

R.N.I. RAJBIL/2010/52404

आयुष्मान्कारं सुखमन्वयति पश्यन्नायं सुखम्, विनायुष्मान्कारं सुखमन्वयति सुखमन्वयति ॥
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SEVA SAUBHAGYA

Pujya Kailash Ji 'Manav'

Price : 5/- | Year : 13 | Edition : 162 | Printing Date : 1 June, 2025 | Total Pages : 28



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Ask God for
opportunities to serve





“ Search for Peace ”

‘Sevak’ Prashant Bhaiya

One should not be desperate. One should not think that everything is over now; rather, one should understand that morning comes after night, and no matter how long the night is, it will never be permanent. We have to fulfill our duties with discretion; the result will also be good. When despair comes into the mind, keep yourself stable at that time. Being affected by despair means that negativity is taking over. In such a situation, we have to think positively. The mind is said to be fickle; it always has some complaint or the other. Complaints are never positive. They make us irritable and disappointed. In such a situation, a powerful way to develop a positive mindset is 'gratitude,' that is, expressing gratitude for everything in life. Instead of complaining, start making efforts with enthusiasm and happiness to change the situation. Why should we see or think that we are behind others? Thinking and understanding is how much better we are than others. Make your thinking positive. The habit of the mind is spoiled. It starts thinking about Rajas's and Tamas's emotions and things every now and then. Therefore, it is necessary to take care of it all the time. If you are unable to do this, you will lose your peace. Happiness, peace, enthusiasm and patience should always remain within us. This is possible only when there are no disorders like tiredness, boredom, happiness-sorrow, love-hatred, etc. There was a peaceful and secluded

ashram in the foothills of the Himalayas, where a great man named Rishi Vasu was engaged in penance in ancient times. One day, the prince of a neighboring kingdom came to him, tired of the anxiety of life. He bowed humbly and said, 'Gurudev, my mind remains restless. I get neither sleep nor peace. Please guide me. Sage Vasu smiled and, giving a vessel full of water to the prince said, Take this to the nearby lake and offer this water in it, then sit there silently for some time.' The prince did the same. While pouring the water, there was some disturbance in the water of the lake, but gradually it became calm again. After some time, Mahatma Vasu reached there and said, Prince, what did you see? The prince said, Gurudev, as soon as water was poured, waves arose, but they also became calm in a short while. Vasu said, This is the state of your mind. As long as you keep pouring the water of anxiety, greed, anger and attachment into the mind, it will remain restless. But if you practice looking at it with equanimity without any interference, then it will automatically become calm and stable. There will be no fickleness in it. Do not get entangled in it. The prince learned the trick of keeping his mind calm and steady. His anxiety and restlessness ended.

Friends! Peace is not an external thing; it is within us. The only need is to control the mind.



Helping others is the greatest virtue

Pujya Shri Kailash 'Manav'

The character of a man is judged on the basis of his charitable deeds, not on his personal wealth. The more a man tries to remove the suffering of others, the more civilized, cultured and high-minded he is considered to be. The meaning of human life lies in the spirit of sacrificing everything for the welfare of others. This is also the ultimate religion of man. One should be ready every moment to realize this highest ideal of humanity in life. People often cite two obstacles in performing this duty: 'Our financial condition is not good. We want to serve the poor and the suffering, but how can this happen in the absence of money?' or 'We do not have time to follow the path of public service.' Friends! Those who have money should come forward, but those who talk about lack of money and time are not right. Service is possible even without money. There are many unhappy people who need love and harmony.

Dr. Durgacharan Nag, the devoted devotee and disciple of Shri Ramakrishna Paramhansdev, had a wonderful sense of service. He was known as Nag Mahashay in his area. His family was poor. His father had a simple job, and he himself used to give homeopathic medicines. Those who came to take medicines from him were also mostly poor. Nag Mahashay, despite being poor himself, sometimes used to help very poor patients with money. Once he cured a seriously ill woman with the medicine given by him. The woman belonged to a rich family. She wanted to give some money

to Nag Mahashay, but he took only twenty rupees and returned the remaining money. His father was watching this. When the woman returned, Nag Mahashay said to his father, Father. Fourteen rupees is my fee for seven days, and six rupees is the price of the medicine. These twenty rupees are my right. Taking more than what is due is a sin, isn't it? The father placed his hand on his head and nodded in acceptance. Those who do charity, God himself takes care of them. One day the husband and wife were strolling in the small garden of the house when the wife saw a black snake. Showing the snake to Nag Mahashay, he said, 'Go and bring a stick from inside the house.' Nag Mahashay pacified his wife and said, 'A snake never harms anyone. This is a snake of the mind, which bites a human being. After this, he folded his hands in front of the snake and said, 'O Lord, people are scared of seeing you. Please go from here to your destination. Indeed, that snake followed Nag Mahashay out of the garden and went into the forest. What I mean to say is that charity not only benefits the beneficiary, but the benefactor also gains self-satisfaction and self-fulfillment. In this way, charity satisfies the spiritual hunger of man. Like Nag Mahashay, the inclusion of Sattva elements keeps increasing in the character of a benevolent person. Due to which one day he becomes a symbol of the highest ideals. Charity is the root of moral and spiritual virtues.

