

# PARMARTH

H H PUJYA SWAMI CHIDANAND SARASWATIJI



SUMMER~AUTUMN  
NEWSLETTER 2016





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“A core tenet of the Indian spiritual tradition is that the world is one family. Today, our brothers and sisters across the globe are suffering and perishing due to hunger, thirst and preventable illnesses, due in large part to the lack of clean water, sanitation and hygiene (WASH). Through Global Interfaith WASH Alliance, the faiths of the world are uniting as a global family, with a new definition of “peace,” which includes helping to enable access to safe and sufficient water, sanitation, hygiene for all. It is our moral and spiritual imperative to end poverty and to relieve the needless suffering of all through the great force of the coming together of all religions for this mighty cause.”

– H.H. Swami Chidanand Saraswatiji



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# Summer Abroad 2016

Pujya Swamiji and Sadhviji returned from the summer yatra - spreading inspiration and peace in the US and UK. Their travels included London and Dorset in England, Pennsylvania, Kentucky, California, New Jersey, New York and Colorado in the US.



## Spiritual Retreat in Dorset, England

Pujya Swamiji and Sadhviji led a spiritual retreat in Dorset, UK, just outside of London, with participants from across the UK, Europe and the United States. The retreat was organized by Manda Lakhani, Kaneshbhai Lakhani, and their beautiful daughters Shreya Lakhani and Roshni Lakhani. The theme of the retreat was "Come to Nature, Be with Nature and Discover Your True Nature." The weekend retreat brought together more than 100 participants.



*To view video playlist click here*

*To view album click here*



## Hindu Lifestyle Conference in London, England



Pujya Swami Chidanand Saraswatiji and Sadhvi Bhagawati Saraswati graced the 3-day conference on Hindu Lifestyle in London, organized by the Swaminarayan Gurukul Parivar (SGVP). Addressing a largely second-generation and first-generation Indian community in London, Pujya Swamiji spoke on the importance of being Indian and maintaining Indian culture and Indian values in our homes.

*To view album click here*

## SunderKand Paath programme at the Hindu-Jain Temple in Pennsylvania, USA



A beautiful program of Sunderkand Paath at the Hindu Jain Temple in Pittsburgh, PA, that Pujya Swamiji founded and to fruition in the early 1980's. It was the first Hindu Jain Temple in the world and has served as a model of Hindu-Jain temples. It is still the only temple where Shwetambar and Digambar Jains pray together. During Pujya Swamiji's and Sadhviji's visit back to Pittsburgh, a special Sunderkand Path with satsang and darshan program was held.

*To view album click here*

## Meeting with the Robotics Institute at Carnegie Mellon University, Pennsylvania, USA

Pujya Swamiji met with the Robotics Institute at Carnegie Mellon University's Global Programs Manager, Ms. Rachel Burcin and Mr. Riad Mahmood with Global Interfaith WASH Alliance's Director of Programmes and Partnerships, Mrs. Savita Saxena and Mr. Suryansh Saxena, students at Carnegie Mellon and also dedicated members of the Ganga Action Parivar (GAP), to discuss using robotic technology, such as boats and drones, to monitor pollution levels in the River Ganga and Her tributaries.





## Green Guru Purnima in Kentucky, USA



Pujya Swami Chidanand Saraswatiji, and Sadhvi Bhagawati Saraswatiji inspired a large crowd of devotees from across the United States and Canada to celebrate a Green Guru Purnima in Louisville, Kentucky. Pujya Swamiji explained: "The Guru removes the darkness from our lives and brings light. That is the meaning of the word Guru. But then what is our responsibility? Our responsibility is to bring that light to others, the light of oxygen, the light of life, the light of a healthy future for our planet. Light is not only for ourselves. We must become the light which brings light to all."

## 40th Anniversary of the Hari Mandir in Pennsylvania, USA



Pujya Swami Chidanand Saraswati an inspirational message of the 4T's at the HARI Temple's grand 40th anniversary celebration in Harrisburg, Pennsylvania, USA. He said, "On the occasion of the 40th Anniversary, you must commit yourself to serving Bhartiya Sanskriti and Bharat with 4Ts – your Time, your Talent, your Technology and your Tenacity." Under Pujya Swamiji's inspiration, the temple Board of Trustees committed to planting 40 trees at the Temple and each person would plant a tree also at their home. Further Pujya Swamiji led everyone in a pledge that whenever they come to India they will plant trees in their native villages.

*To view album click here*

## Beautiful satsang at Golden Bridge Yoga, California, USA



## Living with Grace Programme at the Grace Cathedral, California



Pujya Swamiji and Sadhviji led a beautiful program at the Grace Cathedral, San Francisco. The program began with meditation, chanting and pledges of oneness and unity in the cathedral hall with Yoga on the labyrinth, and then led into a longer, in depth panel on Living with Grace in Our Lives. The panel was also graced by the presence of the Dean of Grace Cathedral, Rev. Malcolm Young and moderated by renowned yoga teacher Darren Main. Shri R. Venkatramana, Deputy Consular of India to United States for San Francisco, Dr Bruce H. Lipton, Ph.D, renowned American scientist, and many other eminent personalities participated in the inspiring talk and meditation.

*To view album click here*

## Venice, CA – Hosted by Kia Miller & Tommy Rosen



## Boulder, CO – UNITY of Boulder



## Golden Bridge Yoga, New York City





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# Worship for WASH GIWA Ladakh Summit - Day 1



The Global Interfaith WASH Alliance (GIWA) India, in association with UNICEF India, held a two-day Summit in Ladakh on 29 and 30 August. The “Worship for WASH” GIWA-UNICEF Ladakh Summit initiated a dialogue on critical issues of WASH (Water, Sanitation and Hygiene), specifically in the Ladakh region.

The Summit discussed the inter-linkage of multiple issues of inequity, lack of access and other related issues in the region, with special focus on minority populations. Speaking at the summit, the convener of the programme, Founder of GIWA India and the President of Parmarth Niketan, Rishikesh, Pujya Swami Chidanand Saraswati Ji said, “GIWA’s faith leaders have come together on this sacred land of Ladakh, in a state surrounded by borders, to inspire us and encourage us to make our hearts and our minds truly borderless. Borders and boundaries have forever divided us whether it is by nations or by castes, color, creed, race, religion and/or region. Today we come together as a testament that we are one and there is so much that connects and binds us. All that divides us is just ignorance created by man. In this spirit of oneness we must pledge that no longer should children have to perish from lack of WASH, no

longer should women have to wait for the darkness of night to heed the call of nature. No longer should we as a nation have the largest number of people who perish from diarrhea and who defecate in the open, both due to lack of basic sanitation facilities such as toilets. Today, we join together to serve as one, ensuring clean water, sanitation and hygiene for all.”

Secretary-General of GIWA, Sadhvi Bhagawati Saraswati said, “GIWA is founded on the principle that as faith leaders, we must expand our definition of peace to include ensuring that our brothers and sisters from every religion have access to clean water, sanitation and hygiene. More people perish each year due to lack of clean water than due to all forms of violence combined. We must bring our faith into action. The practice of open defecation may be the acceptable norm today, but just as all social revolutions, from ending apartheid to abolishing slavery, which turned once common practices to not only be illegal to practice but socially reprehensible to even fathom, in the same way, open defecation and lack of WASH, with our collective efforts, will become just as socially reprehensible and criminal one day in the near future.”

The “Sarva Dharma Swachhta Evam Sadbhavna Sankalp” (Interfaith Pledge for Clean Ladakh, Clean India) on the evening of the 29 August, the first day of the Ladakh summit, brought together over 700 people—faith leaders, corporates, media and the local stakeholders at the Central Institute of Buddhist Studies at Leh. The Hon’ble Union Minister of Science and Technology, Dr. Harsh Vardhan and the Hon’ble Union Minister for Rural Development, Panchayati Raj, Drinking Water & Sanitation Shri Narendra Singh Tomar graced the occasion and inaugurated the Summit by lighting the lamp. The lighting of the inaugural lamp was followed by opening remarks by Pujya Swami Chidanand Saraswati Ji, and then comments and commitments from the renowned leaders.

