



SHRI RAM CHANDRA MISSION



Master's News

April 2015 Gujarat Tour

On Monday, 20th April, revered Kamlesh bhai landed in **Ahmedabad** at noon. He went to his residence directly from the airport. At 7.30 p.m. he conducted satsangh for around 600 abhyasis who had gathered in Adalaj Yogashram. After satsangh he met all the abhyasis.

On the 21st, Master conducted satsangh at 6.30 a.m. in the ashram. He then gave a heart touching speech and in very lucid and simple language, revealed many little-known facts about spiritual world. A few points from this speech:-

- Explaining the relation between guru and disciple, he said a guru keeps his disciple for seven months in his *manas* (mind) and then delivers him in the Brighter World. If the *shishya* (disciple) does all parts of sadhana with real enthusiasm, and does not keep anything except real love for the guru within him, then this delivery is possible in seven months. Many a time due to some trifling action, a disciple pulls himself out from the *manas* of the guru.
- Everyone should be able to feel the divine love in you equally, uniformly.
- The biggest challenge for any *sadhak* is to retain the condition that is bestowed on him after puja.



After the speech he left for his residence and informed all abhyasis to sit for the evening satsangh at 7 p.m. at their respective homes. On Wednesday, he left for Surat by Navjeevan Express train.

On 22nd of April Kamlesh bhai reached **Surat** at around 11 a.m. and drove to an abhyasi's house. Around 2 p.m. he signed the property papers for the new meditation hall in Surat. At 5 p.m., satsangh was conducted at the venue of the new meditation hall. Around 300 abhyasis had gathered from different centres of South Gujarat. After the satsangh Master gave a brief talk. He stated that he was happy that after a long wait Surat is going to have a meditation hall. He asked the abhyasis to make it into a state-of-the-art hall and that he is looking forward to coming back to inaugurate it as soon as possible. At 6.30 p.m. he left for Bharuch.

Due to heavy traffic on the highway he reached **Bharuch** only by 8.45 p.m. He conducted satsangh at 9.00 p.m. for all the abhyasis who were eagerly awaiting him.



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On the 23rd, after morning satsangh at 7.30 he took some much needed rest. He met all the abhyasis before he left for Vadodara at 11.30 a.m.

Kamlesh bhai arrived at **Vadodara** at around 1.00 p.m. After conducting satsangh he gave a small talk. He said he was happy with the grace pouring down during satsangh and announced two more satsanghs at 10 p.m. and 6.30 a.m. on the next day. He asked all abhyasis to sit at home for these satsanghs.

After the satsangh, Kamlesh bhai went around the ashram with a guest who had come to explain the solar equipment for various ashrams. While going around he explained various aspects of nature. Kamlesh bhai conducted the relaxation technique for the guest and abhyasis at the old meditation hall. He then met the children who were waiting for him. He spoke about healing techniques, giving example of solar power. On the way back to the cottage, he greeted many abhyasis.

He stayed overnight and performed some Mission work and left for **Ahmedabad** on Friday morning.

On 24th late evening Kamlesh bhai called all the nine preceptor candidates at his residence for a sitting. On 25th he conducted two sittings for them and granted them permission to work as prefects.

He started for Hyderabad in the evening, completing a bonus visit to the western part of the country before the bhandara.

Hyderabad

Our beloved Chariji Maharaj had a special project close to his heart - the idea of building a

beautiful *samadhi* for Babuji in Shahjahanpur. The limiting factor there was space. After the acquisition of the Kanha project in Hyderabad, Chariji chose this place for an unparalleled memorial for his beloved Master.

Then came the plan for a huge statue at Kanha, to sit on top of the building dedicated to the new culture created by Babuji. This building is in the form of the heart-shaped esoteric symbol and it can be seen from aircraft flying in and out of Hyderabad. The total height is limited by the Airport Authority regulations at fifty-two feet. Over time it has become clearer that people from all over the world will flock to this memorial and it will become a well-known centre of light.

On Sunday the 26th of April the statue of Babuji Maharaj was finally installed, under the supervision of beloved Kamlesh bhai. On its own, it stands at thirty feet, and it is a true work of art. The face is so expressive and serene, and the fine hand-beaten work is lifelike in its detail. It is made of an alloy of five metals, and approximately one hundred sheets of metal cast from moulds made from the clay original were welded seamlessly together. The statue weighs thirteen tons.





