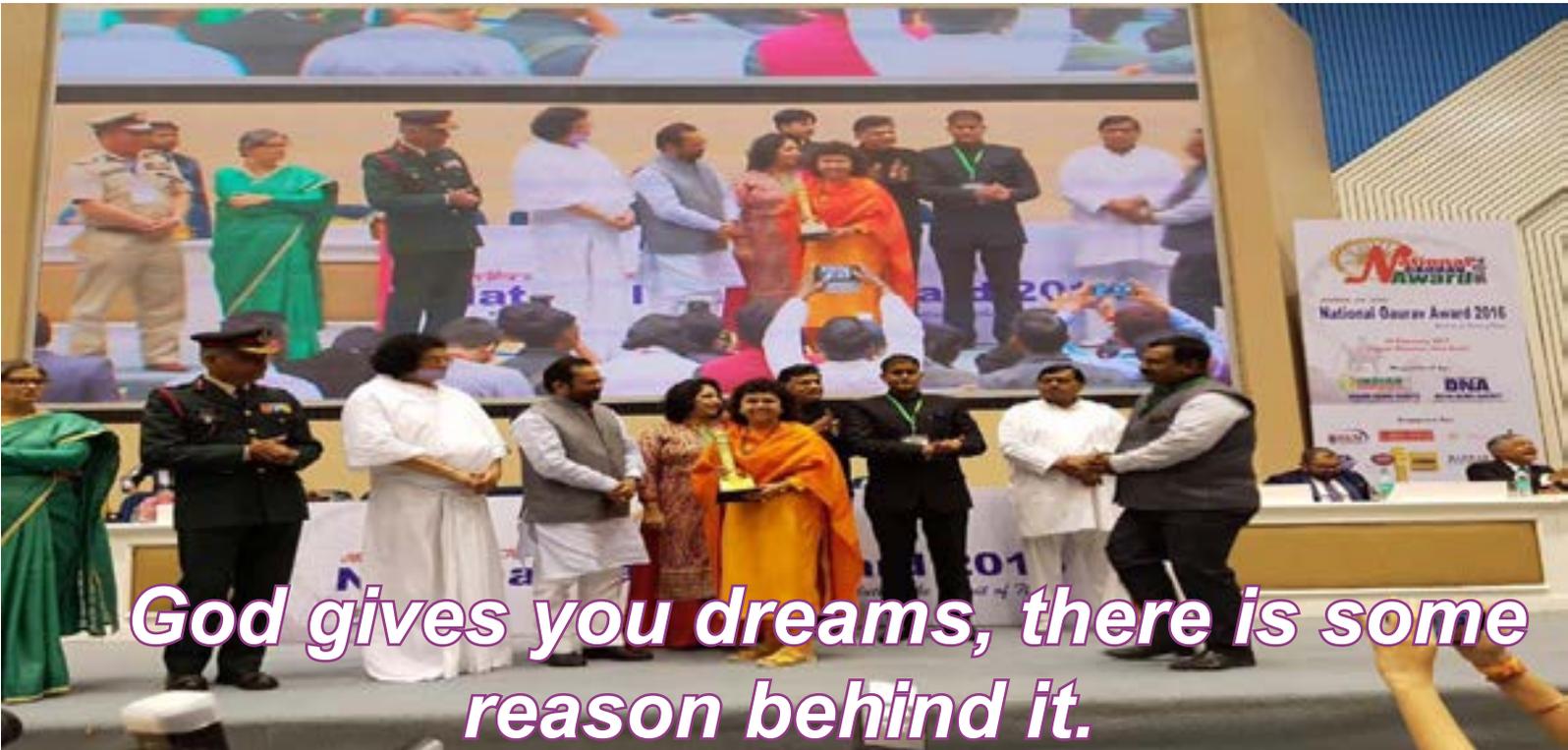




Unlock your Infinite Shakti

LIFE PATHWAY



God gives you dreams, there is some reason behind it.