Also present on the occasion were spiritual heads from major religions of India - including Giani Gurbachan Singh Ji, Chief Jathedar of

the Akal Takht, Amritsar, Golden Temple, Diwan Zainul Abedin Ji of the Ajmer Sharif - Dargah Shariff of Hazrat Khwaja Muinuddin Chisty, Maulana Dr.Kalbe Sadiq Ji, Shia Leader from Lucknow, Maulana Luqman Tarapuri Ji, Sunni Leader of the Global Imam Council, Mananji Indresh Kumarji, Mahamandaleshwar Swami Harichetnanand Ji, Lama Lobsang Ji, Buddhist spiritual leader- President of the Asoka Mission Delhi, Mushahid Khan, Chairman and Founder of International Islamic SUFI Foundation, Ven Bhikkhu Sanghasenaji, President of Mahabodhi International Meditation Centre, and many others. The faith leaders inspired everyone in an unprecedented and historic Sarva Dharma Swachhta Sankalp (Interfaith Cleanliness Pledge) on the occasion.

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# March for Peace and WASH in Ladakh



On 30 August, the second day of the GIWA-UNICEF Worship for WASH (Sarva Dharma Swachhta Evam Sadbhavna Sankalp) Summit, had the Global Interfaith WASH Alliance's interfaith leaders and the Hon'ble Science & Technology Minister Dr. Harsh Vardhanji visit the the Mahabodhi International Meditation Centre to inaugurate a special Interfaith Peace Garden and ceremoniously perform the ground breaking of a toilet structure near the centre's Meditation Hall, which previously lacked access to nearby sanitation facilities. At the ground-breaking, Pujya Swami Chidanand Saraswatiji said, "This toilet structure symbolizes the union of Meditation and Sanitation, which is the need of the hour. No longer can our worship and our prayers be only in our places of worship, it is time that the come out to the streets and reach out to the people. Our visit to Ladakh has truly been a historic beginning, a unique confluence of science and spirituality,

technology and tradition and this sangam will expand the mission of Swachh Bharat to reach every corner of the nation, including often inaccessible regions such as Ladakh."

Sadhvi Bhagawati Saraswati, Secretary General GIWA, emphasized the need for toilets for women and girls by saying, "Nearly 595 million people lack toilets in India. Millions of girls and women fall prey to violence, threat of wild animals and basic indignity on a daily basis due to open defecation. In India we are emphasizing education for the girl child. This is a wonderful initiative, but if we don't simultaneously emphasize provision of proper toilet facilities, these same girls will drop out of school when they reach puberty. A tragically large percentage of girls' education ends when they start menstruating due simply to the lack of hygienic, private toilet facilities where they can keep themselves clean."



The interfaith visit included various places of worship: the Ladakh Buddhist Association Monastery, Dantun Sahib Gurudwara, the Moravian Church, Masjid Sharif, Imam Bara, and Krishna Temple, where they met and interacted with local faith leaders and faith communities. These were part of a beautiful March for Unity, WASH and Peace during the Worship for WASH GIWA- UNICEF two day Summit, where the faith leaders, besides inspiring hundreds of local stakeholders in a large pledge event on the first day, also walked the streets of Leh-Ladakh on the next day taking this message of oneness and cleanliness to every corner of the district. It was truly a testament to the great commitment of GIWA's faith leaders to bring about a sanitation revolution in India by engaging and inspiring people of all faiths through their faith leaders and faith communities.

[To view album click here](#)





# GIWA Ladakh Summit at Sindhu Darshan Ghat - Day 2



The second day of the Worship for WASH (Sarva Dharma Swachhta Evam Sadbhavna Sankalp) Summit concluded with a historic pledge and water blessing ceremony on the banks of the Sindhu River, at the Sindhu Darshan Ghat, in Leh-Ladakh.

GIWA's leaders representing India's diverse faith traditions gathered together to offer the water of the Indus River onto the globe as a symbol and a prayer that all of humanity should have access to safe and sufficient water, sanitation and hygiene. They joined hands and inspired hundreds to join hands to pledge their efforts for a Swachh Ladakh, Swachh Bharat (Clean Ladakh, Clean India).

Hon'ble Dr. Harsh Vardhanji, Minister of Science and Technology addressed and concluded the two day summit by saying, "It is so wonderful to see such commitment of GIWA's interfaith leaders take this message of Swachhta to every street corner, every place of worship, reaching out to as many communities and in as many ways as possible in their two day visit. I am certain that with this type of motivation and commitment Swachh

Bharat will soon be accomplished and the vision and the mission of our Hon'ble Prime Minister Shri Narendra Modiji to have India rise as a world leader will come to fruition." He also lauded UNICEF, the corporate and media stakeholders who had joined in the two day summit for their commitment and dedication and said that with their collective involvement with the faith leaders nothing could be impossible.

GIWA's Interfaith leaders presented the National Ganga Rights Act to the Hon'ble Minister and called to pass a comprehensive legislation, like the draft presented to him, to protect the river and her tributaries from over-extraction and over-exploitation. They also shared three point recommendations, which local stakeholders had shared with them, to help improve the lives of local Ladakhis as well as facilitate sustainable tourism and development of the region.

[To view album 1 click here](#)

[To view album 2 click here](#)

[To view album 3 click here](#)



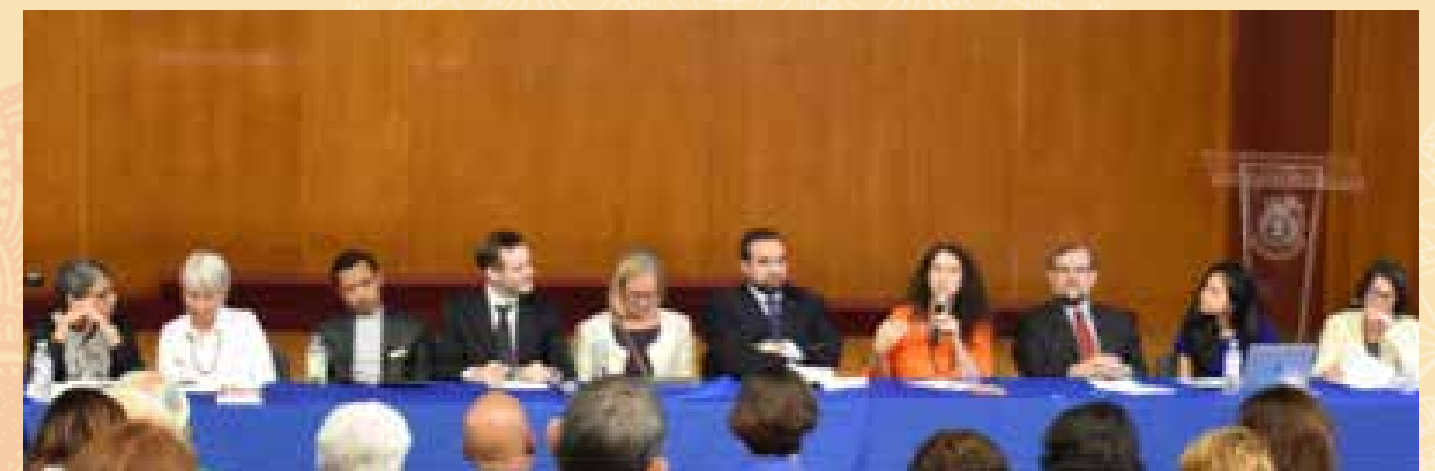
# Sadhvi Bhagawati Saraswatiji Attends Events at the United Nations



It was a great honor for Sadhvi Bhagawati Saraswatiji to take part in two events that were sponsored by the United Nations on the 20 September. The morning included an Interfaith Prayer Breakfast hosted by UNAIDS, World Council of Churches, The U.S. President's Emergency Plan for AIDS Relief (PEPFAR) and the United Nations Inter-agency Task force, where she was given the blessing of sharing Vedic prayers and mantras for health, peace and illumination.

