

PARMARTH

April 2018 Newsletter



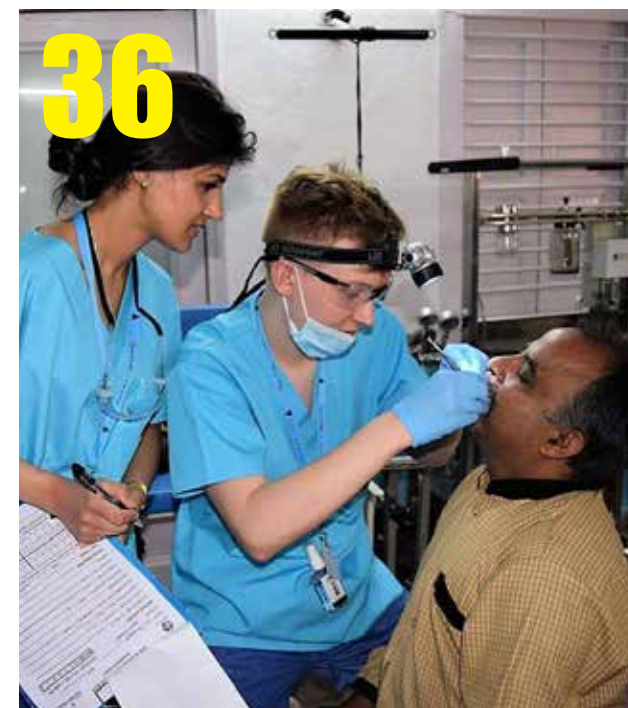
This beautiful Newsletter highlights numerous recent events including Pujya Swamiji's inspiring and historic address at Jamait Ulama-i-Hind's Peace & Unity Summit in Bihar, the Green Katha held at Parmarth in support of Ekal Vidyalaya, Speaker of the Lok Sabha Smt. Sumitra Mahajan's green 75th birthday celebrations at Parmarth and the Global Interfaith WASH Alliance's Earth Week celebrations that engaged and motivated hundreds of children across numerous schools and communities. Leaders such as Senior BJP Leader Mananiya LK Advani, UP BJP State President Dr. MN Pandey, famous cricketer Rahul Dravid, singer Anand Raj Anand and many others visit Parmarth, meet Pujya Swamiji and take part in its world-famous Ganga Aarti. Sadhvi Bhagawatiji inaugurated the Women's Economic Forum in Delhi, at which she was conferred with an Honorary Doctorate of Philosophy for her tireless service to humanity, her divine presence at the National Buddha Jayanti Celebrations, which was inaugurated by Prime Minister of India Shri Narendra Modi as well as her talks at the Life Plugin Summit inspiring the international youth leaders with spirituality in the modern world.

CONTENTS

- | | | | |
|-----------|---|-----------|--|
| 04 | Peace & Unity Summit Organised by the Jamait Ulama-i-Hind, Bihar | 23 | 2nd Meeting of the Indian Yoga Association's Governing Council |
| 06 | Speaker of Lok Sabha Celebrates Her 75th Birthday at Parmarth | 24 | Joint Magistrate Nitika Khandelwal & Dr. Rahul Gupta's Wedding at Parmarth |
| 07 | Green Katha in Support of Ekal Vidyalaya Foundation | 25 | Rahul Dravid Visits Parmarth Niketan |
| 10 | Mananiya LK Advani Visits Parmarth | 26 | Anand Raj Anand Visits Parmarth |
| 11 | Hon'ble Chief Minister Meets with FICCI, GIWA & Parmarth | 26 | Daughter of Thailand's Former Prime Minister Visits Parmarth |
| 12 | Earth Week Celebrations & Every Day as Earth Day | 27 | Honoring the Practice of Ahimsa on World Earth Day |
| 15 | Faith-Based Approaches to Sexual & Reproductive Health at the UN | 28 | Shrimad Bhagwat Katha Dedicated to Environment & Swachh Bharat |
| 16 | UP BJP State President Dr. MN Pandey Visits Parmarth | 29 | Mananiya Indresh Kumar & Muslim Leaders Attend Ganga Aarti |
| 17 | Health Minister of India Pledges for Health of the Environment | 30 | Meeting with Union Minister for AYUSH Shripad Naik |
| 18 | Kotdwar Gurukul Jubilee with Hon'ble Ministers | 31 | World Dance Day Celebrations |
| 19 | Meeting with Namami Gange's New DG to discuss a Clean & Green River Ganga | 32 | Pujya Morari Bapuji's Divine Darshan & Blessings |
| 20 | Inauguration of the Women Economic Forum 2018 | 33 | Sadhvi Bhagawatiiji Meets with HH Drikung Kyabgon Chetsang Rinpoche |
| 21 | Honorary Doctorate of Philosophy Conferred to Sadhvi Bhagawatiiji | 34 | Life Plugin Summit in Shimla Inspires International Young Leaders |
| 22 | National Buddha Jayanti Celebrations with Hon'ble Prime Minister Modi | 36 | Free Oral & Dental Health Camp at Parmarth Nikewtan |
| | | 37 | The Sacred Science of Kriya Yoga at Parmarth Niketan |
| | | 40 | Volunteer with Us |

VISIT OUR WEBSITES

www.washalliance.org (Global Interfaith WASH Alliance)
www.parmarth.org (Parmarth Niketan, Rishikesh)
www.gangaaction.org (Ganga Action Parivar)
www.divineshaktifoundation.org (Divine Shakti Foundation)
www.projecthope-india.org (Project Hope)





Peace and Unity Summit Organised by the Jamait Ulama-i- Hind,Bihar

[Click here to watch Pujya Swamiji's
incredible speech](#)



Pujya Swamiji was the Chief Guest at the 10th annual event organized in Kishanganj, Bihar, in which more than two lakh Maulana and Muslim brothers from different provinces of India participated.

Pujya Swamiji and Maulana Mahmood Madaniji, Secretary General of Jamiat Ulama-i-Hind, traveled together from Delhi to Bihar, and were warmly and enthusiastically welcomed by many members of the Jamiat Ulama-i-Hind national, state and local chapters at the Bagdogra Airport.

The next day, the highly anticipated Peace and Unity Summit was held with the purpose of peace building and interfaith harmony, especially in light of the recent communal clashes in Aurangabad, around the time of Ram Navami. The purpose of the

conference was to emphasize national unity, brotherhood and swachhta (cleanliness) in our communities. It also addressed how young people of every faith tradition could be inspired to do away with violence, instigation and intoxication and be motivated to actively work towards building greater harmony between members of their own faith as well as members of other faith traditions.

Pujya Swamiji and Respected Maulana Mahmood Madaniji collectively inspired everyone with the message of working together for water conservation and tree plantation in order to create clean, green, and more united communities for all.

Pujya Swamiji presented all respected dignitaries with a sacred Rudraksha sapling as a symbol of their clean and green pledge.



[Click here to see more](#)



Speaker of Lok Sabha Celebrates Her 75th Birthday at Parmarth

Smt. Sumitra Mahajan, Speaker of the Lok Sabha, Government of India, currently the longest-serving woman member of Lok Sabha, received divine blessings of Pujya Swami Chidanand Saraswatiji, Pujya Swami Govind Giri Maharaaj & Pujya Sadhvi Ritambharaji (Didi Maa) during her visit to Parmarth Niketan, which coincided with her 75th birthday.

She performed the divine Ganga Aarti ceremony during her stay at the ashram. Pujya Swamiji, who led the world-renowned evening ceremony on her birthday, announced the plantation of 75 trees in honour of her birthday and encouraged everyone to plant as many trees as the number of birth years or anniversary years we celebrate. Joining the special Ganga Aarti was Former Chief Minister of Uttarakhand and current MLA of Haridwar Dr. Ramesh Pokhriyal Nishankji, Sadhvi Abha Saraswatiji of Parmarth Niketan and Smt. Sumitra Mahajan's childhood friend Sudha Yalavatti.

