

God walks in the garb of a beggar. He moans in pain in the guise of the sick. Open your eyes. See Him in all. Serve all. Love all.

Swami Sivananda

- 1/2 Purnima 2 Purnima
- 12 Ekadasi
- 14 Makar Sankranti (8.00 p.m. Uttarayana Punyakala); Pradosha Puja
- Amavasya 17 Amavasya
- 22 Vasanta Panchami
- 24 Ratha Saptami; Bhishma Ashtami
- 26 Republic Day
- 27 Ekadasi
- 29 Pradosha Puja
- 31 Purnima; Lunar Eclipse (5.18 p.m. to 8.41 p.m.)

January 2018				पौष-माघ २०७४			
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
	चतुर्दशी-पूर्णिमा	पूर्णिमा	मा.कृ. द्वितीया	तृतीया	चतुर्थी	पंचमी	
7	8	9	10	11	12	13	
षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी	
14	15	16	17	18	19	20	
त्रयोदशी	चतुर्दशी	अमावास्या	अमावास्या	मा.शु.१	द्वितीया	तृतीया	
21	22	23	24	25	26	27	
चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी-एकादशी	
28	29	30	31				
द्वादशी	त्रयोदशी	चतुर्दशी	पूर्णिमा				

NOTES

- ** 8th of every month is observed as the birth-date of H.H. Sri Swami Sivanandaji Swami Maharaj.
- All Souls' Day on all
- Sri Veda-Bhagavan Puja on every Purnima and Amavasya evening.
- Sri Satyanarayana Puja on every Purnima evening.
- Sri Mahamrityunjaya Havan on Pradosha Puja day.
- Sri Suryanarayana Puja on Sundays.
- Sri Siva Puja on Mondays.
- Sri Skanda Puja on
- Tuesdays.
- Sri Vishnu Puja on Wednesdays.
- Sri Guru Puja on Thursdays.
- Special Ganga Puja and Lakshmi Puja on Fridays.
- Sri Hanuman Puja on Saturdays.

30 secret

The beauty is not dress and ornaments, but good character and the possession of divine virtues.

Swami Sivananda

- 11 Ekadasi
- 13 Pradosha Puja
- 14 Sri Maha Sivaratri 15 Amavasya
- 26 Ekadasi
- 27 Pradosha Puja

Febr	uary 2	फाल्गुन	२०७४			
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				फा.कृ.१	द्वितीया	तृतीया
4	5	6	7	8	9	10
चतुर्थी	पंचमी	षघ्ठी	सप्तमी	अष्टमी	नवमी	दशमी
11	12	13	14	15	16	17
एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	अमावास्या	फा.शु.१	द्वितीया
18	19	20	21	22	23	24
तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी
25	26	27	28			
दशमी	एकादशी	द्वादशी	त्रयोदशी			

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- Sri Suryanarayana Puja on Sundays.
- Sri Siva Puja on Mondays.
- Sri Skanda Puja on Tuesdays. Sri Vishnu Puja on
- Wednesdays Sri Guru Puja on Thursdays.
- Special Ganga Puja and Lakshmi Puja on Fridays.
- Sri Hanuman Puja on Saturdays.

The Lord Himself seeks for His seat, the heart of one who is humble, devoted and pure.

Swami Sivananda

- 1 Purnima: Sri Chaitanya Mahaprabhu Jayanti
- 2 Holi 13 Ekadasi
- 14 Pradosha Puja
- 17 Amavasya
- 18 Ugadi; Lunar New Years's Day; Vasanta Navaratri Begins
- 25 Sri Ramanavami
- 27 Ekadasi
- Pradosha Puja; Mahaveer Jayanti Purnima;
- Sri Hanuman Jayanti

फाल्गुन–चैत्र २०७४–७५ March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				चतुर्दशी-पूर्णिमा	चै.कृ.१	द्वितीया
4	5	6	7	8	9	10
तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	अष्टमी
11	12	13	14	15	16	17
नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	अमावास्या
18	19	20	21	22	23	24
चै.शु.१	द्वितीया	तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी
25	26	27	28	29	30	31
अष्टमी-नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	पूर्णिमा

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 Puja on Sundays.
- Sri Siva Puja on Mondays.
- Sri Skanda Puja on Tuesdays.
- Sri Vishnu Puja on Wednesdays
- Sri Guru Puja on Thursdays.
- Special Ganga Puja and Lakshmi Puja on Fridays.
- Sri Hanuman Puja on Saturdays.

