

# ADHYATMA AMRUT

Swami Adhyatmananda



**Publisher**

**Sri Divya Jivan Sanskrutik Sangh**

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**First Edition : 2007**

English Translation Courtesy  
Department of English,  
School of Languages  
Gujarat University

**Printers:**

**Print Vision Pvt. Ltd.**

Ambawadi Bazar, Ahmedabad- 380006

Phone : 26405200

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## Hearty Greetings

**Dear Sri/Smt.**

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May this auspicious occasion bring to you sound health, happy life, noble thoughts and holy aspirations.

May this gift of 'Adhyatma Amrut' lead you to the best of Knowledge and Divinity.

May you be blessed with the Grace of God.

Heartiest Greetings for Happy Diwali and Prosperous New Year.

Sincerely yours,

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## PREFACE

We take immense pleasure, on this auspicious occasion of Diwali, in bringing out this booklet inspired by the spiritual thoughts of Swami Adhyatmanandaji who has been our Spiritual Guide heading the Sri Divya Jivan Sanskrutik Sangh. This booklet aims at making our life more noble and spiritual by way of guiding us towards the right direction. This booklet also contains the Spiritual Message of Sri Swamiji along with his greetings for the New Year. Sri Divya Jivan Sanskrutik Sangh and Sivananda Ashram in Gujarat are thoroughly dedicated to the service of people who in turn are immensely benefited by the activities carried out by the same. Reverend Swamiji has cultivated this Ashram with great zeal and zest for over thirteen years; as a result of which, today it has become a place where dignitaries visit with keen interest, love and respect. The Honourable Governor of Gujarat Shri Naval kishore Sharmaji has visited the Ashram on several occasions during the last three years since he has great respect and love for our Swamiji Maharaj. Various activities like discourses, training and service and programmes, Yoga classes, meditation centre, rituals and relief worships at the Sri Sri Sri Ashta Lakshmi Temple, Vishwanath Temple and the Hanuman Temple have created special attraction for people at large.

Let us resolve on this New Year to offer our sincere services to the activities of the Ashram.

May we become worthy of the Blessings of Swamiji Maharaj and pray for his love and grace.

**Sri Divya Jivan Sanskrutik Sangh**

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**Diwali**

09/11/2007

Radiant Immortal Divinity !  
Om Namō Narayanaya, Humble Greetings!

Greetings for the Deepavali and New Year! We pray for your health, wealth, peace, prosperity, national integrity, happy life and may you all be blessed by Sri Sadgurudev Swami Sivanandaji Maharaj, Guru Bhagvan Sri Swami Chidanandaji Maharaj, Bhagvan Sri Vishvanath and Sri Sri Sri Asht Lakshmi Mataji.

Every year we celebrate the festival of Deepavali. We lit lamps. Let us all lit the lamps of the knowledge within us and enlighten ourselves to free us from the darkness of ignorance.

You have always been a willing partner of the activities of this Ashram. Most humbly we request you to continue to be active, generous and participating in the serviceable, charitable and devotional activities of the Ashram.

May the Lord Almighty and Revered Gurudev bless us all ever.

With ocean deep regards, Profound love and prayers for all the best,

Thy ownself  
in the Service of Sri Gurudev  
**Swami Adhyatmananda**

Sivananda Ashram  
Ahmedabad.

ॐ



## **KARMA (Action)**

Give up lust but don't give up your faith in God. Give up worldly desires but never give up action. Desire and lust are root causes of misery and unhappiness of life. Our faith in God and noble Karmas can only make our life meaningful.

Swadharma is our moral duty. Our duty is our religion. Religion does not mean ritual but action. The religion of the student is intense study and to maintain good physical health, rest is Adharma or non-religion for him. We all have our own religion in the form of our moral duty.

Actions are necessary. Some actions are routine, some acquired by fate and some others are related to our previous birth; but our present actions are always in our hand totally under our control. Always think before you put anything in action. Our noble action only will decide the course of our life. Never curse your fortune. You are the architect of your future. Beware of that work conscientiously and create a bright future. Every action yields some result, then why waste time bothering about the result all the time. Concentrate fully on action. Doubtlessly you will attain the best result.

Constant change is the rule of nature. Nothing is permanent in the world so never be surprised if people part with you or let you down. This is the way of the World.