During the ceremony Pujya Swami Chidanand Saraswatiji said, "I am so deeply impressed by the humility, nobility and simplicity of our Hon'ble Speaker. She is truly a Speaker who speaks volumes by her divine example. Her ever peaceful, ever smiling face in Lok Sabha or at any phase of her life is a testament to how we can live and be Yoga."

Smt. Sumitra Mahajan expressed that her birthday celebrations were truly memorable and divine. She said that it was not only a one evening or night celebration but rather the whole day and every moment was a celebration, revealing ways that she was able to be of greater service and inspiration to others. She expressed her gratitude to Pujya Swamiji for having invited her to experience some of the most beautiful moments of her life.

She was blessed by Pujya Swami Chidanand Saraswatiji with a sacred Rudraksha sapling and she in turn symbolically offered 75 Rudraksha plants to the young Parmarth Gurukul students to be planted by them in the upcoming monsoon season.

She also was blessed with a beautiful fresh and fragrant flower mala from Pujya Swamiji, welcoming her home, and discussed with him various service initiatives and interfaith harmony initiatives thriving under the Global Interfaith WASH Alliance and it's sister organisations.

"During her three day stay, she also participated in the Shri Ram Katha and symbolically planted one of the 75 saplings in the ashram premises before she departed."



[Click here to see more](#)

Green Katha in Support of Ekal Vidyalaya Foundation

A special seven-day Shrimad Bhagwat Katha by Pujya Swami Govind Giri Maharaaj was jointly organised by Bharatiya Lok Shiksha Parishad (BLSP) and Parmarth Niketan on the Parmarth Ganga Ghat. The Katha was especially organized to support and help the Ekal Vidyalaya Foundation scale, expand and build one lakh schools for villages across the nation. The concept was blessed by Pujya Swamiji.

On this occasion, Pujya MM Swami Asanganandji of Parmarth Niketan said that by giving donations to human values and education we were not building the future of a child but the future of the nation. All saints lauded and blessed the Ekal Vidyalaya and the efforts to integrate Siksha (Education) and Sanskaras (Human Values) together for a stronger and more resilient India.

The goal of a Ekal Vidyalaya is to educate and connect the farmers, tribals and the most disadvantaged communities of our na-

tion together towards their empowerment and active engagement in building a better nation. Through the Ekal Vidyalaya, 67 thousand schools are being run in remote areas of India, through which about 18 lakh children are being provided basic education, sanitation, and environmental protection. In Uttarakhand alone, more than 1350 centers of Ekal Vidyalaya are being run in Khatima, Chamoli, Udham Singh Nagar, Almora and many other areas.

Pujya Swamiji spoke beautifully about the start of the Ekal Foundation and the conception of this mission to educate every child and to reach the most disadvantaged communities with the power of Siksha and Sanskar. He lauded all of the members of the initiative and blessed those present in the Katha with sacred Rudraksh saplings, symbolizing their commitment to educating a generation that is more conscious and ready to protect their environment and their sacred rivers.





Saints who graced the Katha included:

1. MM Pujya Swami Asanganand Saraswatiji
2. Pujya Ramanandacharya Swami Hansdevacharyaji
3. Pujya Swami Shri Achyutanand Teerthji
4. Pujya Acharya MM Swami Balkanandji Maharaj
5. Pujya Acharya Shri Avichal Maharaj
6. Pujya Prabhadrishwar Acharya
7. Gitamanishi MM Pujya Swami Gyananandji
8. Yogpuruush Pujya Swami Parmanandji Maharaj
9. Pujya Sadvhi Ritambharaji (Didi Maa)
10. MM Pujya Swami Harichetanandji
11. MM Pujya Swami Ishwar Dasji
12. MM Pujya Swami Jyotirmanandji
13. MM Pujya Bhakta Hariji
14. and senior members of the Ekal Vidyalaya Initiative and BLSP



Click here to watch blessings from the saints



[Click here to see more](#)

Mananiya LK Advani Visits Parmarth

Green Tribute to Divine Soul
Smt. Kamla Advani



Mananiya Shri LK Advani, Senior BJP Leader, and his family visited their Himalayan home to pay tribute to the Rudraksha Smriti Van in memory of Smt Kamla Advani. Two years ago, they had come to take part in a special pooja and planted two sacred Rudraksha saplings in her honour, visiting again last year their sapling. This year, it has grown significantly and is coming up to be a beautiful tree.

Pujya Swamiji said about the memorial tree, "If we turn our traditions and festivals into green ones, then not only will we preserve the memory of our loved ones but connect the future generation to them forever. This is the kind example that is needed today for us to embrace, accept and promote these sustainable actions to set the foundation of our brighter, cleaner, greener tomorrow."

The Advani family prayed and offered homage to the beautiful green memorial Rudraksha garden planted in memory of the late Smt Kamla Advani, at the feet of the iconic Lord Shiva murti in Parmarth Niketan's Yoga Garden with Pujya Swamiji

and Sadhvi Bhagawati. They offered their bhavanjali and pushpanjali to the sacred tree and to the sacred feet of Lord Shiva in her memory.

They reminisced about how much Smt. Kamla Advani loved the River Ganga and Parmarth Niketan's divine Ganga Aarti, and also discussed her deep connection with Parmarth Niketan Ashram, which she visited frequently with her family.

As Pujya Swamiji had not been able to be there for Mananiya Advani's birthday earlier in the year, 90 earthen lamps were lit and 90 trees were given to the Parmarth Rishikumars to be planted in the upcoming monsoon season in celebration of his 90th birthday.

During the visit, important discussions took place between Pujya Swamiji and Shri Advani about the many solutions to the pollution and the multi-faceted threats facing our National River Ganga and the environment.

Hon'ble Chief Minister Meets with FICCI, GIWA, Parmarth Niketan & Other Partners

Uttarakhand's Hon'ble Chief Minister, Shri Trivendra Singh Rawat, hosted a delegation from FICCI, GIWA, Parmarth Niketan and other partners for a focused meeting regarding a special project which stands to revolutionize agriculture and help halt reverse migration in rural Dev Bhoomi.

According to the 2011 Census, there are 968 uninhabited villages in Uttarakhand and 3.36 lakh homes are locked up in 13 districts of the state, due in large part to economic factors. In addition, countless families have been separated, as wage-earners leave their rural homes to eke out incomes elsewhere.

During the meeting, Federation of Indian Chambers of Commerce & Industry (FICCI) Deputy Secretary General, Shri Nirankar Saxena, outlined an impressive proposal that would stand to create an estimated 50,000 jobs in 5 years through the cultivation of organic herbs and produce. The project would include the training and hand-holding of thousands of farmers to cultivate organic herbs and crops, alongside linkages to enable harvests to be seamlessly sold to buyers across the nation and around the world.

Under its new Organic Agriculture Act, Uttarakhand is to become the second state in India, after Sikkim, to go organic,

leading to a host of opportunities for farmers to sell crops that are growing in global demand. Yet, if these farmers are to become successful, it will be crucial that their skills are upgraded and that they are able to sell their goods from their secluded villages, said HH Pujya Swami Chidanand Saraswatiji.

Said Sadhvi Bhagawati Saraswati, Secretary General of the Global Interfaith WASH Alliance (GIWA), "The beautiful state of Uttarakhand is home to the holy Himalayas, through which the Ganga and Yamuna flow. The herbs grown here are known even in the scriptures for their distinctive properties, yet the international markets are stocked with herbs from Los Angeles. It is time we change this."

