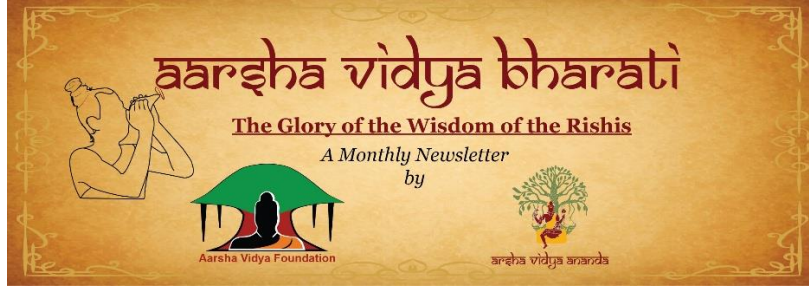


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# Aarsha Vidya Bharati - March 2023

*Phalgun - Chaitra 2079*

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



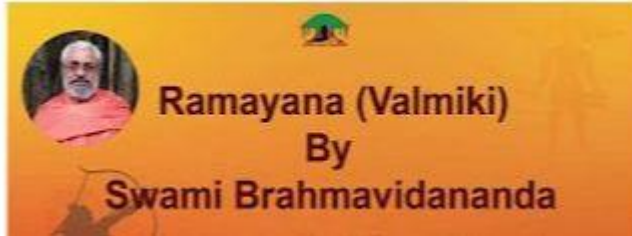
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This is one of many articles from our monthly newsletter. Access the [March 2023 issue](#) or read any of [the articles](#).

## Living Our Traditions - Rama Navami

The birth of Lord Rama is celebrated on Rama Navami, which is the 9th day of Shukla Paksha (or the bright phase of the lunar fortnight) of the Chaitra month. This year, Rama Navami falls on March 30th.

Click here to find an [article on Rama Navami from our archives](#).



[Ramayana course](#) In just 18 classes, Swami Brahmananda ji takes us through the entire Ramayana by Rishi Valmiki and dispels many myths - revealing the glory of *Bhagavān* Sri Rama.

[The Heart of the DhaRama Course](#) To navigate conflicts in our families, at work, and even in one's own mind, what can anchor us? Our sages declared that it can only be Sanatana Dharma.

धर्मो रक्षति रक्षितः

Dharma protects those who protect it.

In this series of nine talks by Swamini Brahmaprajnananda there are teachings on Dharma, and reflections on Sri Rama's life by delving into verses from Ramayana. [Enrol here](#).



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