



*Parvadhiraaj*  
PARYUSHAN MAHAPARVA



20 - 27 AUGUST, 2025

PARASDHAM GIRNAR

GIRNAR

*In the gracious presence of*

PARAM GURUDEV SHREE NAMRAMUNI MAHARAJ SAHEB

# DAILY SCHEDULE



| TIME            | ARADHANA                                       |
|-----------------|------------------------------------------------|
| 6.15 – 7.15 am  | Brahma Muhurt Meditation                       |
| 8.00 – 8.30 am  | Youth Paryushan<br><i>English Pravachans</i>   |
| 8.39 – 9.00 am  | 21-min Mantra Dhun<br><i>on 24 Tirthankars</i> |
| 9.00 – 11.00 am | Paryushan Mahaparva Pravachan                  |
| 7.00 – 8.00 pm  | Pratikraman Aradhana                           |
| 8.00 – 8.30 pm  | Soulful Bhakti                                 |
| 8.30 – 10.00 pm | Paryushan Mahaparva Pravachan                  |

# BRAHMA MUHURT MEDITATION

6.15 – 7.15 am



Special meditative experience  
that cleanses innermost emotions



# MEDITATION

6.15 - 7.15 am



| DATE   | TOPIC                                                |
|--------|------------------------------------------------------|
| 20 AUG | Heal your Illusion<br><i>Through Soul Connection</i> |
| 21 AUG | Heal your Inner Chaos<br><i>Through Silence</i>      |
| 22 AUG | Heal your Impressions<br><i>Through Aparigraha</i>   |
| 23 AUG | -                                                    |
| 24 AUG | -                                                    |
| 25 AUG | Heal your Anger<br><i>Through Equanimity</i>         |
| 26 AUG | Heal your Hurt<br><i>Through Forgiveness</i>         |
| 27 AUG | Heal your Guilt<br><i>Through One Sorry</i>          |

# YOUTH PARYUSHAN

8.00 - 8.30 am IST



Special English Pravachans by  
Param Gurudev for global youth



# 21-MIN MANTRA DHUN

8.39 - 9.00 am



Singing the glory of  
24 Tirthankars



# LIFE-ENRICHING DISCOURSES



Wisdom that stems from the  
soul and leaves an indelible  
impression on the heart.



# MORNING PRAVACHANS

9.00 - 11.00 am



| DATE   | TOPIC                                                                                    |
|--------|------------------------------------------------------------------------------------------|
| 20 AUG | A Ray of Purity<br><i>Pure Heart, Journey Starts</i>                                     |
| 21 AUG | A Ray of Positivity<br><i>Heavy Words or Healthy Words</i>                               |
| 22 AUG | A Ray of Courage<br><i>Truth Over Fear</i>                                               |
| 23 AUG | A Ray of Healing<br><i>Stillness in the Storm</i>                                        |
| 24 AUG | A Ray of Devotion<br><i>Bhagwan Mahavir Janmotsav</i>                                    |
| 25 AUG | A Ray of Harmony<br><i>Cold War or Hold War</i><br><i>A Father &amp; Son Special Day</i> |
| 26 AUG | A Ray of Awareness<br><i>Extracurricular Paap</i>                                        |
| 27 AUG | A Ray of Forgiveness<br><i>Forgive, not once but always</i>                              |

# SOCIAL EXPERIMENTS



Eye-opening practical experiments  
with life-changing takeaways



मैं कुछ भी हासिल  
नहीं कर सकता

मैं एक अच्छा  
पिता/माँ नहीं हूँ

मुझे parenting  
नहीं आती

मुझे कुछ याद  
नहीं रहता

मेरे parents ने  
मेरे लिए कभी  
ऐसा नहीं किया

I am a failure,  
मुझे कुछ नहीं आता

Not smart  
friends

# SOUL-STIRRING PERFORMANCES



Stories from history that  
inspire and change your life story



# PRATIKRAMAN ARADHANA

7.00 - 8.00 pm



Open your heart in confession  
Build your Prabhu connection



# SOULFUL BHAKTI

8.00 - 8.30 pm



A sacred connection that  
bridges the distance between  
you & Parmatma



# GLOBAL Paryushan



Launching Parasdham centres across  
the world uniting in the spirit of forgiveness

