

HAPPY NEW YEAR

# ANAMAY ASHRAM



What is the next stage of Bhramari?

Information about such a creature that is the source of a happy life for you.

Which honey is better? How much & how to eat?

How will the new year be for the country? Who is the king of this year?

Learn the natural way of washing clothes.



# Prayer

The first mantra recited by the students of Anamay Gurukul as soon as they wake up in the morning, as a prayer, is a shloka mentioned in the Vishnu Puran.

karāgre vasate lakṣmīḥ karamadhye  
sarasvati  
karamūle sthito Brahma prabhāte  
karadarśanam

Kar — Hand  
Agre — Upper  
Vasate — Resides  
Madhye — Middle  
mule — base

Mother Lakshmi resides in the upper part of the hand,  
Mother Saraswati resides in the middle of the hand,  
Brahma Ji is present at the base of the hand.  
I remember you by looking at my hand in the morning.



Sit up with your eyes closed, join both hands together, and open your palms like a book. Open your eyes, look at your palms, and recite the mantra mentioned above. Afterward, place both palms on your face, then leave the bed and begin your daily routine.

The palms represent our hard work. If we are honest and hardworking, we will have wealth, knowledge, and will be able to live our lives in harmony with the Brahman. In other words, all abilities lie within a human being. It is important to remember this first thing upon waking up so that we can follow these principles throughout the day.

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## Magazine

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- Along with New Year wishes, learn about the New Year celebrations in different states of India.
- In the presence of Swami Ji, S.S.J. University signed a Memorandum of Understanding with a Russian university.
- Get information about the camps/courses to be held from April to June 2025.
- Know your horoscope. Also learn about the changes that will take place in the country in the new year.



# Swami Ji's Message

Heartiest greetings for the Indian New Year to all of you.

I feel very happy and proud to publish the third issue, "Anamaya Ashram", a quarterly online magazine.

Through this magazine, I would like to express my gratitude to my editorial team, all the staff working at the ashram, volunteers, acharyas, guests, readers, camp participants, and all.

Following the path shown by my guru, Brahmanand Saraswati, and Maharishi Mahesh Yogi ji, my endeavor has always been, and will always be, to ensure that every work I undertake serves the interest of humanity.

The theme of this magazine is "Nature is the introduction, nature is the reference."

What makes this magazine special is that a part of every article provides information about the gifts we receive from nature, which, if included in our daily lives, can benefit our overall health. The second part of the magazine addresses the challenges faced by these gifts and their imminent threat of extinction.

The answer to all our questions is hidden within nature; all we need is a path. By showing this path and shaping our efforts, every issue of the magazine guides us toward a progressive life.

Anamay Ashram strives to live all aspects of life in the form of a "Gurukul." Childhood here is spent in simplicity, where one learns to live a life free from pride, "Transcendental Meditation" continuously explores and develops the knowledge hidden within, the ongoing "Yagya-Havan" purifies the environment, "Ayurved" enhances every moment of life, while the "Gaushala" maintains satvikta and our effort is to keep our traditions alive and pass them on in their natural form to future generations.

You are warmly welcome to Anamay. Come to Anamay, learn about our efforts, and become a part of them.

Every month, through the shivir (camp), Anamay provides a golden opportunity for many people from India and abroad to join us. During this time, your stay at the ashram becomes a period of awareness, helping your subconscious mind recognize right from wrong. Our aim is to have more and more people join us through the camp and contribute to this process of development.

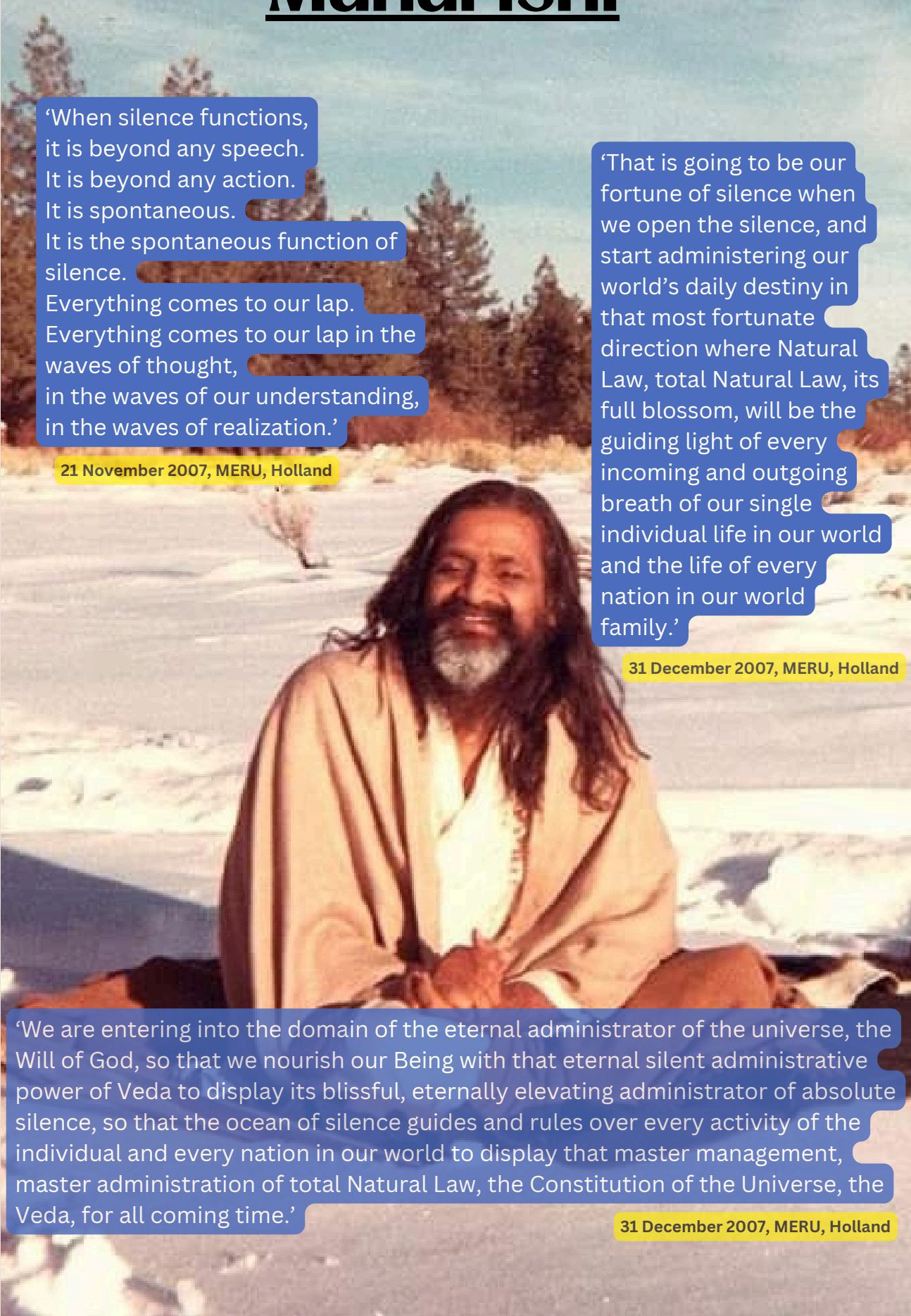
Based on your interest, we have started some online courses led by our trained teachers and will continue to organize more such programs in the future.

