

# PARMARTH

March 2018 Newsletter



*The incredible start of 2018 included large-scale events such as the National Solutions for the River Ganga Summit which brought together Mayors, DMs & Administrative Heads from along the banks of Mother Ganga to determine solutions for an ODF & water secure India, in which sewerage & drinking water never mix. It also saw the launch of innovative technologies such as the Kill Waste Machine for Solid Waste Management and North India's first Radiation Free Breast Cancer Screening Device on World Cancer Day with the Hon'ble Chief Minister of Uttarakhand and Puja Swamiji at Parmarth Niketan. The 2018 International Yoga Festival welcomed over 2000 people from 100 nations and was inaugurated by the Vice President of India, Shri M Venkaiah Naidu! Several international teams came to serve in free medical camps in Rishikesh and the surrounding areas. Sadhvi Bhagawatiji also took part in the inspiring meetings at the United Nations in Vienna to end atrocity crimes worldwide. The New Year, Mahashivratri, Sadhvi Bhagawatiji's Green Birthday and Hanuman Jayanti were divinely celebrated on the banks of Ganga as well as so much more!*



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## VISIT OUR WEBSITES

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





# Summit of Solutions for the River Ganga

Mayors, Magistrates, Officials & Officers from cities & villages along entire length of Mother Ganga come together for protecting this National River

The Global Interfaith WASH Alliance and Ganga Action Parivar, Parmarth Niketan organized a two-day Summit of Solutions for the River Ganga, with technical assistance from Water Aid and in association with the Ministry of Urban Development and the Ministry of Ganga Rejuvenation and Water Resources, Government of India. The Summit brought together mayors, magistrates, officials and officers from the cities, towns and villages lining the 2500 km length of the River Ganga.

The two-day summit included rousing speeches from political, social, national and faith leaders, discussions on proven models and remedies, as well as a collective pledge by leaders and citizens from five states to work together for saving India's beloved National River.

The two-day Solutions Summit was inaugurated by the Hon'ble Chief Minister of Uttarakhand, Shri Trivendra Singh Rawat, and its conclusion was graced by Uttarakhand's Minister for Urban Development, Hon'ble Shri Madan Kaushik. Shri Kaushik called upon the assembled leaders, administrators, experts, citizen volunteers and Ganga lovers to come up with specific technical models and innovations suitable for each different state and region.

Hon'ble Shri Madan Kaushik also announced that Haridwar was on the verge of becoming the first city in the state to have 100% underground sewerage. He thanked Pujya Swamiji for creating public awareness through such programmes for more than two decades, and requested that solutions should be found for the state of Uttarakhand to become a model for the whole country in sanitation and

environmental sustainability.

Sadhvi Bhagwati Saraswatiiji, Secretary-General of the Global Interfaith WASH Alliance emphasized the importance of Ganga as both the lifeline for Indians as well as that which draws and inspires people from across the world.

During their respective ceremonies, the Hon'ble Chief Minister of Uttarakhand and the Hon'ble Minister for Urban Development joined Pujya Swamiji, President of Parmarth Niketan, Co-Founder of the Global Interfaith WASH Alliance (GIWA), and Founder of Ganga Action Parivar, Sadhvi Bhagwati Saraswatiiji, and other assembled dignitaries in lighting lamps, symbolizing new hope for Mother Ganga. A symbolic Water Blessing was also held to pray and pledge for clean rivers and safe and clean water for all. Pujya Swami Chidanand Saraswatiiji presented a sacred rudraksha sapling and apple sapling to the Hon'ble Chief Minister during the inauguration and Hon'ble Urban Development Minister during the concluding ceremony of the Solutions Summit.

Shri Ravi Bhatnagar, Director, External Affairs and Partners, Reckitt Benckiser (RB), known for its popular Dettol and Harpic brands, announced the SITI Shield initiative that is partnering together with the Global Interfaith WASH Alliance to plant 2 lakh trees along the Ganga River Basin in the next year. Deputy Secretary General of FICCI, Shri Nirankar Saxena, also pledged to plant 2 lakh trees with GIWA and Ganga Action Parivar in the next year. Pujya Swami Chidanand Saraswatiiji and all present enthusiastically appreciated these commitments.



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Mayors, Nagar Palika Chairpersons, Parshads, engineers and administrators representing cities and towns on the Ganga banks in Uttarakhand, Uttar Pradesh and Bihar joined IAS officers, technological innovators, development experts and representatives from industry and corporate organizations for the Summit of Solutions.

Over two days, the Summit participants deliberated and interacted on a range of strategies and solutions for the health and survival of the Ganga and the lives dependent on it, including the total eradication of Open Defecation, Solid and Liquid Waste Management, Disaster Risk Reduction, beautification of cities and riverfronts, tree plantations, eco-friendly cremation practices, people's participation, Corporate Social Responsibility and much more. In group planning sessions, the participants were assisted by water engineers from PHED Rajasthan and experts from the National Centre for Good Governance, Mussoorie, to make strategies for implementing sustainable solutions on these issues in their respective cities.

On the second day, they were joined by top officials from the National Mission for Clean Ganga, experts from the Wildlife Institute of India, Dehradun and nearly 250 volunteers from Uttarakhand, Uttar Pradesh, Bihar, Jharkhand and West Bengal for the inauguration of the Biodiversity and Ganga Rejuvenation Training Programme.



**Hon'ble Chief Minister of Uttarakhand, Shri Trivendra Singh Rawat:** *"We have awakened on time, it is not too late, and for this I appreciate the saints who have raised great awareness on this issue in India and abroad. I am deeply grateful to our Hon'ble Prime Minister Shri Narendra Modi who has brought the whole nation together in this vital pledge and added even greater momentum to these efforts."*



**Pujya Swamiji:** *"The purpose of this confluence is to ensure that we can all get together to do something for the Ganga, before it becomes, like the Saraswati, a mythical river only found in our history books. Today, we are bringing both the ground plan, at the level of the people, with the grand plan, at the level of policy makers and administrators, this is the bridge that needs to be constructed. I am happy to officially announce the launch of the Ganga River Institute which will be dedicated to being this bridge, building capacity, training and educating every change agent in this process to be empowered and inspired to be the solution they want to see for an aviral and nirmal (clean and free-flowing) Mother Ganga."*



**Hon'ble Minister of Urban Development, Shri Madan Kaushik:** *"The Ganga cannot become clean and free-flowing by the Government's efforts alone. The participation of citizens and communities is a must," commenting on the great strides made in the last 4 to 5 years for the rejuvenation of the Ganga,*



**Sadhvi Bhagawati Saraswatiji:** *"It is the grace of Mother Goddess that brings peace to the chaos and noiselessness to the noise in our minds. She provides the inspiration and divine connection that we all seek....As we work morning to night to provide financially for our children, we must realize that providing the children of today and tomorrow with clean, flowing waters of Mother Ganga is just as important a responsibility!" emphasizing the importance of Ganga as both the lifeline for Indians as well as that which draws and inspires people from across the world.*







# Ganga Pahari Workshop

200 youth trained to become guardians of Ganga



Launch of the Ganga Pahari workshop with Hon'ble Urban Development Minister of Uttarakhand Shri Madan Kaushik

On the second day, the Solutions Summit was joined by top officials from the National Mission for Clean Ganga, experts from the Wildlife Institute of India (WII), Dehradun and nearly 250 volunteers from Uttarakhand, Uttar Pradesh, Bihar, Jharkhand and West Bengal for the inauguration of the four-day Biodiversity and Ganga Rejuvenation Training Programme.