The chief beauty

April 2018

MON

2

द्वितीया

9

नवमी

16

अमावास्या

अष्टमी

30

TUE

तृतीया

10

दशमी

17

वै.शु.१

24

नवमी

WED

4

चतुर्थी

11

एकादशी

18

तृतीया

25

दशमी

THU

5

पंचमी

12

एकादशी

19

चतुर्थी

26

एकादशी

SUN

वै.कृ.१

8

अष्टमी

15

सप्तमी

of life is sacrifice of one's dearest interest at the altar of Truth.

Swami Sivananda

12	Ekadasi;
	Sri Vallabhacharya
	Jayanti
	Decident - Date

- Jayanti
 13 Pradosha Puja
 14 Mesha Sankranti
 (10.03 a.m.)
 15/16 Amavasya
 16 Somavati Amavasya
 18 Akshaya Tritiya;
 Sri Parashurama
 Jayanti
 20 Sri Adi
 Shankaracharya
 Jayanti
 21 Sri Ramanujacharya
 Jayanti

- Jayanti 22 Sri Ganga Saptami
- 26 Ekadasi 27 Pradosha Puja 28 Sri Narasimha
- Jayan 29/30 Purnir 30 Purni Sri Bı

arasimha iti	
ma	
ma;	
uddha Jayanti	

पर्णिमा बतुर्दशी−पू<mark>र्णिमा</mark> May 2018 ज्येष्ठ-अधिक ज्येष्ठ २०७५

the hidden seeds of good. Swami Sivananda

All troubles and

sufferings contain

- 11 Ekadasi 13 Pradosha Puja
- 15 Amavasya
- 24 Sri Ganga Dashahara
- 25 Ekadasi
- 26 Pradosha Puja
- 29 Purnima

may 2010			04-0 011-47-04-0 10-04				
SUN	MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	5	
		ज्ये.कृ.१	द्वितीया	तृतीया	चतुर्थी	पंचमी	
6	7	8	9	10	11	12	
षण्ठी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी	
13	14	15	16	17	18	19	
त्रयोदशी	चतुर्दशी	अमावास्या	ज्ये.शु.१	द्वितीया	तृतीया	चतुर्थी	
20	21	22	23	24	25	26	
पंचमी-षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी	
27	28	29	30	31			
त्रयोदशी	चतुर्दशी	पूर्णिमा	ज्ये.कृ.१	द्वितीया			

NOTES

NOTES

is observed as the birth-date of H.H. Sri

All Souls' Day on all

Sri Veda-Bhagavan

Puja on every Purnima and Amavasya

Sri Satyanarayana

Puja on every Purnima evening.

Sri Mahamrityunjaya Havan on Pradosha Puja day.

Sri Suryanarayana Puja on Sundays Sri Siva Puja on

Sri Skanda Puja on

Sri Vishnu Puja on Wednesdays

Sri Guru Puja on

Special Ganga Puja and Lakshmi Puja on Fridays.

Sri Hanuman Puja on Saturdays.

Maharai.

Amavasyas

evening.

Mondays.

Tuesdays.

Thursdays.

8th of every month

Siyanandaii

वैशाख २०७५

SAT

सप्तमी

14

त्रयोदशी 21

षष्ठी

28

त्रयोदशी-चतुर्दशी

FRI

6

षष्ठी

13

द्वादशी

20

पंचमी

27

द्वादशी

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- Sri Siva Puja on Sri Si Mondays. Sri Skanda Puja on
- Tuesdays. Sri Vishnu Puja on
- Wednesdays. Sri Guru Puja on
- Thursdays.
- Special Ganga Puja and Lakshmi Puja on Fridays.
- Sri Hanuman Puja on Saturdays.

secret of true life is in the love of God and the service of humanity.