In the afternoon, she spoke on a panel that was brilliantly moderated by Azza Karam on KEEPING THE FAITH IN DEVELOPMENT: GENDER, RELIGIONS & HEALTH organized by UNWOMEN, UNFPA, UNAIDS, World Council of Churches and other organizations. They spoke about issues related to the role of faith in aspects of healthcare, sanitation, education, AIDS and many other issues.

Sadhviiji was able to share the work that Global Interfaith WASH Alliance (GIWA) is doing under Pujya Swami Chidanand Saraswatiji's guidance, leadership and blessings.





## Sadhvi Bhagawati Saraswatiji speaks at 50th Anniversary of Resurgence



To celebrate the 50th anniversary of Resurgence Magazine, Resurgence Trust held a three-day event, entitled One Earth, One Humanity, One Future, from 22nd to 25th September, at Oxford University, led by the renowned environmentalist and editor of Resurgence magazine, Dr. Satish Kumar.

The event celebrated Resurgence's 50 years at the forefront of the green movement, was packed with a fantastic line up of international speakers. Leading edge global speakers shared their latest ideas and ground-breaking solutions relating to climate change, ecology, social justice, spirituality, the arts, and other interconnecting contemporary issues.

Sadhvi Bhagawati Saraswatiji was invited to speak on a panel with other renowned speakers brought together by Uplift Connect – Prince EA, Dr. Bruce Lipton, Bharat Mitra and Cathy Burke. Other speakers at the prestigious conference included: spirit and science author, Fritjof Capra; activist and campaigner for farmers' rights, soil and seeds, Vandana Shiva; Green MP Caroline Lucas; campaigner and celebrity chef, Hugh Fearnley-Whittingstall; celebrated film maker Lord Puttnam, Simon Armitage, Charles Eisenstein, Fiona Reynolds, Richard Long, Bill McKibben, Jonathon Porritt and Rowan Williams, former Archbishop of Canterbury.



## Green Birthday Wishes to Jagat Guru Shankaracharyaji



Pujya Swami Chidanand Saraswatiji graced Jagat Guru Shankaracharya Shri Swami Swaroopanand Ji Maharaj on his birthday, 7 September, with the green gift of a sacred Rudraksha plant at the Kankhal Ashram in Haridwar.

Pujya Swamiji also participated in the Bharat Sadhu Samaj (BSS) meeting held on the same occasion and asked for the blessings and leadership of the Sant Samaj (all of our revered saints and religious leaders) to join together and work together to prevent and abate pollution in the River Ganga and Her tributaries, especially due to the mismanagement of sewage waste and the practice of open defecation.

He also suggested to develop both sides of these sacred, life-giving water-bodies as green corridors, with mass plant, shrub and tree plantation drives, engaging and involving local stakeholders and schools, blessed/led by India's revered saints and their congregations. The religious leaders appreciated Pujya Swamiji's suggestions and pledged to show their support in this vital cause of national and international importance.

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# Happy Birthday Hon'ble Prime Minister Modiji

With Pujya Swami Chidanand Saraswatiji's inspiration, here is a glimpse of how we celebrated our Hon'ble Prime Minister, Shri Narendra Modi's Birthday as a Sewa Diwas (Day of Selfless Service), Swachhta Diwas (Day of Cleanliness), Sankalp Diwas (Day of Taking a Pledge for the Welfare of All) and Yoga Diwas (Day of Yoga) on 17 September.

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# Pujya Acharya Balkrishnaji's 44th Green Birthday Pledge



Pujya Acharya Balkrishnaji's 44th Birthday was celebrated beautifully at Patanjali Yogpeeth, Haridwar, on the 4th of August with the honourable presence and blessings of Pujya Baba Ramdevji and many respected saints and dignitaries.

Pujya Swami Chidanand Saraswatiji sent His blessings in the form of a beautiful Tulsi plant (holy basil), as a tribute to Acharya Balkrishnaji's life, which is selflessly and completely dedicated and committed to the promotion and preservation of Ayurveda.

Pujya Swamiji sent His message from abroad saying, "On your birthday we pledge to celebrate as a green birthday for the green leader that you are. Together we will plant 44 fruit trees, 44 medicinal trees, distribute 44 water filters and build 44 bio-toilets in villages in need along the banks of Mother Ganga. Let us celebrate this auspicious day by reaffirming our commitment to serve together for

a Swachh, Swaasth, Sundar aur Samridh Bharat. The seed of this Bharat is already in your heart and with your life, your divine example and your selfless seva you are giving it the fertile ground and the sacred water to blossom and thrive." During the ceremony, representatives from the Ganga Action Parivar(GAP) - Parmarth Niketan offered Pujya Swamiji's special Tulsi plant and also offered five water filtration systems which were ceremoniously opened and inaugurated by Pujya Baba Ramdevji and Pujya Acharya Balkrishnaji during the beautiful day-long celebrations.

Acharya Balkrishnaji expressed his deep gratitude for Pujya Swamiji's words and His green gifts and shared that he would try to come personally to distribute the filters, plant the trees and inaugurate the toilets upon their completion.

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# Celebrating HH Pujya Rakeshbhaiji's 50th Birthday



HH Pujya Swami Chidanand Saraswatiji graced and blessed HH Pujya Rakeshbhai Jhaveriji's grand 50th birthday celebrations, lauding the great message and divine teaching of his life that had given the sacred touch and transformed so many to lead a path of devotion, spirituality and service. Pujya Swamiji lauded Pujya Rakeshbhaiji's immense contributions, especially in the fields of meditation, education and healthcare. He expressed joy at seeing the great impact that a divine master like Pujya Rakeshbhaiji had on so many young people. He shared how touched he was to hear Bollywood Actor Suniel Shetty's speech and so many others about how Pujya Rakeshbhaiji's presence and blessings in their lives had changed and transformed them forever.

Pujya Swamiji also spoke about Pujya Rakeshbhaiji's Guru HH Pujya Shrimad Rajchandraji, a mentor, a spiritual guru, and a

confidante to Mahatma Gandhi, and how through his teachings India, even today, was getting a great sense of direction as it grows and progresses with speed. Pujya Swamiji lovingly blessed Pujya Rakeshbhaiji and offered him a sacred Rudraksha sapling, Gangajali (the holy waters of Ganga), and a beautiful Jai Gange! shawl in honour of a divine life dedicated to the service and well being of all.

Also gracing and blessing the third and final day of the three day celebrations were HH Pujya Bhaishri Rameshbhai Ozaji, HH Pujya Anandmurti Gurumaaji, HH Pujya Acharya Dr. Lokesh Muniji, HH Pujya Acharya Sri Pundrik Goswamiji and HH Pujya Bhikkhu Sanghasenaji as well as so many others who offered their wishes and love to a divine and beautiful spiritual master.

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# Shraddhanjali ceremony for H.H. Pramukh Swamiji Maharaj



On 11 September Pujya Swami Chidanand Saraswatiji addressed the official Mumbai event in honour of Pujya Pramukh Swami Maharaj, lauding and paying tribute to his great commitment, dedication and leadership.

Pujya Swamiji also warmly welcomed Pujya BAPS

Mahant Swami Maharaj as the new leader of BAPS Swaminarayan Sanstha at the Bombay Convention Centre, by offering him a sacred Rudraksha sapling, Gangajali (holy waters of the River Ganga) and welcoming him home to Parmarth Niketan.

