

કર કર મહુર

ૐ

અથ અથ મહુર



મી-વેદવૃત્તાય નમઃ

મીમલ્લ-મુદ્-મહુર-રુગવદ્-પરમ્પરાગત-મુલાધાય-મવલ્લ-
પીં મી-કાણી-કામકેદિ-પીં
અગસ્તુ-મી-મહુરગાદ-ધામિ-મીમં-મંમુનમા

મીમળીય-પણ્ડ-મદઃ વેદ-પદ્મ-મામ્-પરિપાલન-મદા ય

॥ વિશ્વાવમ્-મિંદુ-રાદ્પદ-પુલ્લિમા - યદ્ગુલ્લમા ॥

રાદ્-માપ-ગુમ્મા 7-મેષ્ઠુગા-2025 મમુમયાડા પરમા

ગુલ્લ-મમયાઃ (રાદ્ મવડ) કાદ્ કુમ્મ

મુક્ત:	21:57	મુરમુખાનમા (મહુલ્લ), અદ્લમા (મહુલ્લ), અપ:
નિમીલનમા	23:01	
મપુમા	23:42	
ઉદ્મીલનમા	00:23 (મપરગડે)	દાનમા (મહુલ્લ)
મેલ:	01:26 (મપરગડે)	મેલ-માનમા (મહુલ્લ)

વેદ-પદ્મ-મામ્-પરિપાલન-મદા

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org

ગુરુ-પ્રમાણ - પ્રભા

પીઠિતાનિ નિર્ણય

પ્રવ-પ્રેષ્ટપદ્મ*, મત્રિકા, ઉદ્ગ-પ્રેષ્ટપદ્મ, પ્રવચ્ચ, વિમાણ

(પ્રાચીન-સામ્ય-ગણિત-સૂત્ર ડાહ્યાનિ યપિ - મત્રિકા, મ્વિષ્ઠા, મુદ્, ધ્વાડી)

પીઠિતા: રામચ:

મણિકમા	કુમ્ભ*	મીન:	કલક:	વૃક્ષિક:
મણિકમા	મિષ્ણમા	મિન:	કુલ	મકર:

(* = ગુરુકાલિકમા)

(માત્રિ-મ્લેકા:)

પદ્મ રામીનં મુરુ-દલમા - મેધ, વૃધ્, કટુ, પત્ત:

Contributors

Guidance: Brahmashri Sundararama Vajapeyi; **Compilation:** Brahmashri Shriramana Sharma; **Typesetting:** Prof Karthik Raman; **Technical assistance:** Smt Vidya Jayaraman; **Reference assistance:** Chi Nidhishvara Shrauti

Translations – English: Brahmashri Dr T Vasudevan, Telugu: Brahmashri Thanjavur Venkatesan, Malayalam: Vidvan Vasudevan Nambudiri, Kannada: Dr Ramprasad, Hindi: Kum Vanchitha Bharanidharan

Instructions specific for this grahanam

Ahara niyama

- One yāma is one fourth of the day or night (about 3 hours).
- On the previous day, food may be taken before midday (about 12 o'clock). In extreme western parts of (Akhandā) Bharat (Narayana Sarovar, Karachi), food may only be taken upto the first yama of that day (about 09:45).

વેદ-પદ્મ-માધુ-પરિપાલન-મહુ

- Due to this, the shraddha to be done that day for purnima tithi should be done on the next day (of Prathama).
- No food is to be taken that night.
- For those like children/elders who are not able to stay without food, it is practical to take alpa aharam like gruel (yavagu / kanji) as early as possible before sunset.
- Definitely during the grahanam nothing should be eaten.

Correct time for chandra grahana anushtana

- Modern publications may show 20:58 to 02:25 as the span of this eclipse. But that includes the penumbral phase of the eclipse which is not visible to the eye. 21:56 to 01:26 is the correct time of the visible umbral phase of the eclipse suitable for anushtana.

Upcoming grahanas visible in Bharat

- The next Chandra Grahana is after six months on Vishvavasu year Kumbha Phalguna Purnima evening (2026 March 03).
- The next Surya Grahana is two years away on Plavanga year Kataka Ashadha Amavasya (2027 August 02).

