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courtesy B.K. Gaudam

### Guruji's Visit To Kolad Guru Nivasa & Goushala

Readers will be happy to note that Pujya Guruji will be visiting Mumbai and Brindavan Goushala at Kolad in January, 2012. He will be reaching Mumbai on the 9th & will leave for Kolad on the 10th of January. Guruji will be at Kolad from the 10th to the 15th of January, 2012. On the 15th He will visit Buntara Bhavana, Kurla, Mumbai & will leave for Hyderabad on the 16th of January. During His visit devotees can offer Bhiksha Seva and Pada Puja Seva to Guruji & the Holy Deities worshipped by Him. There will be an opportunity for 1 Bhiksha Seva & 3 Pada Puja Sevas every day. Those wanting to offer their Seva, please contact Smt. Ishwari Bhat or Shri K.S.Bhat immediately.

Shri K S Bhat has informed us that some Civil Works are required to be carried out for the benefit of visiting Bhakthas at Kolad. These include construction of some Toilets, extension of roof to existing Guru Nivas area and other works.

A visit to Kolad Goushala on 24th & 25th December 2011, to do Shramadana has been arranged, to ensure all works are completed on time. Members willing to participate in Shramadan, can contact Shri S G Bhat or Shri K S Bhat for necessary arrangements at Kolad. Shantha Bhat, UshaBhat & K S Bhat may be contacted for travel arrangements.

We request all devotees get together to offer Shramadana for preparing Kolad for Guruji's Visit. It is also a wonderful opportunity to spend some time in the company of Gou-Mata, in peaceful surroundings. Do not miss this wonderful opportunity to give your mite to this wonderful cause.

**COME TO KOLAD GOUSHALA ... IT IS GURUJI'S BLESSINGS & MUMBAI'S PRIDE... PUT IN YOUR EFFORTS TO MAKE IT THE BEST!!!**

*For further details, please contact Smt. Ishwari Bhat @ 9158064444 Smt. Usha Bhat @ 9869482205 or Shri Kuloor S.Bhat @ 09594165004*



|| Hare Raama ||

As **SETU** completes two years of publication, we bow humbly to the Lotus Feet and seek blessings from **Param Pujya Guruji, Gokarna Mandaladheeshwara, Srimad Jagadguru Shankaracharya Shree Shree Raghaveshwara Bharati Mahaswamiji**.

We thank all the readers for all the love, encouragement and support shown to us in the building of this bridge of communication! SETU is the bridge to connect with our Guruji, who can guide us on our spiritual journey. We are indeed blessed to be able to receive the divine words of wisdom from our Parama Poojya Guruji, which can help us find the treasures of goodness and happiness within ourselves!

When we look at what we have been given, it is so beautiful and so simple. We've been given a life; no books, no baggage, nothing. There is a saying that as we come into this world, that's how we leave: with nothing. Everything else that burdens us, we have picked up along the way and put it in our bag of life. Just like when we learn to drive, we have to practice stopping the car when we come across obstructions; in the same way, we need to learn to stop the waste thoughts and negative thoughts if we wish to be constantly happy.

I absolutely believe that each and every individual has a purpose and that no one is here by accident. It took since the beginning of time to make each one of us; that's how wonderful and unique and divine we are! We need to embrace this fact about ourselves, and recognize God looking back at us from every set of eyes we see. Sometimes all someone needs is to be acknowledged. We all want to be heard and believe that our existence matters. So we must pay attention, extend a hand, and open our hearts, while we have the opportunity to do so! You never know when you're going to be a blessing in someone else's life, an answer to their prayers, or the difference between life and death.

There is a beautiful quote about kindness: "I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now and not defer or neglect it, as I shall not pass this way again."

In this issue, we shall revisit the Blood donation camp held in Mumbai, heed the calls of the residents of a place called "Junglistan", and take a dip in the holy river Godavari and read the story of her origins. We shall also read about the transformation of a thief to a Jnani, collect BEAUTIFUL THOUGHTS and go ahead on our SOUL SEARCH with our very own Parama Poojya Guruji! Read on! Harerama.

- *Rajalakshmi Kameshwar Joshi*

### GURUJI'S TRAVEL SCHEDULE FOR DECEMBER

The entire month of December 2011, Guruji will be at Hrishikesh . Poojya Guruji will reside at the Swami Shukdevanand Trust, Paramarth Nikethan, Swaragoshram, Hrishikesh, Uttarakhand during this visit.