The Biodiversity and Ganga Rejuvenation Training Programme, conducted by the Wildlife Institute of India and the National Mission for Clean Ganga under the rubric of the Government of India's ambitious Namami Gange programme, aims to

create a cadre of trained community volunteers or Ganga Paharis (Guardians of the River Ganga) to monitor and safeguard the Ganga and the remarkable variety of life-forms it supports across the five Indian states through which river flows. The focus of the programme is on community participation for the conservation of the aquatic animals that play a vital role in maintaining the health of the Ganga, but whose existence is threatened by the alarming levels of pollution in the river water.

200 youth were trained by the Wildlife Institute of India during this workshop to become Ganga Paharis, guardians of Ganga.

# Saints, Scientists & Citizens Join Forces and Join Hands on World Water Day

Acclaimed women water scientists from across India united with people from across the world to join forces on World Water Day, forming plans and making calls for action to save our nation's water before it is too late.

By the year 2040, it is predicted that the world will have only half the water it needs, leading to heightened threats of famine, food shortages, mass migration and violence as temperatures and populations escalate. In India, the situation is grave, with 54% of the nation already experiencing high to extremely high water stress. It is predicted that if no actions are taken, India will have only half of the water it needs by 2030, putting our farms, cities and futures at risk.

To try to determine constructive actions to save our nation's and our world's water, experts and scientists from the Government of India Ministry of Science and Technology, the Wildlife Institute of India, Ganga Action Parivar and the Global Interfaith WASH Alliance met at Parmarth Niketan for a special roundtable meeting under

the guidance and blessings of Pujya Swamiji.

Topics discussed included the rejuvenation of the River Ganga, the lifeline for around 50 crore people as well as countless species of animals, many of which are in danger of soon becoming extinct. The roundtable also looked at solutions for water issues that could be implemented by people from all walks of life, from scientists and technologists to students, faith leaders and everyday people.

It was noted that modern agricultural practices alongside mass deforestation are the main culprits for the rapid loss of our world's water resources. The adaptation of water-saving irrigation techniques and the plantation of leafy trees can do much to counter this.

The roundtable also discussed the formation of forthcoming classes under GIWA's Ganga River Institute, which was recently announced by the Hon'ble Chief Minister of Uttarakhand, Shri Trivendra Singh Rawat and Pujya Swamiji.



# Kill Waste Solid Waste Management Technology Inauguration in Rishikesh

On the auspicious occasion of Army Day, Pujya Swamiji invited the Hon'ble Chief Minister of Uttarakhand, Shri Trivendra Singh Rawat, MLA of Yamkeshwar, Smt Ritu Khanduri, and others to inaugurate Rishikesh's first 'Waste to Wealth' technology: the Kill Waste, Fuel-Free Solid Waste Disposal System.

A pilot plan was installed at the ashram to inspire thousands of international and national pilgrims and devotees, as well as neighbouring regions, to implement similar solutions in their communities.

This Kill Waste Solid Waste system is different from conventional incinerators in that it requires minimum investment, utilizes no fuel, has no maintenance, requires no technicians and uses simple equipment. The machine effectively disposes of dry and wet waste without odour and harmful gas. The output of Kill Waste is neutral ash that has been neutralized by activated charcoal, which can be used as fertilizer. The equipment is designed for the approval of various pollution control boards.

Solid Waste Mismanagement not only presents a tragic eye sore but also significantly contaminates the soil, water, and air. It is a major public health hazard to everyone living around the dumping site, who are often those living in the lowest socio-economic conditions. It also deters tourism, especially international tourists for whom sanitation and hygiene are key to a

happy and healthy tourist experience. The Global Interfaith WASH Alliance and Ganga Action Parivar, under Pujya Swamiji's divine vision and green leadership, is working hard to bring this and many other green technologies to the forefront to help us effectively deal with the mounting pollution we face of our air, water, and soil.

Pujya Swamiji said, "The real security and protection we need today is not only of our borders but also of our environment. Today, as we celebrate 70 years of the Indian Army, let us all pledge to become warriors and soldiers from right where we are. Let us make Sena Diwas (Army Day) a Seva Diwas (Selfless Service Day), for Swachhta (Cleanliness) and our Paryavaran (Environment). Let us not just parade and rally to celebrate, but let us also plant trees and rally for our environment to celebrate and commemorate the sacrifice that our soldiers make every day to give us a more secure today and tomorrow. While they secure our borders, we can actively serve to secure within these borders."

Hon'ble Chief Minister of Uttarakhand said, "This technology can be a boon to make the mounting trash to be reduced to Eco-friendly ash, which can then be used as a fertilizer. I envision a pollution free and trash free Uttarakhand and we can work together to bring this to fruition. I know that it is doable and it can be done when we commit to working together as one. Parmarth Niketan has initiated this movement and with the blessings

of Pujya Swamiji I am sure we can inspire everyone to work together to make great strides in this direction."

Pujya Swamiji added, "Simply by coming forward to contribute towards a Swachh Bharat, starting with our streets and communities, then by finding solutions and becoming solutions to the pollution, and finally by implementing, maintaining and celebrating solutions, like we are today, we can all become soldiers of positive and much needed change. Today, we not only need to protect ourselves from the threats from outside our borders but the threats that each of our actions causes within these borders, which end up destroying the beautiful planet we call home and the sacred rivers and environment that once gave us life."

There was a two-minute silence observed in honour of Army Day with Army personnel. There was also a beautiful tree plantation of two sacred Rudraksha saplings in the grove located on the Parmarth Niketan premises.

Also joining the inaugural programme were Nagar Panchayat Chairwomen, Smt Shakuntala Rajput; Shri Lakshman Shastry, DRDO Scientist; Eco-Task Force Commanding Officer Dehradun Col HS Ranaji; and many others. Yoga Enthusiasts from many countries, students from the Cambridge School from Dehradun, actors dressed as Puppets, and Buddhists Nuns from Ladakh also took part in the ceremony.



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# Plan of Action to Prevent Atrocity Crimes at the United Nations in Vienna

*Religious Leaders and Actors Gather in Vienna to Discuss How to Prevent Incitement to Violence*

More than 100 religious leaders, actors, UN officials, and representatives from different countries participated in a high-level conference discussing the implementation of the Plan of Action\* for the prevention of incitement to violence that could lead to atrocity crime, organized by the Office of Genocide Prevention and the Responsibility to Protect at the United Nations.

Sadhvi Bhagawatiji, President of the Divine Shakti Foundation Secretary General of the Global Interfaith WASH Alliance, represented India and Hinduism at the three-day conference.

\*In December 2016 a regional meeting was held in Bangkok on the development of the Plan of Action, as part of a process called the Fez Process, attended by HH Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, and Sadhvi Bhagawatiji. The Plan of

Action was officially launched at the United Nations in New York in July 2017 by the Secretary General of the United Nations. Sadhvi Bhagawatiji was also a distinguished speaker at that event.

This conference in Vienna focused on how to now implement the Plan which has been developed and launched.

The meeting started with a warm welcome from Christine Stix-Hackl, Austrian Ambassador to the United Nations in Vienna, and opening remarks by senior officials from the organizing bodies – the United Nations, World Council of Churches, Network for Religious and Traditional Peacemakers and KAICIID International Dialogue Centre.

Sadhvi also led everyone gathered to stand, hold hands with each other and pledge & commit that they would work together, with their own areas

of influence and impact, to prevent atrocity crimes.

Important and effective steps were taken in this conference to prevent the promotion and spread of violence. Among the main points agreed on during the meeting, were: the need to map existing initiatives that can contribute to implementing the Plan of Action; collaborate on the development of a Covenant for faith actors for the realization of the Plan of Action; develop capacity-building activities for religious leaders and actors; disseminate and share curricula for interreligious coexistence; and include youth and women in all activities. Solid and concrete measures at the international, national, and local levels were the focus of the discussions. Many religious leaders and actors present pledged their commitments and their plans to personally work for this in partnership within their networks.