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## Pujya Bhaishriji's Green Birthday & the Gift of Ganga Rights Act



Pujya Swamiji arrived in Mumbai on the 31 August, for the auspicious occasion of Pujya Bhaishri Rameshbhai Ozaji's 59th Birthday. The divine celebrations was graced and blessed also by Pujya Karshnipeethadeshwar Swami Gurusharananandaji Maharaj, Raman Reti, Pujya MM Vishveranandji Maharaj, Pujya Raghmuniji Maharaj, Bhagwatacharya Pujyashri Shardbhai Vyasji and Pujya Rajguruji and many other saints.

Pujya Swamiji shared in His loving and inspiring address, "Pujya Bhaishriji's Prakatya Divas is truly a Prerna Divas for all us, inspiring us to live our lives with the same divinity that Pujya Bhaishriji teaches and reflects in his own life." He lauded the great achievements of the Sandapani Vidyaniketan, Porbandar and said truly if there was a Divinity Contest then the students of this divine educational institute would certainly be the first. Pujya Swamiji summed up so beautifully the message of the Bhagawad Gita by sharing, "When we live our lives with the attitude of 'What For Me' then Mahabharat is bound to happen but when we live our lives with the attitude of 'What Thru Me' then only can the wisdom of Gita take birth in our lives. On this divine occasion let us not say 'my way is the only way' but let us pledge to live our lives in divine surrender to the Lord's will, being merely an instrument of the Divine Grace."

Pujya Swamiji gifted a beautiful silk shawl to Pujya Bhaishriji from GIWA's Interfaith Leaders and Lamas from Ladakh as a divine birthday blessing and wishes on behalf of everyone. He also gifted a copy of the National Ganga Rights Act to Pujya Bhaishriji and called for all respected faith leaders

present on the occasion to bless the act and hence support such legislation that would protect and preserve the sacred lifeline, the sacred fresh water bodies of our nation.

Pujya Swamiji also inspired everyone to pledge to make all of our birthday's green birthdays, building toilets and planting trees on every festive occasion. He encouraged everyone to join together in helping ensure an Open Defecation Free India. He lovingly welcomed and invited Pujya Bhaishriji to celebrate his 60th birthday, next year, on the holy banks of Mother Ganga and personally pledged to inspire the building of 60 toilets and provide 60 clean drinking water filters in his honour. He also personally pledged to inspire the plantation of 6,000 trees in honour of Pujya Bhaishriji's birthday, which would be planted from Char Dham to Haridwar, and hence set the divine example and encouraged everyone present to celebrate their birthdays and every occasion by planting trees, building toilets and protecting the planet.

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## Kishore Lullaji and his family visit Parmarth Niketan (Rishikesh) on his birthday



Kishore Lullaji and his beautiful family visited Parmarth Niketan (Rishikesh) to celebrate Kishoreji's birthday. They were warmly welcomed by Pujya Swamiji and Sadhvi Bhagawati and took part in the divine Ganga Aarti in which Pujya Swamiji honoured them with a sacred green Rudraksha sapling. Pujya Swamiji commended for staying deeply grounded to the spiritual values and their cultural heritage despite attaining such

great material success. During their visit, they were glad to join in the inauguration of a special cardiac medical camp, jointly organized by Max Hospital, Parmarth Niketan and Rotary Rishikesh, with world-renowned cardiologist Dr. Viveka Kumar and other eminent specialist. The Hon'ble Health Minister of State of Uttarakhand, Shri Surendra Singh Negiji also graced the occasion.





## Rahul Bajajji and his family come to meet Pujya Swamiji at Parmarth



Respected Shri Rahul Bajajji and his family travelled to Rishikesh to spend time with HH Pujya Swami Chidanand Saraswatiji and attend the sacred Ganga Aarti. Pujya Swamiji blessed the family with a sacred Rudraksha sapling and lauded the great direction, dedication and commitment through which they are bringing about progress and prosperity to the nation while

simultaneously staying grounded to their values and their roots. They had detailed discussions about the multi-faceted service projects flourishing and thriving under Pujya Swamiji's leadership and vision. They expressed their enthusiasm and support towards contributing to these efforts for preserving the environment and improving water, sanitation and hygiene for all.



## Global Forgiveness Day: Moment of Calm

Parmarth Niketan, with HH Pujya Swami Chidanand Saraswatiji's inspiration and divine leadership, led by Sadhvi Abha Saraswatiji joined together in the Moment of Calm during the Global Forgiveness Day on 2 August in celebration and in honour of Pujya Dada Vaswani's 98th Birthday, Sadhu Vaswani Mission.



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# 2nd Annual International Yoga Festival in Jageshwar



The second annual, three day Jageshwar International Yoga Festival, jointly organized by the Government of Uttarakhand, Kumaon Mandal Vikas Nigam (KMVN) and Parmarth Niketan (Rishikesh), took place from the 5-7th October.

Parmarth Niketan Ashram is well known for hosting the world famous annual International Yoga Festival at Rishikesh, from March 1-7 each year, attracting more than a thousand Yogis from across India and across the world, which will now be in its 29th year.

Jointly organized with the Uttarakhand Tourism

Development Board, Government of Uttarakhand, and GMVN it was decided that the inspiration and transformation of the International Yoga Festival at Parmarth Niketan (Rishikesh) should expand and be extended to the Kumaon region during the beautiful Autumn season. HH Pujya Swami Chidanand Saraswatiji, President Of Parmarth Niketan (Rishikesh) blessed and inspired this beautiful Jageshwar Yoga Festival with the vision and the support of the Hon'ble Chief Minister of Uttarakhand Shri Harish Rawat, who graced the concluding ceremony of the second annual Jageshwar Yoga Festival with his presence and enthusiastic, inspiring words.



Also present at the three day International Yoga Festival- Jageshwar were: Speaker of UKD, Vidhan Sabha, Shri Govind Singh Kunjwal, Commissioner of Kumaon, Mr D Senthil Pandian, Deputy Director Uttarakhand Tourism, Shri Vivek Chauhan, District Magistrate Almora, Shri Savin Bansal, Shri Ajay Retula, DIG Almora, Sadhvi Bhagawati Saraswati, Director of the International Yoga Festival- Parmarth Niketan (Rishikesh), President of Divine Shakti Foundation, Sadhvi Abha Saraswati, Director of Parmarth Yoga Department, General Manager of Kumaon Mandal Vikas Nigam, Mr TS Martholia, Smt Renuka Rawat, wife of Hon'ble Chief Minister of Uttarakhand, and many others

The event included three days of Yoga classes, including Kundalini, Ashtanga, Sukshma and Hatha practices, meditation, Naad yoga, vedic chanting, yog nidra, yoga philosophy, cultural performances, yogic demonstrations, satsang and discourses. There was also a beautiful Ganga Aarti on the banks of the Jataa Ganga and a collective pledge to preserve and protect our sacred natural heritage.

As an integral part of the Festival, the participants visited and meditated at the Jageshwar Dham Temple, one of the most ancient and sacred 12 Jyotirlingas. Pujya Swamiji led everyone in a pledge to protect and preserve our environment. He spoke a great deal about keeping our rivers and forests free from pollution by establishing Green Crematoriums and Green Corridors. In this spirit, in the concluding ceremony, there was a tree plantation of sacred Rudraksha saplings from Rishikesh, a water blessing ceremony and a symbolic inauguration of the Eco-Crematorium project.