20<sup>th</sup> – 27<sup>th</sup>

AUGUST 2025

DAILY LIVESTREAMING ON:



/ParasdhamTV



208 108 1008

Passcode: 108

CONNECT TO YOUR NEAREST CENTRE:

+91 84606 50536



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PARASDHAM  
MALAYSIA



PARASDHAM  
SINGAPORE



PARASDHAM  
KENYA



PARASDHAM  
UGANDA



PARASDHAM  
SUDAN



PARASDHAM  
SWEDEN

# EVENING PRAVACHANS

8.30 - 10.00 pm



| DATE   | TOPIC                                                                               |
|--------|-------------------------------------------------------------------------------------|
| 20 AUG | The Slow Down Challenge<br><i>Pause. Reflect. Respond.</i>                          |
| 21 AUG | Accept Yourself Challenge<br><i>Delete Self-Doubt</i><br><i>Download Self-worth</i> |
| 22 AUG | Safe & Save Challenge<br><i>Bend in Faith, Rise in Peace</i>                        |
| 23 AUG | Truth Unlocked Challenge<br><i>Special Q&amp;A</i>                                  |
| 24 AUG | Ek Janmyo Rajdulharo<br><i>Let devotion sing His glory!</i>                         |
| 25 AUG | Win Within Challenge<br><i>Take charge of what controls you</i>                     |
| 26 AUG | Final Fullstop Challenge<br><i>End the Past, Mend the Heart</i>                     |



# 5 CRORE

## पंच परमेष्ठी साधना



23 AUGUST  
7.30 am onwards



# BHAGWAN MAHAVIR JANMOTSAV

24 AUG | 9.00 am



*Ek Janmyo Rajdulharo*  
Let devotion sing His glory



# KIDS ALOCHANA

26 AUG | 4.00 pm



Innocent Hearts  
Heartfelt Confessions

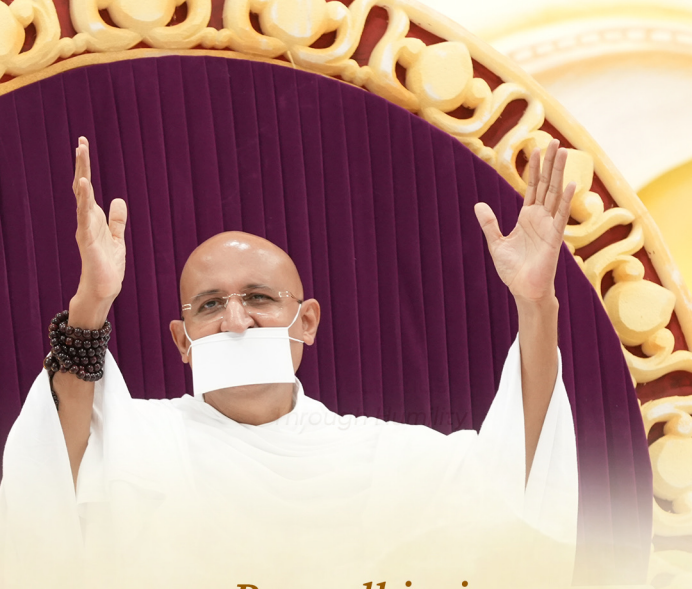


# SAMVATSARI ALOCHANA

27 AUG | 3.00 pm

—❖—  
A heartfelt confession that  
heals every wound and rejuvenates  
homes & hearts.





*Parvadhira*  
**PARYUSHAN MAHAPARVA**  
**2025**

*Immerse in the spirit of Forgiveness*



**DAILY LIVESTREAMING ON:**



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**FOR MORE INFORMATION:**  
**[www.prsdm.in/paryushan](http://www.prsdm.in/paryushan)**



**PARASDHAM**