

Shri Ram Seva Trust: Digital Services & Supporting Monastic Life with Shelter, Food, Spiritual Growth, and Gurukul Education

Nawal Kishor Nayak¹; Nikita Rawat²

¹(P.G. Scholar); ²(Assistant Professor)

¹Department of Computer Science and Engineering, Shri Rawatpura Sarkar University, Raipur, Chhattisgarh, India

²Department of Computer Science and Engineering, Shri Rawatpura Sarkar University, Raipur, Chhattisgarh, India

Publication Date: 2025/06/02

Abstract: The Shri Ram Seva Trust is a service-based group that offers free living space, healthy meals, spiritual activities, and traditional education to monks. This paper highlights the work of the Trust, its positive impact on the lives of monks, and its role in the wider community. It explains how the Trust brings together ancient Indian values like the Gurukul system and meditation to help people today. Using interviews, observation, and available records, this study shows that the Trust is a strong example of service based on tradition.

Keywords: Shri Ram Seva Trust, Monk Welfare, Spiritual Growth, Free Shelter, Community Help, Gurukul Learning, Yoga, Meditation, Dehradun Ashram, Raipur Ashram, Shri Ram Seva.

How to Cite: Nawal Kishor Nayak; Nikita Rawat (2025). Shri Ram Seva Trust: Digital Services & Supporting Monastic Life with Shelter, Food, Spiritual Growth, and Gurukul Education. *International Journal of Innovative Science and Research Technology*, 10(5), 2788-2790. <https://doi.org/10.38124/ijisrt/25may2164>

I. INTRODUCTION

India has always respected spiritual living. Monks, also called sadhus or sants, have long received support from society in the form of food and shelter. However, many monks now struggle due to social and economic changes. The Shri Ram Seva Trust was set up to help monks live with dignity and purpose.

This paper looks at how the Trust meets both basic and spiritual needs—offering food, shelter, spiritual teaching, and traditional learning. It also explores how volunteers and local communities benefit from its activities.

➤ Objectives of the Study:

- To see how the Trust supports monks with daily needs and spiritual growth
- To understand the value of its Gurukul and wellness programs
- To learn about volunteer roles and community participation
- To explore the blend of old traditions and current methods

II. LITERATURE REVIEW

- Srinivas, M.N. (2010) – Discussed how Indian ashrams support people spiritually and provide needed services.
- Gombrich, R. (1998) – Focused on Buddhist monastic life and the need for steady support.
- Clarke, G. (2006) – Studied the work of religious groups in offering services during crises.
- Soni, R. et al. (2023) – Wrote about temples and religious communities helping during COVID-19.
- Rajguru, M. (2024) – Emphasized the value of Gurukul education in today's world.
- Madhekar, A. (2020) – Examined how ancient teaching styles can help modern learners.

Earlier studies often focused on only one area. This paper covers the full support system—food, housing, learning, and spiritual care—as seen at Shri Ram Seva Trust.

III. METHODOLOGY

This study used both numbers and stories.

➤ *Quantitative Data:*

- Nearly 400 meals are served daily
- 60 monks live in the shelter (almost always full)
- Over 1,200 volunteer hours are given each month
- More than 1,000 people have joined yoga and meditation programs

➤ *Qualitative Data:*

- Conversations with monks, staff, and volunteers
- Notes from observing daily life, learning sessions, and events

➤ *Ethical Consideration:*

- Participants gave their consent
- Study was approved by the university

IV. RESULTS➤ *Monastic Well-Being:*

Monks said they feel more emotionally steady, physically stronger, and spiritually peaceful. Regular meals and daily meditation helped them grow spiritually.

➤ *Volunteer Insights:*

Many volunteers said their work gave them a deep sense of purpose. They felt more focused, peaceful, and closer to values like kindness and service.

➤ *Educational Impact:*

Gurukul sessions included Sanskrit, ancient texts, moral lessons, and yoga. Monks and local youth took part actively, showing the continuing value of traditional learning.

➤ *Community Outcomes:*

Yoga and meditation classes were open to everyone— young and old, city residents and villagers. Many said the sessions helped them feel better mentally and physically and helped build closer community ties.

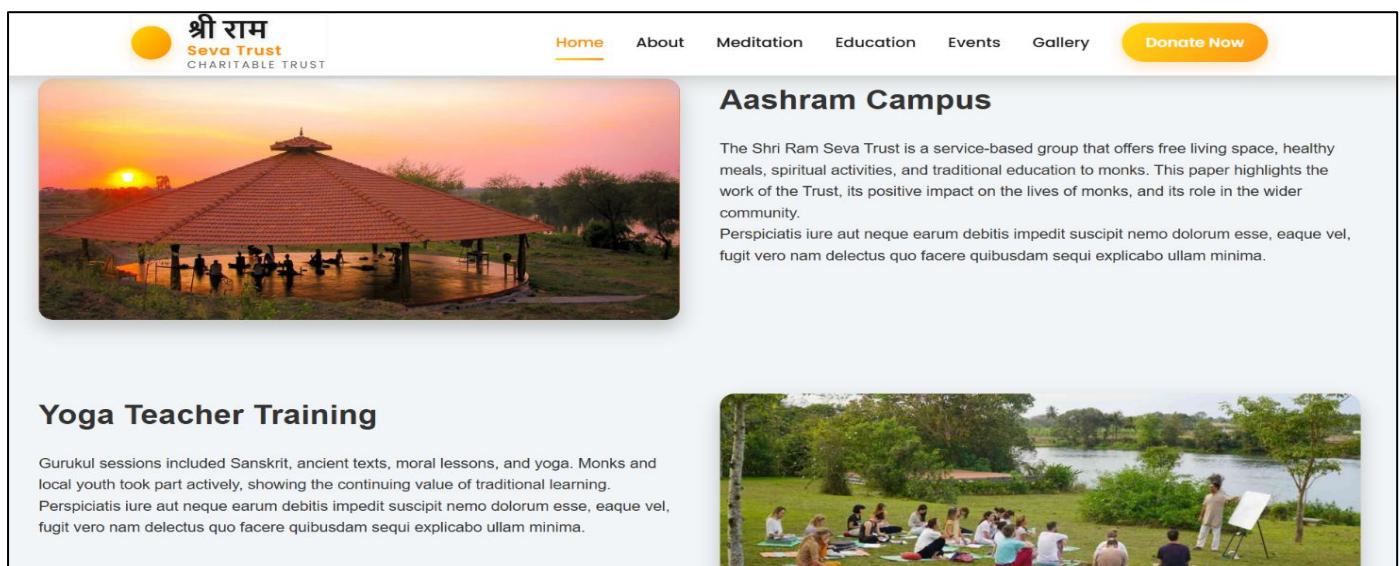


Fig 1 Aashram Campus



Fig 2 About Shri Ram Seva Trust

V. DISCUSSION

The Trust shows that combining ancient wisdom with modern systems leads to real, lasting change. Its services help monks, volunteers, and local communities alike. This balanced model makes the Trust stand out. The Trust also uses digital tools and online events to spread Indian culture and spiritual values across wider areas.

➤ Challenges Noted:

- Study was done over a short period
- Limited data from far-off villages
- Long-term impact on health and learning needs further study

VI. CONCLUSION

The Shri Ram Seva Trust is a powerful example of how ancient Indian values can guide modern service. Through free shelter, good food, spiritual training, and educational activities, the Trust brings real improvement to many lives.

Other places in India and the world can learn from this model and adapt it to their needs.

Future work can explore how technology and policy support can help projects like this grow.

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