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# International Green Raksha Bandhan Celebrations



The first ever International Green Raksha Bandhan was held at the sprawling Talkatora Stadium on 20 August. It was conceived and led by Mananiya Indresh Kumarji, National Executive Member of RSS, and HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan (Rishikesh), Founder of Ganga Action Parivar (GAP). Thousands of people, from more than 40 nations and hundreds of organisations, joined hands to pledge to make every day green and to protect our sisters, our friends, our natural environment, our nation and our world.

The theme of the celebration was World Peace & Preservation and Protection of the Environment. The event was graced by the Hon'ble Tourism Minister, Dr. Mahesh Sharmaji, many other MPs, such as Hon'ble Ms Meenakshi Lekhi, eminent government officials, together with renowned interfaith leaders of many religions, including Imam Umer Ahmed Ilyasiji, President All India Imams Association, Mushahid Khan, Chairman and Founder of International Islamic Sufi Foundation, Sadhvi Bhagawati Saraswatiji and many others.

Pujya Swamiji said, "There can be no protection of our sisters, our mothers and our daughters without simultaneously ensuring that they have adequate, safe and clean sanitation facilities. This is why the motto for this Raksha Bandhan should be to every brother 'Tilak Lagao, Toilet Banao.' If his sister already has a toilet then a toilet in her name should be built for another sister, another women, who doesn't have this basic facility. Therefore, let our mantra be: Raksha Bandhan Manaye Lekhen Sauchalaya Bhi Banaye." All leaders also emphasised that Raksha Bandhan is a celebration of our ties to each other, as one world family, and with Mother Nature.

By tying a sacred Rakhi or "Safety Band" over the wrist of someone, we are tied together in a divine bond of love and compassion. This security band also symbolizes a sacred pledge in which the person on whose wrist the sacred threads are tied is reminded that through their hands, through their actions and even by their words and their thoughts they must protect and preserve the one who ties this band upon them. Today, with the rise in violence and illusion of separation, genuine bonding and the wisdom that we are all part of one humanity, one family, is tragically missing. The security of all of our sisters and brothers in this global family is one of our most crucial duties. A pledge to live this pledge of oneness and interfaith harmony was taken and rakhis were tied amongst people of different castes, colours, cultures and creeds as a testament to this pledge. Rakhis were also ceremoniously tied to trees as a symbol of the commitment to preserve and protect our environment.

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# Wishing Everyone a Clean & Green Krishna Janmasthanmi



On 25 August Krishna Janmasthanmi celebrations at Parmarth Niketan (Rishikesh) started with a massive clean up, inspired and led by HH Pujya Swami Chidanand Saraswatiji, with a message that in addition to the global celebrations on this auspicious day and reenactments of Krishna's Birth, we should also simultaneously work to make the world we live in a place which Baby Krishna would like to inhabit, play and lead his beautiful leelas.

Our massive cleanup began along the Neelkanth Yatra Marg, in the Rajaji National Forest, where tons of waste laid strewn from the recent Kanwad Mela. Pujya Swamiji was joined by Parmarth Rishikumars, yogis and volunteers from all around India and across the world. They all joined together with the spirit of cleaning Rishikesh to clean India, hence wishing Krishna and all of his creation a very happy birthday.

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# Teacher's Day & Ganesh Chaturthi Celebrated



A special Teacher's Day/Ganesh Chaturthi programme took place on 5 September that brought together three Divine Shakti Foundation (DSF) sponsored schools in Rishikesh and the surrounding areas to one main event in the Government Junior School, Rishikesh.

Sadhvi Bhagawati Saraswati, President of DSF, graced the occasion and inspired the children by sharing the example of Hon'ble Former President of India, Dr S Radhakrishnanji, in whose honour India celebrates Teacher's Day. She encouraged everyone to be of such selfless service to the nation that they too would be leaders whose birthdays could be national holidays, celebrated nationwide with great honour and respect. The children performed many colourful and beautiful programmes, including several skits to raise

awareness on Swachh Bharat, Namami Gange!, Saraswati Vandana, Ganesh Vandan, Ganga Avtaran, amongst others.

Sadhvi Bhagawati inspired all the children to pledge to not only serve the nation but to contribute to make it a Swachh, Sundar aur Shresth Bharat. She was joined by members of the DSF-Parmarth Niketan Parivar which included, Mandaben Lakhani and her two daughters, Shreya and Roshni, from London, UK, and many other volunteers from different parts of India and the world. The children also took the message of the sankalp to action and helped ensure that after the programme the event grounds were clean and green. Fruits, juice and water were distributed to all children for their great dedication and commitment to put together such a lovely programme.





# International Peace Day Celebrated



Every day the service projects and initiatives blossoming and thriving under HH Pujya Swami Chidanand Saraswatiji's leadership are centered and geared towards not just praying for peace but also providing and serving to bring about long-term, sustainable peace in our own lives and within our communities.

On the beautiful occasion of International Peace Day on 21 September, yoga students in Parmarth Niketan's Intensive Yoga Course, from many different countries, including but not limited to Germany, India, United Kingdom, China, America, Spain, Czech Republic, Russia, Sweden, Argentina and many others, joined Pujya Swamiji and Parmarth Niketan's Rishikumars and volunteers for

a global peace meditation, followed by a special peace prayer and water blessing ceremony.

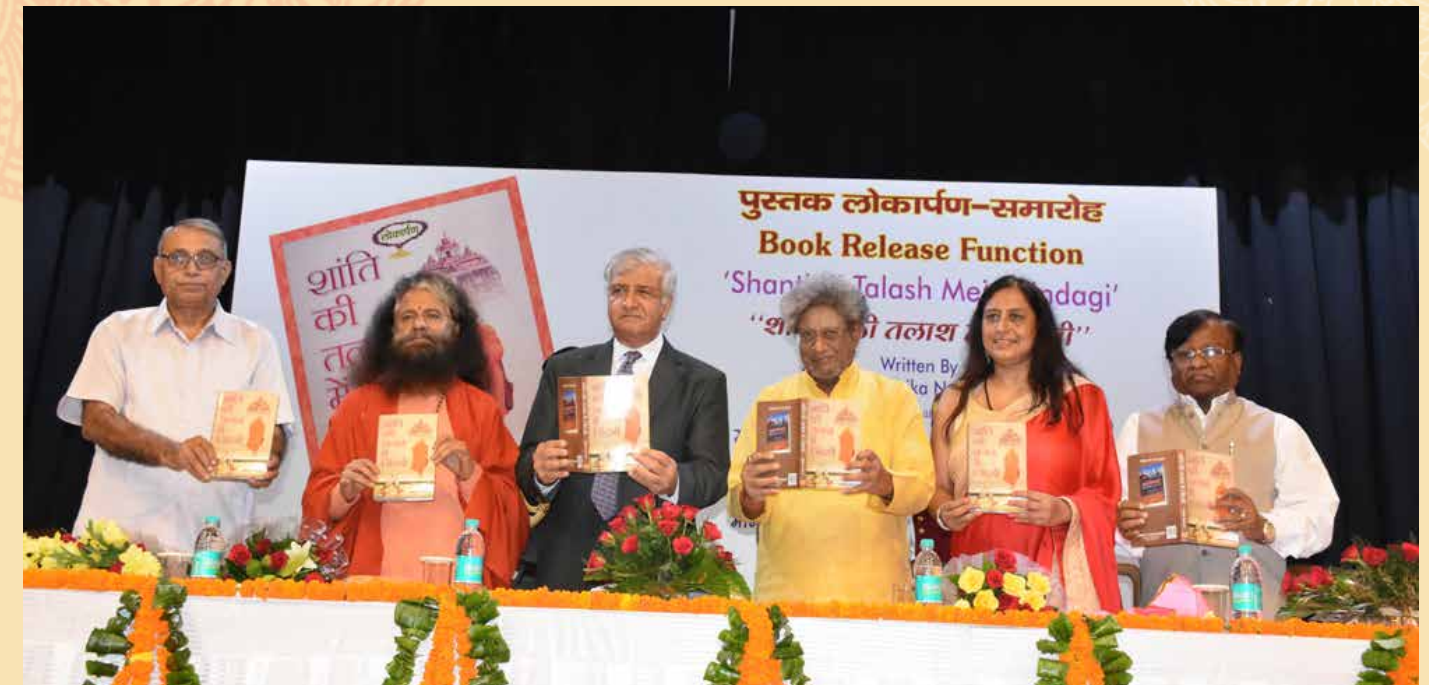
They were inspired by Pujya Swamiji to bring their Yoga and Meditation into Action, so that when they leave from the banks of Mother Ganga they have truly become Peace Ambassadors, maintaining peace and serenity within themselves and thereby manifesting peace within their families, communities and countries. He shared that today when there is so much unrest, violence and terror, with what seems like the world in so many pieces, it is so vital for us to envision and live a new perception of peace that is not just with our eyes closed in meditation but also with our eyes open, throughout the day, in every moment of our lives. He shared that Yoga is the tool, the key that can help us become instruments of peace, allowing us to stay grounded, centered and balanced in every situation and empowering us to solve every challenge in our lives and in our communities with compassion and wisdom.