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Say Hello To Meditation And Good Bye To Cancer Sticks!



You're not smoking cigarettes, it's a cigarette that smoking you. Every year millions of adults quit smoking, their obsession for tobacco was giving him a slow and steady death. We tobacco possessed the human brain, just for the 10 minutes of satisfaction they lost their respect in their society, they started losing their body slowly and at the end tobacco kills them. Some people smokes cigarettes for no reason, some people started smoking on stupid excuses and some smoke for show others "How cool they are"

No Tobacco Day is for those who are determined to leave this foul substance and encourage others to do so as well.

Tobacco is now become a global threat which takes thousands of lives every year, it's one of the primary killers of people all over the world.

If you're addicted of tobacco, if you want to quit this foul substance, then do it today. There will be an incline walk at the starting, but if you really want live, then do it today.

It's easy! Just setting aside your cigarettes, go out and just feel the fresh air! Ok, we know for the one who smokes every day, this task will be like mission impossible for them. But the least you can do is to decrease your smoking hours for giving some relief to your lungs. Try it, you will surely feel the difference! Once you get rid off from this addicted substance, you'll feel a drastic change in your body.

Doing meditation will promote the heavy diaphragmatic breathing and this will lead to a smooth working of our lungs. Proper breathing provides the adequate amount of oxygen supply into the body. A person suffering from asthma, bronchitis, cystic fibrosis etc should practice meditation. A person who smokes should practice meditation, it will detoxify impurities such as tar and tobacco from the lungs

You may think, just doing a couples of breathe in & breathe out exercise will help you to quit cigarettes. Well, the answer is a big YES! Meditation is full of secrets and never ending and you'll find the solution of all your problems through meditation. Meditation will kill your desire of smoking the cancer sticks, which will take 10 minutes of your life. Meditation is filled with the immense physical benefits, which will regulate the smooth working of our body. To explain you more clearly about that, let's have a glance over the benefits of meditation.

People believe that taking a puff of cigarettes will help them to ease up with the problems and stress, yeah, it lowers the adrenal flow of hormones but, for a while, whereas practicing meditation means attaining the permanent peace of mind, and it'll also give you the power to deal with bad times calmly.

People crave for cigarettes and this craving leads them to create havoc in their lives. Meditation will help you to pass the craving without making you to behave like a psycho; it will strengthen your will power which is the first step to quit smoking. If you really want to quit this cancer pipes, you've to be mentally strong.

Meditation has a magical effect on our body, According to biologist; smokers who practice meditation started curbing their smoking habits without even knowing it!

Be Alive - I



You Tube:

Dr. Archika Didi | Life Mantra | Attammathan | Focus on inner self

Link: <https://www.youtube.com/watch?v=u63LkAnTzUc>

Kundalini

“Filled Sadhaks lives with positivity, joy, happiness through Kundalini Sadhna sessions”



Meditation and Spiritual Guru Dr. Archika Didi emancipated stress, inhibitions, negativity from the lives of sadhaks. And filled their lives with positivity, joy, happiness through Dynamic Kundalini Sadhna sessions. The serene atmosphere, food, yoga, pranayam and blessings of Dr. Didi transformed their energy to lead a digression free life. The last day, every sadhak was blessed with the opportunity of offering their prayers towards Guru by doing Guru Charan Pooja. The last session was comprised with revision of all the day's activities. Then followed the Guru arti. At this moment the sadhaks were filled with joy and happiness. Then Dr. Didi presented the Kundalini Dhyhan Certificates to all the participants and blessed them. Later everybody danced to the melodious tunes of bhajans and the successful program concluded in the pleasant ambiance.