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*"The Plan of Action is a pioneering document. It is the first to engage with religious leaders and actors to develop context-specific strategies to prevent incitement that could lead to atrocity crimes. I believe its implementation could contribute, not only to the prevention of atrocity crimes, but also to other key agendas of the United Nations that seek to build peaceful, just and inclusive societies, prevent violent extremism and promote the inclusion of women and youth".*

- Under Secretary-General and Special Adviser on the Prevention of Genocide  
Adama Dieng



*"We must stop running around putting out fires of violence and atrocity crimes, and rather focus on effective fireproofing our communities so that these crimes do not arise. Atrocity crimes are rooted in separation, 'us versus them,' which is why it is so important to emphasize oneness. We have found also, with our Global interfaith WASH Alliance, that bringing together leaders of different religions for a common cause is a very powerful tool. Having communities serve together against a common enemy like poverty or polluted water or diarrhea is sometimes more powerful than the teaching and preaching."*

- Sadhvi Bhagawati Saraswatiji, President of Divine Shakti Foundation and Secretary-General of Global Interfaith WASH Alliance







[Click here to watch highlights](#)

# International Yoga Festival 2018

29th Annual IYF Brings Over 2000 Participants, Over 80 Yogacharyas & 100 Nations Together in Unity & Peace, and was inaugurated by Vice President of India, Shri M Venkaiah Naidu

**Click HERE! to Download  
the IYF 2018  
Special Newsmagazine**



[Click here to watch](#)

# Divine Mahashivratri Celebrations

Pujya Swamiji blessed and led a very special Maha Shivratri celebration at Parmarth Niketan in which he was joined by Hon'ble Transport Minister, Government of UP, Swatantra Dev Singh; the beautiful Yogini Seane Corn; Mr Nitesh Jha; Mrs Radhika Jha; Mr Meenakshi Sundaram; and our family from around the world and across India, who joined together in the spirit of Vasudhaiva Kutumbakam.

The celebrations included divine Ganga Aarti, sacred Rudra Abhishek, chanting of Shiva mantras and meditating on the divine energy of Lord Shiva, which naturally resonate in the sacred land of the Himalayas at the foothills of the revered Neelkanth Mahadev Temple.

Pujya Swamiji explained, "By the grace of Bhagwan Shiva, the night of Shivratri is especially auspicious for winning the battle within ourselves, the battle between the Gods and the Demons, between right and wrong, between poison and nectar, between death and immortal-

ity. Let us use our puja, our prayers, our meditations on this night to pray for the divine intervention that within ourselves the good might vanquish the evil, that the nectar within us might emerge, rather than poison, that we too may be carried from death to immortality."

Sadhvi Bhagawatiji sent special blessings from abroad, explaining the three aspects of Lord Shiva that we celebrated on this special night: one who destroys/dissolves that which is old making room for the new, the divine cosmic dancer, and the Yogi who is in a uninterrupted state of deep meditation. She explained that Shivratri was a time in which the sangam (confluence) of all these three aspects of Lord Shiva came together. She explained that its a time in which the meditation becomes the dance and the dance dissolves and destroys that which is old, so that when you awake from this night you are truly renewed and revived by the divine Grace of Lord Shiva to welcome the energy of Lord Bhrama and begin the process of divine creation.





[Click here to see more](#)

# Hanuman Jayanti Celebrations with Pujya Sri Sri Ravi Shankarji

Beautiful, devotion and love filled celebrations for Hanuman Jayanti took place on the banks of Mother Ganga with the special visit and blessings of Pujya Sri Sri Ravi Shankarji, Founder of the The Art of Living, and in the divine presence of Pujya Swamiji and Sadhvi Bhagawatiji. The celebrations were filled with divine chanting and singing by Sadhvi Abha Saraswati ji. After the sacred recitation of the Sunderkand Path by Acharya Dileep Chhetry and the Parmarth Rishikumars, our respected saints graced the occasion to lead the recitation of the Hanuman Chalisa and inspire the spirit of devotion in our hearts and our minds.

Pujya Sri Sriji spoke about the auspiciousness of being together on the occasion of the full moon, during the divine celebrations of the birthday of Hanumanji on the holy banks of Mother Ganga. The Hanuman Chalisa was followed by the purnahuti of the sacred yagna and the divine Ganga Aarti ceremony. Pujya Swamiji gave a special and

sacred Rudraksha sapling to Pujya Sri Sriji as a symbol of the life and the light that he has brought to the lives of millions across the world. They together inspired the gathering to pledge for the protection of the environment and plantation of at least 21 trees within the course of our lifetimes.

The morning began with a clean up programme that engaged all of the Parmarth Rishikumars and sevaks along with the chanting of the Hanuman Chalisa. The spirit was in line with what Pujya Swamiji reminds us of: the importance of “Safai Chalisa” and “Hanuman Chalisa” to work and walk together.

The event was broadcast live on the House of God app and was publicized across Times of India’s national edition.



[Watch the celebration](#)



# New Year, New You Retreat

## *Celebrating the New Year with Yoga, Meditation & Service*

The four day “New Year, New You” Retreat was held with over fifty registered participants from over a dozen nations, as well as hundreds of non-registered participants who came in different open-to-all activities at Parmarth Niketan, with the divine blessings and guidance of Pujya Swami Chidanand Saraswatiji, President of Parmarth Niketan, Sadhvi Abha Saraswati, and Sadhvi Bhagawati Saraswati.

Activities included: Yogasanas, Pranayama, Spiritual DreamBoard creation, Mantra Japa/Chanting, Yoga Nidra, Meditation, Sankirtan, a Rudrabhisheka ceremony, a Ganga Clean Up, a Ganga Snan (bathing), a special Letting Go “Swahaa” campfire and so much more.

There were also special lectures by Sadhvi Bhagawatiji on “Patanjali Yogsutras: Living Yoga in our Daily Lives” and “New Year Shift from Illness to Wellness in Mind, Body and Spirit,” as well as daily regular satsangs (spiritual Q&A sessions).

During the retreat, Pujya Swamiji welcomed everyone home to Parmarth Niketan, saying, “India is not a piece of land but a land of peace. India has never unnecessarily attacked anyone but has always attracted the world. Indian spiritual cultural heritage have never been just for a piece of land or a group of people but have always been for the welfare of the world and that is what we hope you will experience in your time here.”

Several special guests who joined for the special New Year, New You Retreat included: actor Anil Kapoor; Arianna Huffington, HuffPost Founder, and Founder and CEO of Thrive Global; David Dhawan, film producer; Dalveer Bhandari, Indian Member of the International Court of Justice and Former Judge of the Supreme Court of India; P. Gopichand, Chief National Badminton Coach and World No 1 and All England Champion; Victor Kazanjian, Executive Director, United Religions Initiative; and Nirankar Saxena, Assistant Secretary General of Federation of Indian Chambers of Commerce & Industry (FICCI).



A wealth of wisdom was shared and showered by Sadhvi Bhagawatiji on the deeper message and the meaning of the theme of the retreat. Click below to watch all the divine discourses and satsangs:

***Inspiring explanation of the retreat “New Year, New You”***

***Yoga Sutras for Our Daily Life***

***From Illness to Wellness***

***Live Satsang from 29th December***

***Live Satsang from 30th December***

***Live Satsang from 31st December***

***Click here to see more***





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## New Year's First Ganga Aarti with Actor Anil Kapoor & Director David Dhawan



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

Inspired to engage and lead by example  
"Bollywood Social Responsibility" to create a  
more sustainable planet for all

Shri Anil Kapoor was warmly welcomed at Parmarth Niketan, who came with his beautiful wife Sunita and his friend, famous Bollywood film director David Dhawan and his wife Mrs. Dhawan, on New Years Day. They met with Pujya Swamiji and Sadhvi Bhagawati, then took part in the divine and world renowned Ganga Aarti ceremony.