Vivek Oberoi with Poojya Guruji walking to Vaishnodevi



Poojya Guruji with shishyas on the way to Vaishnodevi

courtesy B.K. Gauram





## EVENTS IN MUMBAI

### BLOOD DONATION CAMP

Blood Donation can be considered as one of the most selfless donations. It is usually a donation in which the donor does not know who the beneficiary will be. With the inspiration of our Pujya Guruji, Shree Shree Raghaveshwara Bharati Mahaswamiji, Mumbai Valaya, has been arranging a blood donation drive from the last 7 years. This year the blood donation camp was organized jointly by Mumbai Valaya, Dombivali Valaya & Pejavar Math. With the whole-hearted support of the Red Cross team, Shri U.T.Krishnamurthy was able to successfully arrange the event. **A TOTAL OF 69 BOTTLES OF BLOOD WAS COLLECTED.** This is one of the many noble projects undertaken by the Aarogya Vibhaga of Mumbai Valaya for the benefit of the entire society. With Guruji's blessings, we have always received a tremendous response and support from everybody. We heartily appreciate the contributions given by everybody to make this event a successful one. We also request more and more people to volunteer for events of this nature,



courtesy Shri U.T.Krishnamurthy

Blood Donation Camp at Mumbai

## EVENTS OF DOMBIVALI VALAYA

The ladies of Dombivali Valaya have always made it a point to have at least one Lalita Sahasranama & Kumkumarchane and one Bhajan programme every month. In October too, on Sharad Purnima day (12th Oct.), Lalita Sahasranama was chanted at the residence of Smt. Geeta M. Hegde and on the 21st it was time for Bhajans at the same residence. In November, on the 24th, Bhajans were sung at Smt. Sneha Kulkarni's house and the ladies gathered at Smt. Sitalakshmi Hebbar's house for Lalita Sahasranama & Kumkumarchane.

## UPCOMING EVENTS

### AKHANDA RAMA TARAKA JAPA

Another annual event, the **Akhanda Rama Taraka Japa and Satyanarayana Pooja has been proposed for 18th Dec 2011, at Pejavar Math, Santacruz East.** Every year, disciples of the Shree Matha and devotees of Shree Rama, chant the Rama Taraka Japa from Sunrise to Sunset. In the evening, ladies recite the Lalita Sahastranama and do Kumkum Archane and later, it is time for the Satyanarayana Pooja.

Those willing to participate in the SatyaNarayana Pooja Sankalpa can give their names in advance or at Pejavar Math itself. The Main Sponsor of the Pooja will get an opportunity to sit in the Pooja. If newly wedded couple are not available, then this chance will go to any other willing sponsor.

We request everybody to attend the Akhanda Rama Taraka Japa, the Lalita Sahasranama & the Satyanarayana Pooja, make this event a big success & be blessed.

**For further details, please contact Smt. Ishwari Bhat @ 9158064444 or Shri Kuloor S.Bhat @ 09594165004**

This page has been sponsored by **Shri Uday Marathe, Mulund (E).**



### JAAGO BHARAT JAAGO!!

**Our forests are under threat from coal mining! Our food is in danger!!**

Coal mining in the Chandrapur region of Maharashtra is destroying tiger habitat. In Singrauli it has displaced people. Coal mining also causes air pollution and destroys water sources. Still the coal and power ministries want more coal. There is a huge rush to open up forest areas for coal mining. The Ministry of Environment and Forests is under tremendous pressure to allow this forest destruction. The ongoing debate is one-sided and the forests need all the help they can get. Public opposition to the destruction of forests must be seen now. Together, we can stop this!

The forests are too valuable to be destroyed by mining and must be protected. There is enough coal in existing mines, along with renewable energy sources, and energy efficiency measures can meet our power needs. Destroying more forests is unnecessary. Saving India's forests from coal mining and other destructive development now lies in your hands.

We need a people's movement like Chipko, or the current anti-corruption movement. To symbolise this struggle for the safety of our forests, **an independent organization called Greenpeace is asking** people to become citizens of a virtual land called Junglistan - the country of the forests - and pledge to protect it from mining and show the government that we want our forests to remain intact.

"We intend to garner support for green cover especially among the school children and the college youths through this campaign," Deven Digwal, public engagement campaigner of Greenpeace said in Mumbai recently during the kick-start of their 'Junglistan campaign'.

