
I am what I was and what I shall be; I am whatever you conceive, think or say. But it is a supreme fact that THIS BODY has not come into being to reap the fruits of past karma. Why don't you take it that THIS BODY is the material embodiment of all your thoughts and ideas. You all have wanted it and you have it now.



Shree Shree Ma Anandamayee Sangha
Kankhal , Haridwar
www.shreeshreeanandamayeesangha.co

"Have faith in THIS BODY. Your complete faith alone will open your eyes."

"Where the search after Truth is really genuine there can be no failure."

"Towards Self-Realization is the only direction in which to advance; all the rest is vain and leads to suffering."

"How can one impose limitations of the infinite by declaring this is the only path - and why should there be so many different religions and sects? Because through every one of them He gives Himself to Himself, so that each person may advance according to his inborn nature."

"Change your life totally, from its very root. Become a sadhaka and go ahead on the spiritual path with splendid vigor and energy. At every single moment He is with you as your helper - try to be aware of this."



Anandamayee Ma was born Nirmala Sundari (Immaculate Beautiful One) on 30 April 1896 in what is now Bangladesh. She left HER Body in 1982 at the age of 86.

Map of Kankhal Ashram

Gangr



Ma Anandar

Gate

Gate

Gate



Layout and Places of interest in Ashram

| | | |
|----|---|--|
| 1 | OFFICE, GUEST HOUSE 1, ANNAKSHETRA | |
| 2 | SHANKARACHARYA HALL | Built in 1975 and a statue of Adi Shankaracharya is kept here. |
| 3 | YAGNA SHALA | The Yagna Shala houses the AKHANDA JYOTI, which has been burning since 1929. The sacred fire was brought from Ramna Ashram, Dhaka. |
| 4 | ANANDA JYOTI PETHAM Hours : 6:30am-12pm, 4pm-9pm | ANANDA JYOTI PEETAM was constructed in 1988 over MA's Samadhi. Twice daily Puja is performed on MA's Maha Samadhi including Usha and Sandhya kirtan and chanting of sacred scriptures. |
| 5 | SADHU KUTHIA | Residence for ashram sadhus and male ascetics. |
| 6 | ATI RUDRA YAGNA SHALA | ATI RUDRA YAGNA was performed in this Yagna Shala for the first time in centuries in MA's presence in 1981. |
| 7 | RUDRAKSHA TREE | This tree was planted in 1970s in MA's presence. |
| 8 | MATRI NIWAS | MA used this residence whenever SHE was in Kankhal in the 1970s. Presently being used for Puja activities and Diksha. |
| 9 | BOOK SHOP AND INFORMATION CENTRE | |
| 10 | PRASAD ROOM | Prasad is offered to devotees every morning after Puja. |
| 11 | GUEST HOUSE 2 & ANNAKSHETRA | |
| 12 | GUEST HOUSE 3 | |

River



24



21



22

23

Dayee Sarani

Gate



4

5



6

14



8



7

| | | |
|----|--|--|
| 13 | LIBRARY | |
| 14 | RESIDENCE OF PRESIDENT EMERITUS | |
| 15 | GAUSHALA | A shelter for cows. |
| 16 | VIDYAPEETH | Residential school for boys imparting Vedic discipline and education. |
| 17 | ORIGINAL ASHRAM | Built in the 1960s. |
| 18 | DIDIMA'S SAMADHI | The Samadhi of MA's mother, Mokshada Sundari Devi. She took Sanyas in the 1950s and was known as Swamj Muktananda Girj. |
| 19 | MA'S ORIGINAL RESIDENCE | Used by MA in the 1960s. |
| 20 | SHIV MANDIR | The Shiv Mandir was built in 1970 on MA's instruction and was consecrated in MA's presence. |
| 21 | MA'S MUSEUM & EKANTE MEDITATION CENTRE Hours : 9:30am-12:30pm, 3:30pm-6:30pm | Used by MA for two months before she departed to Dehra Dun; converted to a museum in 1995. Different materials used by MA are kept here including MA's hair and teeth. |
| 22 | PAGODA STYLE MA'S RESIDENCE | MA used to stay in this residence whenever SHE visited Mumbai. The construction was shifted from Mumbai to Kankhal in 2001. |
| 23 | PANCHAVATI | The Panchavati was planted on MA's instruction. It is an ideal place for meditation and sadhana. It is situated in the premises of the museum. |
| 24 | MA'S GHAT AND GANGA MANDIR | Ma Ganga's murti was installed in MA's presence. |

