brides & bridegrooms with the showering of flowers and bursting of crackers at the completion of their garlanding ceremony. Many of the brides & bridegrooms were ‘differently abled’, but were highly excited. Some bridegrooms moved towards the stage with artificial limbs on while some crippling on the ground and some sitting on the wheel chairs. Prior to that, everyone clapped with joy at the arrival of Mr.



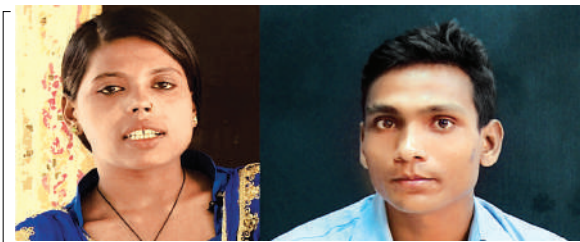
» Garlanding ceremony

The eyes of everyone present at the marriage venue filled with tears at the departure of the couples. All the family members, friends, religious parents blessed their daughters and sent them off for their in –laws place. Special arrangement with regard to the transport facility was provided to the newly married couples for leaving them at their respective destinations. All the household items viz. utensils, sewing machines dinner set, blankets, bed sheets, pillows, watches, saris, shirts, trousers, gold items etc to the respective brides and the bridegrooms. ■■

Distinctive pairs



➡ Dinesh is 'differently abled' since his birth. A 'differently abled' girl Asha who had suffered 70% of burnt injuries in an accident decided to marry Dinesh. He met Asha during the computer course at the organization & both decided to tie in the lifelong knot of marriage. ■■



➡ Dheeraj had to pass through a difficult phase of his life as he had turned polio affected during early years of his life. A girl namely Kavita was also passing through the same phase. Both of them met each other during their treatment at 'Narayan Seva Sansthan' and decided to become life partners. ■■



➡ Reena is from Jawar, Udaipur while Lal Chand is from village Khajuri. ‘Destiny’ turned harsh towards both of them and one of their legs developed serious deformities at an early age. Both of them were treated at ‘Narayan Seva Sansthan and it was during that period that both of them came closure. Both have turned life partners. ■■

Kerala Tragedy

'Valuable Role'



Distribution of relief material

➡ The sadhaks and sadhikas from 'Narayan Seva Sansthan' initiated relief work from 26th to 30th August, 2018 in the flood and landslide affected regions of Kerala. The sadhaks & sadhikas of the organization, in the abled guidance of the Director, Vandana Agarwal distributed helping material among the flood affected people residing at the camps that were established on behalf of state government and voluntary organizations in the urban and rural regions of the state. The relief team from the organization also reached those areas by boat and distributed relief material among the people who were implicated due to floods for a long period. clothes, biscuits, toasts, milk powder, water bottles wafers, medicines were distributed among these people. The situation in Kerala was really destructive. Many people lost their life and the public was badly affected. Nearly every house filled with rain water. The situation in Kerala was so devastating that it's really impossible to describe it in words. The organizational team was comprised of Miss Varsha Jain, Mrs. Geeta .S.Kumar, Mr. Dilip Chowhan, Mr. Fateh Lal and the incharge of Hyderabad branch of the organization, Mr. Santosh Kumar. ■■

Congregation

Flow of Religious Devotion

The Founder –Chairman of the organization and the Global President, Mr. Prashant Agarwal exchanged views with the attendants and the patients making their way to the hospital of the organization at Sewamahateerth premises in Badi, Udaipur for the ‘free of cost’ treatment of their polio affected limbs. Sacred tale programmes were also organized from 9th to 13th, 21st to 23rd, 24th to 30th August, 2018. These programmes were telecast through ‘Aastha’, ‘Sanskar and Satsang’ channels respectively. The stage proceedings during the programmes were jointly conducted by Mr. Mahim Jain and Mr. Om Pal Silan. The respective views as shared by Mr. ‘Manav’ and Mr. Agarwal are being briefed out as below.

'Self-Righteousness' is the supreme spirit

➡ The character of Lord Rama and Lord Krishna is incomparable example of leading dignified life and victory over abnormalities.