The campaign has also been launched in New Delhi, Chennai and Bangalore. "If all goes well, we are looking at launching it in Chandrapur as well. It is at the heart of this campaign. It is the place in central India where coal mining is eating our forests," he said.

"In Mumbai we have approached nearly 3000 school children from 15 schools till now. These students are expected to approach at least 20 persons each in their community to garner support for our campaign." Mr Deven said. If anyone of you cares to answer the call for the protection of environment, you can also log on to [www.greenpeace.in/take-action/save-our-forest/](http://www.greenpeace.in/take-action/save-our-forest/)

The Biotechnology Regulatory Authority of India (BRAI) Bill, 2011 is being introduced in Parliament. The last few months have seen massive opposition against this **dangerous bill**, which will create a body that will single-handedly **clear** risky **genetically modified (GM) crops** in our country. **GM crops** are created by **inserting genes** from unrelated organisms like **bacteria and virus** into our food crops. This makes our food **potentially toxic**. BRAI will clear this kind of technology, without even considering the opinion of those who will be affected by it.

Over a lakh people have opposed the BRAI bill. Their opposition took the form of the World's Biggest Baingan Bharta. Public pressure helped stop genetically modified **Bt brinjal**, the first GM food crop that came up for approval now the threat is back. If the BRAI bill is passed the safety of our food will be under threat. **Our food needs to be saved again. Act now!**

**<http://www.greenpeace.in/take-action/save-your-food/contact-your-mp-now.php>**

In the past people of our country have come together and achieved the impossible. This time it is about **our forests, our food** and the **health of generations**. Our leaders need to be shown the strength of people power yet again.







### THE STORY OF GODAVARI RIVER

Once, a cow entered the ashram of Gautam Rishi. It ate all the rice grains that were spread for drying. That year, there was a scarcity of water due to less rain and therefore only one crop was cultivated. And the cow had eaten up all the produce. Gautam Rishi was very upset and angry. He was also worried with the thought of feeding his disciples in the ashram. He chased the cow and in fear, the cow ran helter-skelter and fell into a ditch and died.

Now Gautam Rishi became more distressed as 'Gou-hatya paapa' also fell on him. He started repenting his hasty action. He started questioning himself as to why he had behaved like a beast, when all the hungry cow wanted, was to eat a little rice. He started meditating on Lord Shiva. Soon the compassionate Lord appeared before him and said, "Gautam, you were overburdened with the responsibility of feeding your ashramites. As there was not enough water to grow more crops, you faltered. To help you and other people of this area, I shall create a water source here." And a river started flowing with the Lord's grace.

Since Gou-Mata was the reason behind this river, it came to be known as Godavari River.

*Jai Jai Mata, Jai Gou-Mata!!!*



courtesy Shiva Kumar

On the occasion of Diwali, a Gou Pooja program for the public was held by Shree Raghavendra Gou Ashrama, Malur in two temples in Malur city on 26-10-2011 from 7am to 6pm. Hundreds of goubhaktas offered pooja to Goumatha. Maa Gou Products Pvt Ltd had set-up two stalls and got good response from the people.

At the Hebbal GKV "Rashtriya Krishi Mela" held from November 16-20, cows from our Goushalas at Kaggalipura and Maalur participated and won the "BEST STALL" award in the Pashu Sangopana (Animal breeding) category. MGPPL held a stall of Gou-Products on this occasion and was able to achieve sales worth Rs.40,000.

*Jai Goumata!! Vande Goumataram!!*

### GURUJI AT JODHPUR



courtesy B.K. Gaulam

Pooja Guruji at the Shri Ramkatha held at Jodhpur



### GREATNESS OF JAGADGURU SHANKARACHARYA



Jagadguru Shankaracharya has taught us many truths in his various works time and again. In the opening verse of his 'Vivekacudamani', he says, 'Three great and rare opportunities or boons are obtained only by the grace of the Lord: the first is birth as a human; the second is the desire to know the truth; and the third is obtaining a great man as one's guru.' He repeatedly stresses on the importance of the Guru. He asks, 'What does it matter if a man is important in many ways? Of what use is it if his mind is not bound to the lotus feet of his guru?' Finally, before shuffling off his mortal coils, Shankara says, 'Choose a noble vidwaan as your acharya. Worship at his feet every day.'