I believe that, in the future, our relationship with you will grow even deeper and stronger.

Thank you,  
Swami Ashutosh  
Editor-in-Chief  
Anamay Ashram



# Maharishi



‘When silence functions,  
it is beyond any speech.  
It is beyond any action.  
It is spontaneous.  
It is the spontaneous function of  
silence.  
Everything comes to our lap.  
Everything comes to our lap in the  
waves of thought,  
in the waves of our understanding,  
in the waves of realization.’

21 November 2007, MERU, Holland

‘That is going to be our  
fortune of silence when  
we open the silence, and  
start administering our  
world’s daily destiny in  
that most fortunate  
direction where Natural  
Law, total Natural Law, its  
full blossom, will be the  
guiding light of every  
incoming and outgoing  
breath of our single  
individual life in our world  
and the life of every  
nation in our world  
family.’

31 December 2007, MERU, Holland

‘We are entering into the domain of the eternal administrator of the universe, the Will of God, so that we nourish our Being with that eternal silent administrative power of Veda to display its blissful, eternally elevating administrator of absolute silence, so that the ocean of silence guides and rules over every activity of the individual and every nation in our world to display that master management, master administration of total Natural Law, the Constitution of the Universe, the Veda, for all coming time.’

31 December 2007, MERU, Holland



Like every day, in the quiet atmosphere of the ashram, the sound of chanting came from the school...

<Chanting sound of the mantra....>

Everyone else was busy with their work when a gentleman arrived at the ashram with a small child. It was learned that the gentleman was a distant relative of the child. His parents were in the village and were unhappy with the Gurukul where the child was studying. After hearing praises about Swamiji's discipline and the care at the Gurukul, the gentleman had come from Haridwar to get the child admitted to Anamay Vedic Gurukul.

After staying with the child in the ashram for a day or two, the gentleman thought of returning to Haridwar. However, the child wouldn't let him out of his sight, constantly holding his hand and staying half-hidden behind his dhoti. From this, it was clear that the child saw everyone as strangers except for him and did not want to be separated from him for even a moment. Seeing this, the gentleman stayed two or three more days in the ashram. Finally, one day, leaving the child asleep, he returned to Haridwar. When the child woke up and realized his distant uncle had left the ashram, he began to cry.

Everyone explained to him that his uncle had gone somewhere and would return, but the child didn't listen to anyone. The other children of the Gurukul also tried to comfort him, but nothing worked. Swamiji also tried everything, but the child clearly said, "I do not want to stay here."

Swamiji likely had an idea that the child needed time. He decided that, after giving him some time, if the child still didn't want to stay, his family would be contacted. So, the child was told that someone would come to take him home in a day or two. Hearing this, the child calmed down a little.

From that day onwards, he used to sit on one side of the playground. It seemed as his little eyes were waiting for someone to come. The children of the Gurukul kept trying continuously, and the teachers also tried to get him to sit in the class, but he was determined to go back home, so he would not talk to anyone in the ashram, nor listen to anyone.

I saw him many times while coming and going, and tried to ask about him, but every time I saw silence on his face and only anticipation in his eyes.

After a day or two, I had to return to Delhi for some work, and it took a week to return to the ashram.

One day, while going down the stairs of the Gurukul, I saw a group of children from the Gurukul coming upstairs, laughing and giggling merrily. I recognized everyone in the group, but one child seemed familiar, though I could not remember him. I asked, "Is this a new child?"

Upon hearing my question, everyone in the group started speaking one by one, "Suman didi, this is Somnath."

"Somnath!" This was the same child who had insisted on going home.

I asked Somnath, "Aren't you going home now?"

Somnath gave a beautiful smile and shyly ran up a few stairs.

There was so much radiance on Somnath's face. In the yellow clothes of the Gurukul, he looked as if the flowers of spring had bloomed in autumn.

Now, Somnath would jump and play with the other children on the way, attend school diligently, and shyly smile at me. It seemed as if his smile was saying, 'I am very happy today, but yesterday I was such a fool that I was adamant about running away from this happiness.'

I was thinking to myself how happy Somnath's parents must have been when they learned that little Som had become a member of the Anamay family.

In the olden days, at the age of five, a child was sent to a Gurukul miles away from home and returned to his parents only after reaching adulthood. At this age, the child might cry for some time but quickly mingles with others. This is the strength of a child. Even as they mature, children easily overcome pains that are huge for us.

Do you know why?

Because they have no rigid expectations, which allows their ability to adapt to any situation to remain active. Although this ability is present in almost all of us as children, as we grow older, we often destroy it through excessive effort.

Because of many such characteristics, children are the most accurate representation of Yog. Their endeavor is to 'unite,' and Yog also talks about unity. This is why, wherever children are present, autumn doesn't stay for long—only spring resides there.

Similarly, spring is always present in Anamay. It is the effect of the Gurukul culture and the knowledge gained that many children, like Somnath, consider Anamay their true home. Anamay is our garden, and children are its beautiful flowers. Swamiji's lifelong endeavor is for all children, like flowers, to be healthy and educated in the truest sense.

You and I are like tourists. Some of us come, appreciate the flowers, and then leave, while others keep the fragrance of the flowers in their minds and spread that fragrance to others as well. It is our consciousness that can work in many ways.

If possible, try some of these activities:



Next time when you plan a holiday, spend days in a big hotel, but take your children to Anamay or any other Vedic Gurukul for a few days.

Don't keep them unaware of this important part of their culture and categorize them as ignorant.

Secondly, spend time not only with your children but also with other children. In all of them, you will see a reflection of yourself and your childhood friends, to some extent.

Who knows, your childhood may return once again, and you may also become one of the flowers of spring.



Anamay students participating in the course





# Yog & Meditation

## Vibration

Many types of mechanical vibration methods are used for the treatment of physical ailments, but if you take a look around, you'll notice that this vibration is present in some form or another naturally.

Well, tell me, have you ever noticed the sound of honeybees, bumblebees, or other species of flies hovering over flowers in a peaceful and natural place?

The vibrations in the sweet buzzing sound of honeybees have the ability to relieve many physical and mental ailments naturally. All that is needed is to concentrate on that sound.

To put it into practice, yogis invented a method of calming the mind with the sound of humming (taken from the large black bee) and named it, "Bhramari Pranayam".

When the sound of humming is included in the Pranayam that expands life, we begin to experience its amazing benefits.

What should you know before practicing Bhramari Pranayam?

- It is best to practice in a clean and airy place, by spreading a mat on the ground, and wearing light, loose cotton clothes.
- Practice pranayam only after mastering the asanas.
- Never practice Bhramari if you have an ear infection or while lying down.
- People suffering from heart or other diseases should practice Bhramari with Kumbhak only under the supervision of a Guru.
- Like all other asanas and pranayam, Bhramari should also be practiced on an empty stomach.
- After completing the asanas, practice Bhramari as part of the Pranayam series.
- Keep the mouth closed and relaxed during the practice, so that the vibrations can be clearly heard and also felt in the brain.