During the meeting, a brochure regarding GIWA's upcoming Ganga River Institute was presented to the Hon'ble Chief Minister. The Ganga River Institute will support the FICCI initiative by facilitating community members in villages lining the Ganga in becoming leaders in protecting, cleaning and restoring their sections of the river through innovations such as water-saving herb and tree cultivation, the restoration of indigenous springs, community-led awareness and monitoring programmes and more.





[Click here to watch Sadhviji's Earth Day speech](#)



[Click here to see more](#)

Earth Week Celebrations & Every Day As Earth Day

A beautiful clean-up and awareness rally was organized for a Swachh Bharat and Clean Ganga in which students from Prakash Bharti, SVN Pashulok, SV Chandreshwar, Chandreshwar Public School and Parmarth Gurukul, Rishikesh participated. The event celebrated an entire week of celebrations dedicated to Earth Day with the spirit and theme that every day should really be dedicated to the preservation and protection of our Mother Nature and Mother Earth.

The rally started from Parmarth Niketan and went through Swargashram, Rishikesh to the Rajaji National Park with the chanting of inspiring slogans by the students as well as street drama, banners and flags.

A unique and special Ganga Rakhi was tied by every child on the banks of Maa Ganga symbolizing a pledge and an oath to protect and preserve Mother Ganga and all Her tributaries from pollution. Students also participated in painting and slogan writing competition. Prizes were distributed to the students and schools performing best in this competition.

Pujya Swamiji appraised the students about the importance of clean water and adequate sanitation. He said: "If Ganga dies, India dies, but if Ganga thrives, then only India thrives. We need to understand that the Earth does not need us but we need the Earth. We must be the change! You are not only the next generation but the NOW genera-

tion -- the agents through which the much needed change the world must happen today."

Pujya Swamiji urged the students to plant trees, on every occasion, i.e. weddings, birthdays or any special occasion and to celebrate every occasion as World Earth Day. Global Interfaith WASH Alliance's beautiful Water Blessing Ceremony for water conservation and improved WASH concluded the day. Enthusiastic students and teachers of these schools left Pujya Swamiji's hut by chanting slogans and with a renewed commitment in their hearts to remain stewards of their environment.

Faith-based Approaches to Sexual and Reproductive Health from a Human Rights' Perspective at the UN



Earth Day celebrations continued throughout the entire week as children and women were inspired to rally for a clean and green Earth, clean and green

Rishikesh and empowered by the Global Interfaith WASH Alliance to take action by cleaning up, planting trees and engaging their communities.



Click on each video above to watch the inspiring clean-ups!



The United Nations Population Fund organised the 51st Session of the UN Commission on Population and Development (CPD) 2018 - Sustainable cities, human mobility and international migration. As part of the programme, a side event took place during the conference to discuss women and children's health. The event was co-sponsored by Islamic Relief USA, ACT Alliance, Justitia et Pax, and World Council of Churches.

The main objective was bringing together religious leaders and faith-based organizations (FBOs), as they play an important role in health service delivery, as well as are the first responders in emergencies, to take forward the agenda of sexual and reproductive health rights. The outcome included having an interactive and respectful dialogue which would showcase some successful interventions by FBOs in dealing with the nexus between Sexual and Reproductive Health

and Rights (SRHR), religion and migration dynamics.

Sadhvi Bhagawatiiji represented the Divine Shakti Foundation (DSF) and the Global Interfaith WASH Alliance (GIWA), where she is, respectively, President and Secretary-General. She affirmed that sexual and reproductive health are not only limited to issues of abortion, contraception, LGBT rights, etc. "Rather," she said, "this is a thread that weaves through the very core of women's humanity. It touches the very core of the right to live with dignity, the right to go to the bathroom as and when needed, the right to have clean water to drink, to bathe, and to keep oneself clean during menstruation. We cannot have reproductive health without having the very foundation of health that comes from access to clean water, sanitation and hygiene."

On the subject of sex-selective abortion, she emphasized that this is not a religious issue. "It is not religious leaders saying 'boys are better than girls.' Rather it is a situation of economic hardship borne in which boys are seen as assets and girls as liabilities. The solution is to work hand in hand with government and intergovernmental agencies and other civil society organizations to lift these families out of poverty."

Government representatives from Kenya, Mozambique, Botswana, Angola, Zambia, Tunisia, Costa Rica, Sierra Leone, Uruguay, Chile, Bangladesh, Thailand, Vietnam and Sweden as well as representation from faith-based civil society through the ACT delegation and representation from the International Planned Parenthood Federation (IPPF) civil society were amongst those invited to participate in this important dialogue.



[Click here to watch Dr. MN Pandey's speech](#)



UP BJP State President Dr. MN Pandey Visits Parmarth

BJP President of Uttar Pradesh, Dr. Mahendra Nath Pandey, with his wife Mrs. Pratima Pandey and daughter Tarankita Pandey, visited Parmarth Niketan and sought Pujya Swamiji's blessings. They performed Ganga Aarti, Ganga Poojan (worship) and Snan (holy dip) as well as served special Bhandara (free feast) for all saints, pilgrims and students. They also performed a special water blessing ceremony and were blessed by Pujya Swamiji with a sacred Rudraksha sapling as a symbol of their clean and green pledge before departing.

During their visit, they discussed with Pujya Swamiji technologies and solutions that can clean and protect the free flow of the River Ganga in Uttar Pradesh. They also discussed ideas and awareness

campaign for a Clean & Green Kumbha Mela in Allahabad from January to March 2019.

Pujya Swamiji also gave a proposal by the Global Interfaith WASH Alliance (GIWA) and Ganga Action Parivar (GAP) to Dr Pandey for the Hon'ble Chief Minister Mahant Yogi Adityanath detailing a "Swachh Kumbh, Swachh Bharat" campaign. The proposal highlights targeted messaging, planned campaigns, activities, events, key signage, PSAs and other mass awareness campaigns that can help trigger behavior change and gather greater momentum towards the Swachh Bharat Mission and Namami Gange!

[Click here to see more](#)



[Click here to see more](#)

Health Minister of India Pledges for Health of the Environment



Hon'ble Health Minister Shri Ashwini Choubey came home to Parmarth Niketan recently to meet with Pujya Swamiji.

Pujya Swamiji apprised him of the work that is taking place under the Global Interfaith WASH Alliance, Ganga Action Parivar & Divine Shakti Foundation to improve the health of our Mother Earth as well as the health of women and children. They discussed GIWA's many training programmes through the World Toilet College as well as community outreach activities, especially GIWA's recent and powerful Swachh Bihar yatra. They also discussed the Ganga Cleaning activities and pilot plans underway with the joint efforts of Ganga Action Parivar and GIWA. There was also conversation about the free medical

services and outreach activities with the Divine Shakti Foundation, as well as the upcoming Kumbh Mela and how to make it a Swachh and Swasth mela. The Hon'ble Minister shared that he had organised large-scale Swasth Kumbh Mela's in Bihar which is his home constituency.

He joined Pujya Swamiji in a water blessing ceremony and received a sacred Rudraksha sapling as a symbol of his clean and green leadership. He also participated in the divine Ganga Aarti ceremony with his family and pledged in agreement that the health of Mother Nature was paramount to the health of all of humanity.



Kotdwar Gurukul Jubilee with Hon'ble Ministers



Meeting with Namami Gange's New DG to Discuss a Clean & Green River Ganga



Pujya Swamiji blessed the Gurukul Golden Jubilee celebration at Kanva Ashram in Kotdwar. Speaking at the event, He explained the importance of the gurukul tradition and education system to the students and guests present.

A Gayatri Mahamrityunjay Mahayagna, health conference, yoga competition, Garhwal Kesari Kushti Contest, and music and cultural program were organized during the jubilee celebrations.

Hon'ble Minister of State for Human Resource Development, Forest and Wildlife Dr. Satyapal Singh, Hon'ble Environment Minister of Uttarakhand Dr. Harak Singh Rawat, and Shri Yogiraj Vishwajal Jayant, heading the Kanavaram Ashram, were present.