Shankaracharya saw his Guru, Govinda Bhagwadpada and his guru's guru, Gaudapada, in Badrinath, in the form of Dakshinamurti and composed the Dakshinamurti-ashtaka to pay obeisance to them. While extolling the greatness of his guru, Shankara says that the guru is the noblest person who not just transforms the disciple into gold, he also makes him (the disciple) capable of becoming a guru himself, attaining 'purnatva' (completeness) and turning others too into gold. By treading himself the path of devotion to the Guru, he has taught us how to do so.

The greatness of Shankaracharya can be judged by acknowledging the fact that he himself was not just a

Jagadguru, but was also given the title of Acharya. Usually a Guru is spoken of as being one who without necessarily associating with any strict system or tradition, with the power of his grace alone, brings about the spiritual uplift of his disciple. An Acharya, on the other hand, is one who belongs to a system or 'siddhanta' and one who gives comprehensive instruction in it. When one gives 'upadesha' systematically in a discipline of knowledge and has also the power of grace, then both terms, 'Guru' and 'Acharya' are used. A Guru also has the character of divinity. Shankaracharya fitted both the conditions perfectly. He was a human form of Lord Shiva, Dakshinamurti, and blessed humankind with renewed knowledge of spiritual growth. He also taught us once more the ancient systems that defined our religion and gave it new vigour.

Another point to note is that the guru can bless us (give us upadesha) in different ways – just the glance of the guru (chakshu-diksha) is enough for the disciple's enlightenment; the guru's touch by placing his hand or feet on the disciple (sparsha-diksha) is also upadesha; even his thoughts for the disciple (smarana-diksha) become his blessings. 'Bhagvadpada' means he who holds the feet of Bhagavan (the Supreme Lord) on his head and he himself becomes those feet. Thus while practicing meditation, we imagine that the Guru's feet are always placed on one's head.





## soul search

# THE NEED OF THE SOUL

PURUSHARTHA is an expression often used in scriptures. It is a combination of two words — purusha and artha. The dweller in the body is the purusha. He is the Atma or soul that resides within us which is unseen. The word purusha is not gender specific. Purushartha refers to what the soul seeks. What the body and mind seek is easy to understand in terms of physical needs like hunger, thirst and pleasure, but what the soul seeks is a matter to ponder upon.

The human body is like a great city with gateways (inlets and outlets), centers (chakras) and pathways (arteries and veins). The Atma lies



hidden deep within the innermost part of the city. Like people in a fair who have lost track of their objects, we too have lost awareness of the "self" in this fair called life.

The Atma suffers due to our ignorance. Losing awareness of the self, is like losing the most precious possession that one can have. The Upanishad

states that nothing is dearer to the Jeeva than its Self. The true form of the Atma is happiness. When disturbed, it seeks to move and reattain that state of eternal bliss. The actions of the Jeeva are only an external manifestation of the Atma's quest to regain happiness.

Dharma, artha, kama and moksha are the four purusharthas of the Jeeva and the pursuit of these is the nature of the soul. God bestows artha and kama depending on our good deeds and achievements in life. Kama or desire which has Dharma behind it and moksha in front of it is acceptable. We have to be careful

to accept only wealth and happiness that are founded on Dharma. If not, they will lead us to misery and destruction. Moksha means a pile of eternal happiness. If Moksha is compared to an ocean, kama is a wave. They are the same, but differ in degree.

It is the absolute right of Jeeva to seek happiness. We have to find the right way to procure purusharthas, founded on Dharma. Then life is a fulfillment. If not, it is an unbearable burden.



Shree Shree  
Raghaveshwara  
Bharathi Swamiji,  
Ramachandrapuramath

## THIEF TO A JNÂNI

Once there lived a notorious thief. He had committed many thefts and murders. The thief had a friend who secretly nursed a desire to change him into a good man.

One day the friend told the thief: "Dear friend, I will show you an easy way to earn a lot of money in one attempt; you need not rob people frequently."

The thief was excited. The friend continued:

"At the outskirts of the town, there is a cave in which some people live. They appear to be poor. But they have a lot of hidden wealth. If you could make that wealth yours, all your miseries would end."

The friend continued: "to get that wealth, you should live with them in the cave. You should imitate their talk, walk and way of life and win their trust. If you do this, you can gain their treasure."

The friend's words kindled a desire in the thief's heart to become rich at once. He approached the cave. When he entered it, he was surprised to see many sâdhus. They were on the path of spiritual quest.

The sâdhus were so immersed in their own world that they did not even notice the arrival of the thief. The thief began to live with them. The sâdhus led a pious life. They got up early in the morning, performed yoga and dhyana and lived peacefully. The thief began to imitate their ways.