The person who selflessly removes the pain & sufferings of other people is, in real sense a true worshipper of the 'almighty'. We get associated with god, saint & teacher as per our wish and they remain

with us in the same way as we get ourselves associated with them. Sacrifice has two forms. The first form is made with intelligence while the other is made with inner heart and mind. Remembrance continues to exist towards any thing when the sacrifice is made with intelligence whereas the case is just opposite in case of sacrifice that is made with inner heart and mind. Sacrifice that is made with heart merely contains love and affection within it as it is meant to be offered before the eternal truth supreme spirit. The devotee who becomes aware of self –righteousness also easily come to know the supreme spirit. Bewilderment, illusion, anger and greed are an illustration of mental infirmity. To get rid of it, one shall have to sacrifice his desires and lust. The significance of life is vested within it. It is the bewilderment that makes a person laugh as well as cry. a person should execute good deeds in life. ■■

'Greatness' is achieved through action

➡ People, who before the execution of any work properly evaluates about its action, reaction and outcome remains happy. To gain something in



life one has to lose something, but one should maintain good feelings for the execution of good work. Every person should remain happy in life. Never become a cause of other people's sufferings.

We should always try to make others feel happy. Always give importance to relation. Maintaining relationship requires support of the family which in turn provides us joy. ‘Prayer’ is the easiest way to acquire the proximity of the supreme spirit. It brings humbleness in our life. ‘Supreme spirit’ is vested within everybody’s inner heart. People would give you respect once you start talking to them in a sweet manner. We should leave no stone unturned in removing ‘pain & sufferings’ of other people. A person turns great with the execution of good deeds. One is definitely going to get in return for what he is paying to others. People are generally entangled around bewilderment and illusion. This is the reason that even after collecting huge funds he fails to acquire the proximity of the supreme spirit whereas a poor devotee succeeds in acquiring the same. Everything is left behind after one’s demise. ■■

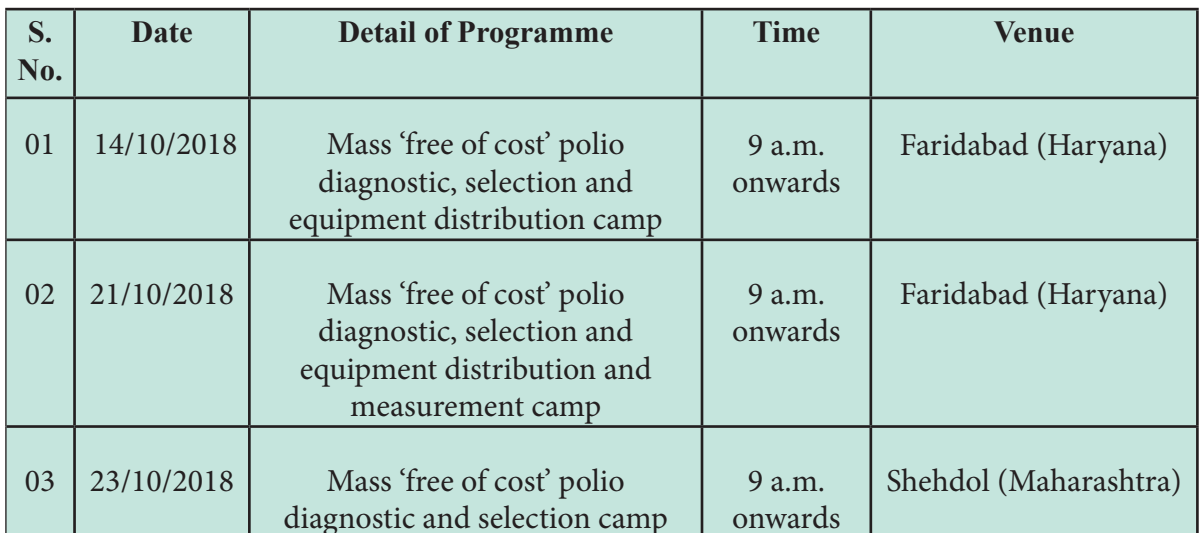
polio affected limbs. They also witnessed the various 'free of cost' vocational training programmes viz. mobile repairing, computer etc. that are being managed upon on behalf of the organization with a view to make 'differently abled' and poor & needy brothers & sisters self dependent. Prior to that, the senior sadhaks of the organization namely Mr. Rakesh Sharma and Mr. Vikram Salvi welcomed and felicitated the 'honorable' guests. In his speech, Justice Laxmi Kant Gaur emphasized the need for human service. He admired the services as rendered on behalf of Mr. Kailash 'Manav' towards the welfare of oppressed humanity. The renowned actor of Rajasthan movies, Mr. Harish Chowdhary, noted devotional singer, Mr. Lehar Das Vaishnav and singer Harish Vaishnav also inaugurated polio corrective surgeries camp some days back at Sewamahateerth premises of the organization in Badi, Udaipur. Sadhak Aditya Chowbisa conducted the stage proceedings on the occasion. ■■