### Bhramari Method:



Sit in a comfortable posture.

1. Keep the waist and neck straight.
2. Rest both hands above the knees in Dhyana or Gyan Mudra.
3. Close the eyes, relax the entire body, and keep the waist and neck straight.
4. Extend the arms parallel to the shoulders on each side, bend the elbows, and lightly close the ears with the index or middle fingers of the hands.
5. Inhale through the nose, and as you exhale, make a sound like the humming of a bee. The humming sound should be uniform, rhythmic, slow, and controlled.
6. After completing one repetition, take a deep breath and start the practice again.
7. After doing 5 to 6 repetitions, sit quietly, leaving the body calm, and feel the effect of the practice.

This is the first stage of Bhramari. After becoming proficient at this stage, you can start doing the second stage along with the first. This is considered Purna Bhramari.

### Next Stage:

- After completing the repetitions of humming, keep the ears closed and sit quietly, breathing normally.
- Gradually make your awareness introverted and subtle, and try to listen to the sounds produced inside.
- In the beginning, the sound of your breathing will be heard. But as your awareness increases, the sound of humming will replace the sound of breathing, and this shift will occur after continuous effort.



How does this practice work on the body?

The waves produced by humming attempt to activate the nerves and blood vessels by gently stimulating them at a subtle level. By humming continuously, these waves work repeatedly, revitalizing any area that has become motionless. This energy helps the area start functioning smoothly again. If this motionlessness has manifested as anger, worry, insomnia, or any other disease, it gradually begins to heal, slowly but completely.

In the next stage, the inner humming sound brings a sense of supreme bliss, which is reflected on the practitioner's face as happiness and peace.

- This practice normalizes high blood pressure and alleviates mental stress and problems.
- The humming works most quickly around the face, forehead, and brain. It calms the nerves and brings them to a relaxed state.
- Regular humming provides relief from diseases related to the nose and throat and helps alleviate migraines.
- It improves concentration and memory power.
- It increases the speed of recovery for body cells and tissues.
- When meditation deepens while humming, many brain-related disorders start to ease, sometimes with surprising results. Stomach-related ailments may also be included in this.

If we understand the meaning of the next stage, it is that what is inside is also reflected outside. Bringing the inside and the outside into harmony is a beautiful example of the rhythm of nature and humankind.

If you sit with a calm mind after Bhramari, it doesn't take much time to experience the depths of meditation.

After 30 to 40 minutes of Transcendental Meditation, take rest and then continue with your daily routine.

### A Question (?)



How did you first get acquainted with a species of bee?

Through a book? Through an electronic medium? Or in the garden?

However you may have first come to know it, to transform the vividness of imagination into the deep vividness of reality, you must have seen it in person, in a live state.

This is called 'reference,' and 'reference' is created only when the object is in front of us.

Do you know that some species of bees are on the verge of extinction?

The harmful effects of any kind of pollution are detrimental to all living beings. When we keep two plants in our houses in cities and practice pranayam thinking we are expanding our lives, actually we are creating a deeper path for polluted air to enter our bodies.

It is not surprising that many words like 'humming' will remain only in books for future generations.

If this gift continues to be destroyed due to human greed, our existence may also not survive. Yog is complete when we all come together; man alone is meaningless and incapable.

Nature is happy in Anamay Ashram, which is why asanas, meditation, and pranayam give beneficial results so easily.

Nature's gifts are innumerable. Try stretching your hands with a clean mind. If you take two steps forward, nature will take four.

Give a try it.



If the principles of Ayurved are adopted in life before the onset of disease, the likelihood of falling ill can be greatly reduced. Ayurved is not just a system for curing diseases; according to Ayurved, our body, which is made up of the Panch Mahabhut (fire, air, sky, earth, and water), becomes healthier the closer we stay to nature. This is why, in this article, along with discussing the benefits of honey (Madhu), you will also learn about the contribution of the honeybee. Believe me, after understanding this, you will feel closer to nature and healthier.

So, tell me, how much honey do you consume in a day? Or rather, how much hard work of bees is involved in producing the honey you consume in just one day?

Listen carefully,

The lifespan of a Bee is approximately between 8 weeks and 8 months.

It visits about 100 flowers at a time and can collect only about 70 milligrams of nectar.

In this way, it leaves the hive about 15 times a day, which means it collects nectar from approximately 1,500 flowers daily.

In its entire lifetime, a Bee produces one-twelfth of a spoon of honey.

That means, it takes the lifetime effort of 12 Bees to fill one spoon of honey.

Honey is a natural sweet substance made by bees from the juice of plants or secretions from their living parts, which the bees collect and then transform into honey through a long process.

We can benefit from honey only if it is used as a medicine. You can also estimate this by understanding that one spoon of honey is made from the lifetime effort of 12 Bees. This means that even a small amount of honey is nutritious and possesses its own unique properties with specific effects.

There are approximately 80,000 Bees in a hive. Their group is very organized, coordinated, and disciplined. If we, too, are disciplined and our body and mind become organized, then we can always enjoy the sweetness of a healthy life and happiness, just like the sweetness of honey.

- The color of honey ranges from light yellow and dark red to sometimes black.
- The natural composition of honey depends on the species of flowers from which the bees have collected nectar, their geographical origin, climatic conditions, etc.
- Studies show that the chemical composition of honey matches the composition of human blood to a great extent. That is, honey is fully capable of providing complete nutrition to the human body.
- Since ancient times, humans have been using honey as both a medicine and a nutritious food. Honey is also mentioned in many religious texts such as the Rigved, Brihadaranyak Upanishad, and Chandogya Upanishad.
- It is used in religious activities and worship and is also included in Panchamrit.

Usefulness of Honey:



- Honey is used both internally and externally in Ayurved.
- Honey is a natural source of an instant energy boost for the body.
- Honey contains many types of vitamins, minerals, antioxidants, and amino acids.
- It is good for all three doshas, but it is most beneficial for Kaph dosh. For Vat and Pitt dosh, it is advisable to take its dosage as per the advice of an Ayurvedic doctor.
- The antibacterial properties of honey provide relief to the throat, treat many throat-related diseases, and keep the heart healthy.
- It ignites the gastric fire and has properties that increase semen production.
- Applying honey to wounds or injuries promotes quick healing.
- Using honey with ghee and triphala is very beneficial for improving eyesight.

Some Important Facts:

- Honey is full of beneficial properties. A small quantity of it is sufficient to nourish the body.
- Never heat honey, nor should it be taken with hot food or hot water.
- The combination of ghee and honey in equal quantities proves to be harmful to the body.
- Instead of processed honey, it is more beneficial to consume raw and natural filtered honey.

It is advisable to use honey with medicine under the supervision of a trained Ayurvedic doctor.

Honey has been used in many Ayurvedic medicines. The specialty of honey is that it enhances the properties of any medicine or item it is mixed with.

An excellent product from Anamay Ashram is Sitopaladi Churna, which is given to patients in specific symptoms in the right proportion with natural honey, the benefits of which are visible soon.

You can consult Anamay Ayurvedashala for improving the quality of life, disease consultation, treatment, etc.

