

## Six-month Residential Course - AVP, Rishikesh

Arsha Vidya Pitham, Swami Dayananda Ashram, Rishikesh is happy to announce the commencement of a six-month residential course in Vedanta & Samskrtam on 1<sup>st</sup> June, 2023. The course will be conducted by Sri Swami Saksharkrtananda Saraswati, Chief Acharya.

The course syllabus includes meditation, classes on Vedanta, Samskrtam, Yoga, Chanting of Vedic mantras and stotrams, and Satsang.

The course is open to anyone who is interested in gaining insight into Vedanta and also a basic knowledge of Samskrtam. This will be a full-time course and married couples can also participate. Participants are expected to contribute a sum of Rs 5000 per head per month to partially meet the expenses towards food and stay. In exceptional cases (of brahmacharis who have no source of income) the same will be waived at Ashram's discretion.

Participants will have to abide by the rules and regulations of the Ashram. Ashram reserves the right to ask any participant to leave the course at any time if, in the perception of the Ashram the continuation of the student is not conducive for conduct of the course without ascribing any reason.

Those who are interested may apply by downloading the application form (<https://dayananda.org>), fill it and send a scanned copy along with your photograph (also scanned) to [avgshortterm@gmail.com](mailto:avgshortterm@gmail.com) so as to reach us before 28<sup>th</sup> February, 2023.

The selected candidates will be informed by 15-03-23 and they have to report in the Ashram by 30-05-23.

“A simple, factual self-respectfulness is not a harmful quality of mind; in fact, it is a good quality. A problem arises only when self-respectfulness is exaggerated into self-worshipfulness. When self-respect becomes self conceit, it does not just undesirably affect my attitude toward myself, but it manifests in my demand upon others to show me the respect that I feel is my due. When I demand respect from others, I invite many disturbances into my mind.”

- Swami Dayananda Saraswati