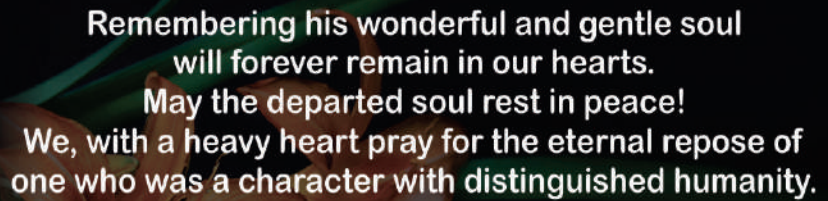
incharge of the organization, Mr. Vishnu Sharma 'Hiteshi' described the teacher as an architect for the creation of better society. The principal of 'Narayan Children Academy', Mr. Shekhar Vaishnav also expressed his views on the occasion. 14 teachers from 'Bhagwan Mahaveer Residential School', 10 from 'Narayan Children Academy' and 3 from Sewa Parmo Dharm' were felicitated on the occasion. The stage proceedings were jointly conducted by Miss. Varsha Jain and Mrs. Jaya Bhalla. ■■

Deformity Correction Camp



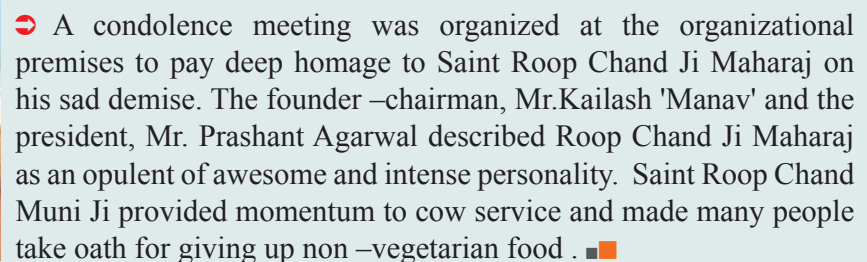
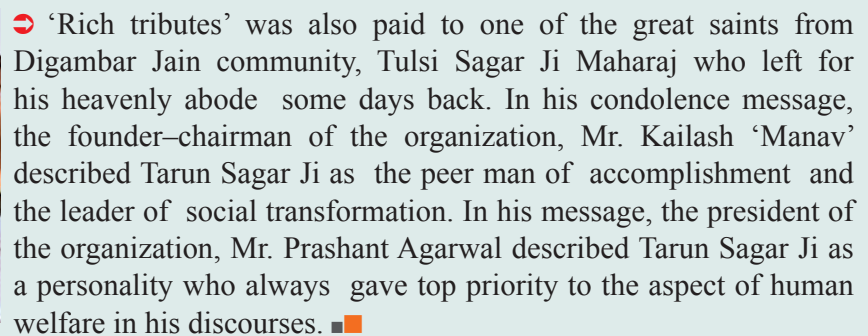
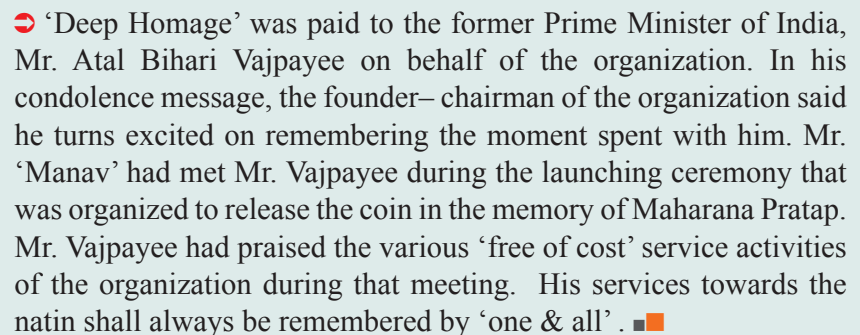
➡ A mass selection camp for the 'free of cost' corrective surgery of polio (by birth) affected children, distribution of helping equipments and measurement for artificial limbs was organized on behalf of 'Narayan Seva Sansthan' on 17th August, 2018 at the premises of Toshniwal College in Hingoli district of Maharashtra, India. A total of 357 'differently abled' brothers & sisters got their respective names registered at the camp. Dr. B.R. Shinde selected 103 among these for 'free of cost' corrective surgery. The team members in the abled guidance of Dr. Sudeep took body measurements of with a view to fabricate artificial limbs for the patients. The District Collector, Mr. Anil Bhandari was kind enough to make his gracious presence on the occasion as a the chief guest while Mr. Ashok Soni, Mr. Chormare, Mr. Rama Rao Wadkute, Mr. Sandeep Bahide, Mr. Sanjay Deshmukh, Mrs. Vaishal Patil, Mr. Aapa Sahib Deshmukh, Mr. Dinkar Rao Deshmukh, Mr. Babu Rao Jadhav, and the camp coordinator, Mr. Brij Gopal Ram Narayan Toshniwal were the special guests. The coordinator of Parbhani Branch of the organization, Mrs. Manju Darda welcomed the 'honorable' guests and briefed about, in detail the various 'free of cost' service activities of 'Narayan Seva Sansthan'. 15 tricycles, 5 wheel chairs and 25 pairs of crutches were also distributed on the occasion and on a 'free of cost' basis among 'differently abled', poor, helpless and the needy people. ■■