Pujya Swamiji noted that today we need to pay special attention to the overall development of the students. The goal of education should not only to just be educated, but also how live a whole life.

Pujya Swamiji and the Hon'ble Minister Dr. Harak Singh Rawat spoke about working together to make the Kotdwar area clean and green. Pujya Swamiji presented sacred Rudraksh tree saplings to all the distinguished guests.



National Mission for Clean Ganga's (NMCG) new Director General Shri Rajiv Ranjan and team members of the NMCG, SPMG and Uttarakhand Local Body leaders and project manager's met with Pujya Swamiji to discuss how to work together to end pollution and open sewage from mixing with the National River Ganga. The recent viral video of an open nala going into the river in Rishikesh and Haridwar and plea to stop utilising the waters of the river due to a potential public health crisis catalysed a conversation on how to end this once and for all with immediate effect.

Pujya Swamiji extended Parmarth Niketan, Global Interfaith WASH Alliance (GIWA) and Ganga Action Parivar's (GAP) full support to start wastewater treatment on five nalas in Rishikesh in the first phase. He suggested that whilst the sanctioned projects along the River showed the government's great commitment to these efforts, they would take some time to be implemented. In the meantime, there should be in situ and decentralised treatment projects that immediately address wastewater going into the River, especially in high pilgrimage areas.

They also discussed, several other technologies and solutions both on the grand level as well as the ground level that could clean the River Ganga and ensure that it flows free and unpolluted for all. Several videos on these technologies along with GIWA's and GAP's actions, especially the work in Uttarakhand & Bihar, were shown and discussed. Plans for the Ganga River Institute were discussed and the active involvement/engagement of common citizens, schools, corporates and others were discussed towards this mission.

They discussed cleaning & beautification of the River Ganga in Haridwar in detail. They also spoke about the upcoming celebrations of Ganga Dussehra in Rishikesh with the launch of some of the pilot plans discussed, to which Pujya Swamiji cordially invited the Hon'ble Minister Shri Nitin Gadkari. The upcoming Clean and Green Kumbha Mela 2019 was also discussed as an opportunity to raise greater awareness and inspire people's participation in these efforts.

Inauguration of the Women Economic Forum 2018



[Click here to see more](#)

Sadhvi Bhagawati Saraswatiji spoke at the Gala Inaugural of the WEF (Women Economic Forum) 2018. The theme this year was “The Economics of Goodness: Empowering Potential, Engineering Change.” It was held at the Taj Dwarka, New Delhi, and was organized by Dr. Harbeen Arora.

Sadhviiji presented Dr. Aroraji, her husband Vinay Raiji and the other guests with a sacred Rudraksh sapling. A launch of BIOAYURVEDA by Founder Harbeen Arora followed the Inaugural ceremony.

The other special guests included:

- Vivek Anand Oberoi, Actor, Entrepreneur & Philanthropist
- RC Bhargava, Chairman, Maruti Suzuki - Way of Life Limited
- Ira Singhal, S.D.M., Govt of NCT of Delhi - is the first person with disability to top the prestigious CSE
- Arjun Munda, Former CM of Jharkhand
- Mrs. Ouided Bouchamaoui, Nobel Peace Laureate
- Richard A D'Aveni, Bakala Prof Of Strategy, Tuck School of

- Business, Dartmouth, USA
- Mahendra Mohan Gupta, CMD, Ed Dir, Dainik Jagran
- Dr. Maya Morsy, Pres, The National Council for Women in Egypt
- Princess Asharaje Gaekwad
- Deputy Mayor Tjasa Ficko, City of Ljubljana, Slovenia
- Tanja Wehsely, Member of Vienna City Council and State Parliament, Austria
- Shobana Kamineni, Pres, CII, Exec Vice Chair, Apollo Hospitals Enterprise Limited
- Salma Abdulai, CEO, Unique Quality Product Enterprise Tamale, Ghana
- Sanjay S. Lalbhai, Exec Chair, Arvind Ltd
- Alina Adomaityte, CEO & Founder, Innoera Group & Innoera Global, Lithuania
- Priyanka Mittal, Director, KRBL Limited
- Abha Dalmia, Past Pres, FLO & Pres, Grandeur Travels & Tours
- Dr. Shabeer Nellikode, MD & Founder, Universal Hospitals

Honorary Doctorate of Philosophy Conferred to Sadhvi Bhagawatiji



At the Taj Dwarka, New Delhi, Sadhvi Bhagawati Saraswatiji was conferred by the Jharkhand Rai University* with an Honorary Degree of Doctor of Philosophy, in recognition of her iconic leadership and outstanding contribution to Spirituality and Service during the prestigious five day international Women Economic Forum.

A graduate of Stanford University, and a PhD in psychology, Sadhviiji, moved to India from the US in 1996 to serve at Parmarth Niketan Ashram in Rishikesh, India under the guidance and initiation of Pujya Swami Chidanand Saraswatiji.

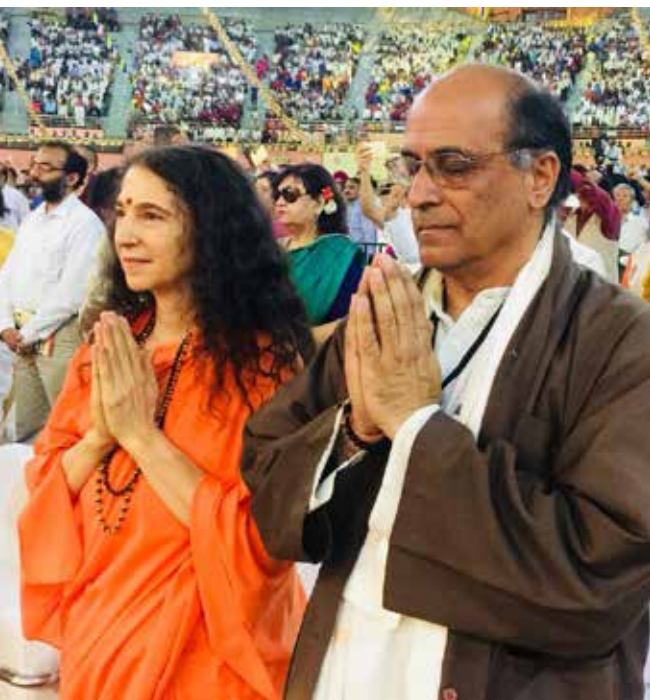
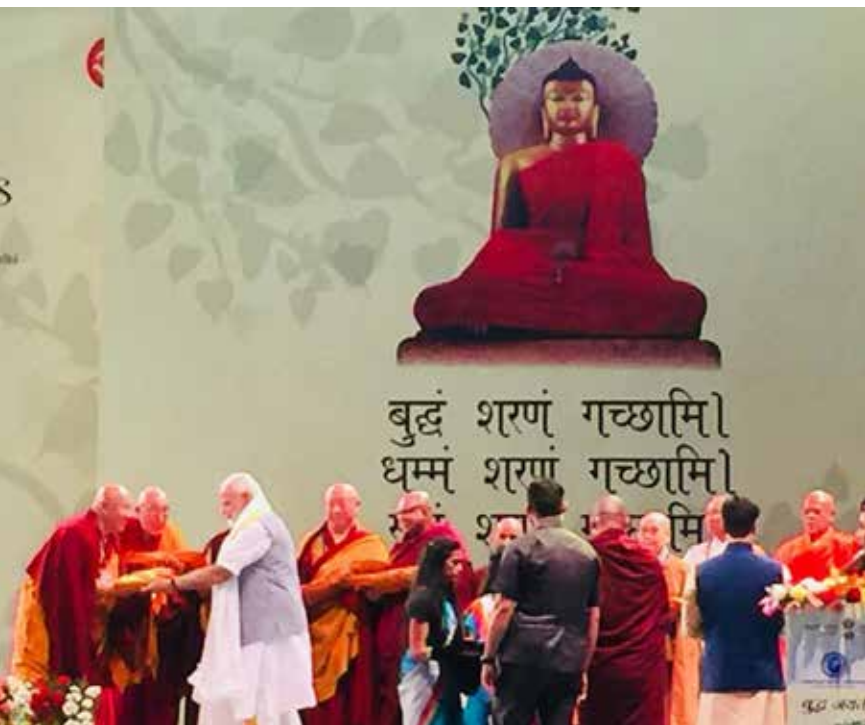
For more than 22 years, she has devoted her life to spiritual practice and service to humanity. A renowned influencer and compelling speaker, she has addressed large global gatherings by the United Nations, Parliament of World Religions, World Bank, and many other international summits and conferences. She has been deeply committed to social empowerment through many charitable and humanitarian projects. Sadhviiji is Secretary-General of the Global Interfaith WASH Alliance, President of Divine Shakti Foundation and Director of the annual world-famous International Yoga Festival, that is attended by thousands of people from more than 100 countries across the world.