Meditation Session at Indore

10th to 12th February 2017



2 days meditation camp was organized at Swami Pritam Das counselling center at Indore. After warm welcome of Dr. Didi the meditation session began where Meditation Guru Dr. Didi explained the necessity of Yoga and Meditation in life. She told that the aim of attending meditation camps is attain healthy living to make our body and soul healthy. so that we can go forward to achieve divinity. Every human being has divine powers. only through meditation we can actualize our powers. Dr. Didi explained the importance of meditation by giving examples of Mahatma Gandhi He used to start his day with meditation. so he was able to do every work easily. Dr. Didi explained Meditation in the last the main member of Indore Mandal thanked Dr. Didi and requested to be present soon in future. Dr. Didi blessed all the devotees by putting tilak on their forehead. Everybody was obliged and grateful to Dr. Didi for valuable moments.

Meditation Session at GuruGram

11th & 12th March 2017

“We must make our soul full of purity so that we may meet to divine.” Dr. Archika Didi



The devotes welcomed Yoga and Meditation Guru Dr. Archika Didi by showering flowers. Dr. Didi inaugurated the program by enlightening the Deep along with the of main members of Gurgoan mandal, as Mrs. and Mr Narender Chandlok, Shri Vijay Arora, Sh HC Kamboj, Sh Narender Agarwal and Ms Amrita Saini. Dr Didi began the session with yoga. she advised them to take healthy food. Dr. Didi guided the sadhaks to go forward to meet divine by unblocking the slept energy within them. she told that we should concentrate our mind by gathering our energy from out to inner side. we will have to make our every moment full of happiness. We must always have smile on our faces. We must make our soul full of purity so that we may meet to divine. In the last everybody showered flowers in account of Holi festival. Dr. Didi put Tilak on Devotees forehead and passed her energy to them. Everybody was in happy mood and they requested to come soon in future

Meditation Session at Panipat

29th to 30th April ,2017



Meditation Camp was organized by Panipat Mandal in account of “Amrit Ganshala Sehyogarth “. It was held at PIET Sanskrit School is campus.

First session was started on the evening of 29th April under the kind guidance of Yoga and Meditation.

Guru Dr Archika. The main member of panipat mandal. Dr. Jagjit Ahuja ,Smt Pushpa Ahuja ,Sh Rawal Narayan Rawal ,PT Mukamchand ,Ms Kanta Chhabra,Ram Narayan Rawal and member of parliament Mr. Rohit Revri ,Ms Poonam Paliwal ,Ms Geeta Bansal ,Mr. SP Bansal ,Mr Ashok were present there to offer warm welcome to Dr. Didi Started the meditation with prayers to make the atmosphere peaceful. She told that a wonderful cosmic energy comes to the body and then a soul goes upward to meet with divine. She advised that every problem can be solved through the Meditation. A man's energy becomes spiritual power and then it circulates in personality, which can be realized after Meditation. Dr. Didi advised that our



mind may proceed to light from darkness of world ,if we practice to concentrate our mind. we must make our every part of body energetic by Yoga and Meditation. we rub our hands and make our body energetic by giving energy to every part of the body. We must thank almighty mother earth. By chanting Hari Om the devotees vibrate their body. Everybody felt obliged and grateful to Dr. Didi with great pleasure. Everybody was smiling after Meditation session

1st January, 2017
Anand Dham Ashram



The real meaning of this celebration is to wake up with new energy and new thoughts.

The first day new year began with devotion, sacred yagya and immersion in the Divine aura of His Holiness Maharajshri and Dr. Archika Didi. A makeover was done for the inner self with some empowered thoughts and everyone embarked on a blessed journey of 2017. 108 Kundiye Yagya was performed followed by Bhajans, cultural programs, Dr. Didi's inspirational discourse with Guruji's Pravachan, Prasad and more. Dr. Didi inspired all the sadhaks to bring freshness in their lives. She explained the real meaning of this celebration is to wake up with new

Inauguration of Eye Hospital

15th January, 2017
Derawal Bhawan

Dr. Archika Didi inaugurated the charitable eye hospital as she thinks that God gave us the gift of vision and the most experienced doctors at All India Derawal Sahayak Sabha aim at protecting that gift. Therefore to wish them luck in their new addition to their ongoing projects in the servitude of humanity, she Inaugurated the institute and meeting such talented people was a matter of cachet for her.