During their meeting, they learned about all of the wonderful work the

Global Interfaith WASH Alliance is doing, in the form of mass awareness events, programmes, projects, training programmes and activities to bring clean water to those in need, preserve our quickly dwindling water resources, and to provide adequate, affordable, and appropriate sanitation facilities to all. They also heard how dedicated GIWA, Ganga Action Pariwar, and Divine Shakti Foundation are to protecting the environment, working towards

cleanliness and purity of our air, water, and soil.

They were gifted with a sacred Rudraksha sapling as a symbol of their discussions. They were encouraged by Pujya Swamiji and Sadhvi Bhagawati to inspire and engage "Bollywood Social Responsibility" - to work, speak out, and lead by their powerful and impactful example to make a difference and create a better and more sustainable planet for all beings.



[Click here to watch Pujya Swamiji's  
message to the Youth Parliament](#)

## Bharat Gaurav Award from Youth Parliament



Shri Parvati Jangid, Chairperson of the Youth Parliament, and Shri Gajendra Singh Shekhawat, Minister of State for Agriculture and Farmers Welfare & Member of Parliament representing Jodhpur in the Lok Sabha, hon-

oured Pujya Swamiji's and Sadhvi Bhagawati's tireless contributions to the nation and the world with the Bharat Gaurav Award.

Since Pujya Swamiji and Sadhvi were not able to go to the Youth

Parliament in Jodhpur, they brought the award to them at Parmarth Niketan. Also present on the occasion was Bollywood Actor Anil Kapoorji who gladly joined the prestigious honouring ceremony.





## Meeting with Hon'ble External Affairs Minister, Smt. Sushma Swaraj



Pujya Swamiji had a beautiful meeting with Hon'ble External Affairs Minister, Smt Sushma Swaraj in which they discussed the International Yoga Festival at Parmarth Niketan, the International Day of Yoga, and spreading the message and essence of yoga to people of every corner of the world.

They also discussed ways in which NRIs and Overseas Indians can continue to stay engaged and inspired to give back to their nation, through programmes and projects like the Swachh Bharat Mis-

sion and Namami Gange!

Lastly, they briefly discussed programmes, projects and technologies that could effectively solve many of India's most pressing challenges today.

Pujya Swamiji gifted the Hon'ble Smt Sushma Swaraj with a beautiful hand-crafted Ganesha with a flute as a symbol of the great work the Hon'ble Minister has undertaken in her leadership, in order to remove obstacles and help connect people to the essence of Indian culture and heritage.



## From Ghana to Ganga: From Pollution to Clean Water

A special meeting was held at Founder of Sulabh International Dr. Bindeshwar Pathak's residence that brought together Dr. Pathak's son Dileep Pathak and Founder, Owner & CEO of Pollution to Water (P2W) Palmach Zeevy, an international waste water treatment company, headquartered in Israel, and Pujya Swamiji.

They discussed the massive pollution levels in the River Ganga and charted the way to combine the best wastewater treatment technologies in Israel and India in order to imple-

ment effective solutions to the pollution that threatens many of India's rivers.

They discussed how P2W had been very successful in Ghana to treat massive industrial contamination in the water, with technology that could be used to clean Ganga and her tributaries.

They also spoke about creating a pilot plan in Uttarakhand and treating the water, setting an example to other downstream states.





# Inauguration of the 8th Indian Youth Parliament

Thousands of students from more than 35 states of India brought together and inspired



[Watch Pujya Swamiji's entire inspiring speech](#)

The inauguration of the 8th Annual Bharatiya Chhatra Sansad (Indian Youth Parliament) brought together thousands of students from more than 35 states of India, and was graced and blessed by Pujya Swamiji, Hon'ble Union Education Minister Shri Prakash Javadekar, Hon'ble Education Minister of the State of Maharashtra Shri Vinod Tawde, Hon'ble Former Home Minister Shivraj Patil, legendary Indian classical flautist Pandit Hariprasad Chaurasia, Founder of the Super Computer Shri Vijay P. Bhatkar, Managing Director of Bajaj Auto Shri Rajiv Bhajaj, and many other luminaries. It was organised and hosted by the World Peace University-MIT in Pune, blessed by its Founder Shri Dr. Vishwanath Karad, MIT World Peace University, and led by his son Shri Rahul Karad.

During His inspiring address, Pujya Swamiji said, "India is not just a piece of land it's a land of peace. India is the land of the super computer and of a super culture - a culture that is built on the core tenet that the world is one family, that life is not

about having more but really about being more, giving more and sharing more. As leaders of tomorrow, we need to bridge the gap between culture and computer, between tradition and technology. We can check our Facebook, but we must face our own book at the end of the day. We must ask ourselves where do we stand, whether we are becoming bitter or better, whether we are living in peace or pieces."

The event began with a beautiful offering of flowers and respect to the Sant Jnaneshwarji Pratima. Thereafter the dignitaries presided to the stage area where they symbolically rang the bell of democracy and lit the lamp to begin the programme on a note of auspiciousness.

Pujya Swamiji honoured Pt Hari Prasad for his legendary contributions to classical Indian music. He also wrapped Rahul and Vishwanath Karad in a beautiful sandalwood mala for their great efforts in inspiring a new generation of youth.



[Click here to see more](#)



## Encyclopaedia of Hinduism Given to the World Peace University



The first session of the 8th Bharatiya Chhatra Sansad (Indian Youth Parliament) was graced by Hon'ble Union Information Broadcasting Minister Smt Smriti Zubin Irani, Pujya Swamiji, and many others under the leadership of Shri Rahul Karad of the World Peace University-MIT.

The programme included powerful talks by student leaders from many states and awarded many young and emerging leaders. The theme of the session was "Democracy: Black and White."

Smt Smriti Iranji shared in a spell-binding and incredible speech about the beauty of Indian democracy lying in the coexistence of diverse opinions in a multicultural society. She shared that

instead of being black and white, it was actually colourful, much like a rainbow, and that diversity was reflected in the thousands of students gathered there from 35 states.

During the session, Pujya Swamiji and Smriti Irani offered a set of the *Encyclopaedia of Hinduism* to the World Peace University- MIT Library. Pujya Swamiji shared how the EOH took twenty-five years to complete, and brought together some of the world's best institutions to complete this 11-volume, 7000-entry compendium.

Shri Rahul Karad accepted the set with great pride and shared his great appreciation for Pujya Swamiji's blessings and support.





# Special Health & Hygiene Camp at the Gandhi Ashram

A very special health and hygiene camp was organised by the Divine Shakti Foundation and the Global Interfaith WASH Alliance at the Gandhi Ashram in Kingsway Camp, Delhi, in association with the Harijan Sevak Sangh.

It began with fun talks and lectures on WASH, the importance of hand-washing, ending the practice of open defecation, and educational videos on sanitation and hygiene. The lectures were filled with songs, interactive demonstrations and lots of enthusiastic feedback from the children, a majority of whom were within 6-13 years of age.

It continued with a clean up of the beautiful and historic Gandhi Ashram premises by the children. It included a drawing workshop on the theme of cleanliness, hygiene and environmental preservation.

The camp was especially graced and blessed by Pujya Swamiji, who inspired the children with a spirit of service towards the nation and active

contribution towards a Swachh Bharat.

The camp was also blessed by Sadhvi Bhagawati who spoke to children about WASH and the need to prevent our soil, air and water from being polluted by our actions. She was joined by former US Ambassador Mr. Richard Rahul Verma, his wife Pinky Verma, and their three beautiful children Zoe, Dylan and Lucy. Zoe impressed the children with her Hindi speaking skills.