To make lifestyles more effective and to develop better products, Anamay creates sources of happiness in natural and satvik living, among gardens, forests, and water sources spread over several acres of land. Here, the calls of different birds, butterflies, and the humming of bees can be clearly heard.

You will find greater joy visiting here and seeing the bees roaming in the gardens, especially if you know them more closely.

We have often seen bees buzzing among flowers and leaves in the garden or sitting around the hive and may have assumed that their job is to collect nectar from flowers and make honey.

But no, understand that the colorful fruits, vegetables, and other food items that we see in our meals are possible only because of the presence of bees.

If there are no Bees, there will be no pollination, and without pollination, there will be no fruits. If there are no fruits, there will be no seeds. And if there are no seeds, how will new trees, plants, fruits, and vegetables grow? Without trees, forests will be destroyed, the amount of oxygen will keep decreasing, and then how will life survive?

All of this is not to scare us, but to help us understand that even the tiniest organisms in nature are constantly working to support life. So, why don't we participate in this?

Because of Bees, we get to eat honey, fruits, vegetables, seeds, etc. We enjoy the beauty of colorful flowers, the knowledge of wordless communication through their expressions, the understanding of dance styles, the joy of music from their humming, and more.

The quality of all these things depends on how peaceful the environment is and how full of good food sources it is.

This responsibility lies with humans because we are the ones who will benefit from these things.

Understand it this way: Mother Nature has made minute arrangements for our healthy and happy life and has instructed every living being to work continuously so that we can receive natural products on time. As humans, if we can provide them with a suitable environment and allow these products to bloom fully without interference, we will keep receiving the gifts of Mother Nature, and our lives will start developing according to the Vedas.

The Ayurvedic Samhitas also instruct that if you wish for a healthy life, learn to walk hand in hand with nature. Remember that Ayurved is not just about medicine; its first discipline is staying healthy without the need for medicine.

Everything in nature is meditative. Just give them a favorable environment to live in and your time to listen.

# Products

Anamay makes all its products in a pure and satvik manner. Whenever you visit Anamay, be sure to take these with you.



## GHEE

- Pure Desi nutritious Ghee made from curd from the milk of cows from our own Gaushala and butter prepared by churning the curd.
- According to Ayurved, Ghee made from cow milk is the best.

## BRAHMRASAYAN

- A vitality energizing Ayurvedic leh made from fresh Indian gooseberry and many other precious herbs.
- The best immunity booster for the whole family in every season.

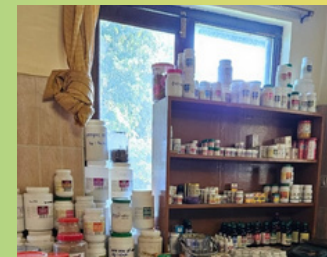


## SITOPALADI

- A best Kapha balancing medicine made up of fresh herbs.
- Also help in increasing your digestion and allow to give strength to your body.

## AYURVEDIC DISPENSARY

Various self-made ayurvedic vatis, rasayan, kadha, churna, kwatha etc. and medicines manufactured by trustworthy vendors are available in the Ashram.



## OILS



**NARAYAN**



**MAHANARAYAN**



**SHEERBALA**



**PIPPALIYADI**





# Services

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## Astrology

With the help of God's light, every problem can be solved.

For this purpose, the science of astrology is still alive.

If you are getting entangled in the complexities of your life or want to know what will be right or wrong for you, and to find answers to other such questions, connect with us.



## Vastu

For a happy life, it is essential to have peace and happiness in the home and surroundings. For this, it is important that the home is built according to Vastu principles.

If there is peace at home, health remains good, and whatever work you do, you will achieve success.

Connect with us for all Vastu-related questions.



# Garden to Kitchen



## Chatpat



There is a beautiful garden next to the Anamay kitchen. Apart from colorful flowers, vines of green vegetables and herbs also bloom in the garden.

Small and beautiful birds peck at the small pods on the plants and eat their share, and sometimes monkeys hang around, making the vines fall before leaving.

All of these are also a part of our life; they are bound to come here and there.

Coriander, mint, curry leaves, and lemongrass are blooming abundantly these days in one part of the garden. The fragrance of fresh leaves is spreading far and wide in the cool breeze.

Today, I felt like making chutney with some leaves... So, let's take:

Some coriander leaves, some mint, some curry leaves, Lemongrass, raw turmeric, and ginger too.

Wash all of them and chop them into small pieces.

Roasted cumin seeds and fennel – grind them on a grinding stone with all the other chopped ingredients.

A coarse paste of all the ingredients is made.

Now, add salt to it as per taste.

The chutney is ready, but if a few drops of lemon are added, the chutney will have a slightly sour taste.

There is a lemon tree in the other corner of the kitchen, on which Indian lemons grow in abundance.

Add a little juice from one lemon to the chutney.

The chutney is ready, but if you know a few things before eating, the right kind of tadka will double the taste of the chutney.

Do you know what the literal meaning of chutney is? The word "chutney" means "licking."

If chutney is not food, then what is it?

Chutney works as an aid in digesting food, which is why its quantity on the plate is much smaller compared to food, and food has to be chewed, whereas chutney does not.

What is the specialty of chutney?

Usually, chutney has more than one taste. Whatever ingredients are used in chutney are used in their natural form. The ingredients in chutney have some main characteristics, and their natural fragrance helps to calm the brain.

How does chutney work as soon as it comes in contact with the tongue?

As soon as it is placed on the tongue, the 'aroma' of the chutney reaches the brain, and the 'fluid' becomes active in stimulating the taste buds. Once the brain calms down, the body's cells relax, and as the taste buds become active, hunger begins to arise. In other words, after the correct definition of hunger is formed, the body becomes fully prepared to eat and digest the food.

Does the word "chatpat," which comes from chutney, mean spicy?

Not at all. All the ingredients of chutney are used in their natural form, so they give a feeling of freshness as soon as you put them in your mouth, and due to their antioxidant properties, the functioning of the body increases. In other words, you feel more alert and capable of working. You can feel its effect by yourself.

Chutneys have deep roots in India, with references to them in Ayurvedic texts dating back over 3,000 years.

In ancient times, chutneys were made in such a way that they offered therapeutic benefits for their taste and were believed to balance the tridosh of the body. Over time, chutneys evolved and changed due to cultural and regional influences, becoming a staple on the food platter.

For example:

- In North India, you will find mint-coriander chutney.
- South India is famous for its coconut chutney.
- Western India makes mango chutney and peanut chutney.
- Eastern India has a famous mustard chutney.

Apart from enhancing the taste, chutneys have many health benefits:

- Chutneys are rich in nutrients. Their main ingredients and herbs are rich in vitamins, iron, calcium, and antioxidants.
- They aid digestion.
- They help boost immunity.
- Chutney has the ability to improve eyesight and refresh the skin.

Remember:

- It is not right to limit the taste of chutney to just the taste of the tongue and make it so spicy that it becomes harmful to the intestines.
- Some people do not eat food without chutney. This happens only when chutney is used to merely satisfy the taste of the tongue.