## SADACHAR (Noble Actions)

Social mannerisms or westernized life style is not Sadachar-Noble Action. Noble action is full of truth, it is where there is sanctity without deformity, simplicity without ego, straightforwardness without crookedness and purity of action without malafide intentions. Oneness with the Divine Absolute is the noble action itself.

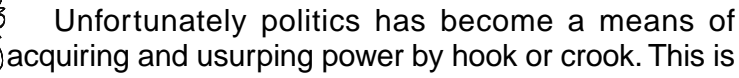
We often say that we should never criticize or condemn any one. However, it is easier to preach than to practise. The truth is that we spend most of our life criticizing and condemning others.

Beware! Some times Saraswati the Goddess of Learning supervises our tongue. So never speak ill of any body: least it may be granted by the Goddess of Learning. Consequently your ill action turns out to be irreversible and you have to repent forever.

Speak the truth. Speak less. Speak gentle. Don't speak bitter. Don't tell a lie. Speak optimum. Guard the sanctity of your words. Speak divine. Don't exaggerate your words. Speech is Shabda (शब्द) Brahma.

Worldly luxuries do not make the treasure of your house. The real treasures of your house are your humility, patience, discrimination, straightforwardness, service, philanthropy, transparent nature and total dedication to Lord Almighty.

True religion leads to social welfare and national integrity: it never teaches us to hate fellow beings.



Unfortunately politics has become a means of acquiring and usurping power by hook or crook. This is what we call politics. However real politics means balance of mind and noble behaviour. The state that practises noble action can only be the ideal State - The RamaRajya, the place of absolute Peace and Pleasure.

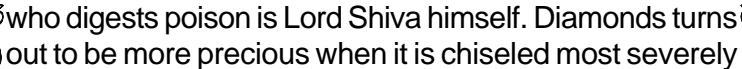
Tolerance is the real strength. Weakness is lack of tolerance.

Mind should be elevated to the level of absolute pure tolerance. If foul words or ill actions are howled at you, ignore them as mere vibrations, and let them go. One who is polite is dearer to all.

Anger is deformation of the mind. It indicates lack of spiritual practice. Anger is not an external force. It comes from within. Meditate upon your inner self. Chanting, meditation, self realization, reading of scriptures, spiritual discourse and service to and love for God can only save us from mental deformity and lead to absolute purity.

Aspirations are essential. Have noble aspirations. Never go for mundane ones. Desire leads to perversions. Our own desire will devour us. Desires themselves are root cause of our miseries. Therefore, always insist on noble and pure action, speech and tendency. The incense stick burns but permeates fragrance. Sandalwood gives out fragrance as long as it lasts. The wick burns itself while it lights up the rests. Even the seed loses its original form, suffers from heat and cold while splitting and sprouting resulting into a tree. One, who sustains trials and tribulations initially, can only become a great one. One





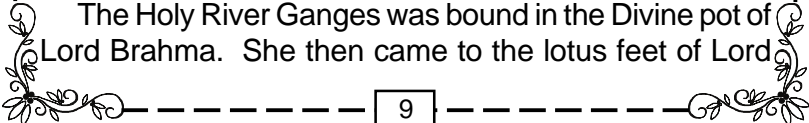
Who digests poison is Lord Shiva himself. Diamonds turn out to be more precious when it is chiseled most severely into multiple facets. Don't be perturbed by the problems of the life. Palatial houses have course stones at their very foundation.

While excavating for sweet water reservoir, at first we get dirt, mud, stone or even poisonous creatures like snakes and scorpions. Sometimes a huge slab of stone can also be a big obstacle. However, once we are able to break it, what we get is a direct source of pure sweet water. In life too, we may encounter many obstacles and challenges: those who struggle will achieve the Absolute.

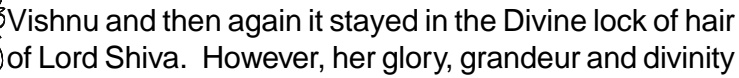
One who is constantly directed upon his goal will achieve the milestone. Fire is produced out of friction. Struggle is life. Stagnation is death. Never give up or give in, never surrender. Great and glorious future awaits you.

Action is the essence of life. It's unfair to live life without doing noble actions. The scriptures say "Pramado Nitya Mrityuh" meaning inaction is death. Inaction is said to be the door to hell, so resolve: 'if I Rest, I Rust'.