**Branch President, Germany
(Narayan Seva Sansthan)**

Deep Homage



National Para Swimming Sports Complex



Kindly donate for construction

The talented 'differently abled' players of India should be provided facilities of an international standard, keeping this aspect in view, a para swimming sports complex is proposed to be constructed in Udaipur with an estimated cost of Rs. 10 crores where players from various sports would be imparted training by trained coaches. Nearly twenty seven beeghas i.e. nine acres of land is needed for the purpose. The donors are thus requested to make an individual donation of Rupees 51, 000/- (in words rupees fifty one thousand only) and become a part of virtue. The name of the respective donors would be engraved with golden letters. The additional donation would enable the 'differently abled' children to make their preparation for the Olympics in the best possible manner.

'Humble Appeal' to the donors

It is requested to the contributors/donors of the organization to kindly arrange to provide their respective E -Mail addresses and whatsapp numbers to the organization so that the receipt for the donation made from their respective ends may be dispatched in time. The purpose behind it to save paper by executing work without it's use. It would enable all of us to provide support in conserving the forests and the environment.

GLOBAL PRESENCE

Narayan Seva Sansthan U.K.

LONDON Mr. Bhikhubhai P Patel – Trustee 68-76 Belgrave Road, Victoria London SW1V 2BP Tel : 07973266569	BRADFORD Mr. Baldev Krishen –Trustee 131- 133, Sycamore Close Bradford, BD3 OEA Tel : 07448269808	LEICESTER Dr. Pramod M Patel Trustee 23, Coral Street, Leicester LE4 5BF,, Tel : 0750445/048
LEICESTER OFFICE Mr. Prakash Patel 12, Melton-Road, LEICESTER LE4 5EA Tel : 01163196495	SMETHWICK Mr. Kulbhushan Rai Prashar 111, Devonshire Road, SMETHWICK B677QQ 07815430077	RUGBY Mr. Vasant R Mistry 40 lodge Rugby CV21 2TF Rugby Tel : 01788574778
READING Mrs. Sarla Kakar 46, Vauxhall Drive Woodley, Reading RG54DU 07795190728	PRESTON Mr. Harishbhai G Mistry 44 Lauderdale Street Preston PR1 8 JL, 01772825817, 07552494582	LEEDS Mr. Vasantbhai K Mistry 45, Wynford Terrace LEEDS LS16 6HU 07713791877

Narayan Seva Sansthan INC

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Narayan Seva Sansthan S. A.

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ITALY Mr. Dharmendra Sharma C/o Sharma Indian Store Via Ammiraglio, Burzagli-27 Montevarchi, 039055984085	DUBAI Mr. H.V. Adnani,Hira Textorium (L.L.C) Ali Ibn Abi Talib Street Shop 6,Naser Hussin,Near Grand Mosque,Bur Dubai Container 6584 DUBAI 559853329	CROATIA Mr. Mladen Zlamalik 10000 Zagreb Jurjevaska 41 Croatia +385-14668488
OMAN Mr. Chetan V Ganatra Po. Box 1070 PC 131 AI Hamariya, Sultanat of Oman 0895208064	NEW ZEALAND Mr. Sukhendra Bahadur 81, Sabulite raod, Kelston- auckland-0602, NEWZEALAND Sukhendra7@gmail.com Cell - 0064210455179	JAPAN Yogesh Dawalbhakta, Edogawa ku, Seishincho 1.1.28. 204 Japan, Tokyo-1340087, Cell +819080858559, yogesh. dawalbhakta@gmail.com