The doctorate was conferred to her by Dr Harbeen Arora, Chancellor Jharkhand Rai University and Ms. Savita Sengar, Vice Chancellor of Jharakhand Rai University.

Sadhvi Bhagawatiiji said: “I have come from a world of academia but by God’s Grace I was brought to the holy banks of Mother Ganga, to my Guru HH Pujya Swami Chidanand Saraswatiji, and found an education and a life dedicated to spirituality and service that is so much richer, deeper and fuller than the advanced degrees I had gotten. However, today it’s so beautiful to come full circle after 22 years to be awarded a PhD for Spirituality.” She added that, “These days there are so many institutions providing information but very few learning institutions which are committed to providing inspiration. Inspiration and transformation are what is needed the most in addition to the information. Shiksha (education or information) and sanskaras (human values) are key to a sustainable, healthy and happy world for all beings.”

[Click here to see more](#)

National Buddha Jayanti Celebrations with Hon'ble Prime Minister Modi



On the auspicious occasion of the Triple Blessed Day of Buddha Jayanti, this year's national celebration was organised by the Ministry of Culture, Government of India in collaboration with International Buddhist Confederation (IBC) in association with Buddhist organizations from all over India at the Indira Gandhi Stadium in New Delhi.

Chief Guest Hon'ble Prime Minister Shri Narendra Modi along with the Honble Minister of State for Culture, Dr. Mahesh Sharma, IBC Secretary General Ven Dhammapiya, and Union Minister of State for Home Affairs Shri Kiren Rijiju inaugurated the celebrations. It was graced by Sadhvi Bhagawati Saraswatiji and other revered Buddhist monks, nuns and respected interfaith leaders.

It began with blessings by our interfaith leaders followed by the ceremonious bringing in of the holy relics of Bhagawan Buddha by eminent Buddhist Monks. It included beautiful cultural performances and songs on the teachings of Bhagawan Buddha as well as the screening of the Film Sri Siddhartha Gautama.

Sadhvi Bhagawatiji shared in her blessing at the beginning of the programme, "On Buddha Jayanti we celebrate light of truth, the light of oneness and togetherness that Bhagawan Buddha brought to all of humanity. His teachings and his divine touch continues to give, give and give to not just Buddhists, Indians but to the entire world."



[Click here to watch the entire ceremony](#)



2nd Meeting of the Indian Yoga Association's Governing Council

The Chairman of the Indian Yoga Association (IYA), self regulatory body of leading yoga institutes, Pujya Swami Ramdevji convened the second meeting of the Governing Council of IYA recently at PHD Chamber of Commerce and Industry.

Respected Yoga Masters of the Governing Council Pujya Sri Sri Ravi Shankarji of the Art of Living and Pujya Swami Chidanand Saraswatiji joined the meeting via live video conferencing. President of IYA Dr. H R Nagendraji and Secretary General of IYA Ms. Kamlesh Barwal ji as well as Swami Atmapriyanandji of Ram Krishna

Mission, Sadhvi Bhagawati Saraswatiji of Parmarth Niketan, Swami Bharat Bhushanji, ISHA Foundation's Swami Ullasaji and a few others gathered to discuss the current progress report of IYA as well as the way forward.

There was also a special MOU signing ceremony between IYA and PHD Chamber to collaborate and bring together yoga, health and wellness tourism and activities to the Krishna Circuit in Uttar Pradesh.





[Click here to watch the live Ganga Aarti](#)

Joint Magistrate Nitika Khandelwal & Dr. Rahul Gupta's Wedding at Parmarth

A very special wedding ceremony was held at Parmarth, on the banks of Mother Ganga, between Joint Magistrate Ms. Nitika Khandelwal, IAS and Dr. Rahul Gupta. The divine wedding celebrations were graced by many top IAS officers, including Hon'ble Urban Development Minister of Uttarakhand Shri Madan Kaushik, DM Haridwar Deepak Rawat, DM Rishikesh S. Murgesan, DM Uttarakashi, and many other eminent officials.

Speaking during the Ganga Aarti to the newlywed couple, Sadhvi Bhagawatiiji said, "To come to the banks of Mother Ganga to celebrate your wedding is in and of itself already the mark of a divine marriage. What most people think is, 'Let's go and have a big party in a hotel, let's go to a beach.' But to have the vision, to have that bhaav, that devotion, that says 'Let's go to the banks of Mother Ganga,' to come to this land to celebrate your marriage shows already that your years together, your life together, will be filled with divine blessings."

She continued, saying, "When we come to the banks of Mother Ganga, we are transformed. Every day is a new beginning. Coming to the banks of Ganga is a new year, a new birth for all of us, and today, as they're here celebrating their sacred marriage, their sacred union, they and their families are having the opportunity to have a new birth and a new life."

Pujya Swamiji blessed the couple with a sacred Rudraksha sapling, one mala to wrap together the both of them in a bond of love, as well as His blessings and tips on a happy marriage. He shared that the key to a divine marriage is the mantra of "OK, honey." We may not always get to do exactly what we want when we want it, but in exchange for giving up a few preferences in our life, we get the divine gift of a peaceful, joyful marriage, and peace and serenity in our own hearts.



[Click here to watch Rahul Dravid's message to protect our rivers](#)

Rahul Dravid Visits Parmarth Niketan



Former cricketer and captain, known as one of the best batsmen in the history of cricket, Rahul Dravid came home to the Ganga Aarti yesterday with his family. They met with Pujya Swamiji and were blessed with a sacred Rudraksha sapling and special shawl. They learned about the great service projects thriving under Pujya Swamiji's able leadership to improve water, sanitation & hygiene (WASH) as well as to protect our rivers and our environment.

He was especially honoured in the Ganga Aarti for his efforts to raise youth awareness and end addiction to tobacco and other forms of substance abuse by Nandini Tripathi, Director of Implementation, Global Interfaith WASH Alliance. He was inspired to be a voice for the environment, to encourage youth to protect our sacred water bodies and to take climate action.



Anand Raj Anand Visits Parmarth



[Click here to watch Anand Raj Anand's message](#)

Anand Raj Anand, an award winning Indian music director, composer, lyricist and playback singer in the Hindi Film Industry visited his Himalayan home again at Parmarth Niketan. He attended the divine Ganga Aarti ceremony, sang a special song dedicated to Mother Ganga, a beautiful bhajan dedicated to Lord Krishna, and another special song about Uttarakhand.

During his visit he shared his great appreciation and admiration of the incredible seva that is thriving and flourishing under Pujya Swamiji's divine vision and leadership. He encouraged each person to reach out to ten more people, so that more people can join Pujya Swamiji to improve WASH, conserve our environment, and protect our sacred water bodies.