Swami Sivananda

- 1 Anniversary of of H.H. Sri Swami Sivanandaji Maharaj
- 10 Ekadasi
- 11 Pradosha Puja
- 13 Amavasva
- 24 Ekadasi (Nirjala)
- 25 Pradosha Puja
- 27/28 Purnima
- 28 Purnima

June	2018		ज्येष्ठ-आषाढ़ २०७५			
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					तृतीया	चतुर्थी
3	4	5	6	7	8	9
पंचमी	षष्ठी	षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी
10	11	12	13	14	15	16
एकादशी	द्वादशी	त्रयोदशी-चतुर्दशी	अमावास्या	ज्ये.शु.१	द्वितीया	तृतीया
17	18	19	20	21	22	23
चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी
24	25	26	27	28	29	30
एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी-पूर्णिमा	पूर्णिमा	आ.कृ.१	द्वितीया

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- Sri Siva Puja on Mondays.
- Sri Skanda Puia on Tuesdays.
- Sri Vishnu Puja on Wednesdays
- Sri Guru Puja on Thursdays
- Special Ganga Puja and Lakshmi Puja on Fridays.
- Sri Hanuman Puja on Saturdays.

Your real Guru or preceptor is in your own heart. He is the Inner Ruler or Indweller.

Swami Sivananda

- 9 Ekadasi 10 Pradosha Puja 12/13 Amavasya
- 13 Amayasya
- 23 Harishayani Ekadasi 24 Chaturmasya Vrata
- Begins
- 25 Pradosha Puja 27 Sri Guru Purnima: Sri Vyasa Puja; Sri Guru Puja; Lunar Eclipse from 11.54 p.m. on 27th July to 3.49 a.m. on 28th July

July 2018	आषाढ़-श्रावण	२०७५

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी
8	9	10	11	12	13	14
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी–अमावास्या	अमावास्या	आ.शु.१-द्वितीया
15	16	17	18	19	20	21
तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी
22	23	24	25	26	27	28
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	पूर्णिमा	श्रा.कृ.१
29	30	31	8			

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- Sri Suryanarayana Puja on Sundays.
- Sri Siva Puja on Mondays
- Sri Skanda Puja on
- Sri Vishnu Puja on
- Wednesdays Sri Guru Puja on
- Special Ganga Puja and Lakshmi Puja on
- Sri Hanuman Puja on Saturdays.

Every failure is a stepping stone to success. Nil desperandum. March forward, O hero!

Swami Sivananda

- 5 55th Anniversary of Punyatithi Aradhana of H.H. Sri Swami Sivanandaji Maharaj
- Ekadasi
- Pradosha Puja 11 Amavasya
- 15 Independence Day: Naga Panchami
- Sri Tulsidas Jayanti
- 22 Ekadasi 23 Pradosha Puja
- 25/26 Purnima
- 26 Purnima; Raksha Bandhan

August 2018	श्रावण-भाद्रपद २०७५
August Eviv	7144 1144 1064

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			चतुर्थी	पंचमी	षष्ठी	सप्तमी
5	6	7	8	9	10	11
अष्टमी-नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	अमावास्या
12	13	14	15	16	17	18
श्रा.शु.१	द्वितीया	तृतीया	चतुर्थी	पंचमी-षष्ठी	सप्तमी	अष्टमी
19	20	21	22	23	24	25
नवमी	नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी-पूर्णिमा
26	27	28	29	30	31	
पूर्णिमा	भा.कृ.१	द्वितीया	तृतीया	चतुर्थी	पंचमी	

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- Sri Mahamrityunjaya Havan on Pradosha Puja day.
- Sri Suryanarayana Puja on Sundays.
- Sri Siva Puja on Sri Skanda Puia on
- Tuesdays Sri Vishnu Puja on
- Wednesdays Sri Guru Puja on Thursdays.
- Special Ganga Puja and Lakshmi Puja on
- Sri Hanuman Puja on Saturdays.