May 2015

Unnao

After the Lucknow bhandara Kamlesh bhai decided to visit the Unnao centre on 2nd May. He left around 11 a.m. and reached Unnao (70 kilometres from Lucknow) by 12.30 p.m. He conducted satsangh in the meditation hall. He then gave a short talk, mainly addressing the question: how to become like the Master? "Babuji Maharaj has given a method. I am hesitant to share this. One who wishes to imbibe the qualities of Master should sit for meditation for fifteen to twenty minutes any time between 12 midnight to 2 a.m. and make a prayerful sankalpa that 'All qualities of Master are coming into my heart'." He also said, "Please do not feel guilty if you are not able to do it. Babuji did not want to share this method. Abhyasis are already burdened with many aspects of practice. One more meditation!" He had lunch and rested for some time before returning to Lucknow Ashram.

Sitapur

On 3rd May, he went to Sitapur Ashram where he arrived at around 7.30 a.m. and conducted satsangh. After this he planted trees and went around the ashram. He stopped at the dining area and served breakfast to the abhyasis.

By 9 a.m. he left Sitapur for Lucknow. On the way back, he was talking about many things.

"Don't belittle yourself by criticising. You will be hurting yourself only. The man you are criticising is not here and nothing happens to him, but you are poisoning yourself. What happens to the love that was expanding, with this hatred and dislike? It is not about them, you have unbecome."

At 2 p.m. he met all the volunteers, who gathered

in the front portico of the cottage in Lucknow ashram. There was a light conversation and laughter. The session ended with a group photo with him. At 6 p.m. he conducted satsangh in the main meditation hall.

Delhi

On 4th May, Kamlesh bhai reached Delhi. As soon as he settled in, he started working on an ashram project and reviewed various design proposals. At 6.00 p.m. he conducted satsangh at Gurgaon Ashram. In the short talk that he gave after satsangh, he explored the subject of how we can attract new seekers to meditate, saying, "Start with our own daily practice, which is paramount. We must become contagious, with our calmness within, with peace within, the joyful state within, and with that wealth that we have in our hearts, when we perform our daily activities, so that when we talk to someone our thoughts are reaching them. It is almost like touching a person with so much affection. Our thoughts are very powerful. When we practice, and hold on to that loving state inside, and work with that, when we touch something, when we look at someone, when we hear something, we must be transmitting the same love-filled condition. Try it consciously. When talking, try to transmit your love consciously."

"It has been the wish of Swami Vivekananda telling Babuji Maharaj that it really does not matter whether people continue with our system or not, but every family must know that we exist. Sahaj Marg is there when they need us. We are always available."

Late that night, at 11.30 p.m., he left for Delhi International Airport to start the next journey in Europe.



European Tour

5 to 25 May 2015

Revered Kamlesh bhai's European trip began with his visit to Milan in Italy. He inaugurated the new meditation hall in Milan on 6th May and visited the centre at Aosta (Italy) on the same day. He then proceeded to Lausanne, Switzerland, where he conducted satsangh at the new ashram. He visited the centres in Montpellier and Perpignan in France and proceeded to Barcelona in Spain. At Barcelona a session on Heartfulness was conducted which touched every guest who attended. They all stayed for the last meditation and decided to start the practice. Kamlesh bhai visited the centre at Lisbon in Portugal and from there went to Lyon in France to conduct a three-day Heartfulness seminar.

More than 2600 abhyasis from all over Europe had assembled at Lyon for the seminar which was held from 15th to 17th May. During the seminar the archival edition of *Complete Works of Ram Chandra, Volume 5* was released to the gathering. The French edition of *Designing Destiny*, a book compiled from the talks of Kamlesh bhai given during the first youth seminar held in November



2014 in Manapakkam, was also presented. The translation had been done by young abhyasis of France and Belgium. The French title of this limited edition is *Créer Notre Destinée*.

The youth had separate sessions throughout the seminar, allowing them to reflect on topics and interact with one another. It was an opportunity



for all to create bonds with each other and at the same time to develop spiritually by deepening their approach. Kamlesh bhai spoke with them during the first session. There was a beautiful spontaneous flow to the dialogue with contributions from Kamlesh bhai as well as several young speakers, and the session was filled with laughter and applause.



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There were two open sessions for the public to experience Heartfulness. Around 1,000 people from outside attended. On the 17th, after the 7.30 a.m. satsangh Kamlesh bhai solemnised four weddings. From Lyon he proceeded to Timisoara in Romania.