Yoga makes body & mind healthy

At the physical level, a person can remain healthy by practicing yoga. Yoga increases immunity. At the intellectual level, mental ability can be developed by practicing yoga. By practicing yoga, a person's intelligence becomes sharp, subtle, pure and talented.

Here is a special article on International Yoga Day (21 June). Though the relation between India and yoga is more than two thousand years old. But in the last few decades, its popularity has increased rapidly.

These days, the popularity of asanas like Surya Namaskar and Kapalbhata has become so great that there is no need to tell anyone much about them.

People have been preferring yoga for weight loss, staying fit, keeping the mind stable, and inner peace. There are so many people in the world who resort to yoga for mental purity as well. Maharishi Patanjali, the father of modern yoga, said that the flow of the brain can be controlled by yoga. He said that yoga is not just an exercise or an asana, but it is a mental state.

Many people in modern society have to understand that yoga is not just an art of doing different types of asanas, but yoga keeps the vitality, intellect, personality and heart healthy. In this, the body remains stable and the mind remains focused. However, over time, yoga has been divided into many types. There have been many changes in it on the basis of beliefs and traditions



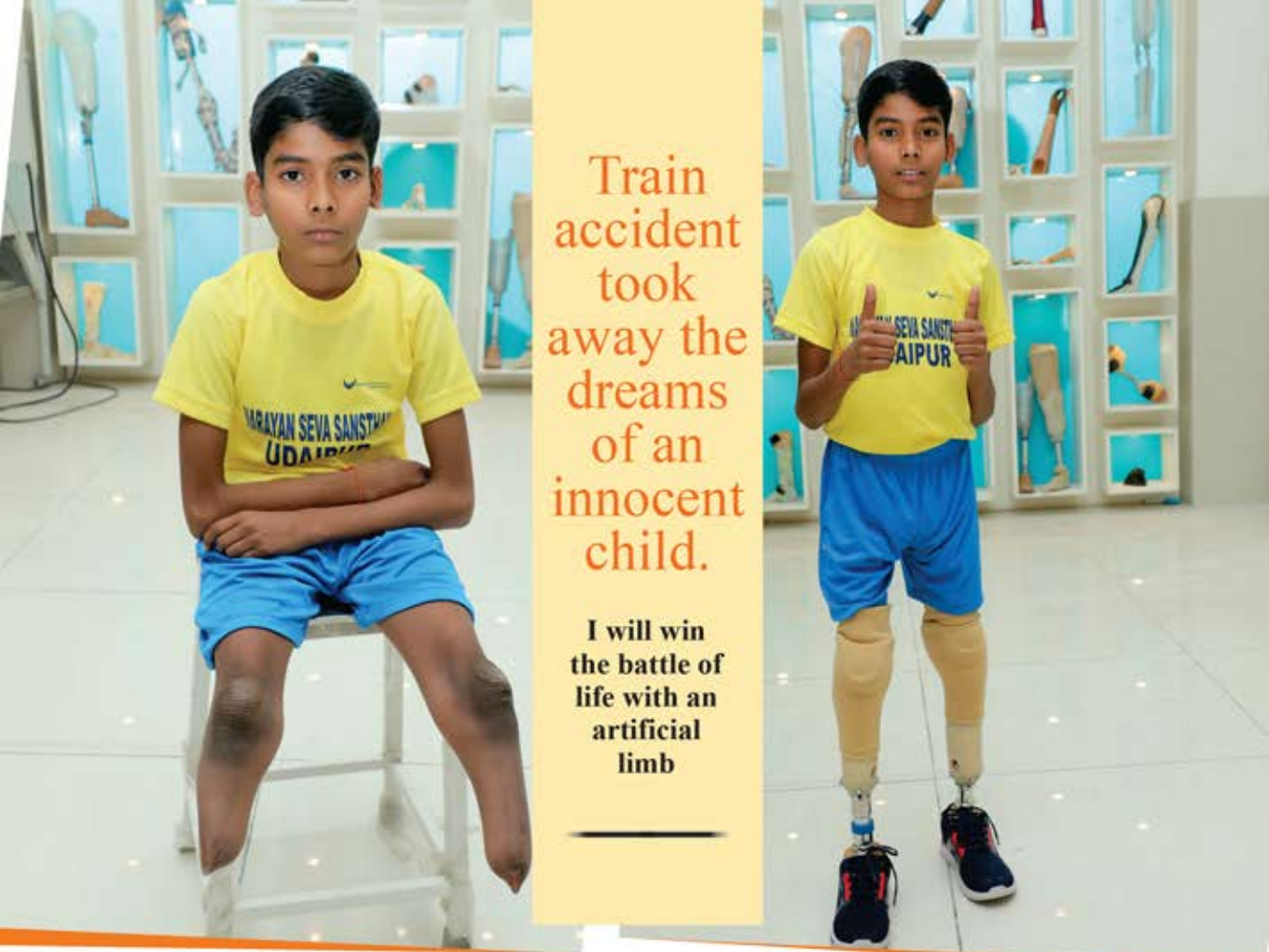
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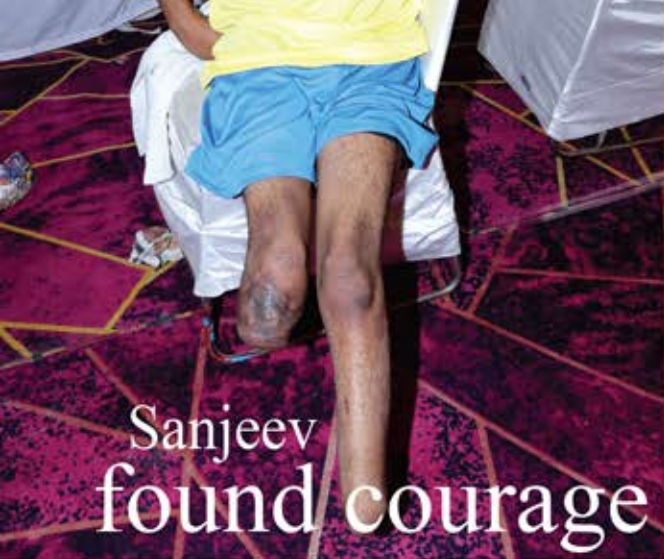
Train accident took away the dreams of an innocent child.