Coriander, mint, curry leaves, and more can be easily grown in pots at home. You can make chutney by plucking fresh leaves whenever you feel like it. While eating chutney, keep its role in mind to reap all the health benefits.

Shall I tell you something interesting?

By the smell of the chutney, you can identify which state it has come from. So, chutney is not unfamiliar to anyone.

Along with the valuable information about chutney, we also get to taste chutney made from fresh ingredients grown in the garden of Anamay Ashram, which is very tasty. You can also look forward to more chatpati activities curated especially for you.



On a special day, you can organize some unique cultural and regional activities based on chutney.

- Can you identify the ingredients of a chutney just by its smell?
- Can you tell which state the chutney belongs to without looking at it, just by tasting it?

This is the activity:

- Invite all your friends for dinner.
- If you are the host, make different types of regional chutneys.
- Play a game before dinner,
  1. Blindfold everyone.
  2. Now test their smell, taste, and knowledge.

You can play this game in different ways. You can also play it as a potluck.

Isn't this activity as refreshing as making chutney?

Believe me, everyone is going to have a lot of fun.





Can you imagine using the excreta of any animal, bird, or human for daily use?

It may sound strange, but a question is a question, and the answer is, “Yes, we can definitely use it.”

The cow is the only living creature whose every part of the body, the products like milk, etc., and even its excreta and urine—are considered sacred. There are many reasons for this, and our sages have written entire scriptures on the topic.

Every part of Mother Cow's body is full of beneficial qualities. She understands human emotions without even seeing them and reacts accordingly. She has been given the status of a mother because of her many qualities, such as being sensitive, emotional, and full of affection.

Scientific facts highlight the nutrients found in cow dung and urine, which are not found in such quantities in anything else. These include nitrogen, potassium, iodine, cobalt, phosphorus, lime, potash, manganese, iron, silicon, aluminum, sulfur, and more.

Here are some ways cow dung and urine are used:

- Cow dung and urine plastered on the walls of houses, kitchens, and courtyards.
- Cow dung used as fertilizer in gardens and fields.
- The smoke of dried cow dung used for environmental purification.
- Ash from cow dung used as a scrub and paste.
- A paste of cow dung and urine protects the skin from internal and external body heat.
- Cow urine used to kill germs and in the production of soap, shampoo, scrubs, incense, agarbatti, hygiene materials, and more.

In addition to these, there are many other facts showing that the use of cow urine can help cure many incurable diseases from the root.

Like other nutrients, the entire body and excreta of Mother Cow contain an abundant amount of oxygen, which has the capacity to cure many disease. Therefore, every part of her body and every product has been compared to the presence of God.

Nature has designed Mother Cow's form to be so affectionate, and every system of her body is structured in such a way that after complete digestion, all the nutrients remain preserved in her excreta. This shows that whatever Mother Cow expels from her body, while in her affectionate form, is like Amrit (nectar) for us. This is a thrilling and indelible truth—that what is often discarded by others is worth adopting in the case of Mother Cow.

This is why it is described in the Padma Purana:

“Gomay vasate Lakshmi” means “Lakshmi resides in cow dung,” and “Gaumutra Dhanvantari” means “Lord Dhanvantari resides in cow urine.”

In other words, cow dung can be used for various purposes, from building a house to lighting a stove and growing crops. The fertility of cow dung leads to fertile fields, healthy crop yields, better income, and the continuous blessings of Goddess Lakshmi in the home.

On the other hand, cow urine contains a high amount of curcumin, which has the ability to cure diseases at their root and also increase immunity. Cow urine has such properties that it seems as if the god of health, Dhanvantari, himself resides in it.

The mere presence of Mother Cow has the ability to cure both mental and physical ailments. Amrit flows from every pore of Mother Cow. In other words, the key to our health and well-being is to keep Mother Cow happy and close to us.



Often, whenever we read about the characteristics of Mother Cow in our scriptures, it is mentioned that:

"If you disrespect Mother Cow, you will have to suffer in hell," or "Torturing a cow is a heinous crime, equal to insulting Mother Cow..."

By understanding the structure of Mother Cow, it becomes clear that,

- for human progress on this earth, a healthy body and mind are essential. To achieve this, a more sattvic and healthy environment is necessary, as well as the presence of elements in nature that make the environment most sattvic and wholesome. Such a gift has been given to us by God in the form of Mother Cow. The closer and more respectfully you keep her, the healthier you will be.
- Good health leads to development, and development leads to an increase in knowledge. Disrespecting Mother Cow means an unhealthy life, which is no less than hell. Harming such a creature means harming your greatest well-wisher, because the one nourishing you like a mother, without any expectations, is none other than Mother Cow.

If we distance ourselves from her, ill health will come closer to us. An unhealthy life means inertia, inertia means ignorance, and ignorance means darkness.

"The kitchen and stove, smeared with cow urine and cow dung, the family's food cooked on a low flame, and, on the other side, the sound of 'Maa' coming from the cowshed, all depict the healthy moments of life and the prosperous form of my India."

Nothing is impossible for humans, so why don't you and I together dream of a prosperous India once again?

It may not be possible for everyone to build a cowshed in modern life, but we can save the indigenous form of Mother Cow from being lost. And if there is a cowshed, ensure that it is home to cows that can keep you and everyone around you healthy.

An introduction to an ideal Gaushala can also be found in Anamay.



Gurukul student talking with Mother Cow

In this Gaushala, all types of cows, both milk-giving and non-milking, of all ages, live happily.

Whenever you visit Anamay, be sure to visit the Gaushala and spend some time there.

Every day, after lunch, volunteers and other interested people collect cow dung from the Gaushala and gather it in a corner of the garden to make manure.

This work helps keep the Gaushala clean, continues the process of making manure, and ensures the dung also reaches the Gobargas plant.

After reading some of our words about Mother Cow, you must have realized that by serving cows, we are not serving the cows but ourselves.

Did you know?



Cow dung acts as a shield to protect against radiation from mobile phones and towers. If the walls of a house are plastered with cow dung, the harmful effects of radiation can be avoided.



# Ashram

## — Temptation or Nature (?) —

There is someone who sits miles away from the city, amidst nature, ignoring modern facilities, and yet takes the responsibility of adopting ancient methods... But why, how, and who is he?

If you want to understand why, spend some time in the beautiful sattvik environment of Anamay and feel that if this place were filled with modern facilities, would the colors and sattvikta of nature ever be experienced as easily here?

To answer how, I want to share a small but effective example of this responsibility.

Anyone who sees soapnuts being cooked in a large pot in the kitchen of Anamay Ashram will surely be surprised and ask at least once, "Why are soapnuts being cooked in such large quantities?"

The answer will be, "To wash clothes."

To wash clothes?

This answer may seem strange to most people.

The soapnuts are cooked overnight on a low flame. After a good solution is prepared, it is left to cool. Then, the soapnuts are crushed and separated from the water. By adding mild chemicals to the soapnut water, it is converted into a natural detergent, which is almost harmless to the environment.

This natural soapnut solution is used for laundry here, which is a free service for all the people living in the ashram.