The special dignitaries, DSF and GIWA volunteers fed all the children in a beautiful healthy and vegetarian bhandara and distributed bananas and oranges for children to take home with them. There were also special prizes for the best drawings.

Children, sporting GIWA's Swachh Kranti (Clean Revolution) and Swachh Bharat (Clean India) hats and t-shirts, left the event with smiles on their faces, beautiful memories in their minds, and love in their hearts.



[Click here to see more](#)









**Watch the series on Parmarth's  
YouTube Channel**

# Sadhviji Visits Kendriya Vidyalaya to Inspire Students During Nation-Wide Examinations



As students across the country got ready for their annual nation-wide examinations, Sadhvi Bhagawati, President of the Divine Shakti Foundation, joined Hon'ble Prime Minister Narendra Modi in re-enforcing that children were not alone and the nation stood with them. She spoke at Kendriya Vidyalaya in Rishikesh ahead of the CBSE Exams, in which she answered several questions from students on exam stress and studying effectively. She shared with the students a special mantra that essentially reminded them that they were not the marks on their exam, but rather divine and complete beings. She shared several tips of studying hard, sleeping on time, and utilising yoga,

pranayama and other techniques to help improve their concentration. This joined with Prime Minister Modi's nation wide campaign to promote and create exam warriors who are resilient to stresses and do not commit suicide, a problem facing many students throughout India.

The whole question & answer series went on the House of Gods (HOG) App, acquired by the Times of India as a mobile platform for spiritual content. It was also shared widely amongst social media and on our social media pages.



**Download the House of God App**







[Click here to watch the event](#)

[Click here to see more](#)

# 400 Children, 37 Schools & Many Nations Pledge to Save the Planet

Christian and Hindu Leaders inspire pledge for service for a better future for all

The All India Conference for Volunteering for Change, organised by Caritas India, was held at the United Service Institution of India in New Delhi, on November 9th and 10th, 2017. There were over 200 delegates, interfaith, and movement leaders, from India and abroad. Pujya Swamiji and Sadhvi Bhagawatiiji graced the event with inspiration and wisdom, along with other such eminent speakers as, H.E. Most Rev. Glambattista Diquattro,

Apostolic Nuncio, Apostolic Nunciature, H.E. Most Rev. Jacob Mar Barnabos, Bishop of Gurgaon, Mr. Tony Castleman, South Asia Representative, Catholic Relief Services, India Health Break and many other esteemed participants.

The importance of volunteering as a means of social change, promotion of equality, and development of sustainable long-term goals was an important theme at this conference.





## Inauguration of first Radiation-Free Thermo Mammography Machine

Pujya Swamiji was joined by Hon'ble Chief Minister of Uttarakhand Shri Trivendra Singh Rawat for a special Ganga Aarti on the occasion of World Cancer Day and the inauguration of the first Radiation-Free Thermo Mammography Machine in Northern India. Pujya Swamiji and the Hon'ble CM met with many of the women who had gotten free medical screenings and check-ups done at the Parmarth Hospital earlier in the day. Hundreds of these women joined for the Ganga Aarti and pledged to work together to a cancer free world.

Pujya Swamiji shared, "I think today we need to as a society celebrate and honour our cancer survivors as well as simultaneously encourage women, especially, to make their health a priority, because when they are healthy, then their families are healthy, thereby the nation and the world can be healthier and happier."

The event provided a platform for women to stand in solidarity in the face of this crucial issue in women's health for the security of India's families and its future. According to statistics, breast cancer numbers are on the rise in India, and it is projected that

by the year 2020, 76,000 Indian women will lose their lives to breast cancer. The average age of these women is between 30-50 years old, but with early diagnosis survival rates are high.

Dr. Sumita Prabhakar, President of the Can Protect Foundation, shared, "Our organization is so blessed to have Pujya Swamiji's and the Hon'ble CM's support for this cause, as well as the support of generous donors like Dr. PK Dattaji who have donated the machine for the service of humanity. It is with the association of the Divine Shakti Foundation- Parmarth Niketan that we have been able to raise greater awareness on the need for pre-screenings and check-ups to help prevent breast and cervical cancer. We strongly believe that prevention and pre-screenings are the best way to create a cancer free, healthier and happier world."

Chief Minister Rawat shared on the occasion, "A lot of lives are being unnecessarily lost due to cancer. In order to prevent this, regular health screening is essential. We have to fight in a united manner against this disease."



## Interfaith Harmony Event Ushers in Shivratri

*Thousands of students from more than 35 states of India brought together and inspired*

Pujya Swamiji was the chief guest and key note speaker at the Interfaith Harmony Conference organized at the Cambridge Senior Secondary School in Dehradun during their Silver Jubilee Function. The theme of the conference was "The whole world is a family" and was designed to give the message of universal harmony to the younger generations and assimilate India's culture into everyday life.

Buddhist monks, lamas, maulanas, Church representatives and Parmarth Rishikumars all took part, making it a truly interfaith event. 1,000 students were in attendance and more

than 4,000 people participants.

Prizes were distributed to outstanding students and teachers for their excellent performance. Students staged a street play to assimilate universal harmony and 'the whole world is a family' principles, through which the message was given that equal respect to all religions is the Indian tradition.

In order to make the school's silver jubilee memorable and green, seven fruit trees were planted by special guests, students, and teachers.



[Click here to see more](#)





# International Water Delegates Visit Parmarth Niketan

Parmarth Niketan, GIWA, and World Toilet College welcomed 22 international officers to Parmarth to take part in a two-day programme focused on water management, yoga and the yogic way of life. The delegates, coming from 13 countries, were part of a Water Resource Management for African Nationals International course organized by the Department of Hydrology at the Indian Institute of Technology in Roorkee, India.

Participants learned about GIWA's ongoing and wide-scale efforts for improving water, sanitation & hygiene as well as watershed restoration through indigenous approaches and greening, and looked at faith-based approaches toward motivating citizen participation. Spiritual activities included dynamic and holistic practices of mantras, pranayama, surya namaskar, asana, Yagna and fire ceremonies, and Ganga Aarti Ceremonies.



## Film Director of *Toilet: Ek Prem Katha* Shri Narayan Singh Joins for Ganga Aarti for His Next Film

On World Forest Day, Indian film director and editor, Shri Narayan Singh attended Parmarth Niketan's renowned Ganga Aarti. Pujya Swamiji blessed the director for bringing up social issues in his films, including his current film "Bati Gul Meter Chalu," and the recently directed "Toilet-Ek Prem Katha," which was inspired by the Swachh Bharat Abhiyan of Hon'ble Prime Minister Shri Narendra Modi.

Pujya Swamiji thanked Shri Narayan for making films relat-

ed to social issues and said that such films are centers of awakening in society. Through "Bati Gul Meter Chalu," the culture of Ganga and the message of moving from the temple to the toilet in Uttarakhand will be seen worldwide.

Pujya Swamiji presented a sacred Rudraksh sapling to Shri Narayan, symbolizing environmental protection to the director, saying, "Revolutionary thinking is going to bring positive change in the country."



[Click here to watch the live aarti](#)





[Click here to watch](#)

# Sadhvi Bhagawati's Beautiful Birthday Celebrations



Sadhvi Bhagawati Saraswati's blessed, blissful and beautiful birthday celebrations started like most other days, dedicated to service of God's Divine Grace, with her active engagement in a plethora of projects and programmes flourishing and thriving under her able leadership and tenacious dedication.

Her birthday celebrations were blessed by Pujya Swamiji as well as joined by Michael Miller and many of our global family from all around the world. There was a special lunch that brought together diverse groups of people from all walks of life, in the spirit of Vasudhaiva Kutumbakam, another core tenet that she shares and honours through her life and teachings.