Daughter of Thailand's Former Prime Minister Visits Parmarth

Ms. Kanjana Silpa Aracha, daughter of former Prime Minister of Thailand Mr. Biharn Silpa Archa, visited Parmarth Niketan along with her friend Miss W. Taniguchi. She was blessed by Pujya Swamiji with a sapling of Rudraksh, and participated in divine Ganga Aarti and a Water Blessing Ceremony.

Together they discussed the culture of Thailand and India, environmental protection, untimely exploitation of natural resources, world peace, harmony and tolerance. Pujya Swamiji said that both India and Thailand are suffering from the problem of pollution, and that we have an urgent need to find solutions together.

Ms. Kanjana was extremely impressed by Parmarth's clean, peaceful, green, and positive atmosphere. She praised Parmarth Niketan for its excellent work in the field of health services, along with the protection of the environment and rivers, saying that India is truly a spiritual nation.



Honouring the Practice of Ahimsa on World Earth Day

In a special interfaith event in Delhi organised by Vishwa Ahimsa Sangh, on the occasion of World Earth Day, in honour and memory of divine and respected Jain Saint HH Acharya Sushil Kumar Muniji Maharaj, Sadhvi Bhagawati Saraswatiji spoke on the beautiful message and meaning of the teachings of the Jain tradition and the great example that Sushil Muniji Maharaj embodied.

She said, "Mahavir Bhagawan and Pujya Acharya Sushil Muniji Maharaj embodied and shared by their divine example how to live the core tenets of Jain tradition which are actually applicable not only to Jains but to people of every tradition and every walk of life. These core tenets include: non-violence, truthfulness, non-stealing, non-hoarding and integrity. If we tried to apply even just the practice of non-violence or ahimsa then simply with the first core tenet we could significantly do our part in protecting, preserving and serving our planet and all of this divine creation. Today on the occasion of Earth Day there can be no greater tribute to our revered Sushil Muniji Maharaj then to reaffirm our commitment to truly leading lives of non-violence for our selves and for our future generations."

Other interfaith leaders present on the occasion were Pujya Swami Agniveshji, Pujya MM Gitamanishi Swami Gyananandji, Respected Imam Umer Ahmed Ilyasiji, Pujya Sushil Goswamiji, Sardar Paramjit Chandhokji and many others. Presiding over the event was Respected Vivek Muniji Maharaj, disciple of Pujya Sushil Muniji.



Shrimad Bhagwat Katha Dedicated to Environment & Swachh Bharat



A seven-day Shrimad Bhagwat Katha dedicated to the environment and a Swachh Bharat was recently held at Parmarth Niketan. Pujya Swamiji inspired the message of a Green Katha by inspiring a Green Shobha Yatra to begin the katha, with sacred Rudraksha saplings, kalash and Swachhta Kranti flags being carried and held by the participants.

The Katha was done by Pundit Shivam Vishnu Pathakji, and organised by Sushma, Shrawan, Shreyas, and Shantam Agarwal from Patna, Bihar.

Pujya Swamiji said, “When our hearts are clean, then our intentions and actions must also move towards cleaning our external environment and working to make sure that God’s divine creation is preserved and protected. When we listen to

Katha, we begin to be inspired to serve, and when we serve we perform the greatest worship of the Lord. Hence, let this Katha not only clean the depths of your being but inspire you to be of greater service to your community and our planet.”

Pt. Vishnuji added, “It is believed that listening to the Shrimad Bhagwat Katha dispels the pain of previous births. However, when you truly listen then its not just the words but the message that penetrates into our lives and into the way we live. If the glories and the stories of the Lord don’t penetrate our lives then it is not really listening to the Katha and allowing the Katha to come in.”

Pujya Swamiji appealed to all devotees that they should not just listen to Hari Katha but do the work of making the planet and Mother Earth clean and green for all beings.



Mananiya Indresh Kumar & Muslim Leaders Attend Ganga Aarti

Senior RSS Leader Mananiya Indresh Kumar, Patron, Muslim Rashtriya Manch (MRM), and Shia Leader Maulana Syed Kokab Mujtaba Abidi, along with other Islamic scholars, participated in the purnahuti (concluding ceremony) of the Shrimad Bhagwad Katha by Pundit Shivam Vishnu Pathakji, organised by Sushma, Shrawan, Shreyas, and Shantam Agarwal from Patna, Bihar, and the Divine Ganga Aarti at Parmarth Niketan.

On the occasion, Pujya Swamiji spoke about cleanliness, interfaith harmony, Hindu-Muslim unity, and the unity and integrity of the country, motivating the youth to conserve the environment and led everyone together in a pledge to serve the environment and our sacred rivers.

Pujya Swamiji spoke about how Mother Ganga does not discriminate against anyone and treats everyone equally, whether they are Shyamlal, Salim Mohammad, Simon, Sohan Singh or any other. Pujya Swamiji said that the responsibility of religious leaders is to led by example and to give a message to the people of mutual harmony and peace.

Mananiya Indresh Kumar said that there was a need to work together for the unity, integrity and prosperity of the nation. He called upon all to take part in the massive plantation campaign of Pujya Swamiji for environmental protection. Giving an inspiring speech during the Aarti he added, “Today there are so many forms of cosmetics but the nothing in the world to make our spiritual self beautiful. Only India has such forms of cosmetics that make our spiritual self beautiful and radiant. I believe Ganga Aarti is an example of this spiritual cosmetic manufacturing plant that is an example of our rich spiritual cultural tradition that is not only focused on making our external environment but our internal Self more beautiful.”

Shia leader Maulana Kokab Mujtabaji said that Parmarth Niketan is in fact “the Divine Paradise full of Divinity, where there is a realization of a supernatural spiritual power.” He said that the work which is being done in the field of environmental protection under the leadership of Pujya Swamiji is very inspiring and exemplary.

Pujya Swamiji also had detailed discussions with Mananiya Indresh Kumar about the upcoming Kumbh Mela and how to bring the message of interfaith harmony, oneness and brotherhood to the Mela through many wide-scale different events, activities, rallies and campaigns.



[Click here to watch the live Ganga Aarti](#)





Meeting with Union Minister for AYUSH Shripad Naik

The Union Minister for AYUSH Shripad Naik came home to Parmarth Niketan to meet with Pujya Swamiji and to discuss how to facilitate, encourage and expand even greater interest and practice of Yoga. They discussed the great momentum that the International Day of Yoga was getting under the able and visionary leadership of Hon'ble Prime Minister Shri Narendra Modi.

Pujya Swamiji shared the great success of the recent International Yoga Festival at Parmarth, which welcomed people from 100 nations, to which the Hon'ble Minister was scheduled to come but due to some other urgent matters could not make it. Pujya Swamiji extended an invitation to him to next year's International Yoga Festival 2019.



World Dance Day Celebrations

On the International Dance Day, Parmarth Niketan hosted, with HH Pujya Swamiji's divine blessings and as the Chief Guest, a special World Dance Festival on the holy banks of Ma Ganga, organised by Hidden Idol*, in association with Nehru Yuva Kendra, Ministry of Sports & Youth Affair, Govt of India, Government of Uttarakhand and Parmarth Niketan.

The festival, which included rich folk performances by many talented artists, was organised with the intention to promote our rich cultural heritage.

Also gracing the occasion was Sri H Raja, National Secretary of Tamil Nadu, BJP and dignitaries from Government Ministries. Nirmul Ratanlal Vaid, President of All India Folk & Tribal Art Parishath, and his team helped coordinate the event together with the team from Parmarth Niketan.