⇒ पृथैगः

General notes for all grahanas

Jyautisha details

- A lunar eclipse happens because of the earth's shadow falling on the moon. So the start and end times will not change depending on where we see it from.

वेद-उद्ग-साम्-परिपालन-मठ

- A solar eclipse happens because of the moon's shadow falling on the earth. Due to the movement of this shadow on the surface of the earth, each place will have different start and end times of the eclipse.
- The sandhi of amavasya-prathama or purnima-prathama is known as parva.
- Globally, a solar eclipse will start before this parva in amavasya at one place and end after it in prathama at another place. But the matter of individual places is different. A grahana occurring in the morning can end within amavasya before prathama. A grahana occurring in the evening can start in prathama after amavasya.
- However since for a lunar eclipse has only one global start and end time, it will always start before the parva in purnima and end after it in prathama.
- In case of grasta udaya, grahana will start before the rise of sun or moon in our place. But it will obviously be visible only after rise.
- In case of grasta astamana, grahana will end after the set of sun or moon in our place. But it will obviously be visible only until set.
- In the case of a lunar eclipse, the penumbra of the earth (where only a part of the sun is blocked) does not cause a visible darkening of the moon and is hence not considered for anushthanam.

Bhojana niyamas

- For four yāmams (≈12 hours) before the solar eclipse food should not be eaten. It is three yāmas (≈9 hours) for a lunar eclipse.
- Food is not to be taken in the night before surya grasta udaya and day before chandra grasta udaya.

ବିଘ୍ନ-ଫଳ-ସାଧୁ-ପରିପାଳନ-ମନ୍ତ୍ର

- Food is not to be taken in the night after surya grasta astamana and day after chandra grasta astamana.
- Young children (≈ 7 years old), elderly (≈ 70 years old), and sick people need not observe this. Those who cannot observe this can adopt a light diet like milk, fruit. Even in this case, it is necessary to avoid food for at least 1 yāmam (≈ 3 hours) before.
- Certainly food is not to be taken during the eclipse by anyone.
- None of these restrictions apply to the intake of mother's milk by infants. The age of the child may be taken into consideration.
- Water, food that is apakva (i.e. uncooked food items) - the sampradāya is to protect them with darbha grass. These can be used after eclipse. But food cooked before grahaṇa is not edible after the eclipse.

Beginning of anushtana

- Before the start of the eclipse, make sure to keep ready the change of garments, the āsanās for the anushtana (ritual), and the tirthapātra. Make sure that all those who have to offer tarpana have their own sesame, darbha, tarpana books.
- Once the eclipse has begun, one should bathe with the clothes that were worn. Secure water for the grahana anushtana. Put on garments that were kept separately.

Grahaṇa Ashaucha

- Do not touch anything other than what is needed for the anushtanas at the time of eclipse, especially bed / mat / cloth, till the bath is com-

वेद-उद्गम-परिपालन-मठ

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org

plete after the eclipse. If touched, they have to be washed before reusing them. This niyama (restriction) is called grahaṇa āśaucam.

- Other āśaucas like that of the birth / death do not preclude the ability to do this eclipse-related karma. Such people have 'śuddhi' for the duration of the eclipse. Menstruating women too need to bathe with a separately secured water.

Grahaṇa Shraddham

- The ancestors are to be propitiated with shraddham / tarpaṇam during the eclipse. It is also done during the lunar eclipse that occurs at night.
- In case of Surya Grahaṇam, if it occurs on the same day as Amavasya Shraddha/Tarpana, there are two opinions:
- Many texts say that the Grahaṇa Shraddha is performed the same way as Amavasya Shraddha ie women ancestors are propitiated together with their husbands and not separately. In such case, only Grahaṇa Shraddha is to be performed.
- One tradition holds that the women ancestors are to be propitiated separately in Grahaṇa Shraddha (but not in Amavasya Shraddha). In such case, Grahaṇa Shraddha and Amavasya Shraddha should be done separately.
- Make the decision as per how you are performing the grahaṇa shraddham.
- Annual shraddham that is to be performed on the day of grahaṇa may need to be performed on the next day.