The two-day seminar at Timisoara started officially on 18th of May, with satsangh at 7.30 a.m. More than two hundred abhyasis attended, mainly from Romania, with some from Serbia and Moldavia. On the way from Timisoara to Vienna, Kamlesh bhai stopped at Budapest, in Hungary, and conducted satsangh for the local abhyasis. After some refreshments, he continued to Vienna, in Austria, where he arrived in the early evening. A one-day seminar was conducted there, on 21st May, before he proceeded to Vrats Sande Ashram in Denmark.

At the seminar in Vrats which began on 22nd May, abhyasis were immersed in a highly intense



event with around 1200 participants from all of Europe, some long-standing abhyasis, and many new ones. There were three satsanghs each day, accompanied often by talks that continued to unfold profound themes for our own evolution and the evolution of consciousness on this Earth at this critical time.



On the 23rd, there was a presentation in the meditation tent for all abhyasis on Heartfulness. In the afternoon, an experimental Heartfulness session was held in Danish, for local visitors. Around forty people came and most of them went on to take their first sittings. A similar session was conducted on the Sunday afternoon. In the evening after the 5 p.m. satsangh Kamlesh bhai spent some time with the children, from four-year-olds up to eighteen-year-olds.

The seminar ended on 25th May completing Kamlesh bhai's visit to Europe.

The full reports of Kamlesh bhai's European tour are available in the abhyasi bulletins and can be accessed at:

<https://www.sahajmarg.org/newsletter/sahaj-sandesh>





Preceptor Seminars

Jabalpur, Madhya Pradesh

A five-day preceptor seminar for 85 prefects from 6 Zones (MP-8A, MP-8B, Rajasthan 7A & 7B, Chattisgarh & Maharashtra) was organised at the Zonal Ashram, Jabalpur from 26th - 30th May. The programme was mainly based on how the preceptors can adapt themselves to the new permissions or techniques of work. Introspection, Principles of Conversation, Listening from the Heart, Conscious Lifestyle and Humility were the other topics covered along with sessions on Heartfulness, U-Connect, remote/distance sittings and prayerful suggestions.

All the preceptors showed a determination to work with full devotion in accordance with the new permissions at their respective centres.

Meerut, Uttar Pradesh

Seventy preceptors attended an annual preceptors meet for Zone 12-A (U.P. West) held at Meerut on 30th and 31st May. The programme kickstarted after meditation on the topic 'A Prefect is an Intense Abhyasi'. The well-knit programme continued with the explanation of the new permissions given for preceptors, followed by a presentation on Heartfulness, U-Connect, Open Houses and Home Gathering followed by a Q&A session. Other topics covered in these sessions were 'Administration with Love, Brotherhood, Humility, Anonymity and Harmony', 'Role of Prefects', 'Importance and Value of Whispers', 'Character Formation, etc. The importance of trainings like GTP, motivating abhyasis to visit retreat centres, visiting ashrams and attending CREST and training on accounting systems were also covered in this seminar.

Brother Ashok Kumar Garg (ZIC) shared his feedback on centre visits in the zone and gave suggestions for improvement. It was followed by a session on clarifications, queries and issues raised by preceptors for development of centres. In the concluding session preceptors were invited to come forward and share their feelings.

Preceptor Candidate Programme Manapakkam

The 10th batch of the preceptor candidate programme was held in BMA from 20th to 26th May. A total of 62 candidates were taken through the process of training – 20 of them had already been made preceptors while the remaining 42 of them were being prepared.

While Kamlesh bhai was not present physically during the programme, his guidance and presence were clearly felt. Brother C. Rajagopalan gave the preparatory sittings and also addressed the questions and explained aspects of preceptor work.

Sessions included Communication, Principles of Conversation, Attitude to the Practice and to Preceptor Work, Philosophy of Sahaj Marg, Reading the Condition, Humility, new permissions to preceptors, Anonymity and Insignificance, Heartfulness, Prayerful Suggestions, etc. There were special sessions for the preceptors who had already been permitted to work. There was a sense of brotherhood and a sense of purpose to take up the work which beloved Master called 'sacred and noble'.



U-Connect

Aurangabad, Maharashtra

Self Development Programme (SDP) as designed through U-Connect was conducted at Government Engineering College during the second semester of 2014-15. Around 72 students from different undergraduate engineering courses.

The concluding session was conducted on May 23rd in the institute. A demonstration of the relaxation technique and a ten-minute meditation was conducted by a preceptor. The students showed a deep interest and participated in the discussions. This was followed by certificate distribution to all the SDP participants.