Today, when most of the population is opting for shortcuts to achieve convenience in every task, our Swami Ji, who fulfills these responsibilities so well, follows many such practices that keep the ancient system alive, which is a boon for human welfare.

There is no doubt that washing soap has become an essential part of modern life for cleaning clothes. The increasing number of detergent options, in the race to get ahead, are being used in many ways—

- sometimes by tempting (e.g., "If your child's shirt shines more than others, he will also excel in studies," or "If your shirt is yellow, your status in society will go down"),
- sometimes by scaring (e.g., "If your shirt lacks fragrance, you won't impress any girl"), and
- sometimes mentally (e.g., "Give the child complete freedom to stain, if film stars use this detergent, why don't we?")

And after seeing such advertisements, most people are happily influenced to follow them.

Do you know?

Chlorine-based bleaches, which make clothes white, bright, soft, and fragrant, are not biodegradable and can persist in the environment for a long time.

When these chemicals mix with reservoirs, rivers, and seas, they can poison the water and harm aquatic life. When the same water is used for irrigation, it can indirectly harm us.

Their effects can accumulate in the bodies of animals and humans, causing long-term health issues.

The ancient methods may seem dull and slow, but they are only perceived as such by those who do not understand their depth.

Swami Ji's unique contribution to building a beautiful society is commendable. But the real appreciation can come when you and I take even a moment to consider what is more important for us:

Wearing a bright, perfumed shirt and allowing this poison to reach the environment, or finding ways to protect our environment?

Believe me, in India or countries like India, where every type of climate, trees, plants, herbs, beautiful villages, and a wealth of knowledge are available, there should be no shortage of options. Yes, those options may vary in size, but let's explore what options we can adopt:

- Make at least one washing detergent out of four at home using natural methods, like soapnut solution.
- Choose biodegradable or plant-based detergents. These are made from ingredients that break down more easily in the environment and are less harmful to wildlife.
- Opt for phosphate-free and optical brightener-free detergents, which have a lower impact on water systems and aquatic life.
- Limit the use of fragrances that are harmful to the environment.
- Use less detergent so that fewer chemicals enter the environment.
- If the clothes are not too dirty, just soak them in water, rub them by hand, and hang them out to dry in the sun.

There is no shortage of options—curiosity is all that's needed.

Next time you read the names of chemicals on a detergent packet, take a moment to calculate:

- How much detergent can you stop from going down the drain in a month?
- Even today, away from the city, there are sattvik places like Anamay available to offer relief for a few days. But will it be as easy for the coming generation if I don't consider it my responsibility to make the first calculation now?
- Places of relief are available today, but will anything like this be available for future generations?



Anamay: A happy nature, devoid of temptation

Another Old Natural Way of Washing Clothes:



If you are living in a rural area and still use a stove in the kitchen, you can adopt this natural way of washing clothes, which is very easy and protects the clothes by giving them a natural shine:

1. Pound the 'Jhangora' grain in a mortar at least three times. Its layer becomes very fine after the third time. Sieve it and separate the fine powder for use.
2. Pound the soapnuts and separate their kernels and outer peel.
3. Sieve the ash from the stove and use the filtered ash.

Now, put all three ingredients into a vessel and boil them in water. After boiling well, filter the water and set it aside. When the water is lukewarm, soak the clothes in it and leave them to soak overnight. The next day, wash the clothes with clean water and hang them in the sun to dry.

'Jhangora', is one of the traditional nutritious grains of Uttarakhand. It is known as Indian Barnyard Millet in English.



# —Admirable—

## ANAMAY FAMILY



After days of chilling cold and fog, the Anamay family unites under the bright sun.

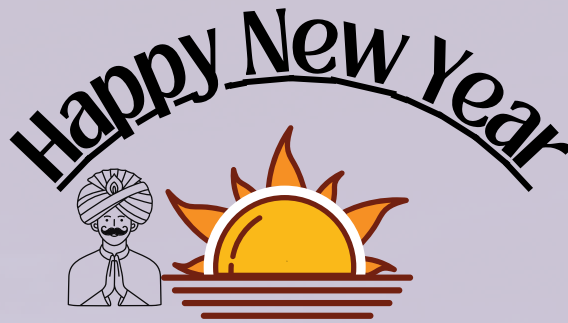
A united family always deserves praise, and the family like Anamay is truly unique. 'I am a member of the Anamay family', What can be a bigger compliment than this? And 'Today we are all together'—what can be a bigger reward for any member?

Not just one or two, but every member of the Anamay family deserves praise. If we do something to seek praise, that is not true praise. We should continue doing our work without complaining or showing off; praise will come to us when we reach a certain stage.



Puja on the first day of the Hindu New Year and Navratri- Disciple's & Acharya's with Swami Ji





Navvarsha is a combination of two words: Nav, meaning 'new' or 'changed', and Varsha, meaning a complete cycle of 12 months.

Navvarsha means the new year.

In India, there are six types of seasons throughout the twelve months of the year. Each season has its own form, color, and actions.

However, the season in which nature is at its peak is spring. In this season, there is no color that nature has not embraced, and no part of nature that is not healthy and vibrant.

Farmers are able to see the fruits of the seeds they have sown in the form of crops, the trunks of lifeless, dry trees become laden with green leaves, and with new energy, nature's processes, like pollination, begin to occur with full vigor. This ensures our food and drink in the future. Exactly the same changes occur within us during this season, in the form of new energy, vigor, freshness, joy, and happiness.

Who could be behind all these changes?



Cosmic changes are an important aspect of Indian culture. We can directly observe the impact of these changes in nature through the different seasons, and such changes in nature also influence the human body.

The precise calculation of these changes was written in the Vedas ages ago, based on complete scientific facts, by the knowledge and foresight of our sages and saints. In the Vedas, the year is divided into 12 lunar months (12 months), and there are 6 seasons within these 12 months, each tied to the agricultural cycle, the flowering of trees and plants, the falling of leaves, the growth of new leaves, the arrival of fruits, their ripening, and so on.

In the Vedas, it is said that the Earth is created and sustained by Agni (Fire) and Soma. Agni is obtained from the Sun, and Soma from the Moon. The sap in the stalks of plants is nourished by the Moon, and they ripen due to the Sun.

The Moon is responsible for bringing about many changes in the environment on Earth, and since ancient times, the calculation of lunar months has been used in agriculture. Our sages and Acharyas calculated both the solar and lunar months and arrived at a conclusion only after that. The difference between the two was explained as Adhik Maas, and an accurate solution was presented.

We can also become a part of a healthy life cycle by following nature, which moves according to cosmic changes.

In India, nature's new year occurs in March, which has been celebrated as the New Year in various provinces in traditional ways until mid-April.

The new year begins with sunrise. Starting the day with worship, the beginning of new work, new offerings of the new season, dishes, fruits, flowers, decorations, new clothes, etc., brings mental and physical benefits.

That is, how can the newness of the entire year be limited to a particular person, place, or society?

How are these not factors that play a major role in completing the cycle of the whole year?

