



# INDIA HERITAGE RESEARCH FOUNDATION

NEWSLETTER 2007





*Happy New Year*

**INDIA  
HERITAGE  
RESEARCH  
FOUNDATION**



## *Recent Events*

*IHRF's  
Founder/  
Chairman  
shares  
wisdom,  
peace and  
inspiration  
across the  
globe*



Discussing IHRF's projects with H.E. the Honorable President of India, Shri ABJ Kalam



With H.H. The Dalai Lama



In various functions with Pujya Swami Ramdevji, Pujya Sri Sri Ravi Shankarji, Pujya Swami Hansdasji & Pujya Swami Avdeshanandji



Giving a rudraksha mala to H.E. the Vice President of India, Shri Bhairon Singh Shekhawat



Discussing the Mansarovar project and Ganga Clean up with the Hon. Home Minister Shri Shivraj Patil and Shri B. L. Joshi the new Governor of Uttarakhand.



With Anthony (Tony) Robbins at the home of Dr. BK Modi in Beverly Hills



Giving Acceptance Speech for India Splendor Award at UCLA in California.



Speaking at United Nations Global Youth Peace Summit in New York



With Rabbi David Rosen, President of the American Jewish Committee





*Happy New Year*



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## *India Heritage Research Foundation is dedicated to:*



**Disaster Relief:** IHRF has been actively involved in tsunami relief. Our efforts range from immediate/emergency relief work to long-term permanent housing and construction of an orphanage and home for widows/abandoned ladies.



**Youth Welfare and Education:** IHRF runs dozens of free schools and gurukuls/orphanages to provide young, impoverished children with the opportunity to learn, grow and become productive members of society.



**Upliftment of Women:** IHRF runs several women's vocational training centers which provide thousands of poor local girls and women with marketable skills as well as with the priceless gifts of self-reliance and self-esteem. Further, we are in the planning phase for an orphanage for girls and home for abandoned babies.



**Health Care:** The foundation sponsors and runs numerous free health care services, including free medical camps for the indigent people of the Himalayas.

**Interfaith Harmony:** IHRF organizes and participates in a variety of international conferences, parliaments and summits to heighten world-wide cultural awareness and inter-ethnic love and sensitivity

**Ecology:** IHRF runs and sponsors ecological and rural development programs dedicated to cultivating an awareness of environmental sanctity as well as to preserve, protect and restore Mother Earth's natural resources.

**Publications:** Through the publication of the Encyclopedia of Hinduism and other cultural, spiritual publications, the Foundation aims to preserve and disseminate the rich treasure chest of Indian spiritual traditions

*However, we need your help. For a divine oil lamp to burn, all of the essential components must be there -- the oil, the wick, the pot and the fire. Each plays a different role, but each is crucial. Similarly, your role in IHRF's humanitarian work is essential. We pray you will continue to offer your support, helping us to light lamps in the darkness.*





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New Year**

## ***Tsunami Relief***

On the 30th December, 2004, Pujya Swamiji, Vivek Oberoi, Sadhvi Bhagwati, Rishikumars from the Parmarth Gurukul and Vivek Oberoi's family traveled down to South India in the wake of the devastating tsunami. Upon seeing the devastation wrought upon the land, they decided to stay and offer both short term and long term assistance. The relief work ranged from immediate, emergency measures to the permanent reconstruction of entire villages.

### **Phase I: Immediate, Emergency Relief Measures included the following:**

1. Construction of 100 new, temporary homes
2. Establishment and running of 7 community kitchens where thousands of families received fresh, hot meals, including milk for children
3. Medical Relief Centers operated at each of these kitchens
4. Playground for the children
5. Free Eye and Cataract Operation Camp for hundreds of villagers
6. Widescale distribution of necessities to thousands of people, including food, water, clothing, cooking supplies, shoes, sheets, etc.
7. Repair of more than 100 boats and purchase of 15 new boats
8. Purchase of over 600 new fishing nets

### **Phase II – Permanent Village Reconstruction in Pondicherry:**

Project Hope also undertook the reconstruction of villages Pannithittu and Pattincheri in Pondicherry, totaling over 350 homes. Pannithittu was inaugurated in December 2005 by the hands of the Honorable Governors of Tamil Nadu, Pondicherry and Uttarakhand. Pattincheri, sponsored by Shri LN Mittal of London, was inaugurated in April 2007.