Indore, Madhya Pradesh

On 14th June, a zonal meeting of U-Connect volunteers from MP Zone 8A, was organised for around 50 volunteers from various centres. In the past academic session, SDP was conducted at six colleges in - Indore, Bhopal, Gwalior and Vidisha. SDP has been completed at four colleges and another two are ongoing. In all, about 180 students have participated in these programmes. The volunteers shared their experience with students, who felt that these SDPs were able to fill the much needed gap of spirituality in their lives. They were touched by the commitment and selfless work of SRCM volunteers. Many students were motivated to take sittings. Tips for building volunteer teams, training speakers and coordinators, were shared with the participants. A brief review of the content of SDP was also presented to the volunteers.

It was decided to start the activity at three new centres – Harda, Ujjain and Jhabua. The existing centres, Indore and Bhopal will take up the same colleges once again and add new ones also.



Facilitator Training Programme, Hosur, Tamil Nadu (Zone 2A)

A two-day facilitator training programme was organised for 70 abhyasis on 30th - 31st May. Abhyasis from various centres in Zone 2A and a few from Zone 2B and Karnataka took part in this programme which included sessions on the concepts of U-Connect and SDP, and actively involved all the participants in group discussions and presentations.

A mock session was conducted with a few participants presenting the topic and the rest of the audience taking the role of college students. This enabled the participants to understand the seriousness of the task, and the potential gravity of such sessions when conducted at colleges and universities. At the end of the session a plan of action was put forward by ZIC for U-Connect activity in Zone 2A. Facilitators would meet regularly to practice their presentation skills in the presence of an observer from the U-Connect core team. Once a sufficient number of facilitators has been trained, they would start approaching colleges/universities to offer SDP in their respective areas.





Youth Activities

Virudhunagar, Tamil Nadu, Zone 2D

The zonal level youth seminar from 29th to 31st May, was attended by 73 abhyasis, mostly from centres of Zone 2D.

The youth were very enthusiastic, enabling easy-going, interactive sessions over a range of topics which included Heartfulness, Goal Setting, Sadhana, Service, Introspection and Character. Volunteer work was also organised along with some group discussions on relevant topics.

Before supper, a 'circle time' after the last session of the day helped in discussing the day's programme and in exchanging some tips for the next day, which enhanced the proceedings.

Apart from regular video sessions of our Masters, a movie based on Swami Vivekananda's life was also screened. At the end of the seminar, there was a feel of gratitude to our Master for providing such opportunities and for his eternal guidance.

Valsad, Gujarat, Zone 6B

Forty-three fervent young people participated in a zonal level workshop, with the theme 'Here and Now', held at Valsad Ashram on 13th and 14th of June. This was the second part of the workshop held at Vadodara Ashram during the February gathering. The contents of the workshop were – Attitude, Heartfulness, Self-Analysis, Volunteering, Time Management and Bhandara. The participants were also active in the application of the prayerful suggestions and increasing awareness of one's condition through diary writing. The youth also spent an hour doing volunteer work at the ashram.

Video talks from the DVD 'Sadhana Mein Dubiye', 'The Need of Time', Ten Maxims and '50 Years of Splendour' were played during this workshop.

It was a step ahead for all the participants on the adventure of the spiritual journey where all have now determined to practice and change with greater enthusiasm, here and now.

Media Workshop, Mumbai

Eight young people participated in a ten-day media workshop that was held at BMA, Panvel. It was designed keeping in mind the 'Do It Yourself' (DIY) concept of different aspects of media so that participants could work in various projects of the Mission. The workshop covered both the theory and the practical side of the subject. They were given projects and exercises based on the topics covered, among them were still photography, cinematography, shooting an interview by multi-camera using AV selector, studio lighting, director perspective, dubbing and voiceover.

Keeping in mind that a media person follows a hectic schedule, two special lectures were included in this workshop one by a physiotherapist and the second by a dietician. To see the participants' acting skills and to show them a step towards professionalism, faculty gave them the project 'Feel the Taste – Within'. All these projects and exercises gave participants a unique experience about direction, acting, cinematography, editing and sound design through their own visual story telling – The Cinema.



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News Snippets

Bhilwara, Rajasthan

A workshop on the Ten Maxims was organised on 7th June for 43 abhyasis. The maxims were explained in detail with the help of stories and illustrations. In essence it was emphasised that it is a must for true seekers of spirituality to follow the Ten Maxims. A clear understanding of the importance of each of the maxims has helped the abhyasis.