It is very clear that all of these are changes at the cosmic level. That is why these special days were chosen to start the new cycle of the year, when it is a time of new life, joy, happiness, progress, and excitement for all. The first day of "Chaitra Navratri" is celebrated as the beginning of the new year in different states of India with different names on different days, some of which are as follows:

Punjab - Baisakhi  
 Uttarakhand - Mesh Sankranti  
 Madhya Pradesh, Uttar Pradesh - Chaitra Navratri  
 Bihar - Judha Sheetal  
 Karnataka, Telangana, Andhra Pradesh - Ugadi  
 North Eastern States - Bohag Bihu  
 Maharashtra - Gudi Padwa  
 Kerala - Vishu  
 West Bengal - Pohela Boishakh





"Shivr" (Camp) is a great option for those who have the ability to do something different and are also eager to learn something new.

In the last two issues, you received a complete introduction to the Anamaya "Seven Day Shivr" while sitting at home. Now, it is also important to understand what mental and physical preparations you should make before coming to this place, so that the expectations of both you and the ashram align as closely as possible.

Let's go over some important things:

- There are two ways to reach the ashram: one from Kausani market, which leads to the ashram from the top, and the other from the bottom. Both routes involve a 2 to 2.5-kilometer walk. Once you reach the road, you can contact the ashram if you need any assistance; otherwise, pick up your luggage and start walking towards the ashram along the green path.
- To make your journey easier, bring only the essentials, so you can comfortably cover the path. Pack according to the season during which you are attending the camp. For example, during the rainy season, bring an umbrella or raincoat, one or two extra pairs of clothes, socks, a light jacket or sweater, and shoes suitable for the rain. In the winter, bring warm woolen clothes, an overcoat, warm socks, gloves, a hat, etc.
- During the Shivr, you will be sharing rooms with other campers, so keep your belongings safe.
- The kitchen, classroom, and yog hall may be located either uphill or downhill from your room, so it is recommended to wear platform shoes or sandals instead of heels.
- The food at the ashram is highly nutritious, such as rice made from paddy pounded in our own mill, pulses grown without chemicals, roti made from coarse grains ground in our own mill, and fresh buttermilk made from curd from our own cowshed. It is natural to feel a little hungrier due to the weather and physical activity. However, because the food is more nutritious, if taken in small quantities, it will not only satisfy your hunger but also be well-digested. Otherwise, you may experience digestive issues.
- The ashram follows its own discipline. During these seven days, whatever time and topics are allotted to you, please follow them. Only then will you be able to fully benefit from the Anamay Seven-Day Retreat. It will be better if you come with this mindset.
- Just as the clothes you wear can influence your appearance, they can also affect your nature. In these seven days, if your clothes align with the Vedic ashram style, your mind will become more receptive. There are no specific restrictions on clothing here, but it is important to understand that we are not here to spend time in a hotel, but to gain knowledge in an ashram. Therefore, wearing decent clothes such as kurta-pyjama, dhoti, or suit-salwar instead of shorts will make you appear as part of a civilized family. With this in mind, you can choose your clothes before coming.
- Smoking or consuming any intoxicants, or bringing related materials into the ashram, is considered an indecent act, and strict action will be taken if caught. Additionally, there is a fine for any item that does not fall under the category of satvik food. There is no shortage of food in the ashram, and you will not have time to eat anything unhealthy. Therefore, avoid packing such items.
- It is also better not to bring any plastic materials whose waste will remain in the ashram.
- The ashram strives to use as little plastic as possible. Please cooperate with this effort and stay aware.
- Laundry facilities are available at the ashram. The ashram makes laundry soap in a natural way and tries not to disturb nature by using chemicals. Chemical-free laundry soap, cow-pathy soap for bathing, and reetha-shikakai powder shampoo for washing hair are available here. All these products are made with minimal use of chemicals and are beneficial to use. If you already use such products, please bring them with you. Otherwise, kindly cooperate with the ashram's efforts.
- The discipline of these 7 days at the camp may be new to you, but it should be viewed realistically. So, whenever you come, come with the openness of a receptive child.

You now have enough information to join the Anamay Shivir. Please refer to the following table and choose the week that suits you.

Information about the camp/course to be held from April to June 2025

SHIVIR/COURSE NO.	DATE
6	13 April - 20 April
7	27 April- 4 May
8	11 May- 18 May
9	25 May- 1 Jun
10	1 Jun - 8 Jun
11	8 Jun - 15 Jun

You can choose any week that suits your convenience and participate in this special 1-week program. To register, please send your name, (date, time, and place of birth), email, complete address, and phone number by email to '[anamayashram@gmail.com](mailto:anamayashram@gmail.com)' or via WhatsApp to [9917248154](https://www.whatsapp.com/channel/0029917248154).



\*\*The next batch of 'Siddhi' will be held on 22nd June 2025.



Contact Us

For information on any topic such as Ayurved, Shivir (camp), Volunteering, Astrology, Vastu, Guests, Gurukul, General Questions, Donations, etc., contact '[anamayashram@gmail.com](mailto:anamayashram@gmail.com)'.





# Courses

ON YOUR REQUEST, ANAMAY HAS COME UP WITH THE FOLLOWING COURSES TO INTRODUCE YOU TO THE VEDAS :

## Course-1

### **VEDIC & NADI ASTROLOGY** **(BASIC/ADVANCE) RS.5000/-**

Basic :

Online: 3 months

(2 classes per week. Each class is of 1 hour  
15 mins long, \_

Total number of classes = 21).

Offline: 2 weeks

- Fee will be Rs. 4000/- for those who have attended & completed one week camp before opting this course.
- Fee will be Rs. 2000/- for those who are already done TTC before opting this course.
- Course fee/terms for residential (offline) classes will be same as online. Accommodation fee is separate, please enquire to Anamay for that.
- Offline mode can be avail in Anamay Ashram, Kausani, Uttrakhand.
- Candidate will be eligible for the advance level after completion of the Basic course.

## Course-2

### **VEDIC VASTU COURSE** **(BASIC/ADVANCE) RS.6000/-**

Basic:

Online/Offline: Same as "Course-1"

- Fee will be Rs.5000/- for those who have attended & completed one week camp before opting this course.
- Fee will be Rs. 2000/- for those who are already done TTC before opting this course.
- Course fee/terms for residential (offline) classes will be same as online. Accommodation fee is separate, please enquire to Anamay for the same.
- Offline mode can be avail through Anamay Ashram, Kausani, Uttrakhand.
- Candidate will be eligible for the advance level after completion of the Basic course.

## Course-3

### **STUDY OF** **VEDIC LITERATURE** **(BASIC), ₹.10,000/-**

Offline: 2 weeks (4-5 hours/day)

- Vedic Literature course can be done only through offline mode.
- Shared accommodation is included in the course fees. A single room can be allocated as per availability and separate charges will be applicable as per current rate.
- Offline mode is available only in Anamay Ashram, Kausani, Uttrakhand.

For more information please drop your queries to [anamayashram@gmail.com](mailto:anamayashram@gmail.com)



# Zodiac Analysis

(Special discussion on New Year – by Astrologer Acharya Kamlesh Ji)



## New Year! Who is the king of this year? How will the cabinet be?

According to the Indian Vedic calendar, the Hindu New Year begins on the Pratipada date of the Shukla Paksha in the Chaitra month. The new Samvatsara starts on this day. Chaitra Navratri coincides with the Hindu New Year.