वेद-उद्गम-परिपालन-मठ

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org

Do-s and don't-s during the punya kala

- Avoid doing wasteful things. This is an ideal time for worship and prayer.
- If the grahana occurs during sandhya kala, sandhyavandanam is to be definitely observed even during the grahana. Arghya is to be given before rise or set of sun and japam is then to be done.
- Mantra japa at the time of eclipses is of great benefit. This is also the best time to get mantra initiation.
- Do not sleep or engage in natural impulses during the eclipse. Therefore, it is better to complete any required toileting beforehand.
- Dana-s performed during grahana punya kala-s accrue immensely more punya. Do as much dana as possible.
- In grahana punya kala, all water is equal to Ganga for snanam and anushthanam. All vedadhyayis are equal to Brahma or Vyasa to accept danam. All danam is equal to bhu danam. All places are equal to Kurukshetram. So wherever we may be, we must certainly do snanam danam japam etc.
- The stotra to ashta dik palakas praying for grahana dosha nivritti is to be read. This stotra is given [later](#).
- In case of very short grahana-s, do whatever is possible: at least arambha snanam with short sankalpam and set aside something for danam. For grahana shraddha/tarpana if at least sankalpa is done within the punya kala, the rest can be completed as soon as possible even if the grahana is over.

- Eclipse should not be observed with naked eyes. You can see with the strength of the light on the garment if desired. Or (if not clear) you can see the reflection - in glass, in water or in a mirror.
- Pregnant women should not be exposed either to the moonlight or sunlight during the respective eclipse. Therefore, they should avoid looking at the sun. It is best to perform the Bhagavannāma japam or stotram etc. at that time in the interest of the pregnancy.
- After the eclipse is over, one should bathe with the garment that is worn. This mokṣa snāna is very important. If not, the impurity will continue till the next eclipse.
- Even in case of grasta astamana, moksha snana is to be done after the time of moksha as known by shastra. Only after that other smarta anushtanas such as aupasanam or shrauta anushtanas such as sayandoham may be done.

Grahana shanti/pariharam

- The people born in the rashi/nakshatra in which grahana occurs may if possible perform shanti in the form of homa next day.
- If grahana occurs in rashis 3, 6, 10, 11 from janma rashi, it will give shubha phala. If it occurs in rashis 2, 5, 7, 9 it will give somewhat ashubha phala. If it occurs in rashis 1, 4, 8, 12 it will give more ashubha phala.
- The same when counted from the grahana rashi: rashis 11, 8, 4, 3 will get shubha phala. Rashis 12, 9, 7, 5 will get somewhat ashubha phala. Rashis 1, 10, 6, 2 will get more ashubha phala.
- The nakshatra in which grahana occurs, the preceding and succeeding nakshatras, the 10th (anujanma) and 19th (trijanma) nakshatras also receive ashubha phala.

वेद-उद्गम-परिपालन-मठ

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org

- That is, those born in the rashi/nakshatras receiving ashubha phala will have problems due to the effect of previous karma. Therefore, they should follow the anushtanas with more zeal and do parihara.
- A simple form of parihara is given **later**.

Punya kala nirnayam

- Even if one cannot see the sun or moon due to clouds etc, the punya kalam is from when the grahana begins until when it ends as determined by jyautisha shastra.
- In the case of grasta udayam, the punyakalam is only after the rise of sun or moon. In the case of grasta astamanam, the punyakalam is only until the set of sun or moon. Generally, the punya kalam is when the grahana can be visible.
- In case of grasta astamana, the sandhya japa which was started already is to be continued upto the time of moksha even after the punya kala is over.
- There is a practice of doing tarpanam in krishna paksha during grahana. But since a solar eclipse can start after amavasya is over as said earlier, and in case of grasta astamana of chandra, this is not always possible. However, since anushtana is mandatory for occurrence of grahana, one should do even if there is no krishna paksha.
- If a solar eclipse occurs on a Sunday or a lunar eclipse on a Monday (from Monday sunset till Tuesday sunrise) then it is called a Chudamani grahana and the punya kalam accrues limitless benefit.
- Rise/set timings given here if any are calculated as per our tradition. Here refraction or bending of light by the air near the horizon is not

ବୈଦ୍ୟ-ପଦ୍ମ-ମାଧୁ-ପରିପାଳନ-ମନ୍ତ୍ର

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org

considered since it is unpredictable. Modern publications calculate refraction approximately showing rise times a few minutes earlier and set times a few minutes later. For anushthana, traditional times are to be taken.