In honour of her birthday, our divine sevaks and Parmarth Niketan family joined together at the Parmarth organic farm and school in Veerpur to wish her a green birthday with a beautiful, organic and

green birthday salad, fresh from the farm. The salad was also a symbol of Sadhvi Bhagawati's strong belief and principle of leading a life that treads lightly on the planet, mindfully reducing our carbon and water footprint, and one that is least violent to our external and internal environment. As she often shares, one of the most fundamental and pivotal ways to do so is by leading a vegetarian lifestyle, which is also one of the strongest actions one can take to abate and prevent global warming.

During the evening Ganga Aarti, Pujya Sri Vastji joined and offered his blessings as well. Amidst beautiful Sanskrit birthday songs, a sacred Rudraksha sapling was given to her as a symbol that just as the tree gives to the world ceaselessly, so too does Sadhvi's life of service.

There were special distribution of homemade organic cake for all devotees, pilgrims, sevaks and students.





# High-Level Experts Converge in Rishikesh for Disaster Response

Experts and professionals representing many of India's foremost disaster response organizations held a focused roundtable at Parmarth to chalk out the course for protecting the populations of Uttarakhand, Uttar Pradesh and Delhi from disaster.

India is one of the world's most disaster-prone nations, with millions impacted in 2017 alone. The three states represented today, with a combined population of 23.3 crore people, face their own unique threats, including earthquake, flood, and drought.

The meeting, hosted by Sphere India and the Global Interfaith WASH Alliance (GIWA), brought together distinguished representatives from Plan International, Save the Children, WaterAid, the Uttarakhand Inter-agency Group, CASA and many others.

Said Puja Swamiji, Founder/Chair of GIWA, "Our togetherness is what is key in these dramatically changing times. For this, we must put *logo* ("people" in Hindi) ahead

of our individual logos and egos, and raise up the world so that all may take action together and recover together in times of crisis." He also spoke of the need for everyone to plant trees, as by being protective walls against flooding as well as oxygen generators, trees are the easiest way to prevent disaster and secure our future.

During the meeting, the delegates discussed pressing issues towards saving lives, focusing on how to best interlink agencies and programmes in order to strengthen life-saving efforts.

Said Sadhvi Bhagawati Saraswati, Secretary General of GIWA, "In addition to uniting our hands, our hearts, our efforts and experience in managing disasters once they happen, we must also harness our collective influence and impact to help prevent and mitigate the increasingly frequent and deadly disasters that are ravaging our planet, in many cases a result of our own actions and decisions. Our collective organizations

have the network of influence to affect not only how we work post-disaster but how we live and act in prevention of disaster."

Said Swamini Adityananda Saraswati, Director of Programmes and Development, GIWA, "Now is the time, while our nation is at peace, for our strengths to grow and combine so that, through the power of togetherness and the power of faith, we can ensure the brightest of futures for all."

Those who attended the meeting included: Vikrant Mahajan, CEO, Sphere India; Suneeta Mukherjee, IAS, Former UNFPA Country Director in Five Nations; Puneet Srinavastava, Policy Manager, WaterAid; Abhishek Parsai, Programme Manager, Plan India; Pradeep Kumar, Project Officer, Save the Children; Dr. Anil Jaggi, Head, SFID, Dehradun; Saikhom Kennedy, Humanitarian Coordinator, Sphere India; Saket Mani Trivedi, Secretary General, Khushi Centre for Rehabilitation and Research; and many others.



# Yoga Festival in Delhi with Government of India AYUSH

The valedictory session of the three day International Yoga Festival in Delhi, organised by the Morarji Desai National Institute of Yoga with the support of the Ministry of AYUSH, Government of India, was graced by Hon'ble Speaker of Lok Sabha Speaker Smt Sumitra Mahajan, Pujya Swami Chidanand Saraswatiji; Pujya Acharya Balkrishnaji; Dr. H.R. Nagendra, Chancellor SVASYA; Dr. MV Bhole, researcher & Yoga Scholar, Lonavala, Pune; and Shri Naresh Kumar, NDMC chairman; alongside many other eminent yoga experts and yoga institutions at the Talkatora Stadium, New Delhi recently.

It was presided by Hon'ble AYUSH Minister, Shri Shripad Naik and Dr. Ishwar Basavaraddiji, Director of Morarji Desai.

Puja Swamiji gave a riveting speech and shared, "Yoga is beyond religion. It is for all. I always share with people: 'Yog Karo, Roj Karo aur Mauj Karo,' meaning 'Do Yoga, Be Yoga, Learn Yoga, Live Yoga and Love Yoga.'"

Everyone lauded Dr. Ishwar Basavaraddii for his dedication, commitment and conviction for bringing everyone together in true Yoga, in true union.





# Acción Planetaria with Divine Shakti Foundation and Parmarth Niketan Host Free Dental Care Camps in Uttarakhand



A facial expression of fear followed by a small sensation of pain and eventually a beautiful smile on the face. This scene repeated itself many times a day in the dental camp where a team of dentists from Spain offered dental treatment to people from villages and schools around Rishikesh, India.

The service project was organized by Divine Shakti Foundation and Parmarth Niketan, in association with Accion Planetaria, an NGO from Spain founded by Christian Vargas, more than 10 years ago, with the goal

to offer dental care to impoverished people around the world and the belief that a better world is possible. Their first activities were focused on Senegal, Mauritania, Serra Leoa, Peru and Barcelona. Later, they expanded their profile of volunteering in order to be an open platform for anyone who, through their planetary action, wants to contribute to the construction of a better world.

During the course of their dental camps they operated in different villages in the vicinity of Rishikesh: Veer-pur, Kunoe, Shivaji Nagar, Visthapit Colony, Bairaj

Road, Bhadsi and Toli. They also served in the following schools: Gumaniwala, Prakash Bharti and Swargashram Inter College. The group of 20 professionals (10 dental practitioners, 5 assistants, 4 supporters and 1 social media) brought more than 300 kg of equipment, materials and products for the camps, and served all day, attending to 100+ children and adults a day. The treatments included fillings, cleaning and extractions. For the large majority of the patients, it was their first time to see a dentist and they all had the same view about the project: "It's a wonderful initiative, it has to continue!"





# Medication, Sanitation & Education Unite at Free Medical Camp in Mayakund Slums, Rishikesh

Under the guidance and inspiration of Pujya Swamiji, GIWA and DSF organized a health camp in Mayakund slum, where Vitamin A drops and Albendazole de-worming pills were given to countless children under the age of 5 years. The camp was held in collaboration with Seva Child International, Inner Wheel Club-Gurgoan and Rural Development Institute (RDI), Himalayan Institute Hospital Trust. Alongside, volunteers from GIWA educated the assembled children and families on the importance of safe water, sanitation and hygiene for a healthy and peaceful society.

Vitamin A supplements make immune systems stronger, helping to maintain good eyesight and fight off life-threatening diseases for children who lack access to foods with Vitamin A. Regular de-worming allows children to absorb the important nutrients needed for good health. Long-term solutions to the spread of intestinal worms also include better sanitation and hygiene, for which public awareness and education are important.

Shri Prem Chandra Agrawal, Speaker of Legislative Assembly,

Government of Uttarakhand, lauded the social vision and commitment of Pujya Swamiji, and especially to His dynamic leadership on the issues of safe water, sanitation and hygiene for all.

Many participants and yogacharyas from more than a dozen countries from the International Yoga Festival at Parmarth Niketan participated enthusiastically in the service activities, as an example of Yoga off the mat and Karma Yoga. Young students from Vrindavan, Gujarat, Germany and South America entertained and inspired the gathering with a colourful show and dance on the importance of environmental preservation, safe water, sanitation and hygiene.