Official inauguration of Village Pannithittu



Free eye and medical camp



Newly reconstructed village of Pannithittu

**Thanks so much to our generous donors who made this work possible, including:**

Chandru Kewalramani, UK  
Rameshkumar Goenka, Dubai  
Rotary International, USA & UK  
Sadah Lok, UK  
Himiyoti Foundation, India  
Ashok Leyland Co., India  
Manav Seva Mandir, Chicago, USA  
Lily Balandi, Switzerland  
Belvai Vinayak Kudva, USA  
Seva Foundation Trust, Lagos & UK  
Phoenix Indo-American Community, USA  
Charitable Care Foundation, CA, USA  
Hindu Community of Bay Area, CA, USA  
Hindu-Jain Temple, Pittsburgh, USA  
Chattanooga Temple, Tennessee, USA  
Sajjan Jindal, Mumbai, India  
Singapore Jain Society, Singapore  
Hindu Community of Zambia, Nidola  
Hindu Temple of Canton, MI, USA





### Phase III: Village of New Hope Orphanage, School and Ladies' Center:

**The final stage** in the work was completed and inaugurated on May 12. The orphanage which we built for the tsunami orphans as well as facilities for over 300 children who had been orphaned prior to the tsunami was inaugurated by H.E. the Honorable Governor of Tamil Nadu, Shri Surjit Singh Barnalaji with Pujya Swamiji.

The orphanage includes dormitory facilities, school rooms, a computer center, medical room, beautiful kitchen and

dining facilities, a vocational training center and more. It has been built on the same land as the previously existing home for approximately 200 widowed/abandoned ladies, which we also beautified. In this way, the orphaned children will receive, in addition to the staff, mothers, aunts, grandmothers and older sisters; the ladies will receive the priceless gift of caring for orphaned children. We have also built a vocational training center for the ladies, and the new huge dining/kitchen facilities are shared by both the children and the ladies.

On inauguration day, the Hon. Governor and Pujya Swamiji asked the children what they want to be when they grow up. Their answers included: fireman, doctor, teacher and even the District Collector! Orphaned children of illiterate fisherman now have hopes, dreams and also the great possibility for meaningful, productive lives.

**Thanks so much to Drs. Kiran & Pallavi Patel and the Patel Foundation for Global Understanding and Shri Yogesh & Smt. Bella Patel for sponsoring this divine project.**



The Hon. Governor and Pujya Swamiji inaugurate the orphanage and talk to orphan children



New dining hall complex



Two wings of the new orphanage



The Computer room for orphans and the ladies



Vocational Training Center



Medical Center with beds, wheelchair, instruments and medicines





Happy New Year

# INDIA HERITAGE RESEARCH FOUNDATION



In 1998, on Pujya Swamiji's first Yatra to the sacred land of Mansarovar and Mt. Kailash, He saw the dire absence of any facilities. He vowed to create indoor lodging as well as medical facilities for yatris and local people.

In July 2003 we inaugurated **the Parmarth Kailash-Mansarovar Ashram in Mansarovar**, the first ever ashram on the holy banks of Lake Mansarovar was inaugurated. There are 20 rooms with room for 5-8 people per room. Additionally, there are 2 large halls for katha, meditation, satsang and also which can serve as an additional dormitory. There is also



a medical clinic for local people as well as yatris.

In 2004 a team of nearly 40 doctors and medical assistants traveled from USA to provide free medical care to local people in Mansarovar, Kailash and along the yatra route.