Water stored in a pond on the mountain gets stagnant and therefore gets contaminated. If the same water flows down from the mountain through rocks and streams and struggles to its base, it automatically renders beauty and sweetness. It is beneficial to human kind. There is no gain without pain.



The Holy River Ganges was bound in the Divine pot of Lord Brahma. She then came to the lotus feet of Lord



Vishnu and then again it stayed in the Divine lock of hair of Lord Shiva. However, her glory, grandeur and divinity became manifest only after leaving the former and coming down on to the Earth where it came to be known as Mother River. 'Tyagena Eken Amrutattvam' means it's only through renunciation that we achieve the highest.

Whoever is born is bound to die, if not today then tomorrow. Whatever exists is ephemeral. Whether Rama or Krishna, Buddha or Mahavir- all of them died because they were born. Physically they are no more but their glory and divinity is eternal. Kabir, therefore, says "Aesi Karanee Kar Chalo Tum Hanso Jag Roya..."

A Gastronomy expert can deliver a lecture on various recipes: of what use if she has herself never prepared any. Sometimes so-called preachers of Vedanta profess the theory of non-indulgence in practical life; however, some movements from their audience easily irritate them. Their claim of any authority is fake. Because Vedant is not a matter of perception only, it is more a matter of practice.

In order to clean utensils, various cleaning agents are used. Similarly in order to dispel our ignorance, we should take up chanting, prayers, lightning to spiritual discourses, selfless service, benevolence, meditation and dedication to our final goal.

Unless and until we achieve our goal, we should continue putting in adequate efforts. Even after attaining our goal, we should never fall prey to inaction. On the pilgrimage to Sri BadriKedar, we come across the slogan:

“Najar Hatti, Durghatna Ghati” meaning ‘Out of sight, Out of Life’.

Worry, despair, depression, or shock- all these are mere daydreams. They are unreal because whatever has to happen shall happen. Pain, suffering, and strife are short lived because there is always daybreak after the night. Neither night nor day is permanent. Likewise, joy and sorrow are not eternal. Utmost patience is required. Shirdi Saibaba use to say, “Faith and Patience”. श्रद्धा और दबूरी.

The humbler you are, the faster you can attain the Lord. Humility is not a weakness; it is the mystical power of the mighty.

Only because of our ego and likings that we do not attain Peace and Prosperity. While we cannot see the visible worldly objects properly, how can we perceive the invisible God with our tall ego?

Tranquility of mind, control over senses and compassion in heart can only make one free from all bondages.

All of us are subject to birth, growth, decay and death; therefore why should we be unhappy over death? We should be unhappy only if we forget God.

Life is a roller coaster of joys and sorrows. Only firm renunciation can help us free from this gyre. It is through the wings of non-attachment and renunciation that we can fly many heights in the space of spirituality.

Worldly relations can never be our possessions. We have only One to live with- the God. Love only Him.



## **JAPA** **(Repetition of Holy Name)**

Constant remembrance of God will kindle in us his divine powers. So constantly repeat his name and meditate upon him.

Through Japa, we can attain purity, balance of mind and undivided concentration on the image of God.

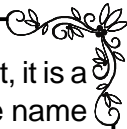

The greatest treasure is that of chanting the name of God. It is the sole way to attain blessings of God.

The worldly pleasures will engulf us with sorrows. Real happiness lies in our worship of God. The most unspeakable sins can also be burnt into ashes in the holy altar of Japa.

Do not doubt the name of Shri Ramanama for its powers are immense. Gandhiji won us freedom through his prayers and devotion to truth. The name of Lord Rama was at the base of Gandhiji's life.

Have utmost respect while doing Japa. Automatically you will gain everything in life.

To me Japa or remembering God is not a story of old scriptures. I have realised and experienced. His bliss every moment in my life. The words of Lord Krishna in the Bhagavad Geeta "Ananyaaschiantayanto Mam ye Janaah Paryoopasate" are very much true even today that it is He who takes total care here and hereafter.



Chanting the name of God is not a social event, it is a spiritual one. You will definitely attain one whose name you have been chanting. You are the key. Decide what you want - Light or Darkness.

Once you have a liking of necturous taste of Japa, the rest of glittering of world will be of no interest to you.

All our vices will be eradicated by taking the name of God. The more you chant His name, the more grace He will shower upon you. God and His name are not different from each other because the more you chant of His name, the closer you get to Him.