As days went by, the thief's baser instincts and qualities left him and he even forgot the purpose of his visit to the cave. One day, as he was meditating, he had the vision of God. At that moment, all his pains and miseries ended and he realized the truth that no treasure is greater than God.

The company of the yogis turned the thief into a jnâni. We should always seek the company of good people, because it has the power to transform us. The Sanskrit saying, "Bhramara Keeta Nyaya", illustrates this truth. It is said that a particular species of honeybee does not give birth to young ones. Instead, it captures an ordinary bee and keeps it in its hive. The baby bee which grows up listening to the buzz of its foster mother becomes a honey bee.

(This article is taken from the book **LIVING WITH GOD**, Guruji's articles translated by Dr. Sharada Jayagovind.)



# Dard mitaye chutki mein

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## BEAUTIFUL THOUGHTS

... Suresh Oberoi

### Dont Pass Judgement Too Soon

Once there was a poor old man in a village who was envied by all, as he owned a beautiful white horse. Even the king coveted his treasure. People offered fabulous prices for the stud, but the old man always refused, saying "This horse is not a horse to me. He is a friend, not a possession. How could you sell a friend?"

The man was poor and the temptation great. But he never sold the horse. One morning the horse was not in the stable. The entire village scoffed him, "You old fool! We told you that someone would steal your horse. You are so poor. How could you ever hope to protect such a valuable animal? It would have been better to have sold him. You could have got whatever price you wanted. No amount would have been too high. Now the horse is gone, and you've been cursed with misfortune." The old man responded, "**Don't speak too quickly.** Say that the horse is not in the stable. That is all we know; the rest is judgment. If I've been cursed or not, how can you know? How can you judge?"

The people contested, "We may not be philosophers, but the simple fact that your horse is gone is a curse."

The old man spoke again. "All I know is that the stable is empty, and the horse is gone. The rest I don't know." The villagers laughed. They always thought he was a fool; if he wasn't, he would have sold the horse and lived off the money. Instead, he was a poor old woodcutter, still cutting firewood, dragging it out of the forest and selling it. He lived hand to mouth in the misery of poverty. Now he had proven that he was, indeed, a fool.

After a few days, the horse not only returned, he brought a dozen wild horses with him. Once again the village people gathered around the woodcutter and spoke. 'Old man, you were right and we were wrong. What we thought was a curse was a blessing. Please forgive us.' The man responded, "**Don't speak too quickly.** Say that a dozen horses returned with him, but don't judge. How do you know if this is a blessing or not? You see only a fragment. Unless you know the whole story, how can you judge? You read only one page of a book. Life is so vast, yet you judge all of life with one page or one word. All you have is a fragment! Don't say that this is a blessing. No one knows. I am content with what I know and not perturbed by what I don't."

'Maybe the old man is right,' they said to one another. So they said little. But down deep, they knew he was wrong. They knew it was a blessing. Twelve wild horses had returned with one horse. With a little bit of work, the animals could be broken and trained and sold for much money.

The old man had a son, an only son. The young man began to ride the wild horses, fell and broke both legs. Once again the villagers gathered around the old man and cast their judgments. "You were right," they said. "You proved you were right. The dozen horses were not a blessing, but a curse. Your only son has broken his legs, and now in your old age you have no one to help you. Now you are poorer than ever." The old man spoke again. "**Don't speak too quickly.** You people are obsessed with judging. Say only that my son broke his legs. We only have a fragment. Life comes in fragments."

A few weeks later the neighboring country declared war. All the young men of the village had to join the army and fight for the country. Only the son of the old man was excluded, because he was injured. Once again the people gathered around the old man, crying and screaming because their sons had been taken. The enemy was strong, and it was a losing battle. There was little chance that they would ever see their sons again. "You were right, old man," they wept. "Your son's accident was a blessing. His legs may be broken, but at least he is with you. Our sons are gone forever." The old man spoke again. "It is impossible to talk with you. You always draw conclusions. No one knows. Only say that your sons had to go to war, and mine did not. No one knows if it is a blessing or a curse. No one is wise enough to know. Only God knows!"

The old man was right. We only have a fragment. Life's mishaps and disappointments are only a page out of a grand book. Each one passes judgements on people and situations based on their understanding. This may not be the truth. So let's take care –

1. Accept the situation and people as they are and flow with every moment, being in the NOW.
2. Do not take other's judgement about us to be the truth. It is only their perception. Only we know ourselves and God knows the full story.