The yogis from all over India and all over the world were so glad to be blessed and inspired by Pujya Swamiji's message of peace, they pledged to be in service to create and manifest more and more peace and harmony in the world.

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# Special Book Launch with the Governor of Uttarakhand



On 16 September Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan (Rishikesh), Founder of Ganga Action Parivar (GAP), graced and blessed a special book launch at the Raj Bhawan with His Excellency the Governor of Uttarakhand, Dr. KK Paulji, Director and Head of All World, Gayatri Parivar, and Chancellor of Dev Sanskriti Vishwa Vidyalaya Pujya, Dr Pranav Pandiyaji. The book, entitled Shanti Ki Talash (In Search for Peace), was launched and beautifully written by Dr Radhika Nagrathji, a reputed scholar, speaker, senior journalist and author on Yoga and the essence of Indian spirituality and culture.

Pujya Swamiji shared about the importance of living in peace not in pieces as well as how desires, expectations and ego obstruct living in our true nature of peace, making the efforts to maintain peace elusive. He also shared by meditation, no reaction and introspection it could help one move along our lives from stress management to self-management, allowing us to maintain peace in our lives, our families and our communities.

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# Safai Aur Sachai Chale Saath Saath



On the 10 August Pujya Swamiji gave the message "Safai aur Sachai Chale Saath Saath" from the United States as Shri Shankar Kumar Sanyalji, President of Harijan Sevak Sangh (HSS), Shri Jayeshbhai Patelji, Head of the Safai Vidyalaya, Shri Raju Parmar, Hon'ble Member, National Commission for Scheduled Castes, Former Member of Parliament, Shri Lakshmi Dasji, Gandhi Ashram-Delhi, Dr. Hira Pal Gangnegiji, Dr. Rajnish Kumarji, Secretaries of Harijan Sevak Sangh came with more than 40 members from all across India to take part in two divine evenings of Ganga Aarti. They were graced and blessed by Pujya Swami Swatanandaji.

The group was taking part in a two day National Executive Committee Meeting, Central Board and Advisory Council Meeting of Harijan Sevak Sangh at Swami Swatantrananda Saraswatiji's ashram and had come especially to meet Pujya Swamiji, who was travelling abroad. Inspired by Pujya Swamiji's words and message, they led a beautiful Swachhta Kranti Sankalp and offered their support and deep appreciation for the Swachh Kanwad Mela initiative that Ganga Action Parivar (GAP), Global Interfaith WASH Alliance (GIWA) and Parmarth Niketan Ashram were leading for the month long yatra.

During the yatra, efforts were made to provide dustbins, water filtration systems, Swachhta messaging and slogans, free medical camps as well as many other interventions. They also spoke to Pujya Swamiji on the phone, met with the World Toilet College team and discussed ways in which both organizations could come together for a Swachh aur Swaasth Bharat for all. They planted a beautiful amal tree on the World Toilet College campus, as a symbol of their growing and flourishing partnership and commitment to the common mission of Swachh Bharat. \*\*\*The Harijan Sevak Sangh and the Safai Vidyalaya were both established by Gandhi in 1932 with the vision to realize the dream of a Swachh aur Swasth Bharat. The Safai Vidyalaya has built more than five lakh toilets in Gujarat, besides training thousands to build more.

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# Taking Steps Towards a Clean Kanwad Mela



During the recent Kanwad Mela to maintain cleanliness in the Kanwar Mela region, Ganga Action Parivar (GAP), Global Interfaith WASH Alliance (GIWA), and Parmarth Niketan Ashram came together to make the provisions of 20 Dustbins to be placed on the Neelkanth- Kanwad Yatra Marg. Shri Gopal Ram Binwalji, Sub-Divisional Magistrate (SDM) of Haridwar, personally came to get them placed in the Kanwar Mela region.

On this occasion, the SDM said that the Kanwar Mela of Uttarakhand is a very important event, especially for Swargashram, Rishikesh and Haridwar. Lord Shiva devotees from all parts of India arrive to these pilgrimage cities for this month-long, monsoon season festival. He said that providing necessary service to these devotees, helping them in their journey and inspiring them for the welfare of the nation and the protection of the environment is vital. He lauded and appreciated HH Pujya Swami Chidanand Saraswatiji for leading the way and inspiring these efforts. He also requested

other organisations to come forward to support this initiative.

Each dustbin had especially been designed to have separate compartments for organic and inorganic waste and made animal proof so that monkeys and other stray animals would not tamper with the trash, especially as much of the route that they were being placed along was the eco-sensitive Rajaji National Park route. They had been painted green to look attractive and printed with messages of Swachta Kranti to inspire the Kanwar Yatis to support the Swachh Bharat Mission, India (Clean India Mission). The district administration was also brought in to ensure the emptying and proper disposal of the waste every day throughout the mela. In addition to this, messages and signage was placed along the route to remind yatis to keep the region clean and green.

[To view album click here](#)



# From Kanwad Mela to Kartik Mas: Clean & Green Yamuna and Vrindavan

A special clean up and plantation along the banks of the sacred River Yamuna took place on 3 August in Vrindavan, ahead of Pujya Swamiji's upcoming visit in October-November, with youthful and devoted members of the Ganga Action Parivar (GAP), Braj Vrindavan Act Now (BVAN), an organization conceived and inspired by Pujya B.A. Paramadvaiti Swamiji. These groups came together as the Yamuna Action Parivar (YAP), to clean and green the beautiful pilgrimage.

BVAN is conducting regular cleans up and is engaged in several beautification projects along the banks of Yamuna River in Vrindavan but plans were made to scale and support these efforts with provision of dustbins, more awareness and outreach to bring in more community involvement and catalyze sustainable change.

Plans were also made for a Maha Swachhta Sankalp (Massive Pledge for Clean Vrindavan, Clean India) during Pujya Swamiji's upcoming visit, involving and engaging all revered saints, kathakars, devotees, NGOS, local stakeholders, pilgrims from all across the world and all around India to rally and pledge to clean and green Vrindavan and restore the waters of the River Yamuna. It was also discussed as to how we could extend interventions and awareness raising done in Kanwad Mela to the Kartik Mas in Vrindavan to inspire people to connect and join together for this vital cause.

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# Kanwad Mela: Starting a Swacchta Kranti (Clean Revolution)



Every year the Kanwad Yatra & Mela takes place during the Hindu month of Shrawan Mas, in which devotees and pilgrims, mostly young men, from all over Northern India, a majority from Haryana and Uttar Pradesh, offer their devotion and the holy waters of the River Ganga to Lord Shiva as a means to please Him so that He may fulfill their wishes.