Desire, Anger and Greed are three causes of sorrow described in the Bhagvad Geeta. Redemption from this three is possible by way of chanting the God's name. When the World-Sansara-leaves you alone, chanting His name will be your true companion. Even if you do not have faith, trust or reliance in chanting His name, continue doing Japa, you will definitely get auspicious result.

Every moment in this life, we get closer to death. Do not waste time. Earn Eternal Wealth in form of chanting His name, which accompany you for ever.





## **PRAYER AND DISCOURSE** **(Prarthana and Satsang)**

PRAYER has profound effect. Prayer is not asking for some thing from God. Prayer is the purest thought. It is a spiritual means of attaining the highest mental development.

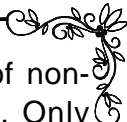

Prayer is our bond with God. It is a means of diminishing our ego. It is our admittance of the Absolute Power of God and pure confession of our surrender to Him.

Once we get to know the Real Self, the rest will be immaterial to us. Then, only the name of God will matter to us.

The strife and miseries of this World can be eradicated with the help of spiritual discourses. Satsang means the company of Truth, Saints and Sages. Sri Sri Ma Anand Mayee always used to say: "Without fail, read the gospel written by your Guru at early dawn and at the dusk. This is really a Satsang with your Guru. Spiritual Discourse frees us from the bondages of our life.

To cry, to be unhappy is not our real nature. Our real nature is Anandoham- meaning I am the Divine Bliss. That is the real form of human beings. Chanting, Meditation and Discourse is the trifold formula to attain the Real Form.

It is discourses that leads us to desirelessness and such a state will empower us to attain the Purest Form.



Satsang ultimately leads us to the state of non-attachment. Attachment perturbs our mind. Only unperturbed mind can liberate us from the bondages of this world.

How could Lord Shiva intake the poison? Because He had absorbed the Nectar of the Knowledge out of the Churning of the Ocean of Spiritual Scriptures. One, who tastes the Essence Divine, can face any ordeal in life.

Leave behind you the worldly desires. Establish oneness with the Supreme. Worldly pleasures are meaningless and futile. They infuse ego into the minds of people. So, have communion with the Lord Almighty who is One and the only One.

The way figures made out of sand at the seashore are swept away by the waves of ocean, your name and fame will be perished in the ocean of life. So keep your mind steadfast upon One who is unchanging and eternal. Surrender to the Will of God.

We feel delighted by the fragrance at the shop where perfumes are sold. In the same way, we will always remain in the blessed state while we meditate upon God. He is never depressed or depressing, irritated or irritating, because He rules the Empire of Eternal Bliss.



## ATMA- THE SOUL

'Jatasya hi Dhruvo Mrityuh' - One who is born is sure to die. Then why cry foul over death?

This body will be perished not the Soul. To believe that you are the body is nothing but gross ignorance. In fact, you are the Absolute Truth, Eternal Soul and Divine Self. Let you know his, enjoy and live with this Reality.

There is no dualism when your self is merged within the Divine Self. You will then see no difference between 'you' and 'He'. Because then only 'He' remains. You will then see only He and nothing else but He.

Attainment of the Supreme brings unspeakable joy to us without any showiness or ostentation. 'Yato Vacho Nivartante'- there is no language, no ego, and no pride. There is only Absolute Bliss that pervades our life.

The Sadguru- real teacher-blesses us in unusual ways. Those who know His ways are the blessed ones and those who do not, remain in ignorance.

The closer we get to God, more and more obstacles He will remove from our path. Whenever we are in the face of greatest problem or trouble, rest assured it is His test on you and you will soon attain Him.

God cannot be a subject for didactic logic. Such knowledge is futile because it is based on our worldly learning only. Unless and until we realise and internalise His existence in us all our knowledge is useless.



The sky is infinite. The external space is the cosmic sky and space within us is Chidakash(the space within self). God too exists everywhere like space. His manifestations are manifold. It is said that you may see Him in any and every possible form.

One, who has seen God and has experienced Him, remains consistent and unflinching in his behaviour. He appears to be exactly what he actually is. His inner self is illuminated. He becomes the apostle of compassion, forgiveness and kindness.

As long as we consider ourselves to be mere bodies, we will have fear of insult, humiliation and even death. As long as we have any fear, we will not be able to perceive the Divine.