We must be slow about drawing conclusions. We must reserve judgment on life's storms until we know the whole story. Because, the complete story, Only God knows!



### WHY DO WE WORSHIP TULASI ?

In Sanskrit, **tulanaa naasti athaiva tulasi** - that which is incomparable (in its qualities) is the tulasi.

For Indians it is one of the most sacred plants. In fact it is known to be the only thing used in worship, which, once used, can be washed and reused in pooja - as it is regarded so self-purifying.

As one story goes, Tulasi was the devoted wife of Shankhachuda, a celestial being. She believed that Lord Krishna tricked her into sinning. So she cursed Him to become a stone (**shaaligraama**). Seeing her devotion and adherence to righteousness, the Lord blessed her saying that she would become the worshipped plant, tulasi that would adorn His head. All offerings to Lord Vishnu would be incomplete without the tulasi leaf - hence the worship of tulasi.

She also symbolises Goddess Lakshmi, the consort of Lord Vishnu. Those who wish to be righteous and have a happy family life worship the tulasi.

Tulasi is married to the Lord with all pomp and show as in any wedding.

This is because according to another legend, the Lord blessed her to be His consort. Satyabhama once weighed Lord Krishna against all her legendary wealth. The scales did not balance till a single tulasi leaf was placed along with the wealth on the scale by Rukmini, with devotion.

Thus the tulasi played the vital role of demonstrating to the world that even a small object offered with devotion means more to the Lord than all the wealth in the world.

The tulasi leaf has great medicinal value and is used to cure various ailments, including the common cold.

**Yanmule sarvatirhaani  
Yannagre sarvadevataa  
Yanmadhye sarvavedaascha  
Tulasi taam namaamyaham**

'I bow down to the tulasi, At whose base are all the holy places, At whose top reside all the deities and In whose middle are all the Vedas.'

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### THE HOUSE OF 1000 MIRRORS

Long ago in a small, far away village, there was a place known as 'The House of 1000 mirrors'. A small happy little dog learned of this place and decided to visit it. When he bounced happily up the stairs to the doorway of the house, he looked through the doorway with his ears lifted high and his tail wagging as fast as it could. To his great surprise, he found himself staring at 1000 other happy little dogs with their tails wagging just as fast as his. He gave a great smile and was answered with 1000 great smiles just as warm and friendly. As he left the house, he thought to himself, 'This is a wonderful place; I will come back and visit it often.'

In this village lived another dog that was not quite as happy as the first one. He too decided to visit this place. He slowly climbed the stairs and hung his head low as he looked into the door. When he saw the 1000 unfriendly dogs staring back at him, he growled at them and was horrified to see 1000 little dogs growling back at him. He ran away from there thinking, 'What a horrible place! I will never go back there.'

**Friends, all the faces in the world are mirrors. When we meet a person, what we see in him is our own reflection.**





Guruji at the Sri Ramkatha at Ramashrama in Bengaluru



Guruji at Pushkar, Rajasthan



Guruji on the way to Satsang Bhavan with idols of Lord Rama, Sita and Lakshmana



Guruji at the Swami Vivekananda Charitable Trust in Jodhpur



Guruji at the Shri Ramkatha held at Jodhpur, Rajasthan.



Poojya Guruji and other Swamis inaugurating the Yakshotsava held at Kallugundi, Sampaje



The Dharmadhikari of Dharmasthala Shri Veerendra Heggade receives blessings from Shri Guruji at Horanadu



Poojya Guruji with other Swamis at a function conducted by the Sonda Swarnavalli Samsthana

courtesy B.K. Gowtam



Jagadguru Shankaracharya Mahasamsthanam  
Shri Samsthana Gokarna Shriramachandrapuramath

**SETU**

**Jayam, jayam,  
Sardi jayam!**



Himani  
**Sardi Ja**  
AYURVEDIC COUGH SYRUP

**Relief from • Cough and Cold • Fever  
• Blocked Nose • Soar throat**

Changing seasons, pollution, weak immunity lead to cough and cold and make us lethargic and listless. Himani brings you **Sardi Ja Cough Syrup**. It has 18 herbs along with the energy of Chywanprash, which give relief from cough and cold and add new strength.



Tulasi



Honey



Chyawan Concentrate



\*with Sardi Ja 100ml

**With the energy of Chyawanprash - cures cough and cold - enhances strength**

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To,

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