In June 2006, we inaugurated the **Parmarth Kailash-Mansarovar Ashram in Paryang, Tibet**. Paryang is a small village in Tibet, en route to Mansarovar, and it is the last place where all yatris have to stay on the day before reaching Mansarovar. The ashram has 25 beautifully furnished rooms – doubles, triples and larger rooms. There are also 2 large halls for puja, satsang (or dormitory) and one for dining.







PARMARTH KAILASH-MANSAROVAR ASHRAM  
IN PARYANG

The ashram is already a boon for the town, as we hired local people for the construction and trained them in masonry, carpentry and painting. The ashram will be run and maintained also by local Tibetans. Further, proceeds from the ashram go back into the community, for education, health care and other projects.

Pujya Swamiji is especially committed to the local school which we visited. He has pledged His support for the school, and has also pledged to build a computer center for the students as well as organize a hygiene program.



Now, the **third Parmarth Kailash-Mansarovar ashram is under construction in Dirapuk** at a height of 4909 meters ( 16105 feet), on the sacred Kailash parikrama route! Dirapuk is the place where all yatis who are undertaking the Kailash parikrama spend their first night. It is the location from which the darshan of Kailash is the closest, clearest and most spectacular.

This ashram will be double-storied with nearly 50 rooms as well as a hall and dining facilities. This ashram is currently under construction and will be ready in 2008.





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## *Encyclopedia of Hinduism Update*

India's cultural heritage is multi-stranded and complex, forming an intricate tapestry of wisdom and tradition. The wisdom and insights are open, available and beneficial to people of all traditions, all religions and all walks of life. Hinduism is not a dogma, but rather is a way of life that brings depth, richness, integrity and meaning to our daily lives.

To encapsulate an entire cosmos in a literary portfolio is an enormous task. Nevertheless, IHRF has undertaken this divine challenge of publishing the first, complete multi-volume Encyclopedia of Hinduism. This project will provide a thorough and comprehensive compilation, integrating the vast ocean of knowledge and the richness of experience that is Indian culture.

Despite the influence of Hinduism across the globe, this spiritual tradition is widely misunderstood in the Western Hemisphere. This Encyclopedia seeks to provide a better understanding of the Hindu traditions, to deepen inter-cultural dialogue, and to serve as an authentic source of ready reference. As more and more students, teachers, researchers and seekers are turning to this glorious tradition, it has become imperative to provide an authentic, objective, scholarly, standardized and comprehensive source of reference.

The Encyclopedia has aptly been termed, "The Project of the Third Millennium." Under the divine vision and guidance of H.H. Swami Chidanand Saraswatiji, the Encyclopedia will mark the first time in history that the vast panorama of Indian culture is presented in one complete work.

Under the guidance of Chief Editor Dr. K. L. Seshagiri Rao, the manuscript work is nearly complete. All of the articles have been written and received. Additionally, the editing work of many of the articles has been completed and finalized. Stylistic editing, standardization of terms and other final level content/copy editing are currently underway by an editorial team in USA and India. The team in India is under the leadership of Dr. Kapil Kapoor of JNU University in New Delhi.

Further, we have collected thousands of beautiful images which will lend great beauty and touch to the Encyclopedia.

*The distinctive features of the Encyclopedia are as follows:*

- First Encyclopedia of Hinduism in history • 18 volume set
  - Comprehensive, authoritative and illuminating
  - Extensively researched and documented
  - Thoroughly covers 12 major subject areas
- Over 7500 original entries • Over 6 million words
  - 2 columns per page • 750 pages per volume
  - 3,500 color illustrations and 1500 line drawings
- Completely Cross-referenced • Extensive Bibliographies
  - A separate volume for the Index and Glossary
- A product of the cooperative research and knowledge of over 1250 of the most distinguished international scholars on Indian Culture





## Health Care Update

The Foundation is committed to providing health care to those who would otherwise go untreated. To this end, it sponsors and supports numerous health care programs and runs several annual free health care camps in Rishikesh as well as other rural areas ranging from Mansarovar and Kailash to the Himalayan regions.

