

Serial No. 65



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Inspired by Rashtrasant Param Gurudev Shree Namramuni Maharaj Saheb



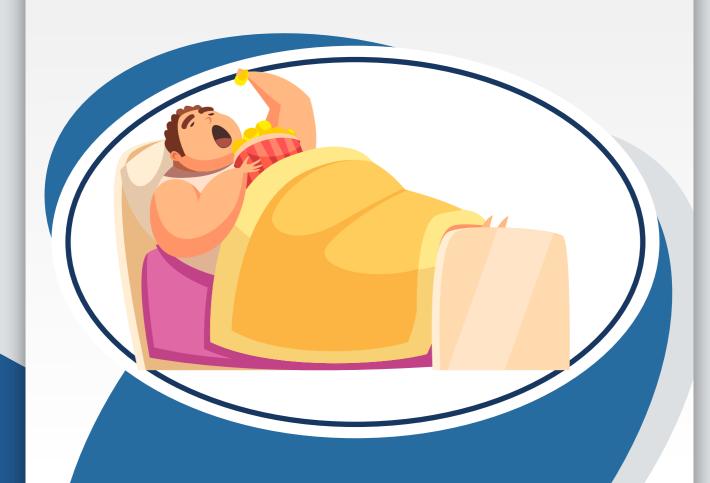


while having your meals



बासी या अगले दिन का बचा हुआ भोजन न खाए

Never eat stale or leftover food on the next day



बैठ कर भोजन करे

Sit and eat food at one place



Do not eat at roadside stalls & restaurants where non-veg food is also served



Be helpful before and after meals

Remember about those who are not getting food



खुद खाने से पहले दूसरो को भोजन प्रदान करे

Share and eat.
Offer food to others
before eating



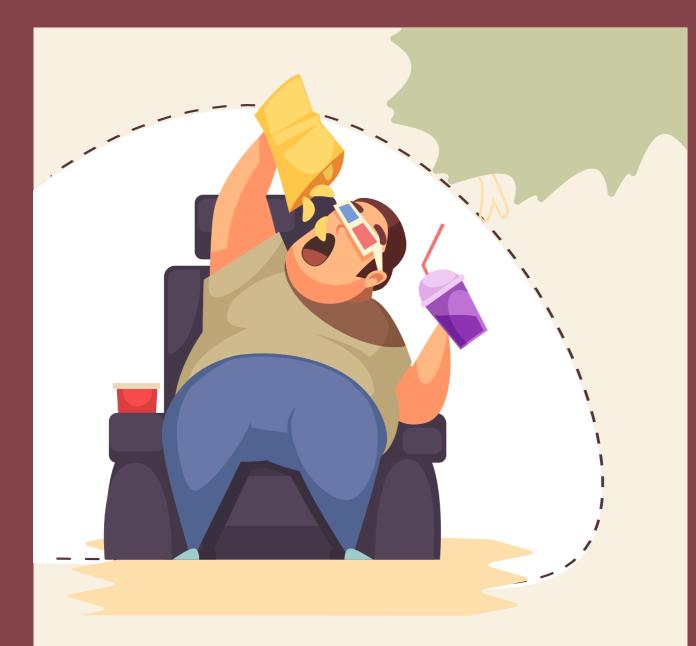
दूसरो की मदद करे Help the needy

Remember about those who are not getting food



भोजन समाप्त होने पर कृतज्ञता व्यक्त करे

Show gratitude as you finish your meal



छोटे संवर तप करे और सभी समय खाने से बचें

Practice small Samvar Tapp and avoid eating all the time



बीज नीकालकर ४८ मीनट के बाद फल खाएं ताकी वे अचेत हो जाऐ

Eat fruits after removing the seeds & keep it aside for 48 minutes, so that it becomes non-living