॥ગુરુ-મુરમુખાન-મહુલ્લઃ॥

મુખમનમા મુક્તમુખાનં + માતૃચો પુત્રાચામઃ

ઉદય લગ્ન મુખિનં ઉદય ડાગલં યત્નુલં ઉદય
વિમુલં દેવલં ઉદય લક્ષ્મીપતેરશ્વિયં મુખામિ॥

મપવિરુઃ પવિરુ વા મવાવમુગડેપિ વા
યઃ મુરુદુર્ગીકાલં મ ગાઠાકુરુરઃ મુખિઃ॥

માનમં વાપિકં પાપં કમ્ભ મમુખાલ્લિતમા
મીરામઃ મુરલ્લૈવ વૃષેરુતિ ન મંમયઃ॥
મીરામ રામ રામ

તિથિવિપ્રમુષા વારે નરું વિપ્રુરેવ યા
યેગમ્ભ કરુત્તૈવ મવં વિપ્રુમયં અગડા॥
મીરુરે ગેવિનુ ગેવિનુ ગેવિનુ

મમેપાદુ-મમમુ-પ્રિરિત-લય-સ્વારા મીપરમેસ્વર-પીટુમા,

મી-રુગવડઃ વિપ્રે નારાયણમુ મપિરુયા મપરિમિતયા મકૃત્તિયમાણમુ મરુણલેખમુ
મપૈ પરિરુમડામા મનેકકેરિદ્ધાજ્જનામા જકડમે પુષિવી-મપા-ડેણે-વાયુ-મકામ-
મરુદ્ધર-મરુદ્ધા-મરુદ્ધેઃ મરુદ્ધેઃ મરુદ્ધે મમિના મરુદ્ધે રુદ્ધાજ્જ-કરુદ્ધ-મપૈ યતુરુમ-રુવન-
મરુદ્ધે રુ-મરુદ્ધે અમુ-પ્રુદ્ધ-માક-માલુલિ-કુમ-કૈષ્ઠ-પુષ્કાપૃ-મપુ-મ્મીપ-મપૈ અમુ-મ્મીપ
રારડ-કિમુરુધ-રુરિ-ડલાવડ-રમુક-કિરુદ્ધ-કુરુ-રુદ્ધ-કેડુમાલાપૃ-નવ-વદ્ધ-મપૈ
રારડ-વદ્ધે ડનુ-પૈરુ-ડામુ-ગરુમિ-નાગ-મૈમુ-ગરુદ્ધ-પારુ-રુરુડાપૃ-નવ-પદ્ધ-મપૈ
રારડ-પદ્ધે મુમેરુ-નિધન-કેમકુરુ-કિમાપલ-માલુવડા-પારિયાડક-ગરુમાદન-
કૈલામ-વિરુમાલાપિ-મનેકપુષ્પમૈલાનં મપૈ રુદ્ધકારુ-પમુકારુ-વિરુરુ-
વીરુરુ-વૈરુરુ-વૈરુરુ-મનેકપુષ્પમૈલાનં મપૈ કમ્ભુમે રામમેડુકેડારથેઃ

વેદ-પદ્મ-મામુ-પરિપાલન-મરુ

भट्टे छागीरषी-यभुन-नम्प-दिवे-मी-भलापकारि-मी-गेउभी-कृष्णवे-मी-उङ्गकम्प-
कावेदामि-मनेकपुष्टनमी-विराष्टिउं उन्पुम्-यभपुम्-मवत्रिकापुगी-रुभितपुगी-
मवेष्टापुगी-म्वरका-भवरापुगी-भायापुगी-कामीपुगी-कास्त्रीपुष्टामि-मनेकपुष्टपुगी-
विराष्टिउं -