Main Annual Functions and Pujas At Kankhal Ashram

Please Contact Office For Exact Dates And Timings

| Name of function | Duration | Dates | Programme |
|------------------|----------|-------|--|
| Ram Navami | 1 day | April | Special Puja and Bhog for Lord Ram. |
| Akhanda Ramayan | 3 days | April | Ramayan Path - Continuous recitation of the full Ramayan with music. |
| Akshaya Tritiya | 1 day | May | Special Puja of MA, Baba Bholanath, Giriji, Shankaracharya and 'Ghat Daan'. |
| MA's Janmotsava* | 3 weeks | May | From birth day (Gregorian calendar) to Tihi Puja with events including 108 Kumari Puja and 108 Saddhu Bhandara. |
| Ganga Dussehra | 1 day | June | Ganga Puja - held in Ganga Mandir on the banks of the Ganga. |
| Guru Purnima* | 1 day | July | Celebration of MA as Guru with Special Puja of Lord Padmanabha, Shankaracharya, Vyasji, and Giriji (MA's mother). |
| Jhulan Utsav | 5 days | Aug | Daily Puja & Kirtan with Midnight Dhyan on the last day. |
| Janmastami | 1 day | Aug | Gopal Ji Puja celebrating the birthday of Lord Krishna. |
| Ma's Mahaprayan | 1 day | Aug | Special Kirtan and Group Meditation on the day MA left HER BODY as per the Hindu calendar. |
| Durga Puja* | 5 days | Oct | Celebration of Ma Durga as commemorated in Bengal. |
| Kali Puja | 1 day | Oct | Special Puja and Bhog for Ma Kali. |
| Annakut | 1 day | Oct | Special Puja and Bhog in which 108 items are cooked and offered to Ma Annapurna, followed by a Bhandara. |
| 'Sanyam Saptah' | 7 days | Nov | Designed by MA, this is a week of focused sadhana, practicing austerities and self-restraint, japa, meditation and listening to pravachan. |
| Geeta Jayanti | 4 days | Dec | Daily reading of Geeta Path with Special Puja. |
| Holi | 1 day | Mar | Festival of Colors celebrated with religious fervor in traditional style and including Narayan Puja. |

* Culminating in Parikrama of the Sanctum Sanctorum.

"Everything is possible through the power of the Guru. Even when you feel you have lost patience, do not relax your efforts but try again and again. To your last breath never leave off striving. Pray to Him that you may continue to remain at His Feet all the twenty-four hours."



Other Pujas and Activities

The following pujas and activities are regularly conducted in the Ashram throughout the year, strictly as per the Shastras and Vedic scriptures, as per MA's instructions.

Daridra Narayan Seva Daily
Sadhhu Bhojan for 11, 21, or 108 Sadhus
Brahmin Bhojan for 11, 21, or 108
Maha Mritunjay Puja
Gayatri Puja
Ati Rudra Puja

Bhagavad Saptah - 3-4 times a year
Ramayan Katha
Kumari Puja For 1, 11, 21, or 108 Kumaris

Ashrams in different parts of India and Bangladesh :