I will win the battle of life with an artificial limb

The life of the nine-month-old innocent child was saved when he fell from his father's lap while getting down from the train, but both his legs were injured so badly that they had to be amputated during treatment. Instead of laughter and mischief, his future life was now like a mountain of sorrows. His father, who worked at a brick kiln, also got injured in this accident. Whatever was there in the house was spent on the treatment of the father and son. This painful incident happened 12 years ago in the family of Pramod Kumar of Sitapur (Uttar Pradesh). He was getting down from the train at Faizabad station with his two sons, a daughter and wife, when the train started moving and he fell on the platform along with the child in his lap. This not only injured him but also injured both the legs of nine month old Ayush. After several days of treatment, the father recovered, but to save little Ayush, even after long treatment, had to have both his legs sacrificed. The doctors said that his life could be saved only by amputating his leg.

The poor parents were devastated. But keeping courage, they took care of themselves and their children and moved forward with the thought of getting artificial legs for their child by working hard. But for this family working at a brick kiln, saving enough money to get artificial limbs was a daydream. Ultimately, they were left disappointed and dedicated the child's future to God. Last year, when they got information on social media about free artificial limbs being provided by Narayan Seva Sansthan, a ray of hope appeared.

The parents came to Udaipur on 29 March 2025 with 12-year-old Ayush. Where on 1 April, artificial legs were prepared for Ayush after taking measurements of both his amputated legs. He was given training to walk, get up and sit here for a few days. This sixth-class student says that he will move forward remembering this favor of Narayan Seva Sansthan like a mantra and will become a support to his parents.



Sanjeev found courage

Little did he know that destiny would break his pen on the way to the golden future he was about to write. This educated youth from a big but simple family of parents and eight siblings worked very hard to improve the condition of his family on his own. He also appeared in many competitive examinations. He was elated the day he received the letter for the police recruitment examination. But destiny had something else in store for him. Sanjeev (23), a resident of Farrukhabad, left for Delhi by train on 3 August 2016 to take the examination. On the way, he got down at the station to buy something. After a few moments, the train suddenly started moving. While trying to get on the train by running, he fell down, and the wheels crushed both his legs up to the knees. During the treatment, both his legs had to be amputated. The sky fell on the poor family. The treatment went on for about two years. Last year, a friend posted on social media about a 16-year-old child born in Delhi by Narayan Seva Sansthan. How could he have known that destiny would break his pen on the way to the golden future he was going to write. This educated youth from a big but simple family of parents and eight siblings worked very hard to improve the condition of his family on his own. He also appeared in many competitive examinations. He was overjoyed the day he received the letter for the police recruitment examination. But destiny had something else in store for him. Sanjeev (23), a resident of Farrukhabad, left for Delhi by train on 3 August 2016 to take the examination. He got off at the station on the way to buy something. After a few moments, the train suddenly started moving. While trying to get on the train by running, he fell

down, and the wheels swallowed both his legs up to the knees. During the treatment, both his legs had to be amputated. The sky fell on the poor family. The treatment went on for about two years. Last year, a friend informed him on social media about the free surgery organized by Narayan Seva Sansthan in Delhi on 16 February 25 for artificial limbs. Sanjeev came to the camp with his parents, Ramadevi and Badan Singh. The orthotist technicians took measurements for making both his artificial limbs, and again on 4 May 2025, he was fitted with Vishesh Narayan artificial limbs in the fitting camp in Delhi. He was also given training for walking, getting up and sitting. Now he walks without any support. Expressing gratitude to the organization, he said that not only has he gotten the courage to live, but the organization has also fulfilled his dream of becoming the financial support of his family.