### *Recent Camps include:*

**January 4 - 10, 2006:** A team of dentists and hygienists from Canada and USA to Parmarth Niketan. There were hundreds of patients, including local poor people from the rural villages, as well as our rishikumars!

**October 9 - 16, 2006:** A special, free eye operation camp was organized by Dr. Purnima Roy of Australia. Her team brought all the latest, modern equipment and performed nearly 50 cataract operations using the latest Phaco technique. Further, the latest, most modern artificial lenses were used for the patients.

**February 1 - 3, 2007:** A team of doctors came from the Hinduja Hospital & Lilawati Hospitals of Bombay for a camp including dental care, eye care and general medical care. A total of 700 patients were seen. Nearly 200 received dental care. 200 eye examinations were conducted along with distribution of glasses. Many cataract operations were performed, and many urology, gastroenterology and orthopedic surgeries were performed.

**April 21 - 23, 2007:** A free Urology Camp was organized by Dr. Anshuman Kapoor, an renowned urological surgeon from Chandigarh. Over 160 patients were seen for diagnostics, laboratory investigation and ultrasound.

**June 12 - 18, 2007:** A free acupressure treatment and training camp Dr. KC Goyal from Allahabad. Hundreds of patients were treated for a wide range of ailments, including blood pressure, diabetes, pain and asthma.

**May 31 - June 2, 2007:** Uttarkashi and Gangotri: In honor of Pujya Swamiji's 55th Jayanti, Dr. Ravi Kasliwal of Apollo Hospital New Delhi organized a team of doctors to travel to the towns of Uttarkashi, Dharali and Gangotri in the Himalayas for free heart camps for the local people. The team from Escorts was joined by a team of sevaks from Parmarth. Dr. Alka Patel and Dr. Ravi Kaushal from Parmarth and Nishit, Priyesh, Sonal and Rona Kotecha from London traveled up to take part in the medical seva. Over 200 patients were seen and treated for a wide variety of ailments, in addition to cardiac issues.







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## **Gurukul Update**

At the "Dust to Diamonds" Gurukul/Orphanages in Rishikesh, nearly 200 young impoverished, disadvantaged boys are taught basic academics as well as intensive Sanskrit and ancient Vedic texts.

Their days are filled with yoga, meditation, Vedic chanting, reading of scriptures, mathematics, seva and special programs designed to infuse their lives with essential sanskaras. They are not only getting a full academic education, but they are also being trained to be India's cultural ambassadors, carrying with them the ancient secrets of the Vedas combined with the blessings of Mother Ganga.



Once a boy comes to the Gurukul a rapid, divine transformation takes place: looks of hopelessness become looks of great optimism and hope. Lightless eyes become bright, shining eyes. Feelings of destitution and despair become feelings of pride, of faith and of enthusiasm.



Some of the children have no parents at all. Some have one parent. Some have both parents, but the parents are too poor to care for them. All are destitute. Pujya Swamiji has opened His arms to any child in need: "He who has no one. He who is broken, alone and shattered is welcome here."



### **Plans for Girls' orphanage**

IHRF, under the umbrella of a new wing called Divine Shakti Foundation, has immediate plans to open an orphanage for girls. In India the rates of female feticide and infanticide are tragically increasing significantly day by day. Pujya Swamiji has taken a pledge to do something for these divine babies.

The orphanage will be a center where mothers can come, totally anonymously,





The orphanage will be a center where mothers can come, totally anonymously, and leave their babies. No one will ask questions, no one will take their photo, no one will identify them. They will be allowed to be “rid” of the child, but the child will receive a new hope and chance at life.