Republic Day

26th January, 2017
Anand Dham Ashram



On 68th Republic Day of India, Dr. Didi hoisted the National Flag, in the presence of important officials of VJM, Gurukul students and the followers present there. Lord Indra was showering his blessings in the form of rain and everybody was enjoying the pleasant environment. Dr. Didi in her sweet voice addressed them encouraging for being loyal and faithful for our country. Prasad was distributed in the end.

Meditation and spiritual Guru Dr. Archika Didi was awarded with "National Gaurav Award " by ministry of welfare and social justice". On the evening of 25th February 2017 in Vigyan Bhawan situated at New Delhi ,in the presence of spiritual guru of parmarth niketan and Ahinsa vishaw Bharat and Shantidoot Achary. Dr. Lokesh muni, Central Minister honorable Mukkatar Nakkvi gifted/awarded D r Archika Didi with" National Gaurav Award "for the best services of humanity. For the noble, cause 1236 applications were submitted but only 50 great souls were honored. According to Dr. Didi's view, to help the poor and orphans is most important actually providing the services is more important than that.



24th February, 2017
Anand dham Ashram

Mahashivratri



Mahashivratri festival was organized under the guidance of Maharaj Shri also Guru Mata and Meditation Guru Dr. Archika Didi were present. The program began with the mantra chanting by the students of Maharishi vedvyas Gurukul and worshiped Ganesha and lord Shiva. After this Yagya was performed Dr. Didi prayed for welfare of humanity, she did Rudra Abhishek. Dr. Didi also wished for healthy and prosperous life for all human beings. Everybody felt as if the family of each and every devotees was filled with joy and happiness.

International women's day

8th March 2017
Anand Dham Ashram

International woman's day was celebrated under the kind guidance of Dr. Archika Didi where all the helpless widows adopted by Dr. Archika Foundation were honored and grocery was provided with some kitchen items. Dr. Didi encourage them to be self independant by giving them various vocational tranings with mental support. They got blessings from Dr. Didi and Maharaj Shri. They got blessings from Didi. The widows participated in Yoga session conducted by Dr. Archika Didi. Environment was full of Love and bliss

Guruver ji encouraged Dr. Archika Foundation to carry out their activities with power & enthusiasm Dr. Didi was honored by Chief guest Mrs Shashi prabha mayor with garland of flowers. Shivtandav Dance was presented by the girls trained by Nritya bharti Academy. after the cultural activities, every body present there was blessed with the discourse of Dr. Didi & Guru shri. The program concluded with prasad distribution for all. The day also marked the inauguration of the another office of Dr. Archika foundation at the Ahand Dham Ashram which was done by the blissful hands and under the guidance of Dr. Archika Didi also ,more than 300, widows registered their names with the foundation receive grocery and some kind of work to earn livelihood.



Bramkumari Festival

28th March 2017
Mount Abu (Raj.)



80th Anniversary was celebrated in Brahma Kumari University which is situated in Mount Abu where many dignitaries from various fields were welcomed and honored. In this international conference cum cultural festival Dr.

Archika Didi said that with the aim of world peace and good value's this university was established. In this festival Dr. Banarasi Lal Shah honoured Dr. Archika Didi in front of all devotees, scholars and sudhajans. Dr. Banarasi Lal Shah said that Dr. Archika Didi is motivational in social and spiritual area is an commendable and an example for the society.



Inauguration of OPD

1st April 2017
Karuna Sindhu Hospital



Summary: Karunasindhu dharmarth hospital which is helping poor and needy people by providing them high quality medical facilities free or at low price. In this hospital day by day patients are increasing on noticing this Dr. Archika Didi started evening OPD on 1st of April 2017 in the presence of all the doctors and senior staff members of hospital.