Meditate upon the Divine at the dawn. Concentrate on the God and experience Him as दस्-चिस्-अंनाद the Existence, Consciousness, and Bliss. This will invigorate all your day and every moment of your life.

God is beyond mind and speech. We too are more than mere mind and speech. Our real self is the Soul Consciousness. Try to know that Supreme Soul. Keep that Soul Consciousness at the centre of all your activities and daily affairs of this world. Then God Himself will come to you!

What we see in our consciousness is of no use to us in our dreams; what we see in our dreams is useless to us in our conscious state of life. Our worldly

consciousnesses as well as our dreams both are futile. So leave both of them and surrender to the Knower of the two; that to the Supreme Soul- परमं त्मं.

When one dies, all ornaments are taken away from deceased body. People say that ornaments are of no use to one who is dead. While alive, we all know that ornaments are precious; still we cling to relatives. This is Maya- the desire for mundane attachments.

One liberated Sage from Gangotri exclaims: " Strange that people offer wooden sticks, clothes and fire to the dead, while the one alive is unfortunate to be worrying all the time for the same."

Even the dead receive some fair treatment; why then should we carry with us the burden of anxiety of many things while we are alive.





## **THE BRAHMAN** **(The Supreme Self)**

Even Ravan could not afford to be egoistic; why then should we be egoistic? Be polite; behave politely because only He pervades everywhere. Once we realize this, we are liberated.



He is closest to you even more than what you can think of Him to be so. It is a question of your aspirations. The more willing you are to get closer to Him, the more visibly He will appear to you. This is a matter of self-realization.

One who is engrossed with mundane matters fails to realize the significance of the Oneness with God. One, who indulges into filthy pleasures, is sure not to derive any divine bliss out of meditating upon God.

The Brahman is omnipresent; still we should be aware of the practical realities of the world. Think of the Supreme Self; be serious while contemplating on Him. If you think of Him, you will surely attain Him.

The existence of the Brahman, the Absolute Reality, is not subjected to our sensory experiences; it is experienced by our soul, our conscience. While we wander into materialistic world, we will never know the Light of the Divine Realm. Once we see His Light, our being becomes meaningful and perfect.

As we think of carpenter at the sight of furniture and confectioner while we see the sweets; in the same way,



Are we not reminded of the Supreme Brahman when we see the sun, the moon, the stars, the rainbow or even the sea or innocent eyes of a child and his lovely smile?

Once we free ourselves of the worldly pleasures, we will attain the Brahman.

Avoid vainglory. Physical beauty, wealth, power or youth- nothing is eternal. Do not forget that the earthquake shattered our materialistic structures in no time. So be humble, polite and considerate. Renunciation is the only way through which we will attain the Brahman.

One, who has a steadfast mind constantly directed upon God, can only attain the Divine Bliss.

Who is afraid of this life? One who loves it. We should rather love God. Be loved by Him. For that, love all creations of God. His Divine Blessings depend upon how we behave with His creations. This is the secret of His Bliss.

God is here, there and everywhere. He is omnipresent. His existence is eternal; it has never ceased to be. Worship Him. Spend every moment of your life dedicating yourself to His Will.



Beholding God is not an illusion; it is a reality. The way we can see the world around us, we can also see God, may be more clearly and visibly.







## TIPS FOR SELF MOTIVATION

- 1. Do not worry if you make mistakes.** Making mistakes is one way we can learn and improve in our life. There is no one that has never made any mistake. The most important thing here is to realize that you have made mistakes and do not repeat the same mistakes again. You learn more from mistakes you have made than any other way.
- 2. Feel happy about your life.** Happiness generates more positive energy within you. This energy is important to keep you more optimistic and enthusiastic about your life. Happy people are always motivated to accomplish something in their life.
- 3. Get out of your comfort zone.** You need to learn to get into unfamiliar surroundings to explore better opportunities. Do not just stick around with the same people, same known places, skills or work. Explore new things that will enhance your ability to achieve your goals and keep you stay motivated.
- 4. Think the unthinkable.** Nothing will stop you from thinking of goals you want to achieve. You have to dream high in order to set high goals. Everything starts with a dream. Do not limit yourself in your goals and dreams.
- 5. Read and listen to inspirational materials.** You have to start spending time reading motivational books and listening to inspirational tapes. But, you must also implement what you learn from your reading and



listening. New things you learn from these exercises will give you excitement and energy to work harder toward achieving your goals.