Students from Him Jyoti charitable school for underprivileged girls performed a street play titled "Bagirathi Ganga" to raise awareness on the importance of a balanced diet and hygiene.

The programme concluded with a mid-day meal in which over 400 people, including children, parents, volunteers and distinguished guests, sat down together, ate, and mingled with each other.



## Rural Medical Camp

The Divine Shakti Foundation's (DSF) Free Medical Care Camp Team visited the ashram at Veerpur, less than an hour drive from Parmarth Niketan.

The team, comprised of Dr. Priya Singh and pediatrician Dr. Gina Jansheski, among others, spent the day evaluating and caring for the Rishikumar students and staff that are currently living in this location.

The team was assisted by two Brazilian sevaks, Babi Preerna and Claudine Franco, who also ran a yoga class at the camp. A dozen Buddhist nuns from Ladakh who are spending the winter in Rishikesh joined the outing.

The weekly camps are conceived and inspired by Pujya Swamiji, Founder of DSF and President of Parmarth Niketan, and are continuously supported by the dedicated leadership of Sadhvi Bhagawatiji, President of DSF.





# Acupuncture & Naturopathy Camp at Parmarth

Dr. Sammy, Angie, and their team of Acupuncture and Naturopathy experts from the US organized a ten-day long camp at Parmarth Niketan in which they treated 800 patients using acupuncture, naturopathy, acupressure, yoga, massage, sun therapy, water treatment, soil treatment and many other natural ways of therapy. Many of the patients suffered from lower back pain, joint & knee pain, depression, and other related illnesses.

Pujya Swamiji blessed the group, saying that natural treatments, the power of Mother Nature, and stimulation of the body's own innate wisdom to heal were ancient practices in the traditional Indian way of life which must be revived

and restored to prevent illness and promote an overall and holistic sense of wellness.

All of the volunteers and practitioners felt very fortunate and blessed to be serving in such a sacred and special place like Parmarth Niketan. They discussed an action plan with Pujya Swamiji and pledged to hold such camps annually.

On the last day of the medical camp, all the practitioners came together in a water blessing ceremony and pledged to work together for safe and sufficient water for all beings, as that is a very core and central necessity for all of humanity.



## Physiotherapy Camp at Parmarth

Dr. Beth Phillips, Professor at California State University, Northridge in the United States brought her doctoral students in Physical Therapy to offer over ten days of a free Physiotherapy Medical Camp at Parmarth Niketan as part of their Global Health elective course.

They were coordinated and supported by Dr. Ravi Kaushal of Parmarth Niketan's Charitable Hospital and were especially blessed by Pujya Swamiji for their beautiful service to humanity.



# Meeting with AYUSH Minister Shri Shripad Naik



Pujya Swamiji's met with Shripad Naik, Hon'ble Minister of AYUSH, Government of India to discuss promoting AYUSH in India and abroad, facilitating international tourists to travel in India to learn AYUSH, and celebrating International Yoga Day. Pujya Swamiji invited the Hon'ble Minister to International Yoga Festival, which is hosted at Parmarth Niketan with participants from over 100 nations. Both agreed that it is so wonderful that Parmarth is working together again with the Ministry of AYUSH for the IYF.

# District Magistrate of Haridwar Shri Deepak Rawat Comes Home to Parmarth



The District Magistrate of Haridwar Shri Deepak Rawat came with his family and his team for the divine Ganga Aarti ceremony and had detailed discussions with Pujya Swamiji about creating a clean and green Haridwar. They discussed how the city could be made into an iconic site so that people coming from across the world would forever remember their visit to the holy city. They discussed several projects, solutions and technologies that could help make the River Ganga in the city free from all pollution and truly pristine and unpolluted for all pilgrims coming to bathe and drink her divine nectar. The Hon'ble DM was given a sacred Rudraksha sapling as a symbol of his green commitment and pledge, and lauded for being a young, dynamic and dedicated officer in service of the nation.

# Meeting with Tourism Minister Shri Satpal Maharaj

Pujya Swamiji and the Hon'ble Tourism Minister, Government of Uttarakhand, Satpal Maharaj met in Dehradun to discuss yoga, wellness and spiritual tourism in Uttarakhand. Pujya Swamiji invited him to International Yoga Festival at Parmarth Niketan. Together they discussed the promotion of green tourism in Uttarakhand, making a "Clean and Green Uttarakhand" synonymous with Uttarakhand's slogan, "Simply Heaven", as there is no heaven with filth, polluted and drying rivers, and deforested mountains. By promoting a Clean and Green Uttarakhand, we will be inviting tourists and locals to actively contribute to protecting our natural heritage and preserving our national river Ganga.



# Meeting with US Ambassador to India Mr. Kenneth Juster



Sushri Nandini Tripathi of Parmarth Niketan met with the new US Ambassador to India Mr. Kenneth Juster. She discussed the International Yoga Festival with him, informing him that in the year 2017 alone nearly 2000 people from over 101 countries attended. She also informed him about the last year's third annual International Yoga Day at the United Nations, which was led by Pujya Swamiji and Sadhvi Bhagawati.

Sushri Nandini presented a sandalwood mala to the Ambassador, symbolizing the fragrance of Indian culture and warmly welcoming him to India, as well as a sacred Rudraksha sapling and flower bouquets on behalf of Pujya Swamiji and Sadhvi.



# Divine Messages on Pujya Swami Vivekanandaji's Jayanti & India's National Youth Day

Pujya Swamiji and Sadhvi Bhagawatiiji both gave divine messages in English and Hindu on the meaning and lessons of the life and teachings of Pujya Swami Vivekanandaji on his birth anniversary.

As this day also fell on India's National Youth Day, they speak on how Pujya Swami Vivekanandaji inspires us all to serve and connect with our one world family.



## Divine Meeting with Pujya Dada J.P. Vaswaniji

Sadhu Vaswani Mission Pune was blessed with the visit of Pujya Swamiji on his tour to Pune. Pujya Swamiji said, "The visit to Pune would be incomplete without meeting the 'saint of the century' Rev. Dada J.P. Vaswani."

During their divine and sacred meeting, Pujya Swamiji presented a sacred peepal plant and fragrant chandan (sandalwood) garland unto him.

Pujya Dadaji said, "He carries the spirit of the holy Ganges - giving and giving always and staying humble."

It was a remarkable darshan witnessing the two humble leaders trying to felicitate each other instead with the shawl. A sacred uttering taken from the Anjali Sangraha (collection of poems penned by Dadaji) added to the tears and smiles of the divine meeting.





# Divine Yoga Groups Come Home to Parmarth Niketan



A new, three-week Naad Yoga course was held at Parmarth Niketan with Sadhvi Abha Saraswatiji and Dr. Indu Sharmaji. At the completion of the course, the students shared their divine chanting with Pujya Swamiji and their global family during the sacred Ganga Aarti ceremony.



Michael Miller, co-founder of London Meditation Centre and New York Meditation Center, made his annual visit home to Parmarth Niketan for over a week in which they celebrated Sadhvi Bhagawatiji's divine birthday, visited Parmarth Niketan's organic garden in Veerpur, and enjoyed many hours of meditation on the holy banks of Mother Ganga.

A two-week "Heart of Sound" course took place at Parmarth Niketan with Anandra George, in which there was a divine opportunity to enjoy Satsang with Sadhvi Bhagawatiji and sacred blessings from Pujya Swamiji. Students, who came from 17 countries and 6 continents, chanted and shared the sound of their hearts in the form of sacred Sanskrit mantras.



Hindu Heritage Foundation was warmly welcomed home for their third annual Heritage Tour, with students from over 40 nations joining for the International Yoga Festival and staying to celebrate International Women's Day on the holy banks of Mother Ganga with Pujya Swamiji and Sadhvi Bhagawatiji's divine blessings.