Will now live a self-sufficient life

Under the employment-oriented training conducted for the disabled and poor people at the organization Manav Mandir, the 37th batch of three-month sewing training concluded on May 8, and the 50th batch of mobile repair concluded on May 10. Organization Director Mrs. Vandana Agarwal gave certificates and sewing and mobile repair kits to the benefited trainees and wished them a bright future. It is worth mentioning that some trainees of this batch had lost their legs in accidents. The disabled trainees expressed their gratitude to the organization and said that now they will be able to lead a self-reliant life with self-respect and also contribute to providing financial support to the family.



Moments of pride
The organization was awarded
'Best NGO of the Year'



Your own organization Narayan Seva Sansthan, dedicated to the empowerment of Divyangjans and underprivileged sections, was honored with the prestigious award of 'Best NGO of the Year 2025' by Global CSR and ESG Awards on 25 April in New Delhi. More than 100 leading corporate organizations participated in this grand ceremony organized at Hyatt Residency. These included prestigious companies like Tata Group, Reliance Foundation, Infosys Foundation, HDFC Bank, Mahindra & Mahindra, and Aditya Birla Group. This event gave new heights to the spirit of cooperation between the corporate sector and social organizations. In his inspirational address as the keynote speaker, the Sansthan President 'Sevak' Shri Prashant Bhaiya, said that the role of voluntary organizations and inclusiveness is very important in the multidimensional construction of society. He emphasized the need for effective cooperation between corporations and NGOs. While accepting the honor, Bhaiya said that this honour is a symbol of the selfless service spirit of every volunteer, donor, and team member of the organization, and it is dedicated to them. This will inspire the organization to serve more and bring positive change to the society. Expressing gratitude to the organizers of the Global CSR Awards, he reiterated the organization's resolve to bring positive change in the lives of the disabled and the underprivileged. This honour of 'Best NGO of the Year 2025' is a global recognition of Narayan Seva Sansthan's service spirit, free surgery, artificial limb distribution, skill development, education, and rehabilitation efforts that have been going on for more than four decades.

2700 differently abled people got artificial limbs

Under the aegis of the organization, service camps were organized in Mumbai, Hyderabad, Raipur, Bengaluru, and Delhi recently with a view to making the lives of Divyangjan easier. In these camps, the process of artificial limbs-calipers measurement and fitting—was completed for those who lost their hands and legs in accidents. While 234 Divyangjan were selected for polio and clubfoot surgery.



Mumbai - A free operation, examination, selection, and Narayana artificial limb and calipers measurement camp was held on 23rd March at Nico Hall in Sahakar Nagar. More than 500 differently abled people from Mumbai and nearby areas participated in the camp. Out of which, 252 were measured for making artificial limbs and 101 for making calipers by the technicians of the prosthetic cell. The expert doctor of the Sansthan selected 80 disabled people for surgery. The camp was inaugurated by prominent entrepreneur Mr. Bharat Bhai Virani, Sansthan branch president Mahesh Agarwal, social worker Snehlata Agarwal, Prem Sagar Gupta, Kamal Lodha and Sansthan director Mrs. Vandana Agarwal by lighting the ceremonial lamp. The guests also distributed wheelchairs to 15 differently abled people. Sansthan Director Vandana Ji and Trustee-Director Shri Devendra Ji Chabisa welcomed the guests and informed them about the free service projects of the Sansthan.

Hyderabad - More than 1200 Divyangjans participated in the camp organized on 6th April in Minerva



Gardens. Out of which, measurements were taken for making artificial limbs for 795 and calipers for 122. Also, 98 Divyangjans were selected for surgery. Divyangjans came to the camp from nearby cities, villages, and areas, including Karimnagar, Adilabad, Mehboob Nagar, Jangaon, Bhupal Palli, Kothagudem, Jagityal, and Jogulamba. The chief guest of the function, Vidhan Sabha Speaker Mr. Gaddam Prasad Kumar, praised the work being done by the organization towards the empowerment of the Divyangs. Welcoming the guests, Organization Director Mrs. Vandana G.





Development Corporation Chairperson Mr. Lokesh Kavdia and CGMSC Chairperson Mr. Deepak Maske were present as special guests. The guests said that the Organization deserves praise for providing them the opportunity to see Narayan in the form of a human being in this camp. Sansthan is doing a great job in connecting the disabled to the mainstream of society. Sansthan director Mrs. Vandana Agarwal welcomed the guests by making them wear a Mewari turban and uparna. She gave information about the free service projects of the Organization. Measurements were taken to make 395 artificial Narayan limbs and 35 calipers in the camp. 56 differently abled people were also selected for surgery to correct the deformities of hands and feet in the camp. Public Relations Officer Mr. Bhagwan Prasad Gaur expressed his gratitude, while the camp was coordinated by Mr. Mahim Jain. Bengaluru - In the free artificial limb fitment camp held on 27 April at Maratha Hostel in Basavanagudi, 694 disabled people were provided artificial limbs. Welcoming the guests, Organization Director Mrs. Vandana Agarwal said that the Sansthan has been making every possible effort for the empowerment of the weaker sections of society, including the disabled, for the last 40 years, and its pleasant results have also come out. Special guest BJP leader Mrs. Nitya Pareek, corporate