In addition to the abandoned and unwanted babies, we will also take in young orphan girls who may be living on the streets or in refugee centers.

This orphanage will be a beautiful haven where they will receive not only food and shelter, but also an education and training to help them become productive members of



society. Further, they will receive guidance, support and love, empowering them to truly embody “The Divine Mother” rather than to fall victim to feelings of worthlessness.

The vast majority of abandoned and orphaned girls have also been raped and abused. Many have spent years living on the streets and in refugee centers. There, these divine lives are being both brutalized as well as ruined. The girls cannot envision a better future.



The orphanage and home for abandoned babies is to be located in a beautiful, serene environment just south of Rishikesh, on the banks of the holy Ganges river. It is less than 10 minutes from Rishikesh, so it's close enough to have all the facilities, but it's far enough as to be sufficiently out of the city. Further, there is a gaushala (cow home) and beautiful organic fruit/vegetable gardens as well as beautiful flower gardens on site.

This orphanage will fill these girls with security, hope and faith in their own future as well as rebuilding their faith in humanity and the world.



The orphanage will include the following facilities:

1. Dormitory facilities for living
2. Full dining/kitchen facilities
3. Educational facilities in which they will receive an academic education
4. Vocational training facilities including computers, sewing, tailoring, handicrafts, gardening and nursing

Further, the girls who are older and who have been abandoned, orphaned, abused and traumatized will help to take care of the babies, along with the staff. This will fill them with a great feeling of usefulness, love and caring. Psychological research has shown that caring for a helpless creature (whether it's a plant, a pet or a child) is the greatest therapy for overcoming personal feelings of depression and worthlessness. The babies will receive not one mother, but 100 loving and caring mothers!





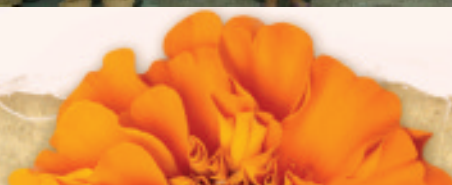
# Youth Educational Services Update

Many Himalayan villages and other cities throughout Northern India are oceans of poverty and illiteracy. They exist as they did centuries ago. However, now, basic education and marketable skills are absolute necessities in order to subsist in even the smallest communities. Hence, those who lack this education and training go to sleep hungry each night.

The YES program encompasses children's schools, women's vocational training programs and 2 gurukuls/orphanages.

The YES program is dedicated to giving these children an alternative to begging and to providing them with the best chance possible to live a life free from destitution. The YES project currently has 46 schools under its wings. This includes 34 children's schools (including junior and high/schools), 10 vocational training centers (including sewing, handicrafts as well as adult literacy education), and 2 gurukuls/orphanages.

These schools are located in Swargashram, Rishikesh, Rani Pokhri, Lucknow, Himachal Pradesh, Orissa and in other areas of the Himalayas.





# Publications

See [www.ihrf.com](http://www.ihrf.com) for download and order information



**PEACE**  
*For Us, For Our Families,  
For Our Communities  
and For the World*  
by H.H. Pujya Swami  
Chidanand Saraswatiji

In this beautiful book, Pujya Swamiji eloquently explains how, if we want to bring peace to the world, we must first find peace within ourselves. He takes us through the levels of peace – internal, familial, community and global. He shows us how, at every level, to turn pieces into peace. This book is a must-read for anyone who is searching for inner peace or who wants to help bring peace to their family, community or world.



**DROPS OF NECTAR**  
4th Edition  
*Teachings of H.H. Swami Chidanand Saraswatiji*

In this compilation of articles and stories, Pujya Swamiji sheds divine light on every aspect of our lives. His wisdom flows forth simply and eloquently, showing us how to live lives of purity and divinity, showing us how to be better instead of bitter and in peace rather than in pieces. His divine teachings are simple enough for children, filled with enough compassion and understanding for adolescents and profound enough for adults.