You have wasted much your life. A little time is left. Make the best use of it. You too can realise God and be ever happy.

Swami Sivananda

- Sri Krishna Jayanti Ekadasi
- Pradosha Puja
- 10th Anniversary of Punyatithi Aradhana of H.H. Sri Swami Chidanandaji Maharaj 131st Birth Anniversary of H.H. Sri Swami Sivanandaji Maharaj
- Amavasya Ganesha Chaturthi
- 14 Rishi Panchami
- Ekadasi
- 21 Vamana Javanti Pradosha Puja
- 23 Sri Ananta Chaturdasi
- 24/25 Purnima 25 Purnima; Mahalaya (Pitri Paksha) begins

भाद्रपद-आश्विन २०७५ September 2018

SUN	MON	TUE	WED	THU	FRI	SAT
30 _{पंचमी}			-			1 _{ਬਾਠੀ}
2	3	4	5 दशमी	6 एकादशी	7 द्वादशी-त्रयोदशी	8 चतुर्दशी
9	10	11	12	13	14	15
3 मावास्या	भा.सु.१ 17	_{द्वितीया} 18	_{तृतीया} 19	_{चतुर्थी}	^{մահ}	_{पछी}
सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी	त्रयोदशी
23 चतुर्दशी	24 चतुर्दशी-पूर्णिमा	25 पूर्णिमा	26	27	28	29 _{चतुर्थी}

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- Sri Suryanarayana
 Puja on Sundays.
- Sri Siva Puja on
- Sri Skanda Puja on
- Sri Vishnu Puja on
- Sri Guru Puja on
- Special Ganga Puja and Lakshmi Puja on
- Sri Hanuman Puja on Saturdays.

October 2018

29

28

30

षष्ठी

The world is like a mirror. If you smile, it smiles. If you frown, it frowns back.

Swami Sivananda

5	Ekadasi
6	Pradosha Puja
8/9	Amavasya; Mahalaya
	(Pitri Paksha) ends

- 9 Amavasya
- 10 Navaratri Puja begin 16 Saraswati Avahana
- 17 Sri Durga Ashtami: Sri Mahanavami
- 18 Sri Navaratri Puja concludes
- 19 Vijaya Dashami
- 20 Ekadasi
- Pradosha Puja
- 24 Purnima: Maharshi Valmiki Javanti

October 2010				जााबन-काराक २०७५			
SUN	MON	TUE	WED	THU	FRI	SAT	
	1	2	3	4	5	6	
	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	द्वादशी	
7	8	9	10	11	12	13	
त्रयोदशी	चतुर्दशी-अमावास्या	अमावास्या	आ.शु.१	द्वितीया	तृतीया	चतुर्थी	
14	15	16	17	18	19	20	
पंचमी	षष्ठी	सप्तमी	अष्टमी	नवमी	दशमी	एकादशी	
21	22	23	24	25	26	27	
द्वादशी	त्रयोदशी	चतुर्दशी	पूर्णिमा	का.कृ.१	द्वितीया	तृतीया	

आश्रिन-कार्तिक २०७५

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- Sri Siva Puja on Mondays.
- Sri Skanda Puia on
- Sri Vishnu Puja on Wednesdays.
- Sri Guru Puja on
- Special Ganga Puja and Lakshmi Puja on Fridays.
- Sri Hanuman Puja on Saturdays.

The best teacher the world, the best book is nature, and the best friend is God. Swami Sivananda

- 1 Sri Radha Ashtami
- 3 Ekadasi 5 Pradosha Puja
- 6 Naraka Chaturdasi
- Amavasya; Deepavali Govardhan Puja; Sri Gow Puja; Sri Bali Puja
- 13 Skanda Shasthi 15 Gopashtami: 17th Anniversary of Punyatithi Aradhana of
- H.H. Sri Swami Krishnanandaji Maharaj Ekadasi; Tulasi Puja; Utthana Dvadashi; Chaturmasya Vrata Ends
- 20 Pradosha Puja
- 21 Vaikuntha Chaturdasi
- 22/23 Purnima 23 Kartika Purnima
- Sri Gurunanak Jayanti

