

ABCD of Maryadas for Centre Students

A- Amritvela

B- Brahmacharya

C- Centre Atmosphere

D- Dress Code

E- Exchange of Money in Centre

F- Food

G- Giving Happiness /
Good Wishes / Blessings

H- Holy Company (Satsang)

I- Inculcation Of Divinity

J- Journey to Madhuban

K- Keeping the Chart

L- Love for One Baba & Yagya

M- Murli

N- No List

- *No movies*
- *No Gambling*
- *No Corruption*
- *No Touching or hugging*
- *No Living in gender mixed houses*

O- Observing all Principles / Shrimat

P- Printing Literature

Q- Quality Assurance / Quality Control

R- Relationships

S- Silence / Solitude

T- Trusteeship

U- Using Time / Resources Carefully

V- Visiting Centre

W- Wash after Bowel Movements

X- X ray everyday

Y- Yoga twice a day

Z- Zeal in Service