**GRACE IN THE HOME: WISDOM FOR ALL AGES**  
by H.H. Swami  
Chidanand Saraswatiji

In this great volume, totaling over 200 pages, Pujya Swamiji addresses the most common conflicts, trials and tribulations of Indian families, especially those living abroad. The book offers special chapters dedicated to each phase of life, from the student years, into marriage and into child-bearing and childrearing. It is a wealth of practical information combined with a great depth of understanding.



**VEGETARIANISM:**  
*For Your Body, Your Mind,  
Your Soul And Your Planet*  
by H.H. Pujya Swami  
Chidanand Saraswatiji

In this booklet published for wide-scale distribution, Pujya Swamiji outlines the numerous reasons – including spiritual, moral, environmental, ecological, humanitarian and health reasons – why being a vegetarian is by far the best choice for the world today. His points are compelling, lucid and scientific as well as deeply moving. The book is written for an audience ranging from children to adults, from Indians to Westerners. It applies to all people regardless of culture, race or religion and taps into the very core of what makes us human: the ability to make choices for the greater good.



**A YEAR OF SPIRITUAL CELEBRATION**  
*How to make your holidays into holy days*  
by H.H. Swami  
Chidanand Saraswatiji

In this much-needed book, Pujya Swamiji takes the reader through a year of festivals – ranging from traditional Indian holidays to modern day holidays. He provides not only the historical and spiritual background behind the celebrations, but also teaches us how to take the real message and meaning of these holy-days. Additionally, the book includes information about fasting – why we fast, how to fast, true meaning of fasting – as well as information about common, specific fasts such as Ekadashi.



**ON THE WAY TO DIVINITY**  
by H.H. Swami  
Chidanand Saraswatiji

Divyata Na Panthe (On the way to Divinity) is an inspiring collection of Pujya Swami Chidanand Saraswatiji's discourses in Gujarati. Directly transcribed from actual lectures Pujya Swami has given, many of these discourses are devoted to the 16th chapter of Srimad Bhagavad Gita, which explains man's true divinity and how to manifest that in one's life. Other enriching and uplifting topics include the ideal Guru-Disciple relationship, and the joy inherent in complete surrender to God.

## OTHER TITLES:

**GURU PURNIMA: INSPIRING AND ENLIGHTENING LECTURES ON THE GURU-DISCIPLE RELATIONSHIP**  
by H.H. Swami Chidanand Saraswatiji

**BHARAT GATHA** by Suryakant Bali

**BHARATIYATA AUR PARYAVARAN (INDIA & THE ENVIRONMENT)** by Dr. Shiv Balak Misra

**CD: SONGS FOR THE SOUL**  
H.H. Pujya Swami Chidanand Saraswatiji



Prime Minister Tony Blair receives a copy of Pujya Swami's book "Grace in the Home" from Garavi Gujarati publishers Kalpesh & Shailesh Solanki





## *Blessings from the Founder / Chairman*

*Dear Divine Souls,*

I hope that -- by God's grace -- this finds you and all your loved ones in the best of health and happiness.

The time of Diwali is celebrated across the world by lighting deepaks, symbolizing the victory of good over

evil. It is a time in which we give thanks for the light of life, the light of God's grace and the light of His blessings. However, as we light hundreds of burning lamps in our homes, rooms and offices, let us also take a pledge to light the lamps of piety, devotion and purity in our own hearts and the lamps of education, health, culture and hope for all of humanity.

To help those in need, to provide for those less fortunate and to assist noble undertakings -- these are a beautiful way to light the lamps of devotion, bhakti and seva in our own hearts. As we light a lamp to help others, our own hearts and minds become pure, holy and divine. This is why we say, *"Giving is Living."*

I pray to Goddess Maha Laxmi that you may all be blessed with health, happiness, peace and prosperity - both external prosperity as well as internal, spiritual prosperity.

With love and blessings,

Swami Chidanand Saraswati

**IHRF**

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