Shri Shakti Widow Welfare Scheme

January 2017 Omkareshwar Mahadev Mandir

Through this project Dr. Archika Didi found under its wing Shri Shakti Manch distributes free grocery to widows with the motive of reducing their burden to earn their livelihood. Instead they can concentrate on their other duties and requirements. The women are also taught the basic yoga to keep them healthy. They look upon Dr. Archika Didi with gratitude and thank foundation with smile on their lips but joyful tears in eyes.



February 2017 Omkareshwar Mahadev Mandir

This very significant social activity of Dr. Archika Foundation, under the guidance of Dr. Archika Didi, is carried out every month for the uplifting of widows by sharing their monthly expenditure in the form of grocery. This kind gesture not only motivates them but also contributes in the development of society and nation.



March 2017 Anand Dham Ashram



As 8th March celebrated as international woman's day therefore on this special day Dr Archika Foundation distributed grocery to the widows. This project is carried out every month by the name shri shakti widow welfare scheme. Every one present felt special that day as they were the part of the celebration and also they received grocery as the blessings from maharaj shri cultural activities were also held. The program concluded with Prasad for all. Keep them healthy. They look upon Dr. Archika Didi with gratitude and thank foundation with smile on their lips but joyful tears in eyes.

April 2017 Omkareshwar Mahadev Mandir

Through this project Dr. Archika Didi found under its wing Shri Shakti Manch distributes free grocery to widows with the motive of reducing their burden to earn their livelihood. Instead they can concentrate on their other duties and requirements. The women are also taught the basic yoga to keep them healthy. They look upon Dr. Archika Didi with gratitude and thank foundation with smile on their lips but joyful tears in eyes.



May 2017 Omkareshwar Mahadev Mandir



Through this project Dr. Archika Didi found under its wing Shri Shakti Manch distributes free grocery to widows with the motive of reducing their burden to earn their livelihood. Instead they can concentrate on their other duties and requirements. The women are also taught the basic yoga to keep them healthy. They look upon Dr. Archika Didi with gratitude and thank foundation with smile on their lips but joyful tears in eyes.

KIDS YOGA

Onkareshwar Mahadev Mandir

6th , 11th , 18th & 25th Dec 2016,

On every Sunday of the month the yoga session for kids is conducted by Nandini, the disciple of Dr. Archika Didi. Children not only enjoy the class, they also learn new asanas with interest through fun activities. They eagerly await the whole week for this workshop.



8th, 15th, 22nd, 29th Jan 2017,

Dr. Archika Foundation, under the guidance of Dr. Archika Didi, organizes regular yoga workshop for children. Nandini Wadhwa, who is just 10 years old and learning yoga from Dr. Didi, teaches kids yoga with fun and various activities. During the workshop children laugh, play and explore new things. Their parents are very happy to send them for this workshop as it not only teaches them yoga but also enhances their concentration and results in overall development of their children.



5th,12th, 19th,26th February, 2017

On every Sunday of the month the yoga session for kids is conducted by Nandini, the disciple of Dr. Archika Didi. Children not only enjoy the class, they also learn new asana with interest through fun activities. They eagerly await the whole week for this workshop.



5th,12th,19th,26th March 2017

Kids Yoga Group arranged by Baby Nandani celebrates the festival of colours. Kids were enjoyed a lot by applying herbal colours to each other with lots of love.



2nd, 9th, 16th, 23rd, 30rd April 2017

On every Sunday of the month the yoga session for kids is conducted by Nandini, the disciple of Dr. Archika Didi. Children not only enjoy the class, they also learn new asanas with interest through fun activities. They eagerly await the whole week for this workshop.



21th May 2017

On every Sunday of the month the yoga session for kids is conducted by Nandini, the disciple of Dr. Archika Didi. Children not only enjoy the class, they also learn new asanas with interest through fun activities. They eagerly await the whole week for this workshop.