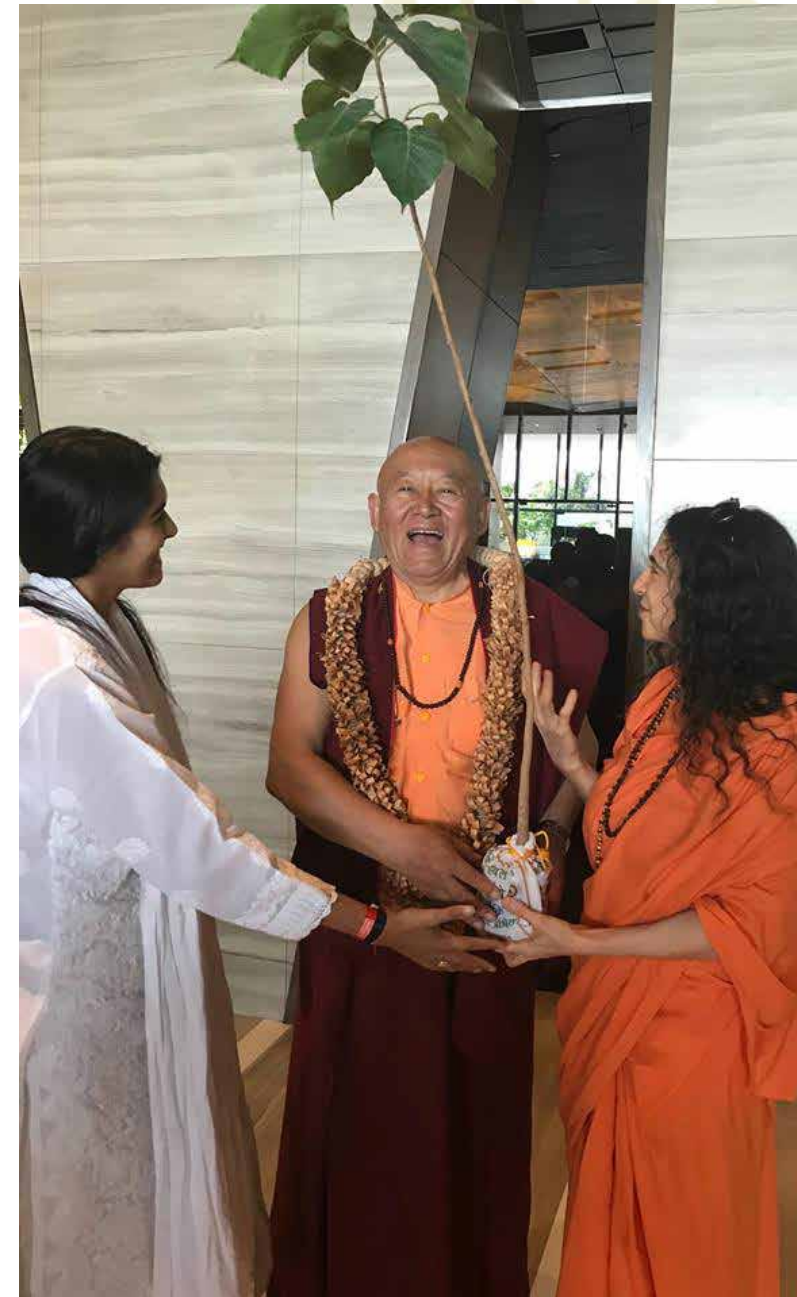
Pujya Morari Bapuji's Divine Darshan & Blessings

Pujya Sant Morari Bapuji recently graced his Himalayan home at Parmarth Niketan with his divine darshan and blessings. During his visit, Pujya Swamiji and Pujya Bapuji discussed the importance of interfaith harmony, diversity and unity as the strong foundation of our nation. Pujya Swamiji shared with him about the recent Peace & Unity Summit, organised by the Jamiat Ulama-i-Hind, in Bihar.

They were joined in discussion by Sadhvi Bhagawati Saraswati ji as they spoke briefly about the upcoming Kumbh Mela 2019

and how Parmarth Niketan, Global Interfaith WASH Alliance & Ganga Action Parivar would be supporting the efforts of the government to make it a Clean & Green Mela. He graciously agreed to bless and grace the Parmarth camp and support this noble mission.

As he departed, Pujya Swamiji lovingly offered Pujya Bapuji a sacred Rudraksha sapling that Pujya Bapu said would be planted in Almora during his next katha.



Sadhvi Bhagawati ji Meets with HH Drikung Kyabgon Chetsang Rinpoche



A divine and beautiful meeting took place with HH Drikung Kyabgon Chetsang Rinpoche and Sadhvi Bhagawati Saraswati ji in Delhi on the morning of Buddha Jayanti. She presented him with a sacred Bodhi tree and fragrant sandalwood mala as Pujya Swamiji's deep affection and love for His Holiness's green teachings and touch.

They also spoke to Pujya Swamiji briefly over video conference about follow-up actions to the Earth Day "Go Green, Go Organic" Celebrations in Ladakh with Maulana Syed Mahmood

Asad Madaniji and the previous celebrations in Dehradun. They discussed plantation of moringa trees along the banks of the Ganga and Rispina River, as well as having His Holiness lead a Buddhist meditation in next year's International Yoga Festival.

Sadhvi Bhagawati ji, along with Nandini Tripathi, warmly welcomed His Holiness to the 2-3rd June Green Celebrations of Pujya Swamiji's birthday and a special interfaith tree plantation ceremony with eminent spiritual leaders at that time.



Life Plugin Summit in Shimla Inspires International Young Leaders

Sadhvi Bhagawati Saraswatiji graced and blessed the LifePlugin Summit, organised by Gautam Khetrpal of Mind Valley with her words of inspiration, wisdom and insight. She spoke on the theme of Spirituality in the Modern World and then answered questions in a second session, which was added to the programme due to high demand from the participants to have more time in her divine presence.

She said, "I am so glad and hopeful to see today's youth enquiring and inquisitive about a deeper purpose and meaning in their lives. To me, the theme of the summit is hence so perfect - plugging into our lives, plugging into this source of purpose, meaning and motivation in our lives. However, in order to plugin to life we have to be plugged into our Self and that is what spirituality teaches us."

During her talk, Sadhviji gave three simple but profound mantras for the modern Yogi to plugin to the Self:

1. Fill the Self, not just the Shelf
2. Deeply Connect
3. Think not what for me but rather what through me

She explained that by focusing on filling our Self from the inside and not just seeking gratification from our external world we are truly plugging into a deeper sense of fulfilment, contentment, happiness and health.

She shared that the connecting with others is important not just for contacts and contracts but from the perspective of connecting deeply to the divine within each one of us and seeing the same Self in others. She said that when we see others and all of creation as a manifestation of our Self then we are intuitively called to be of service to this divine creation.

She added that by thinking not only "what for me" but shifting our attitude to "what through me," understanding that we are just instruments and vessels of divine Grace, we were living and acting from the deepest and highest purpose.

The youth were so deeply touched by her words and all rushed to her after the sessions, many with tears in their eyes, to give her heartfelt hugs and gratitude for sharing her light and love.

The event also included a special morning yoga session by Nandini Tripathi, a resident instructor at Parmarth Niketan, who led a refreshing and rejuvenating session of yoga, meditation and pranayama at the retreat.

The Summit was designed by youth for the youth and brought together young people from India and other parts of the world to transform their lives, enhance their leadership and self-development skills.



[Click here to watch](#)

[Click here to see more](#)



Free Oral & Dental Health Camp at Parmarth Niketan

The sacred science of Kriya Yoga at Parmarth Niketan



Health begins in the mouth! For this reason, Parmarth Niketan, in partnership with Oral & Dental Health Care from the United Kingdom (UK), held a special initiative for dental health in Rishikesh. Pujya Swamiji blessed and graced the Swami Shukdevanand Trust Clinic for the inauguration of the camp with a sacred lamp lighting ceremony.