This year on 28 July, with Pujya Swamiji's divine vision and inspiration, the Ganga Action Parivar (GAP) and Parmarth Niketan, in association with Global Interfaith WASH Alliance (GIWA), carried forth various interventions to ensure the Kanwad Yatra was clean, green and serene. Some of these interventions included signage and messaging that reminded yatri's to keep the Mela grounds, the sacred banks of the River Ganga and the Rajaji National Forest, in which the sacred Lord Shiva temple is situated, the Neelkanth Mahadev Temple, clean and free from pollution. GAP and Parmarth Niketan has also created special Jal Mandir's along the pad yatra marg so that thousands of yatri's, walking by foot, had clean water to drink and could stay hydrated along the route. The first Jal Mandir was inaugurated by the SDM of Rishikesh, local leaders, along with volunteers and members of the Parmarth Family. Dustbins, free medical camps, educational puppet and street theatre shows also helped ensure that yatri's were inspired and engaged to make this Mela, as Pujya Swamiji said, a Mela with a Message.

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# Puppet Show Raises Awareness & Catalyzes Behaviour Change



As part of the Mela with a Message, Swachh Kanwad Mela initiative, blessed, inspired and led by HH Pujya Swami Chidanand Saraswatiji, carried out with the dedication of GIWA, GAP and DSF volunteers, there were regular puppet and street theatre shows being performed to raise awareness on keeping our sacred pilgrimage sites, our villages and our communities free from open defecation and pollution.

More than 20 shows were shown across the Kanwad Yatra route throughout the duration of the Kanwad Mela. Some of the locations included: Hari Ki Pauri, Haridwar, Rishikesh Railway Station, Chaurasi Kutiya Neelkanth Marg, Bairaj Road, IDPL Parking and many others.

The young and passionate artists joined the Parmarth Family to offer their talent and their time, finding new locations every day and reaching out to make the largest impact with this vital message, they continued their performances daily until the end of the mela.

A huge number of Kanwar Yattris gathered eagerly and enthusiastically to watch the shows and also pledged at the end of each show with their hands raised high, sometimes even hoisting Swachta Kranti flags, to show their commitment and support of a Swachh Bharat, one that is free from open defecation and pollution.

Through the shows basic facts of cleanliness, such as the harms of defecating in the open, the benefits of using a toilet as well as handwashing with soap, amongst other basic hygienic practices, were shared.

With Pujya Swamiji's blessings and vision, this intervention became a great success and a great hit amongst the Kanwad Yattris, devotees of Lord Shiva, coming from all across India for the month long Shrawan Mas.

[To view album click here](#)





# Kanwad Mela Free Medical Camp



A medical camp was set up and over 100 pilgrims were treated every day with free medicines and care by our incredible and selfless health care volunteers and interns.





# Plantation at Kendriya Vidyalaya-Rishikesh



With HH Pujya Swami Chidanand Saraswatiji's inspiration and blessings, a beautiful tree plantation, mid-day fruit distribution and cleanup programme at the Kendriya Vidyalaya, IPDL Rishikesh, took place on the 13 July. More than 30 students, coming from diverse backgrounds and different universities in the United Kingdom, studying in an International Short Term Program on "Social Entrepreneurship in Creating Sustainable and Scalable Social Change in India," at the IILM Institute for Business & Management, Gurgaon, joined Ganga Action Parivar (GAP), Global Interfaith WASH Alliance (GIWA) - Parmarth Niketan Ashram in these efforts.

The institute brings a large group annually to Parmarth Niketan to immerse the students from diverse backgrounds in the spiritual-cultural heritage of India, interact with Pujya Swamiji and Sadhvi Bhagawati Saraswatiji as well as to engage in the various, multi-faceted service projects flourishing under their leadership. This was GAP-Parmarth Niketan's first monsoon plantation this year in India, after Pujya Swamiji launched the International Peace Garden in the United Kingdom earlier this month, in which He had donated 100 trees.

Pujya Swamiji's message of Health, Hygiene and Harmony resonated as the students from abroad and the beautiful young students of KV Rishikesh interacted and came together as one family to clean and green their gorgeous campus, supporting the '#MyCleanIndia/ Swachh Bharat Mission, India campaign. There was plantation of ten fruit trees on campus. Plants included guava, jamun, mango, grape and litchi trees. There was also a cleanup in and around the campus plus the distribution of fresh, organic apples to all children and staff of the school.

Work is underway to get 6 cubicle bio-toilets installed for the school so that it has ample sanitation facilities to provide for its growing school population under GIWA's sanitation for all initiative. Plans were made to have the Divine Shakti Foundation (DSF) organize a periodic medical camp for all of the students plus a monthly Yoga camp.

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# Rishikesh Railway Station: Clean, Green & Serene Rails



In celebration of the monsoon and the ongoing Swachh Rail, Swachh Bharat initiative by the Government of India and India's dynamic Railway Minister, Shri Suresh Prabhuj, students from several countries gathered together at the Rishikesh Railway Station to plant trees, clean up and visit the site on 16 July. This project started with the inspiration and blessing of Pujya Swamiji, under-taken by the Ganga Action Parivar(GAP), of which He is the Founder, and Parmarth Niketan Ashram, of which He is the President, to make the railway station a model clean, green and serene station.

A majority of the group were 30 students, coming from diverse backgrounds and different universities and work places in the United Kingdom, who visited Parmarth Niketan while studying in an international short term program on "Social Entrepreneurship in Creating Sustainable and Scalable Social Change in India," at the IILM Institute for Business & Management, Gurgaon. They mentioned that so many people from abroad want to learn more about Indian spirituality and culture and are attracted to the cities of Haridwar and Rishikesh in Uttarakhand. Many of them also come to study Yoga and meditation.

They stayed at Parmarth Niketan and took part in Yoga Asana and Yoga in Action, by serving in Parmarth's multi-faceted service projects that are blossoming and thriving under Pujya Swamiji's divine vision and leadership. They took part in a beautiful water blessing ceremony and pledged to support the work for water, sanitation and hygiene, sharing the message of peace not pieces with their communities back home in the United Kingdom. They also expressed that it was wonderful that the Government of Uttarakhand is undertaking a mono-rail project of constructing a 38 km corridor from Dehradun-Rishikesh-Haridwar. "This will certainly make travel between these cities much more comfortable and enjoyable for all of us." said one of the participants. Since many of them were

driving back to Delhi from their stay at the ashram they also added that the Delhi to Haridwar fast train would be another great way to connect people in the heart of the nation's capital to experience the rich cultural, spiritual and natural heritage that the Himalayan state has to offer.

In a telephonic statement about the recent activities, Pujya Swamiji, who is currently travelling abroad, shared His thoughts, "I remember when Shri Suresh Prabhuj was here last year and we ceremonially launched the Haridwar- Rishikesh- Raiwala bio-toilet projects, which were conceived to support the Swachh Rail, Swachh India (Clean Railways, Clean India) initiative. During his visit a very large group of people visiting Parmarth Niketan, from many different countries and all over India, shared a letter and a petition with him with suggestion to create a mono-rail between Dehradun-Haridwar-Rishikesh and to also create a fast track train from Delhi to Haridwar-Rishikesh so that thousands of yatri could be benefited by better connectivity between these cities. I believe when suggestions are received from the people and they are implemented in a fast track and integrated manner this is truly a testament and sign of good governance. I am so glad to see that under Shri Suresh Prabhuj's able leadership with the support of our capable Shri Dinesh Agarwalji, State Minister of Environment and Forests, and Dr. R Meenakshi Sundaramji, as well as many others, this project has taken off and the work will be started in its first phase soon."

[To view album click here](#)





# Monsoon Tree Plantation Drive



During this year's monsoon plantation drive hundreds of saplings were planted in schools, given to visitors and thousands more were inspired to pledge to plant at least one tree in the memory of their pilgrimage during the daily evening Ganga Aarti at Parmarth Niketan.