- 6. Resolve problems instead of running away.** Your ride to success will not be smooth all the time. You will face difficulties. Do not quit when you experience predicaments in your quest to achieve your dreams. Frustrations and setbacks naturally form as part of your success venture.
- 7. Appreciate every moment of your life.** Think of what your life really is as of now Appreciate every moment you have currently. Thinking about the past or day dreaming about the future will not bring you anywhere. Appreciating your current conditions makes you feel much better and realize the need to move forward to achieve your goal.
- 8. Finish what you start.** Once you have started something, finish it. Never leave what you do halfway regardless of the need result. This will train you to accomplish something out of things that you do.
- 9. Face challenges one at a time.** Challenges come to us almost all the time. Take one challenge at a time. Do not try to accumulate and face them at one go. As the challenges accumulate, you will only feel less motivated to face them and finally unable to complete anything.



**10. Care less about what people say.** You may hear a lot of bad things people say about you. Sometimes those bad comments may come from somebody close to you. As long as you fully know what you are doing to achieve your goals, you can let those comments fall into deaf ears. Thinking too much about what people say will only make you weaker and lose focus on your effort.

Of course, this list does not just stop here. To instill and develop your self motivation there are more ways you can do it. But, if you can really comprehend and take the appropriate actions just based on these 10 things, you will definitely see the results.

**From Sri Swami Adhyatmanandaji's  
discourse at Cochin (Kerala)**



## ACTIVITIES OF SIVANANDA ASHRAM

- (1) Prayer and Aarati : Everyday Morning and Evening at 7-00
- (2) Daily Satsang : Everyday at Night 9-00 to 9-45 p.m.
- (3) Special Satsang : Every Sunday Morning at 9-30 a.m.
- (4) Guru Paduka Pujan : Every Thursday Morning at 8-30 a.m.
- (5) Chidananda Adhyatmic : Everyday Morning 10-1 a.m. &  
Library and Reading Room : Evening 4-30 to 6-30 p.m.
- (6) Sivananda Sahitya Bhandar: Everyday Morning 7 to 12 a.m. &  
Evening 4-30 to 8-30 p.m.
- (7) Sri Sivananda Clinic :
- (i) Yoga Therapy Centre : Wednesday and Friday 7-30 to 8-30 p.m.
- (ii) Acupressure Centre : Morning 10-30 to 11-30 (Monday to Friday)  
Evening 5-30 to 6-30 (Tuesday to Friday)
- (8) Homeopathy Clinic : At Himavan, Paldi 5-00 to 7-00 p.m. (Monday & Friday)  
At Azad Society, Ambawadi on Every Tuesday  
5-00 to 7-00 p.m.
- (9) Yogasan Classes : Morning 5-30 to 6-45 a.m.(Everyday),  
7 to 8 a.m. & 10-30 to 11-30 a.m. (Except Sunday)  
Evening 4 to 5 (Monday to Friday for ladies),  
6 to 7 & 7 to 8 (Except Sunday)  
Beginners' Batch : Every month 1 to 10 morning 5-30 to 6-45 a.m.  
and 15 to 25 Evening 6-30 to 7-45 p.m.
- (10) Vishwanath Seva Kendra : Grain distribution to needy families.  
(On Second Sunday of the month)
- (11) Gayatri Yajna : First Sunday of the month at 7-15 a.m.
- (12) Reiki Training : One-day Seminars Every month.
- (13) Akhand Mrutyunjaya Japa : Every Sunday 7-00 a.m. to 5-00 p.m.
- (14) Tailoring Classes : Everyday from 1-30 to 4-00 p.m.  
(Except Sunday – for ladies)
- (15) Daridra Narayan Seva : Food Distribution to the children on 3rd of Every month
- (16) Chidananda Dhayan : Everyday 6-00 a.m. to 8-00 p.m. (for silence  
Yoga Kendra : meditation & Japa)
- (17) Lalita Sahasranam Parayan: Every Purnima at 4-30 to 5-30 p.m.
- (18) Musical Sunderkand Parayana: Every Saturday at 5-30 to 7-30 p.m.
- (19) Shri Vishwanath Mahadev : Everyday 5-45 a.m. to 12 noon & 4-30 to 9-00  
Mandir & Shri Ashta : p.m. Please contact office in account for any Puja  
Lakshmi Bhavan

Sp. Note : Donations given to the institute is exemplated from 80 (G).