Agarwal said that the organization has been making every possible effort for the empowerment of the weaker sections of society, including the Divyangs, for the last 40 years, and its pleasant results have also come out. Special guest BJP leader Mrs. Nitya Pareek, corporate Mr. Aruna Reddy, social worker Mr. Ravindra Reddy, Mr. Mahesh Agarwal, Mr. Ridesh Jagirdar, Mr. Kamlesh Maharaj, and Mr. Abhay Chaudhary also expressed their views. Director Mrs. Vandana Agarwal, Trustee-Director Mr. Devendra Chabisa and branch coordinator Mrs. Alka Chaudhary welcomed the guests by presenting them with a turban, uparna and the logo of the Organization. Raipur - The camp held at Jain Dadabari here was inaugurated by the chief guest, Revenue Minister Mr. Tankaram Verma. On this occasion, Mrs. Mecnal Chabey, Mr. Motilal Sahu MLA Raipur-Rural, Child Protection Commission Chairperson Dr. Varnika Sharma, Disabled and Finance



Per Narayan Limb/O



Mr. Aruna Reddy, social worker Mr. Ravindra Reddy, Mr. Mahesh Agarwal, Mr. Ridesh Jagirdar, Mr. Kamlesh Maharaj, and Mr. Abhay Chaudhary also expressed their views. The guests were welcomed by Director Mrs. Vandana ji Agarwal, Trustee-Director Mr. Devendra Chabisa and Branch Coordinator Mrs. Alka Chaudhary by presenting a turban, uparna and the logo of the Organization. Raipur - The camp held here at Jain Dadabari was inaugurated by the Chief Guest Revenue Minister Mr. Tankaram Verma. Chairman of the Social Justice and Empowerment Committee of Parliament, MP P.C. Mohan inaugurated the Seva Camp by lighting the lamp as the chief guest. He said that Narayan Seva Sansthan is making a significant contribution to the center's resolution towards empowerment of the disabled. He assured the Organization that if any problem arises in this direction, he will solve it on priority. Social workers Mr. Mahendra Munot, Kunwar Rakesh Desarla, Mool Singh Rajpurohit, Ramesh Mali, Sunil Vaishnav, Rakesh Vaishnav and Railway Board Advisory Member Ashwin Semlani were present on the stage as special guests. The guests were welcomed and greeted by





the Organization President Sevak Prashant Bhaiya Ji; the director, Mrs. Vandana and Ms. Palak Agarwal by presenting Mewar's turban, uparna and souvenir. Vinod Jain, the coordinator of the local branch of the Sansthan, gave information about the free service projects of the Sansthan. On this occasion, differently abled people wearing artificial limbs also paraded on the stage. The event was coordinated by Mr. Mahim Jain.

Delhi - Narayan Limb and Calipers Fitment Camp was held on 4th May in Rohini, New Delhi. In this camp, upper-lower and multiple prosthetic limbs and calipers were fitted to more than 350 differently abled people. Social Welfare Minister of the Delhi Government Mr. Ravindra Indraraj Singh was the chief guest, and special guests were Mrs. Usha Kanti Mehta, Mr. Praveen Kohli, Mr. Rajinder Kumar Kohli, Sansthan Patron Mr. Satyabhushan Jain, and Mumbai Branch President Mr. Mahesh Agarwal. The chief guest said that Narayan Seva Sansthan is not only empowering the disabled persons but is also working to remove their lost self-confidence and disappointment. This is a useful work for the society. Only with such thinking and feeling will the dream of Vishwa Ek Parivar be realized. At the beginning of the camp, Sansthan President 'Sevak' Prashant Bhaiya and Director Mrs. Vandana Agarwal welcomed the guests. On this occasion, NTPC GE Power Services Private Limited, Mr. Neeru Bansal, Mr. Anurag Garg, Mrs. Anju Kwatra, Dr. Siya Goyal, Dr. Devesh Goyal, Shriram Pistons and Rings Limited, Mr. Anil Dixit and Naveen Dixit and Ashwini Dixit, Mr. Om Prakash Chawla, Mr. Dilawar Singh Mr. Lokesh Yadav, Mr. Jagbir Singh Shastri, Mr. Santosh Jain, Shridhar Prasad Kandpal, and Bharat Dhal of MS Art Housing Finance India Limited were given the highest Narayan Seva Award. 'Sevak' Bhaiya said that a camp was organized in Delhi on 16 February to provide help to the disabled near their homes. More than 500 patients came in whom 351 disabled were selected for Narayan limbs and calipers. They got the gift of a new life. Director Vandana Agarwal