**Hubli, Karnataka**

A two-day 'Manana' programme in Kannada was conducted on 13th and 14th June. More than a hundred abhyasis from Hubli, Dharwad, Belur, Navanagar, Kallur and Gulbarga centre attended. Various aspects of the practice were covered in-depth using presentations in an interactive way. All the abhyasis felt they had greatly benefited.

**Ziro, Arunachal Pradesh**

A three-day residential GITP Workshop was held in the ashram from 17th to 19th April. Diary Writing, Meditation and Cleaning modules were covered. More than 50 abhyasis from Itanagar, Bomdilla, Phasighat, Naharlagun, Raga, Anini, Tenga, Dulung, North Lakhimpur & Tinsukia benefitted from this programme.

Kharagpur, West Bengal

A three-day programme on 'Introduction to Value Education' was organised for around 150 students from four sections of class ten at Kendriya Vidyalaya, Kharagpur, from 20th to 22nd April. The theme was '*Aao seekhen khel khel mein achchi achchi batein*'. (Let's learn some values while playing). The programme started with two minutes of quiet time and relaxation exercise followed by an interesting game. In a playful manner, they were introduced to all the six core values: humility, love, courage, sincerity, responsibility and discipline. The students listened, interacted and responded enthusiastically to the presentations. 'The Legends of India' and 'Walk the Talk' videos were highly appreciated by the students. The whole programme was carried out in a very pleasant and lively atmosphere. The cooperation extended by the school authorities was also laudable.





Summer Camps for Children

As the summer vacations were approaching, the children's centre and other ashram volunteers were busy planning exciting summer camps for children in their respective ashrams. Activities were planned to make the children feel at home and at the same time provide an overall development in the child by inculcating values necessary for life in a subtle and enjoyable way. These camps saw children attending in huge numbers keeping the volunteers always on their feet. Children in the younger age group (ages 6 to 10) were mostly engaged in art and craft activities which helped them imbibe the values of sharing and caring. In most of the ashrams the older age group (11 to 16) had more serious sessions on topics related to spirituality along with many other social and practical aspects of life. The children were also engaged in daily morning exercises, relaxation and many fun-filled games which kept them energetic and active throughout the day. Volunteers put in their best efforts with dedication and love so that children could go back with hearts full of joy, harmony, openness and values to guide them in their future. The Echoes team received summer camp reports from Ahmedabad, Allahabad, Bangalore, Mumbai and Sitapur centres. A few glimpses of these camps is given below.





Heartfulness Sessions

Heartfulness is an open approach to offer Sahaj Marg to aspirants. It allows the seeker to adopt elements of the practice at their own pace based on their experience, rather than starting all aspects of the practice at once. Meditation on the heart is introduced first along with the Heartfulness relaxation technique. This demonstrates how to use the mind to relax the body as well as using the mind to do meditation. Sahaj Marg is explained in simple terms, resonating with its true meaning, the 'simple path', for example, 'meditation' rather than 'satsangh', 'meditation centre' rather than 'ashram', 'trainer' rather than 'preceptor', 'meditator' instead of 'abhyasi'. Heartfulness is based on learning to listen to the feelings and capturing the inspiration that come from within. It is an exercise of fine-tuning the heart with the mind through meditation on the heart.

Heartfulness sessions are being held across all centres in India and abroad. A few reports and photos are given below. In all these sessions the heartfulness relaxation technique and meditation was conducted for the audience.

Ajmer, Rajasthan

On 28th May at Jiyalal Teacher Training Institute, Ramganj, more than 100 participants attended a one-hour session. Bhagwan Sahai, CIC, Ajmer,



emphasised the need for all-round development of youth with a spiritual attitude. He spoke about the need for channelling their energy in positive spiritual pursuits.

Alwar, Rajasthan

On 23rd May, at the Laxmi Devi Institute of Engineering and Technology, around 150 participants including the faculty, staff and students were present. All participants expressed their willingness to start after the session.

Bhikangao, Madhya Pradesh

Bhikangao is a new centre 150 km from Indore. Around 70 aspirants attended the session conducted on 17th May and subsequently 16 aspirants have joined. Regular Sunday satsangh has also started at Bhikangao.