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 Lifetime Patron	Rs. 51,000/-
501 surgeries	Rs.17, 00, 000/-	Donation Amount for Lifetime Membership	Rs. 21, 000/-
401 surgeries	Rs.14, 01, 000/-	‘Lifetime Donation’ amount for meals	
301 surgeries	Rs.10, 51, 000/-		
201 surgeries	Rs.7, 11, 000/-		
101 surgeries	Rs.3, 61, 000/-		
40 surgeries	Rs.1, 51, 000/-		
13 surgeries	Rs.52, 500/-		
5 surgeries	Rs.21, 000/-		
3 surgeries	Rs.13,000/-	Donation amount for two time meals in a day	Rs. 30,000/-
1 surgery	Rs. 5, 000/-	Donation amount for one time meal in a day	Rs. 15, 000/-
		Donation amount for breakfast in a day	Rs. 7, 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	Rs.10,000/-	Rs. 30,000/-	
Tricycle	Rs.4,500/-	Rs.13,500/-	
Wheel Chair	Rs.3,500/-	Rs.10,500/-	
Caliper	Rs.1,800/-	Rs.5,400/-	
Crutch	Rs. 550/-	Rs.1,650/-	

'Free' marriage ceremony for 'differently abled' and poor

Donate for predestined differently abled pairs

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

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

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 AAATN4183F and TAN No. JDHN01027F

Bank Name	BranchAddress	RTGS/NEFTCode	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 in India

- ▶ **Aastha**
9.00 am - 9.20 am
7.40 pm - 7.55 pm
- ▶ **Sanskar**
7.50 pm - 8.10 pm
- ▶ **AasthaBhajan**
7.40 am - 8.00 am
- ▶ **Zee T.V.**
5.00 am - 6.00 am
- ▶ **Paras T.V.**
4.20 pm - 4.38 pm
- ▶ **Arihant**
7.30 pm - 7.50 pm
- ▶ **Satsang**
7.10 pm - 7.30 pm

Channels abroad

- ▶ **Sanskar (U.S.A.)**
7.40 pm - 8.00 pm
- ▶ **Aastha Int. (U.K.)**
8.30 am - 8.45 am
- ▶ **Aastha (U.S.A.)**
8.30 am - 8.45 am
- ▶ **M.A. T.V (U.K.)**
8.10 am - 8.30 am
- ▶ **Zee International : -**
Zee USA 7.30 am - 8.00 am
Zee UK 8.30 am - 9.00 am
Zee Middle East 8.30 am - 9.00 am
Zee Africa 8.00 am - 8.30 am
Zee Asia Pacific 8.30 am - 9.00 am



'Kumbh' Festival -2019

A '51 day' mass service religious devotional, knowledge and spiritual camp

Date - 7th Feb. - 5th Mar, 2019

Venue :- Kumbh premises, Allahabad (U.P.)

15th Jan. : Makar Sakranti first Royal Bath 21st Jan. : Pushp Poornima

4th Feb. : Moni Amasvayab Second Royal Bath 10th Feb. : Basant Panchmi Third Royal Bath

19th February : Maghi Poornima 4th March : Maha Shivratri

IN SERVICE OF YOUR 'GOODSELF'

- Food contribution (one time):- 2,100/- per day
- Accommodation 4 or 6 persons :- 2,100/- per day
- Accommodation (separate) :- 1,500/- per room
- Dormitory :- 5,00/- per day

FOOD CONTRIBUTION FOR THE PATIENTS

- 'Two time' meal for 50 patients (daily) : 21,000/-
- 'One time' meal for 50 patients (daily) : 11,000/-

BECOME YAJMAN (HOST)

- Contribution as a sacred tale chief yajman :- 1,51,000/-
- Contribution for distribution of prasad (proprietary gift:- 51,000/
- Contribution for Breakfast :- 5,100/-
- Contribution for daily 'Aarti (worshipping) :- 11,000/- (one time)
- Contribution for becoming sacred tale 'Yajmaan' (daily) :- 2,100/-

For more information, kindly contact + 91 -294 - 6622222