कार्तिक-मार्गशीर्ष २०७५ November 2018

31

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				अष्टमी	नवमी-दशमी	एकादशी
4	5	6	7	8	9	10
द्वादशी	त्रयोदशी	चतुर्दशी	अमावास्या	का.शु.१	द्वितीया	तृतीया
11	12	13	14	15	16	17
चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	अष्टमी	नवमी
18	19	20	21	22	23	24
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी- <mark>पूर्णिमा</mark>	पूर्णिमा	मा.कृ.१
25	26	27	28	29	30	
द्वितीया	तृतीया-चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी	

NOTES

- 8th of every month is observed as the birth-date of H.H. Sri Swami Sivanandaji Swami Maharaj.
- All Souls' Day on all Amavasyas.
- Sri Veda-Bhagavan Puja on every Purnima and Amavasya evening.
- Sri Satyanarayana
 Puja on every Purnima evening.
- Sri Mahamrityunjaya Havan on Pradosha Puja day.
- Sri Suryanarayana
 Puja on Sundays. Sri Siva Puja on
- Mondays. Sri Skanda Puja on Tuesdays.
- Sri Vishnu Puja on Wednesdays.
- Sri Guru Puja on Thursdays.
- Special Ganga Puja and Lakshmi Puja on

pure heart man's only passport into the infinite realm of

eternal bliss. Swami Sivananda

- 3 Ekadasi: 75th Anniversary Sankirtana Yaina at Sivananda Ashram 4 Pradosha Puja
- 6/7 Amavasva
- 7 Amavasya 18 Ekadasi; Gita Jayanti
- 20 Pradosha Puja
- Sri Dattatreva Javanti
- 24 Christmas Eve
- 25 Christmas Day
- 31 75th Anniversary of Pratishtha Mahotsava of Sri Viswanatha Mandir a

December 2018 मार्गशीर्ष-पौष २०७५ CIIN MON THE WED THII FRI SAT

MON	IUE	WED	IHU	FKI	SAI
31					1
दशमी					नवमी
3	4	5	6	7	8
एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी-अमावास्या	अमावास्या	मा.शु.१
10	11	12	13	14	15
तृतीया	चतुर्थी	पंचमी	षष्ठी	सप्तमी	अष्टमी
17	18	19	20	21	22
दशमी	एकादशी	द्वादशी	त्रयोदशी	चतुर्दशी	पूर्णिमा
24	25	26	27	28	29
	31 दशमी 3 एकादशी 10 तृतीया 17	31 दशमी 3 4 एकादशी द्वादशी 10 11 तृतीया चतुर्थी 17 18 दशमी एकादशी	31 and	31 दशमी 3 4 5 6 एकादशी द्वादशी प्रयोदशी प्रवंगी-अभाषाच्या 10 11 12 13 तृतीया घतुर्थी पंचमी पच्छी 17 18 19 20 दशमी एकादशी द्वादशी प्रयोदशी	31 दशमी 3 4 5 6 7 एकादशी द्वादशी प्रयोदशी प्रयोदशी अमावास्या 10 11 12 13 14 तृतीया चतुर्थी पंचमी पस्ठी सस्तमी 17 18 19 20 21 दशमी एकादशी द्वादशी प्रयोदशी चतुर्दशी

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 Puja day.
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- Sri Siva Puja on Mondays.
- Sri Skanda Puja on Tuesdays.
- Sri Vishnu Puja on Wednesdays.
- Sri Guru Puja on Thursdays.
- Special Ganga Puja and Lakshmi Puja on Fridays.
- Sri Hanuman Puja on Saturdays.

सप्तमी



THE DIVINE LIFE SOCIETY

पंचमी

तृतीया चतुर्थी

द्वितीया

पौ.कृ.१

SIVANANDA ASHRAM, P.O. SHIVANANDANAGAR—249 192, RISHIKESH TEHRI-GARHWAL, UTTARAKHAND (HIMALAYAS), INDIA