Sansthan Overview

IG and Collector were impressed by the service projects



On May 3, a free camp for the distribution of artificial limbs (hands and legs) and surgery for the disabled was inaugurated at Manav Mandir, located in Hiran Magri Sector 4. A large number of disabled people and their families from different states of the country were present in this camp. The chief guests at the camp were Inspector General of Police Mr. Rajesh Meena and District Collector Mr. Namit Mehta. Special guests were Secretary of District Legal Services Authority Mr. Kuldeep Sharma and Girwa Subdivision Officer Sonika Kumari. The guests interacted with the beneficiary disabled people and also visited the caliper and artificial limb workshop, handicrafts for deaf and dumb children, physiotherapy center, etc. in the organization. In the beginning, the founder chairman of the Sansthan, Pujya Gurudev Mr. Kailash 'Manav', President 'Sevak' Prashant Bhaiya, Director Mrs. Vandana Agarwal, and Ms. Palak Agarwal welcomed the guests by presenting them with a turban and souvenir. IG Meena and Collector Mehta praised the free and dedicated services of the organization and said that the state government is also running many schemes for the empowerment of Divyangjan. The services of the organization are also a milestone in the same direction. They expressed happiness that such services are getting full dedication and support from the society. During this, the collector also heard the stories of many benefited patients. Mr. Vishnu Sharma Hiteshi, Mr. Kuldeep Singh, Mr. Lal Singh, Mr. Mukesh Sharma, and Mr. Dilip Singh of the organization were present. The event was coordinated by Mr. Mahim Jain.

Ask God for opportunities to serve

O The program 'Apno se apni baat', which is regularly organized to closely interact with the differently abled and their families coming from different states of the country to get free surgery and Narayan prosthetic limbs (hands and feet) and calipers installed in the sansthan and to face their problems and to guide them, was organized in the Sansthan's Manav Mandir from 21-23 April and 28 April to 3 May. In which the Sansthan's president, 'sevak' Prashant Bhaiya, shared his thoughts with the specially abled and their families. This program was broadcast across the country on the 'Sanskar' and 'Aastha' channel, respectively.

Turning Weakness into Strength (21 April)

'Sevak' Prashant Bhaiya said that if a person turns his weakness into strength, then nothing is impossible for him. If there is any physical disability or deformity, then God has also given some such qualities that can be developed to achieve success. There are many such specially abled personalities who have made records in various fields. The need is to work with passion and enthusiasm. Life in the form of childhood, youth and old age is also like a three-hour question paper. Whoever solves the problems of life with self-respect, self-confidence, and strong willpower, it is as if he has made his life meaningful. Humility is the identity of humanity, and arrogance is the identity of a dead person. Do not be proud of knowledge, wealth and power; use them for the development of the family, society and nation.

Makeover is not for the body but for the soul (22 April)

On the second day of the program, Bhaiya Ji said that instead of decorating the body, decorate the soul with good deeds and virtues. The soul is eternal, while the body is mortal. The result of good deeds is always pleasant. That is why we do such work, which brings a smile to the face of the poor and the suffering. No one has become happy with money in life, and no one can be made happy. People's hearts can be won only with compassion, love and intimacy. Society and nation will develop and prosper only when we move forward in the direction of making family and relationships easy and strong. The problem is not in the family, society or the world but in the thoughts of the person. It depends on the thinking of the person what kind of result he will have. Whatever happens to a person, it happens according to his own deeds.

That is why whatever you do in life, it should be such that it is remembered even after you leave this world.

Fulfilling your desires through service (23 April)

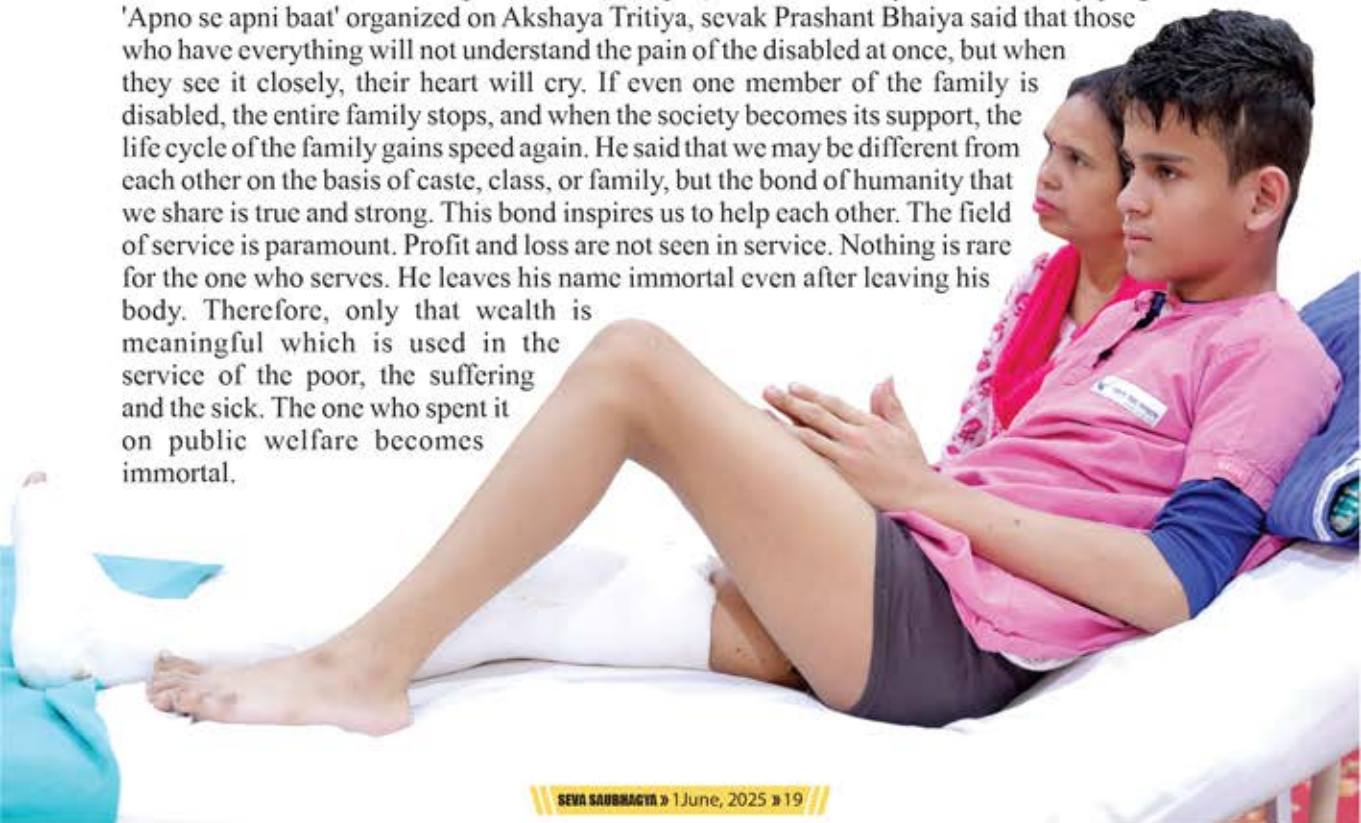
On the third and final day of the program, Bhaiya Ji said that 'A person is free to do his work, but its result is not in his