मकल-एगडा-म्पुः परात्तद्वय-एवीनः रुद्रः द्वितीय-परात्तं पञ्चमम्प-मवृष्टे
पुषमे वद्धे पुषमे भामे पुषमे पद्धे पुषमे दिवमे मद्रि द्वितीये यामे उतीये भुक्तुं भ्रायभुव-
भ्रायेष्टिप-उडुम-उभम-रैवउ-गारूधाष्टिपु पद्म भनुपु मतीउपु मपुमे वैवधुउ-भवत्रुं
महाविमतिउमे कलियुगे पुषमे पादं मभिना वतुभावे वृवकारिकां पुरुवाप्तीनं
धनुः मंवद्गरां भट्टे

विश्रावम्प-नाभ-मंवद्गरं द्बि-यवे वद्ध-उडुं भिरु-छाम्प-भामे मुक्त -
पद्धे(३३:३३)/कृष्ण -पद्धे पौलभाभुं(३३:३३)/पुषभायां मुरु-तिषे छानु वामरयुक्तुयां
पुत्रपेष्टपम्प-नवड्युक्तुयां एति-येगयुक्तुयां गव-करां (३३:३३; गालव-करां)-
युक्तुयाभा एवं-गु-विमेष-विमिष्टायाभा मभुं पौलभाभुं(३३:३३)/पुषभायां
मुरुतिषे -

मनादि-मविष्ट-वामनया पुवतुभावे मभिना भरुति मभारपक्ते विमिष्टुक्तिः
कम्पगतिक्तिः विमिष्टुम्पु येनिपु पुनःपुनः मनेकण एतिद्ध केनापि पुष्टकम्प-विमेष-
उपनीतुन-भानुध-द्विएएन्पुविमेष पापुवउः भम -

एन्पुष्टभाडा एन्पुष्टुति एउडा-ब-पदुं गले केभारे येवने भट्टमे वयमि
वात्तके ए एगडा-धुप-मुधुपि-मवभामु भने-वाका-कायापु-दिकरां एष्टया कम्पेन्पु-
हनेन्पु-वृपारैः मभुविडानाभा उरु एन्पुनि एन्पुत्रुं ए हनहान-कुडानं
भलापाउकानं भलापाउक-मनुभरुद्धाप्तीनं मभपाउकानाभा उपपाउकानं भलिनी-
करां गारुण-मुष्टन-उपणीवनप्तीनाभा मपाडीकरां एडिह्मकरां
विमिडकम्पुष्टग-निन्पुउमभापराप्तीनं हनउः मकुडा कुडानाभा महनउः ममकुडा
कुडानं मवेधं पापानं मद्रुः मपनेदनां -

भलागम्पष्टामि-मभमु-वैदिक-दिवडा-मविष्टे (____-नम्पुः पुत्रे/द्बि-पञ्चिमे/उडुं
डीरे / ____-पुष्ट-डीरे) एन्पु-गु-पुष्ट-काले गु-मुरभुभानभा मरुं करिष्टु (मप
उपमृष्टु)

गङ्ग गङ्गेति ये रूयाष्टेनानं मडैरपि।
भट्टे मवपापेष्टु विपुलैकं म गम्पुति॥

वेद-एन्पु-माभु-परिपालन-भरा

ગજ્ઞે ય યમુને યૈવ ગેઘ્ઘવરિ મરધ્વડિ
નમ્મ્મિ મિરુ કાવેરિ અલ્લેઽમ્મિના મવિરિં કુશ્મ

મરિકુર મરુકાય કલ્પતુરુનેપમ
ઘેરવાય નમમુરુમા મરુલ્લે ઘરુમા મરુમિ

(પેરુલ્લ-મરુઃ/મરુ-મરુઃ)

(મરુકા વમુ પદ્મ કુલારવડા પુરુષાર્થ ય કુશ મરુમુલ્લે કુટડા)

॥ઉરુલ્લ-મરુલ્લ॥

મપવિરુઃ પવિરુ વા + પુરુડિષે

(પ્રાણીનવીડી) ગેરુલ્લમા + પુરુડિષે

મરુ-ગુરુલ્લ-પુરુ-કાલે વજ્રમય-પિરુના ઉરુમુ ડિલ-ઉરુલ્લ કરિષ્ઠે

॥ગુરુલ્લ-પરિહારઃ॥

પીઠિટાનિ નરુલ્લ				
પુરુ-પેરુપદ્મ*, મરુકિષકા, ઉરુ-પેરુપદ્મ, પુનરુમુઃ, વિમાપા (પ્રાણીન-વારુ-ગલિરુ-રુદ્ધા ડમાનિ મપિ - મરુકિષકા, મવિરુ, મરુ, વાડી)				
પીઠિટાઃ રામયઃ				
મરુકિષકા	કુરુ*	મીનઃ	કરુકઃ	વરુકિષકઃ
મરુકિષકા	મિરુનમા	મિરુઃ	રુલ	મરુકઃ