Police Training Academy, Bhauri, MP

190 police trainees and staff were introduced to meditation from 22nd to 24th April. The trainees belong to the second batch of the Academy, including Sub-Inspectors, Platoon Commanders, Special Branch SIs and QD Branch. Sunday satsanghs have been conducted for the batch at the Academy itself. Further arrangements are being made with the CIC of Bhopal Centre to help introduce meditation during their training period.

Thane, Maharashtra

A workshop was conducted for residents of Thane's





Vasant Vihar area. It was attended by 75 aspirants from 20 to 75 years! All were given a Heartfulness meditation card, relaxation guidelines and contact details of all the prefects in Thane city.

Palanpur, Gujarat

On 18th May, around 60 employees and staff of Gujarat Water Supply and Sewage Board, Palanpur Office were introduced to meditation by brother Anish (Ahmedabad). The audience wanted to know more about the system. Some of them showed an interest in starting and took the contact number of the local preceptor.

Western Rajasthan

Workshops were held in various places of western Rajasthan (7-A). Most of the participants felt that there is something special which is not only beneficial for them but also delighting their inner-self. Interested participants have given their contact details and preceptors are working on introducing them to the system.

Jalore: First session was held at B.Ed College on 9th May for 74 participants. The second session was held at District Institute of Education and Teaching on 20th May for around 110 participants.

Padampur: On 3rd June a programme was held at Shaheed Capt. Navjyot Singh Siddhu Sr. Sec. School, Padampur, District Sri Ganganagar for

200 teachers.

Sujargarh: On 17th May, brother Tarachand (Sujargarh centre) invited around 70 of his friends, relatives and colleagues for a session which brothers Anil (Jodhpur) and Tarachand coordinated. 16 aspirants have started the practice.

Sirohi: A session was conducted at Bhatakada School at Sirohi on 22nd May for 19 aspirants.

Trichy, Tamil Nadu

The preceptors of Trichy started conducting home gatherings at abhyasi's houses from October 2014. The objective was to create awareness about the Mission among neighbours. By March 2015 around 14 home gatherings and three open houses had been conducted. From April to May there were five home gatherings and two open houses held.

Bangalore, Karnataka

Open houses were held on the occasion of the UN International Yoga Day on 21st June in 16 locations across the city. Volunteers worked to coordinate the distribution of banners, posters and invitations to inform as many people as possible. The attendance in the three ashrams was good and other venues saw local people attend. Overall around 300 people participated in the sessions across the city and around 200 will be starting the practice.





Yogashram, Dehradun, Uttarakhand

Centre of Light



It was in June 1989 when Sunday satsangh in Dehradun started at an abhyasi's house with only six regular abhyasis. Gradually the number started increasing and the search for ashram land began in 2000-2001.

Master's Visits

Pujya Chariji Maharaj visited Dehradun frequently during the period 1995 to 2005. During his visit in November 2001, three potential sites were shown to him for building an ashram and he approved the site at Pondha.

Master laid the foundation stone on 19th November 2003 and construction started almost immediately afterwards. On 11th June 2004, he visited the site to inspect the ongoing construction. The ashram was inaugurated by Chariji Maharaj on 7th February 2005. He approved the name 'Yogashram'.

The ashram has 1.07 acres of land and is situated in the peaceful village of Pondha in Dehradun, at a distance of about 15 km both from the city centre and Dehradun railway station. It is three km from NH 72 joining Dehradun with Himachal Pradesh. The road leading to University of Petroleum runs

in front of the ashram connecting it with the city.

Facilities

There is a beautiful meditation hall (40x60 ft.) with a 7-foot wide verandah stretching in front of the hall. It is equipped with a PA system, a projector and an inverter. It also accommodates a small library under the staircase and in the open verandah of the hall. A lawn faces the meditation hall and trees scattered inside the ashram add to its beauty. There is a two-room kitchen block with a 30x30 ft. dining hall adjoining it. Breakfast, prepared by the abhyasis, is served after morning satsangh every Sunday. A toilet block, store and watchman room complete the facilities and there is also a little space for parking. Water supplied by a bore well inside the ashram is potable and sufficient.

Activities

The programme on the first Sunday of every month is extended up to lunch time. The abhyasis of nearby Vikas Nagar and Jolly Grant sub-centres also join on these Sundays. Birthdays of our revered Masters are celebrated here with great enthusiasm. The All India Essay Event prize distribution ceremony for the students of various institutions of Dehradun is organised in the ashram every year.

It is very encouraging now to observe the gradually increasing attendance of abhyasis on Sundays. Having reached the attendance of 100, we now see Dehradun developing into a big centre.