hands. The result is in the hands of the Supreme God. As your deeds are, you will have to suffer accordingly.' Whoever is born has to pay the debt of the deeds of his previous life. To improve his life, one should spend time serving the poor and the needy. Giving medicine to the sick, water to the thirsty, food to the hungry, and clothes to the naked is the ultimate religion. Poverty and richness are not measured by wealth, but by the feelings and compassion of the person. The one who has wealth but does not have the feeling of helping others is the poorest. Those who are receiving service are definitely becoming debtors, but in the next birth they will also receive the sanskar of service in the form of debt. This is the law of creation: if you help someone, then your desire is also automatically fulfilled when needed.

Therefore, one should not miss any opportunity for service. God loves only those who help each other with service, goodwill, compassion and love in the world created by him. One should make good use of time. When difficulties arise, have patience and courage and leave everything else to God. He will find the way. Fame-disgrace, victory-defeat, and life-death are not in the hands of man. Only work is in hand. If we move on the path of service and compassion, not even a hair will be harmed. Service sector is paramount (28 April) On the first day of the five-day program 'Apno se apni baat' organized on Akshaya Tritiya, sevak Prashant Bhaiya said that those who have everything will not understand the pain of the disabled at once, but when they see it closely, their heart will cry. If even one member of the family is disabled, the entire family stops, and when the society becomes its support, the life cycle of the family gains speed again. He said that we may be different from each other on the basis of caste, class, or family, but the bond of humanity that we share is true and strong. This bond inspires us to help each other. The field of service is paramount. Profit and loss are not seen in service. Nothing is rare for the one who serves. He leaves his name immortal even after leaving his body. Therefore, only that wealth is meaningful which is used in the service of the poor, the suffering and the sick. The one who spent it on public welfare becomes immortal.





Service Sector is the Supreme (April 28)

On the first day of the five-day program 'Apnon Se Apni Baat' organized on Akshaya Tritiya, 'Sevak' Prashant Bhaiya said that those who have everything may not immediately understand the pain of the differently abled, but when they observe closely, their hearts will weep. If even one member of a family is disabled, the entire family comes to a standstill. However, when society becomes their support, the family's life cycle regains momentum. He stated that we may separate ourselves from caste, class, or family, but the bond of humanity within us is true and profound. This bond inspires us to help one another. The field of service is the highest of all. In service, one does not consider profit or loss. For those who serve, nothing is unattainable. Even after leaving the body, they leave an indelible mark. Therefore, wealth is meaningful only when used for the service of the poor, the suffering, and the sick. Those who spend for the welfare of others become immortal.

Impaired vision is the cause of sorrow (29 April)

Today, man is looking at the outside world instead of looking within himself. This impairing of vision is the cause of his sorrow. The one who has understood himself has become respectable. Bhaiya said that only that person is respected in the society who sacrifices for others. The one who has pushed away jealousy, love-hatred, greed, money and pride is an alert person and such a person can never stumble in life. Often it is said to remain conscious; advice is given to get up, sit, walk and live with attention. After all, what is this meditation? Living in the present while being aware is meditation. But we are seeing that 'meditation' has become secondary in life, as a result of which various types of sorrows, accidents and diseases dominate. If the daily routine is started with yoga and meditation, then no disease or sorrow can come near. Sometimes a person gets into trouble because of his words.

