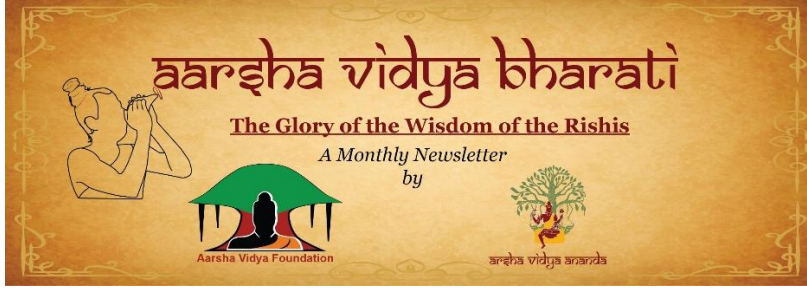


Aarsha Vidya Bharati - Jan 2022

Pausha - Magha 2078

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Jan 2022 issue](#) or read any of the articles.

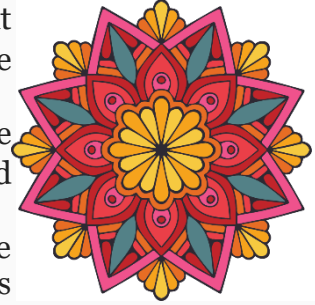
26 Ways (atleast) to contribute to Bharat

As we celebrate India's 73rd Republic Day on 26th January, here are at least 26 ways to contribute to the culture and heritage of the ancient living civilization of Bharat.

1. Learn and perform **puja** regularly. Spread awareness of the power of different types of puja/yajnas and contribute to Vedic pandits who perform the pujas/yajnas.
2. Celebrate different **utsavas, festivals** with pujas and other practices throughout the year.
3. Contribute to **Vedapāṭhaśālā-s, maṭhas and ashrams** in whatever way possible because different 'sampradāya-s' hold an important position in Hinduism.
4. Learn, practise and share about principles of **Ayurveda** and its benefits. Prepare, support and share traditional **wholesome food** recipes prepared on festival days or pujas
5. Learn, practice and share about our **Indian classical music** (vocals and instrumental), **dance forms and art forms**
6. Learn, visit and share **glories of our temples** and temple towns. Go on **tirthayatra** (pilgrimage) to temples and kshetras (sacred places)
7. Visit kuladevata/devi (family deity) atleast once a year and contribute to the temple.
8. Learn and teach **Sanskrit** to children and adults (conversation, grammar).
9. Learn and teach Sanskrit **shloka chanting** and arrange physical/virtual group chanting sessions and regularly **pray collectively**. Hold Shankara bhashya, Upanishad and Gita *pārāyaṇam*-s (chanting-recitation)
10. Teach **children about our spiritual and cultural heritage along with dharma** and values.
11. Perform **śrāddhā karma for ancestors** regularly (annually during *pitṛ pakṣa* and/or monthly *tarpaṇam*) and honor them by contributions in their name.
12. Learn and share about our **Itihāsa-s, Purāṇa-s and Rishis**.
13. Learn and share about our **saints, freedom fighters, soldiers**.
14. Share about our **traditional crafts and wear our weaves and fabrics**.



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15. Share about **Hindu marriage vows** and the meaning of the **16 samskārās** (purificatory sacraments in a Hindu's life).
 16. Undertake **pre marriage counselling and post marriage counseling** according to **Hindu culture**.
 17. *Dānam* being an inherent part of a *Dhārmika* life, give back to the society in whatever way we can - **education of children, gauśālā-s, regular annadānam to orphanages, old age homes, hospitals, etc**
 18. Learn, practice and share about **yoga and prāṇāyāma and its benefits**.
 19. Protect and preserve the **environment** (no plastic use, plastic collection, tree plantation drives, natural organic gardening etc), for animals (*gauśālā-s*, animal shelters, etc), against river pollution, cleanups, rain water harvesting, etc)
 20. Learn and share **contribution of our Shastra** to mathematics, architecture, metallurgy etc
 21. Channelise funds and other resources **to establish endowment in Universities (national and international)** so that traditional Vedanta and *Sanātana* Dharma studies can be presented and pursued without dilution or distortion.
 22. Do regular **japa** and/or sing bhajans and encourage family and friends to take to *nāma* japa/sankirtan and share learnings and benefits.
 23. Share teachings of Vedanta, the highest teachings of the culture by sharing about classes, teachings, how it has helped you, and in any other possible manner.
 24. Contribute to supporting Vedanta teachers, sanyasis, sadhus at different places to support continuity of the *paramparā*. Help and support the growth of existing ashrams or help to set up new ashrams for teaching.
 25. Learn and/or practice *jyotiṣam*.
 26. Learn the basics of our Indian constitution and understand our rights and responsibilities.



(These suggestions were made by students of the *Taittirīya* Upanishad class by Swamini Brahma Prajnananda when we were reflecting on our practices for 'svādhyāya and pravacanam')

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