WORKSHOP



Onkareshwar Mahadev Mandir



12th December, 2016

The volunteers of Dr. Archika Foundation conducted the art & craft workshop for the children to make them learn new things through paper craft. They made beautiful & colourful New Year Card. It was purposefully kept in December so that they are motivated to make Christmas & New year Cards themselves. They all enjoyed the class.

29th January, 2017

Omkareshwar Mahadev Mandir

The thread that unites, colors which fill in our lives, coming together they create a masterpiece on paper. Adding to the weekly Sunday yoga session, children ran their imagination wild on paper with colors splashing and creating their own cards and various other things. They enthusiastically participated in this and enjoyed the class.

Vocational course



April 2017

A new course of Bharatnatyam was started in Sri Shakti Vocational Training center on 2nd April 2017, in collaboration with NrityaBharti affiliated to Akhil bhartiya Gandharva Maha Vidyalaya where we offer up to MA in Bharatnatyam dance. A number of girls enrolled for this programs



Sweet distribution

4th May, 2017

On the occasion of Ullas Parav Dr. Archika foundation distributed sweets to the poor and needy to celebrate the incarnation day of their Guru.

WORKSHOP



Nutritious Delicious Cookery

Onkareshwar Mahadev Mandir

24th December, 2016

The volunteers of Dr. Archika foundation conducted this workshop to enhance the value of homemade food. The hygienic delicious and nutritious food made at home can beat even the food served in hotels.

30th January, 2017

This workshop organized by Dr. Archika Foundation was especially on based on Diabetes. As people really do not know that this disease can be controlled by proper eating habits. Therefore experts taught them healthy dishes which can be made without the use of rice, potato and sugar yet maintaining the taste and variety of food. Moreover low fat and without sugar pudding was also taught so that they can enjoy sweet after their meal.

22rd February, 2017

The volunteers of Dr. Archika Foundation organized the monthly cookery workshop for under privileged women to teach them nutritious and hygienic food. They were excited to learn simple yet delicious recepies which were new to them. Not only they learnt new dishes but also tasted them. Everybody enjoyed the workshop and the workshop ended in the joyous environment.

29th march 2017

Navratras special Cookery workshop was organized at Omkareshwar Mahadev Temple, Healthy and delicious fast meal items were prepare by the learning girls. They were taught to prepare raw banana kebab and bottle ground chutney's etc. The women were very happy to learn the cooking. all of them thanked cookery expert Ms Poonam, who is the acting member of Dr. Archika Foundation.

4th April 2017(Ram Naomi)

Summer special Cookery workshop was organized at Omkareshwar Mahadev Temple. Healthy and delicious food items were taught learning girls. They were taught to prepare like cucumber mocktail, aam pana etc which is useful in summers. The women were very happy to learn these new prepration All of them thanked cookery expert Ms Poonam, who is the volunteer of Dr. Archika Foundation.

24 May 2017

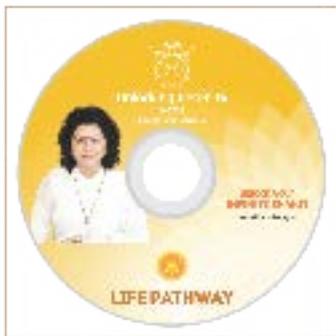
Summer special Cookery workshop was organized at Omkareshwar Mahadev Temple. Healthy and refreshing mock tail drinks were taught to prepare like home made fresh Mango fruity.



Upcoming Events



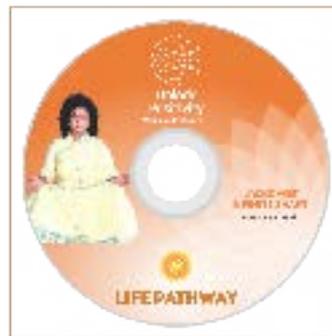
Holy Merchandise



Unlocking Serenity
Part - 1 & 2



Awaken your Infinite
Shakti



Unlock Positivity



Om Meditation

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