Control over speech is necessary. A person should also meditate to keep his mind under control. One should focus on his deeds. Because deeds do not leave a person for many births.

Happiness is Gratitude (30 April)

A person must spend one-tenth of his earnings for public service. Because whatever he dedicates will come back to him doubled in some form or the other. This will make life meaningful in the form of virtue. Do not become a part of sin by being greedy.

Bhaiya said that the mind is very fickle; it keeps on putting us in a dilemma by complaining about something or the other. Therefore, control it with positive thinking. Complaints

always come from negative thoughts. They always disappoint. In such a situation, a powerful way to develop a positive mindset is 'gratitude'. That is, expressing gratitude for everything in life. No matter what kind of adversity comes in life, we should not leave our path of duty. This is what will keep us happy. In this regard, he also narrated many inspirational incidents of sages and great men.

A moral life is meaningful (1 May)

When someone else's pain starts appearing as one's own, then one cannot help but be active in removing it. Bhaiya Ji said that only that life is meaningful which is full of service, truth, and moral values. For small gains, man easily goes ahead to compromise with the truth; this is where the downfall of humanity begins. In this regard, he narrated inspiring life incidents of great men like Lord Buddha, truthful King Harishchandra, and Swami Vivekananda. Who did not abandon moral values even in the most difficult situations and kept moving forward on the path of duty and determination?



Controlling anger (2 May)

On the fifth and last day of 'Apno se apni baat', Bhaiya said that to bring about a change in society, one has to endure and sacrifice a lot. Have sympathy for others in their pain and suffering, give proper guidance as far as possible, and try to put the lost ones on the right path. Keep anger under control even in adverse circumstances. Even the edge of a sword becomes dull in front of truth and forgiveness. Giving information about the free service projects of the Sansthan for the differently abled, helpless, destitute, and deprived class brothers and sisters, he said that the doors of the Sansthan are always open for them.



Pahalgam attack: The Sansthan paid tribute



In the tribute meeting organized on 25th April at the organization, the terrorist attack that took place on 22nd April in Pahalgam, Jammu and Kashmir, was strongly condemned, and tribute was paid to the 28 innocent tourists who were killed. Founder Pujya Gurudev Shri Kailash Ji 'Manav' and President Sevak Prashant Bhaiya said that the whole of India is united against terrorism. The heinous crime against humanity committed in Pahalgam is unforgivable. The devotees observe 2 minutes of silence and offer floral tribute.



Jhini Jhini Light - 72

All the villagers were shocked to hear Kailash Ji's words.

Their first reaction was doubt. Why would they donate blood to us, whether they know them or not? Are they trying to cheat us in some way? Kailash ji read the expressions on their faces and explained to them that this is the kind of service they do. Donating blood is nothing new for them. The villagers were convinced after hearing all this, and they took Kailash ji and Girdhari with them inside.

The hospital staff who took the blood were also surprised at the unknown villagers being given blood in this manner.

They were also suspecting whether these two persons were selling their blood. Kailash ji understood the gist of their inquiry, and to remove their doubts, he introduced himself and told them that he works in a telephone office. Then knowing any employee of the telephone office was an achievement. Knowing Kailash ji's introduction, they became happy and took blood from both of them. The villagers placed their turbans at the feet of both of them. They could not do more to express their gratitude. Kailash ji lifted them up and hugged them and said that only man helps man. Similarly, once in winter, he was passing outside the mental ward no. 17 of the hospital and found a patient sleeping on the road. People passing by thought him to be a beggar or a needy person and threw bananas, biscuits, coins, etc. near him. He was shivering badly due to the cold; he did not have the strength to pick up a banana or biscuit and eat it. Kailash ji stopped there when he saw his condition, he peeled a banana lying nearby and gave it to him, and he



started eating. The cold was biting; there were not enough clothes, nor was there anything to cover himself with. Kailash ji went home and brought an old coat. He was made to wear the coat, and only then did his shivering subside a little. This incident forced Kailash Ji to think. The coat that he made the person shivering in the cold wear had been lying unused in his house for years. In this way, every house will find a lot of clothes that are not used and are lying unused. If all these clothes reach the needy, how many people can benefit? A new plan started taking birth in Kailash Ji's mind. Collecting unused clothes from people's houses and giving them to the people shivering in the cold. When he mentioned this to Kamla ji, she also expressed enthusiasm and thought of collecting unused clothes from the nearby houses. There is a trend in common houses to give old clothes and take utensils.

THANKS TO DONORS



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Shri Tulsi Ram Sharma and
Late Smt. Barfi Devi, Mandi (H.P.)

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401 Surgeries	14,01,000 INR	13 Surgeries	52,500 INR
301 Surgeries	10,51,000 INR	5 Surgeries	21,000 INR
201 Surgeries	7,11,000 INR	3 Surgeries	13,000 INR
101 Surgeries	3,61,000 INR	1 Surgery	5,000 INR

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1. The daily routine for admitted patients is determined according to the naturopathic doctor's instructions.
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