A team of 11 dental students from the University of Birmingham and 2 dentists from UK worked together with 3 dentists from India and 6 translators to provide a quick but efficient and proper dental service, treating pain as a priority.

Vinod Lodhia, a sevak at Parmarth Niketan, has been organizing camps for almost 15 years and this is the 6th project. So far he has helped organize 2 eye camps, 1 prostate camp, 1 surgical camp and 1 medical camp. This dental camp brought to fruition with the support of Dr. Upen Patel and students.

Dental students gave patients one-on-one instructions on how to brush their teeth proper, and would watch as people demonstrated what they learned to make sure it was correct. For more advanced treatments such as extractions and fillings, the camp had dentists from India.

The camp saw hundreds of patients, and also distributed medicines, antibiotics, and tools for dental hygiene for a healthy mouth and healthy life.

Parmarth Niketan offered a special 11-day course on the sacred science of Kriya Yoga, which consisted of advanced techniques of meditation by which regular practice has been said to lead to liberation from all kinds of bondage and suffering.

A group of 19 students from 11 different countries, including Australia, Brazil, England, Germany, India, Israel, Japan, South Africa, Spain, Switzerland and USA, joined the course.

The program was led by Parmarth's Head of Yoga Department Sadhvi Abha Saraswati (Mataji) and Yogacharya Dr Indu Sharma as a great way to deepen our practice and gain a better understanding of the subtleties of yoga while focusing on the main chakras of the body. It included prayers, meditation, pranayama,

traditional hatha yoga asana and Vedic Chanting.

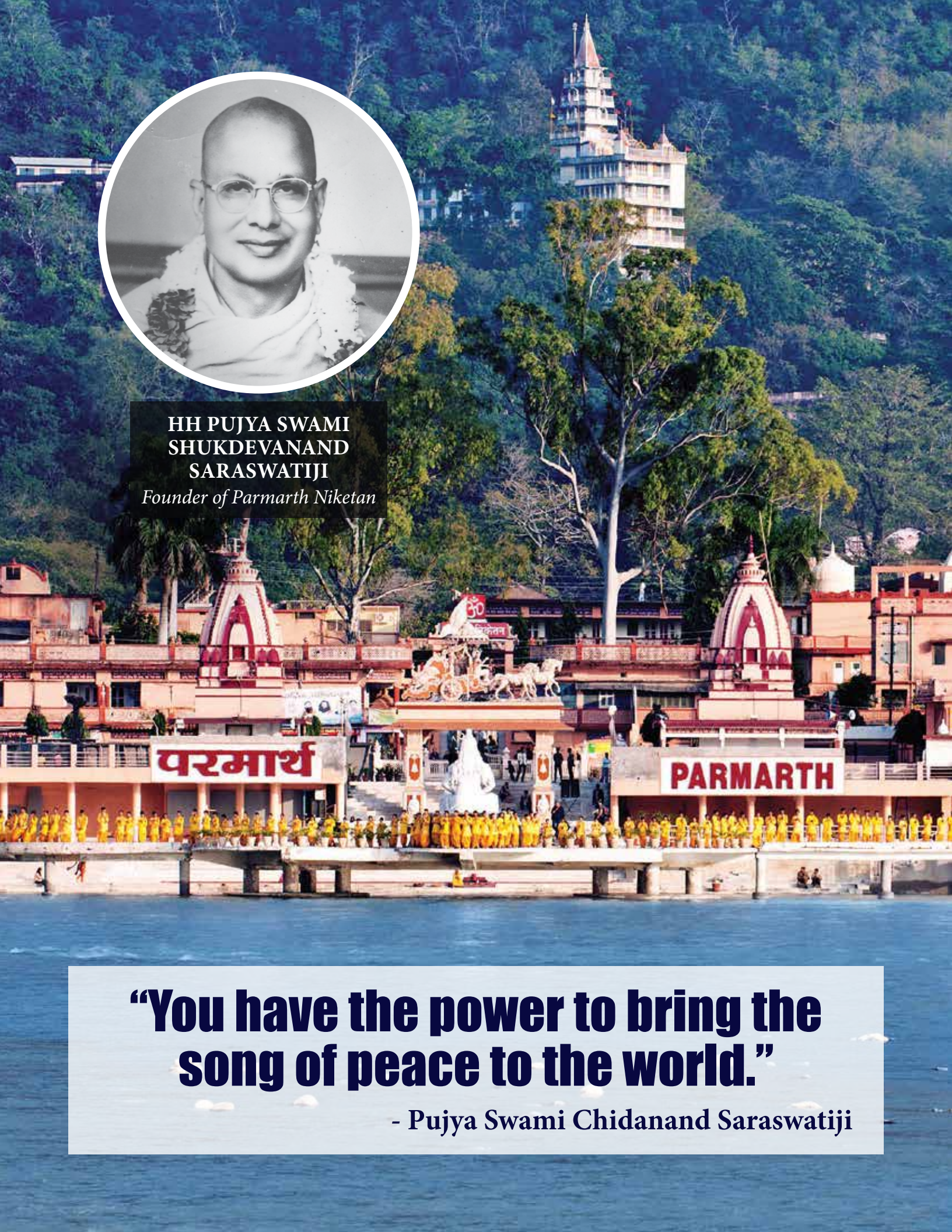
As the students explored the chakras, they were able to unblock and balance their inner energies for great well being and mind-body-spirit connection. Towards the end of the course, the group also enjoyed several special darshans with HH Pujya Swami Chidanand Saraswatiji, in which He shared that the art of being is an active, dynamic state in which there is deep rest as well as seva (karma yoga) as a natural expression of that being. The students joined Him in pledging to protect their environment, tread lightly on the planet, and "live with less but be more." They also enjoyed divine Satsang with Sadhvi Bhagawati Saraswatiji in which they had the opportunity to receive answers to questions that led them to a deeper understanding of their true nature.





HH PUJYA SWAMI
SHUKDEVANAND
SARASWATIJI

Founder of Parmarth Niketan



**“You have the power to bring the
song of peace to the world.”**

- Pujya Swami Chidanand Saraswatiiji

Our Inspired Initiatives



GLOBAL INTERFAITH WASH ALLIANCE

brings together the world's faith
as allies in ensuring everyone,
everywhere has access to safe,
life-giving **Water, Sanitation and**
Hygiene (WASH).

www.WashAlliance.org



INTERNATIONAL YOGA FESTIVAL

Join us annually from March 1 - 7 for an inspiring
on the banks of the Ganges River in the lap of the
Himalayas in Rishikesh, the birthplace of yoga.

www.InternationalYogaFestival.org



GANGA ACTION PARIVAR

is a global family dedicated to the
preservation of the river Ganga and
Her tributaries in their free-flowing
and pristine state.

www.GangaAction.org



DIVINE SHAKTI FOUNDATION

is dedicated to the holistic well being of
women, their children, and orphaned/abandoned
children, and to all of Mother Nature.

www.DivineShaktiFoundation.org

Volunteer With Us



Parmarth Niketan is happy to announce a 3-month (minimum) residential service program for those interested in engaging themselves in seva (selfless service)!

Volunteer in our numerous projects to restore and protect Ma Ganga, save the girl child, help animals, and much more. As our projects grow, so has our need for professional, inspiring, and productive volunteers who can work with us in our mission to achieve a greener, cleaner, and safer tomorrow for all humanity.

If you would like to get involved and volunteer in any one of our projects, please contact us at volunteer@parmarth.com.

Stay Connected



PARMARTH NIKETAN

www.Parmarth.org

    /ParmarthNiketan

parmarth@parmarth.com

Welcome to your Himalayan Home!

Parmarth Niketan, PO Swargashram, Rishikesh (Himalayas),
Uttarakhand - 249304, India