India: AGARPARA P.O. Kamarhati, Kolkata 700 058 (Tel 033 2553 1208) AGARTALA Palace Compound P.O. Agartala 799 001 West Tripura (Tel 0381 2208618) ALMORA Patal Devi P.O. Almora 263 602 (Tel 05962 233120) ALMORA P.O. Dhaul-China, Almora 263 881 (Tel 05962 262013) BHIMPURA P.O. Chandod, Baroda 391 105 (Tel 02663 233782, 233208) BHOPAL P.O. Bairagarh, Bhopal 462 030 M.P. (Tel 0755 2641227, 269227) DEHRADUN Kishenpur, P.O. Rajpur, Dehradun 248 009 (Tel 0135 2734 271) DEHRADUN Kalyanvan, 176 Rajpur Road, P.O. Rajpur, Dehradun 248 009 (Tel 0135 2734471) DEHRADUN P.O. Raipur Ordnance Factory, Dehradun 248 010 DEHRADUN 47/A Jakhn, P.O. Rajpur, Dehradun JAMSHEDPUR Near Bhatia Park, Kadma, Jamshedpur 831 005, Bihar (Tel 0657 2306245) KANKHAL P.O. Kankhal, Haridwar 249 408 (Tel 01334 312 565, 01334 246575) KEDARNATH Near Himlok, P.O. Kedarnath, Rudraprayag, 246 445, (Mob 8979834548) NAIMISHARANYA Puran Mandir, P.O. Naimisharanya, Sitapur 261 402 U.P. (Tel 05862 285254, Puranic Inst 05865 251249) NEW DELHI Kalkaji, New Delhi 110 019 (Tel 011 2682 6813) PUNE Ganesh Khind Road, Pune 411 007 (Tel 020 2553 7835, 255 38903) PURI Swargadwar, Puri 752 001, Orissa (Tel 06752 223258) RAJGIR P.O. Rajgir, Nalanda 803 116 Bihar (Tel 06112 261 05811, mob 9359215567) RANCHI Main Road, P.O. Ranchi, 834 001, Bihar (Tel 0651 233 1181) TARAPEETH P.O. Chandipur-Tarapeeth, Birbhum 731 233 W.B. UTTARKASHI Kall Mandir, P.O. Uttarkashi, 249 193, UA (Tel 01374 224343) VARANASI Bhadaini, Varanasi 221 001 (Tel 0542 2310054/2311794, Hospital 2310230) VINDHYACHAL Ashtabhuj Hill, P.O. Vindhyachal, Mirzapur 231 307, UP (Tel 05442 290977, mob 094508 56422) VRINDAVAN P.O. Vrindavan, Mathura, 281 121 U.P. (Tel 0565 2442024, Mob 9219415554, 9456418375)

Bangladesh: DHAKA 14 Siddheshwari Lane, P.O. Ramna, Dhaka 17, Bangladesh. (Tel 008802 405266, 8333917) KHEORA P.O. Kheora, via Kasba, Brahmanbaria 554, Dist Khandawa, Bangladesh. (Tel 0088 1711 619798)

Institutions of The Ashram :

Shree Shree Ma Anandamayee Kanyapeeth, Varanasi

Based on the ideal of ancient India's Guru Kula tradition, this residential education institution for young girls was founded in 1938 in accordance with MA's divine kheyal. Located in Varanasi, Kanyapeeth is affiliated with all appropriate religious and secular educational boards.

Shree Shree Ma Anandamayee Vidyapeeth, Kankhal, Haridwar

In 1941, MA's kheyal led to the establishment of a corresponding educational institution for young boys. Located in Kankhal, Vidyapeeth too holds all appropriate educational board recognitions.

Ma Anandamayee Institute for Puranic and Vedic Studies and Research Centres, Naimisharanya, U.P.

This unique institution was inaugurated by then Prime Minister Indira Gandhi in 1981 in the presence of MA. The institute focuses on post graduate teaching and research in Purana and Dharma Shāstra. National seminars are also regularly held here.

Mata Anandamayee Hospital, Varanasi

The hospital was established about 50 years ago as a charitable institution, offering primary care mainly to the poor. In August 2015 a major collaborative pilot project was launched between MA's hospital and private and governmental agencies to provide Universal Health Coverage for 100,000 people.

Health Clinics and Dispensaries

In addition seven of MA's ashrams run charitable medical clinics where diagnosis and medicines are given for free. Several of them feature Ayurvedic, homeopathic and allopathic treatment.



Shree Shree MA Anandamayee Sangha

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