

- 1) As a student, gaining knowledge in math, science and other fields;
- 2) supporting and raising a family;
- 3) as a grandparent, semi-retired, devoting more time to religious pursuits and community programs while guiding one's offspring and their children;
- 4) as the physical forces wane, withdrawing more and more into religious practices.



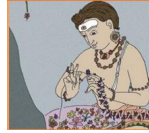
1. Student, age
12â24
Brahmacharya
Ashrama



2. Householder, age
24â48
Grihastha Ashrama



3. Senior Advisor,
age 48â72
Vanaprastha
Ashrama



4. Religious
Devotion, age 72 &
onward
Sannyasa Ashrama