(* = ગુરુલ્લકાલિકમા)

ઉરુનલે રુદ્ધાપરુ રુઃ પ્રાણીન વાયુ-કુરુ-મરુઃ

મરુકુરુલ્લે મમ રામિ-મંમુ યુરુપરુગં મમયરુ મરુ

Those born in the previously mentioned rashis/nakshatras should perform parihara. Write the above verse on a card or a palm leaf and chant least a few times before tying it on the forehead.

The grahana is of Chandra. Paddy dhanya pleases Chandra.

વેરુ-પદ્મ-મામુ-પરિપાલન-મરુ

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org

Thus when the eclipse is over, perform danam of the above dhanyas with this card / palm leaf and offer it on the same or next day along with tam-būlam and some dakṣiṇa.

Repeat the following eight verses below as many times as possible.

॥परिकर-भेडभा॥

धेभे वण्णरे देवः मुट्टिणं पुरुडुअः।
भरुमनयनः मरुः गुरुपीणं वृपेरुडु॥०॥

भापं यः भवदेवानं भयुत्तिरभिउट्टिः।
अनुमुटे परागेडुं भा मयिः पीणं वृपेरुडु॥३॥

यः कडुभाणी लेकानं यमे भविषवारुनः।
अनुमुटे परागेडुं गुरुपीणं वृपेरुडु॥३॥

रुबेगल्लपिपः भावडा प्लयानलमव्विरुः।
उगुः करले निग ट्टिः गुरुपीणं वृपेरुडु॥६॥

नगपामणरे देवः मरु भकरवारुनः।
वरुले एललेकेमे गुरुपीणं वृपेरुडु॥५॥

यः पाल्लुपे लेकानं वायुः रुडुभगपियः।
अनुमुटे परागेडुं गुरुपीणं वृपेरुडु॥४॥

धेभे निणपट्टिरेवः पङ्कमुलणरे वरः।
अनुमुटे परागेडुं कलुधं मे वृपेरुडु॥१॥

धेभे मुलणरे रुडुः मङ्करे वधवारुनः।
अनुमुटे परागेडुं देधं नमवडु डुडुभा॥३॥



वेद-उद्ग-साम्-परिपालन-मठ

॥एन-मङ्गल॥

भभेपाङ्गु + पीटुं _____ गेइम्बुवम् / गेइम्बुवायाः _____ नबुइ _____ रामे एउम् /
एउयाः _____-मङ्गलः/-नाभः/-नाभुः एउ-गुरु-कालिक-रामि-नबुइ-मुण्डितउया
मभुविउम् मवविणम् मनिष्ठम् परिणारुं यषामक्ति किरण्णं करिषु

किरण्ण-गुरु-गुरुं कभगीं विणवभेः।

मनरु-पुण-ललभा मउः मातिं प्यम्भ मे॥

_____ गेइम्बुवम् / गेइम्बुवायाः _____ नबुइ _____ रामे एउम् / एउयाः _____-मङ्गलः/-
नाभः/-नाभुः एउ-गुरु-कालिक-रामि-नबुइ-मुण्डितउया मभुविउम् मवविणम्
मनिष्ठम् परिणारुभा उं किरण्णं मङ्गलिकं मउभुलं गुरु-य — उहुभा / मनभा
उम्भुय / यम्भैकम्भैगिण — मउं मभुण्णं न भभा॥

॥भेव-भान-मङ्गल॥

भभेपाङ्गु-मभु-मुरिउ-वय-मगर मीपरमेश्वर-पीटुं एउ-गुरु-भेव-भानं करिषु



वेद-उद्ग-साम्-परिपालन-मठ

☎ 9884655618

☎ 8072613857

✉ vdspsabha@gmail.com

🌐 vdspsabha.org