Apart from this, festivals during the monsoon season, with Pujya Swamiji's vision, were transformed into green festivals. In so doing, there was free distribution of hundreds of aloe vera plants to Kanwad Mela yatris, who were explained the benefits and healing properties of the plant and encouraged to take it back with them as a souvenir of their yatra and to utilize it in their daily lives. During the time of Pitri Paksha, the auspicious time in the Hindu calendar spent in the remembrance and reverence our ancestors, a time when thousands flock to the banks of Mother Ganga to offer their prayers to them, Pujya Swamiji inspired the beautiful slogan of 'Pitri Tarpan Ped Arpan' [worship and prayers for the ancestors and offering of trees for the living]. Senior Director of

the Federation of Indian Chambers of Commerce and Industry (FICCI), Shri Nirankar Saxenaji and his beautiful wife Smt Savita Saxenaji performed a special pooja and supported these efforts by donating to the plantation of trees in memory of their loved ones. They were so deeply inspired by these efforts that FICCI will now be partnering with GIWA and GAP to bring to fruition Pujya Swamiji's vision of establishing green corridors along the banks of the River Ganga.

Apart from this, hundreds of trees were planted in schools and parks in Uttarakashi, Yamkeshwar, Yamunotri, Rishikesh and Haridwar, especially fruit giving trees as part of GAP's mid day fruit programme. Through this programme nutritious fruit trees were planted in schools so that children can reap the benefits of these fruits, many of whom come from economically disadvantaged backgrounds, who often cannot afford these fruits from the market, hence helping to prevent malnutrition in this vulnerable population.





# News Highlights

## The PM tweets about GIWA









# By God's Grace

## The Life & Teachings Of Pujya Swami Chidanand Saraswati

In this compelling biography, Pujya Swamiji's divine life is beautifully detailed chronologically.

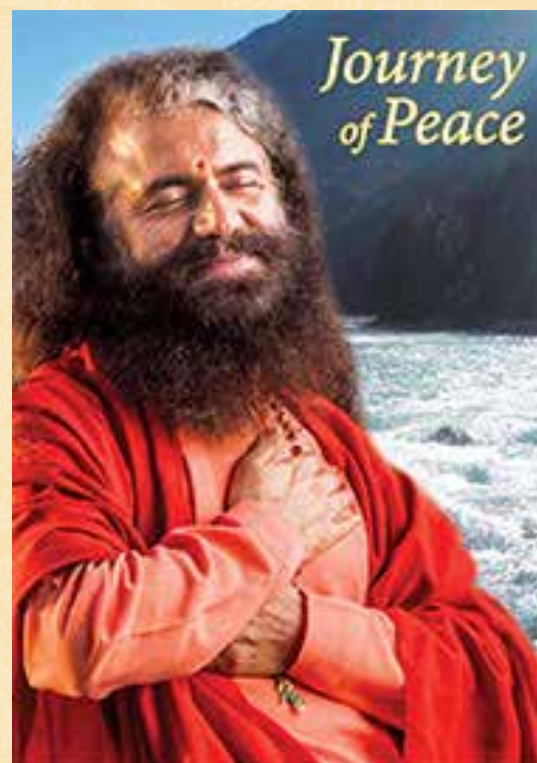
Upon its release, this book held the NUMBER ONE position as the bestseller in Amazon.com's Hindusim section, out of a total of over 17,000 books!

Illustrated with exquisite photos of Ganga, the Himalayas, and all of the saints and world leaders with whom Pujya Swamiji has spent the first 60 years of His life, it tells the inspiring, uplifting and transformative stories of Pujya Swamiji's whole life – from meeting His Guru at the tender age of eight, to His youth, filled with intense sadhana in the Himalayan forests and jungles, including standing on one leg for 11 hours a day.

**By God's Grace** then goes on to beautifully describe Pujya Swamiji's arrival into Rishikesh and choice of stay there, followed by the history of His life at Parmarth Niketan, first as a young student and then as head of one of India's largest spiritual institutions. You will read about His travels around the world, touching and teaching people of all religions, all cultures and all walks of life. Pujya Swamiji's very life is His message; the book also includes special "teaching" sections. Each special teaching spread takes one of Pujya Swamiji's most fundamental teachings and shares it, in His own words, through His own voice, on gorgeously illustrated pages.

Published by Mandala Earth Publications of California, USA, this book is perfect for personal reading and for gracing the top of your coffee table, and it is also the perfect gift for any friend or loved one who, whether they know Pujya Swamiji personally or not, is looking for a glimpse into the life of one of history's truest, wisest, deepest, funniest and most down-to-earth spiritual leaders. Laugh, cry, look at yourself and your life in a brand new way.

For more information including ordering information for this beautiful book, please go to: [www.bygodsgracebook.org](http://www.bygodsgracebook.org).



# Volunteer With Us

## Join hands in a global interfaith mission of peace

We are always looking for caring, hard-working volunteers to join us here at Parmarth Niketan, Rishikesh.

As our projects grow, so has our need for professional, inspiring, and productive individuals who wish to dedicate their time, talent, technology and tenacity for 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 download our Volunteer Application Packet by visiting

<http://www.parmarth.org/how-you-can-help>

### Global Interfaith WASH Alliance

The faiths come together to help ensure Water, Sanitation and Hygiene (WASH) for all.

### Parmarth Niketan

The largest ashram in Rishikesh and one of the largest interfaith spiritual institutions in India, Parmarth is home to the world-renowned evening Ganga Aarti ceremony and the annual International Yoga Festival.

### Encyclopedia of Hinduism

An unprecedented encyclopedia, drafted by some 1,000 experts over a 25-year time-span.

### The Divine Shakti Foundation

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

### Nepal Earthquake Relief: Project Hope

Immediate Response in Earthquake-Impacted Nepal

### Ganga Action Parivar

Bringing together networks and partnerships of the world's preeminent researchers, environmentalists, engineers, religious and business leaders, as well

as members of the general public. Together, we work towards creating thoughtful solutions to the numerous problems plaguing the Ganga and its tributaries.

### Project Hope: Disaster Relief

Continuing Relief to End Suffering and Hardship

### The Green Kumbh Initiative

Promoting clean and green festivals and public education for healthier populations and ecosystems.

### The National Ganga Rights Movement

Bringing about a new paradigm for the protection of nature.

### India Heritage Research Foundation

Committed to education, healthcare, interfaith harmony and the upliftment of women. IHRF has also created ashrams in Mansarovar as well as the world's first comprehensive Encyclopedia of Hinduism







# CONNECT WITH US ONLINE

## VISIT OUR WEBSITES

Parmarth Niketan Rishikesh [www.parmarth.org](http://www.parmarth.org)

HH Pujya Swami Chidanand Saraswatiji [www.pujyaswamiji.org](http://www.pujyaswamiji.org)

Ganga Action Parivar [www.gangaaction.org](http://www.gangaaction.org)

Global Interfaith WASH Alliance [www.washalliance.org](http://www.washalliance.org)

Divine Shakti Foundation [www.divineshaktifoundation.org](http://www.divineshaktifoundation.org)

Project Hope [www.projecthope-india.org](http://www.projecthope-india.org)

International Yoga Festival [www.internationalyogafestival.com](http://www.internationalyogafestival.com)

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Sadhvi Bhagawati [www.twitter.com/SadhviBhagawati](https://www.twitter.com/SadhviBhagawati)

International Yoga Festival [www.twitter.com/InternationalYogaFestival](https://www.twitter.com/InternationalYogaFestival)

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Parmarth Niketan Rishikesh [www.youtube.com/parmarthniketan](https://www.youtube.com/parmarthniketan)