During this time, the 9 forms of Maa Durga are worshipped on different days, and rituals like Puja, Yagya, Havan, fasting, and other rules are performed to receive the blessings of the Goddess.

The Hindu New Year will begin on 30 March 2025. This year, the Samvatsara is named 'Siddharthi'.

## What is the 'Siddharthi' Samvatsara, and what is expected to happen in this Samvatsara?

- In the 'Siddharthi' Samvatsara, there will be good rainfall, and the yield of grains will also be high.
- The rulers will feel happy working for the people.
- However, people will face difficulties in Chaitra-Vaishakh. There will be divine wrath in Jyestha-Ashadha, and there will be losses due to excessive rain in Shravan. In Bhadrapad, rainfall will be scattered. The price of grains will remain stable in Ashwin, but grains will become expensive, and metals will remain stable in Kartik. In the four months of Margashirsha, there will be public conflict, protests in the states, and a price rise in cattle.

## Who is the king of this year and what will be the effect of the planets on daily life?

- The king of this year is the Sun God, who also holds the charge of the minister and Meghesh (rain management). Hence, the crops of barley, gram, sugarcane, and rice will be abundant.
- Sasyesh and Nirasesh (dry fruits and nuts) are under the influence of Mercury, which will lead to an increase in happiness and prosperity, a reduction in troubles, and an enhancement in the knowledge of the Vedas.
- Lord Chandra will become the lord of Dhanyesh (winter crops), leading to an increase in their yield as well.
- Rasesh (juicy substances) is under the influence of Venus.
- Phalesh (horticulture and fruit department) and Durgesh (defense department) are under the influence of Saturn and
- Dhanesh is under the influence of Bhoom Dev

In this way, out of the ten divisions, seven will be under the influence of auspicious planets, and three will be under the influence of inauspicious planets. Therefore, the effect of auspicious results will prevail.

- Cosmetics will get more expensive
- Natural calamities will occur from time to time, but they will not cause significant damage.
- Due to political differences, there could be a change of power and a famine in some areas, which may lead to high inflation and increase the problems faced by the common man.

**Let us know how this year will be for each zodiac sign!****Aries:**

The year will generally be fruitful for the people of this sign. However, mental disorders and troubles may increase due to the influence of Saturn in the 12th house. Be cautious about your health. Long-term investments in movable and immovable property will be auspicious. Chanting and donating for Ketu will be beneficial.

**Taurus:**

The year will be auspicious for the people of this zodiac sign. There will be an increase in material resources, and old or stalled sources of income will open up. Influence and fame will grow in the workplace. Auspicious events will take place at home. Chanting and donating for Ketu will eliminate inauspicious results.

**Gemini:**

The year will be of mixed results for the people of this zodiac sign. Due to the influence of Jupiter, Saturn and Rahu, animosity and unnecessary fear will make the whole year painful. Due to the influence of Ketu, there will be an increase in happiness and resources and new opportunities for success will be obtained. Chanting and donating to the name of Guru will reduce the inauspicious results.

**Cancer:**

The year will bring normal results for the people of this sign. Being cautious about health should be their main priority. It will be wise to avoid wasting money or engaging in loan transactions, and to remain very cautious. There will be instability in government work or business, but sudden happiness will be attained. It will be beneficial to chant Ketu's mantra and make donations.

**Leo:**

The year will be under the influence of Shani's Dhaiya for these people. It will be beneficial to invest in movable and immovable property. The mind may remain restless due to mental and physical pain, as well as family disputes. There will be an increase in comforts and resources. Money will be spent on religious festivals and travel, and worshipping Shiva will help reduce inauspicious results.

**Virgo:**

This year will be favorable for the people of this sign in terms of income. You will benefit from new ventures. However, you may face difficulties in joint efforts or work influenced by friendships. You will experience success in competitive exams or heroic endeavors. Worshipping Lord Hanuman will be beneficial.

**Libra:**

The year will be auspicious for the people of this sign. There will be a significant increase in fame and respect. You will achieve new heights in government work or business. Chanting Rahu's name, making donations, and worshipping Shiva will help eliminate inauspicious results.

**Taurus:**

This year will bring mixed results for the people of this zodiac sign. There will be profit from immovable property, but troubles for children and increased mental distress due to unnecessary fear. Interest in religious activities will grow. Worshipping Hanuman Ji will be beneficial.

**Sagittarius:**

The year will bring an increase in fame and respect for the people of this sign, and there will be opportunities for promotion in their job. Do not discuss your thoughts with anyone. There will be obstacles in earning money, but new sources of income will also emerge. To avoid inauspicious results, it will be beneficial to worship Shiva, chant planetary mantras, and engage in charity.

**Capricorn:**

Although people of this sign will have many sources of income, they will not attain financial freedom. There are chances of financial loss in business, so caution should be exercised. Praising Lord Hanuman will be beneficial.

**Aquarius:**

The year for the people of this zodiac sign will be influenced by Saturn. Although there will be an increase in happiness and resources, conflicts may arise due to illness and financial problems. You may have to face humiliating situations. Unnecessary disputes should be avoided, as they could affect relationships. Chanting and donating for Rahu and Ketu will be auspicious.

**Pisces:**

The entire year will be influenced by Saturn for the people of this zodiac sign. Investing in land, a house, or a vehicle will be beneficial. Obstacles in earning money will increase. The health of both you and your spouse will be affected. Enemies and competitors will increase without any apparent reason. Chanting and donating to the planets will be beneficial in eliminating the inauspicious effects of Saturn..

**Contact Anamay Ashram for detailed information on personal horoscope and suitable remedies.**

## GOLDEN MOMENTS



**An MoU has been signed between Almora-RUDN University, Patrice Lumumba Peoples' Friendship University of Moscow (Russia), and Soban Singh Jeena University for research and educational activities. Vice Chancellor Prof. Satpal Singh Bisht signed the MoU on behalf of the university, and the document has been sent to the educational institution based in Russia.**

**During the signing of the MoU, University Registrar Dr. Devendra Singh Bisht, Finance Officer Amit Kumar Tripathi, Ashutosh Strobel of Anamay Ashram, and Coordinator Ashutosh from RUDN University were present.**

**With this MoU with the Russia-based institute, in-depth research will be conducted on the culture of the Himalayan region of Uttarakhand, the environment, cultural relations between India and Russia, environmental change, information technology, and spiritual tourism in South Asian countries.**

**Following the MoU, it will also be easier to understand the cultural and IT cooperation between India & Russia. Vice Chancellor of Soban Singh Jeena University, Prof. Satpal Singh Bisht, and Prof. Vitaly A. Danilov of RUDN University signed the MoU, and Danilov expressed his delight.**



*"May good belong to all the people in the world.  
May the rulers go by the path of justice.  
May the best of men and their source prove to be a  
blessing.  
May all the world rejoice in happiness.  
May rain come on time and playfulness be on earth.  
May this world be free from suffering and the noble  
ones free from fear.  
May good belong to all the people in the world.  
And may all the world rejoice in Enlightenment."*

*- His Holiness Maharishi Mahesh Yogi*



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