Bhakti Fest's Sridharji and Kirtaniyas, led by Vijay, brought the spirit of Bhakti Fest to the Ganga Aarti with divine kirtan and chanting. They were blessed by a sacred Rudraksha sapling by Pujya Swamiji and invited to bring the Bhakti Fest to the largest gathering of humanity, the Kumbha Mela 2019.



Dr. Rugue, Ayurvedic Expert and Teacher from Brazil, and his group made their annual visit home to study yoga and ayurveda at the source, in the lap of the Himalayas, on the banks of Mother Ganga. They were glad to learn about and pledge to work for improved WASH for children all across the world.





Seane Corne visited and stayed at Parmarth Niketan. They celebrated Shivratri with Pujya Swamiji, met with Pujya Swamiji and Sadhvi Bhagawati, and then also planned to join them for the Kumbha Mela and International Yoga Festival next year.



A large group of Chinese and French residents organised a 3-week Yoga, Meditation and Pranayama Teacher Training course at Parmarth Niketan, through Mohan Bhandariji, a renowned yoga teacher in China originally from Rishikesh. On one of the days here, they were graced by Uttarakhand's Education Minister, Dr. Dhan Singh Rawat as well. They also enjoyed darshan and the divine presence of Pujya Swamiji during the later part of their stay.

Swami Ganeshji's group from Argentina made their annual visit to their Himalayan home and enjoyed their time with Pujya Swamiji. They discussed joining Him for the Kumbha Mela next year.



Anuradha was welcomed back to Parmarth Niketan with her lovely group of friends and students from Canada, America, and many other countries for six day training on yoga, meditation, Ayurveda and immersion in Indian culture. Pujya Swamiji and Sadhvi Bhagawati invited the group to the Parmarth Organic Farm in Veerpur and encouraged them to simultaneously work for the protection of the environment and rivers. They also discussed ways in which they could support the people of Uttarakhand, prevent migration and generate livelihoods, especially in the areas of wellness and health tourism.



A delegation of Bhakti Yogis, led by Deborah Langley, Yoga Teacher, Laughing Lotus, New York, came home to the banks of Mother Ganga to enjoy bathing in the Ganga of Yoga that naturally flows in this sacred yoga capital of the world.

Shakti Durga, Spiritual Leader and teacher from Australia, joined Pujya Swamiji and Sadhvi Bhagawati at Parmarth Niketan with her group. They were deeply touched to hear about the diverse service projects being undertaken for improved WASH and inspiring initiatives for the protection of the environment.



Mr. Lijian Wang, CEO of Matrix Adventure, led a group from China to Parmarth Niketan, where they received special blessings from Pujya Swamiji and Sadhvi Bhagawati. Sadhvi Bhagawati led a special satsang with the group, after which they attended the divine Ganga Aarti and darshan with Pujya Swamiji. They were all deeply inspired and motivated by Parmarth's work to serve the needy and all of humanity.





[Click here to watch a clip from Sadhviji's talk](#)

## Times of India, The Speaking Tree's Retreat in Surajkund

Sadhvi Bhagawatiji was a keynote speaker at The Speaking Tree's retreat at Surajkund, which aimed to revive people's mind, body and spirit and help them embark on the spiritual path towards to happiness. Sadhviji spoke on the topic of finding true happiness on the "Innernet", instead of the "internet."



## Satsangs with Sadhvi Bhagawatiji in US

Sadhvi Bhagawatiji graced two very special satsang programs in the US, one at Bhakti Yoga Shala in Santa Monica, California and the other at Yoga Tree in San Francisco, California. The evenings were filled with divine meditations, discussion and inspiration.



[Click here to watch the divine satsang at Yoga Tree, San Francisco](#)

**HAPPINESS IS THE JOURNEY**  
WITH EMINENT MASTERS TO SHOW YOU THE WAY.

SISTER SHIVANI	AMOGH LILA PRABHU	YOG GURU DR. SURAKSHIT GOSWAMI	SYED SALMAN CHISHTY	SADHVI BHAGWATI	SWAMI SUKHAODHANANDA	METROPOLITAN DR KP YOHANNAN	SUFI AJMAL NIZAMI

A 3 DAY RESIDENTIAL, SPIRITUAL RETREAT AT VIVANTA BY TAJ, SURAJKUND  
29<sup>TH</sup> MARCH - 1<sup>ST</sup> APRIL 2018

[EXPLORE](#)





## World Forest Day: Music for a Clean & Green World

Parmarth Niketan's two-week music concert culminated on the occasion of the birth anniversary of Bharatratna Ustad Bismillah Khan Sahib, the world famous shehnai (a subcontinental wind instrument of the oboe class) player and World Forest Day.

Pujya Swamii recalled Bismillah Khan and said that he spread joy and happiness in the universe with the music of the shehnai, his magic charm.

Bismillah Khan Sahib, the ultimate devotee of Mother Ganga, used to practice for hours on the banks of Ganga. On his remembrance, Pujya Swamiji said, "Let us all help to ensure that the music of health, hygiene and harmony must always ring in our nation. At the very foundation of health and hygiene is the protection and preservation of our environment. Without the forests there can be no rivers upon which we can be inspired to play, create music, and meditate. Forests are like mothers for our rivers. When we protect our forests, we not only protect our air and our soil, but we also protect and conserve our rivers, our music and our lives!"

Sadhvi Bhagawatiji also urged everyone, on behalf of Pujya Swamiji, to adopt a green and environmentally-friendly lifestyle and encouraged everyone to plant trees on the occasion of every birthday, anniversary and every celebrations.

She shared during satsang, "In the lush forest of our minds lies the true nature of our being. On World Forest Day, let's pledge to live our lives in harmony with Mother Nature and always remember our true and divine nature as a co-creator and inherent part of this sacred creation."

Pujya Swamiji especially honoured Kiran, an eminent singer and artist from Israel, during the Ganga Aarti ceremony for her dedication and commitment to Hindustani music. Kiran enchanted everyone by singing "Vande Mataram", a special Krishna Bhajan, and a divine Sufi Qawali song.

All participants of the festival were inspired to raise their hands and pledge to strive to make their music with a message for the protection of the environment and the promotion of the 3H's: Health, Hygiene and Harmony.

# Meeting on Preservation of Our Sacred Spiritual-Cultural Heritage Sites

*"Green Should Be the New Gold for Our Temples"*

Pujya Swamiji recently blessed and graced a special meeting in Delhi which brought together eminent faith leaders and experts to discuss the preservation of our sacred spiritual cultural heritage sites, like the Swamy Padmabhananda Temple.

In attendance were Dr BK Modiji, Founder of the Global Citizen Forum; the Princess of Travancore Royal Family Ms Aswathi Thirunal Gowri Lakshi Bayi; Pujya Shankaracharya Swami Divyanand Teerthji; Mahamantra Das of ISKCON; Dr AK Merchant, Baha'i Foundation of India; Swami Sarvanand Saraswati; Dr Sudhir Parikh, world renowned Neurologist, New York; Ajay Singh of Vishwa Hindu Mahasangh; Shri Pan-kajji of Vishwa Hindu Parishad; Shazia Ilimi, Senior Journalist; TP Ostwal managing partner Luthra Luthra, Nitinji E&Y; Om Prakash Dani, Vice Chairman of Sri Aurobindo Foundation for Integral Management from Puducherry; and many others.

In the meeting, Pujya Swamiji shared passionately, "Time has come for our Temples to go from gold to green, because all the gold and jewels in the world are only valuable when we have protected and preserved our living temple, our Mother Earth. Let us bring innovation in our traditions and bring our heritage sites alive with messages that are relevant to our world now. Our Temples must have transparency and accountability but also sustain the beautiful faith of our country."

The Princess shared many wonders of the Swamy Padmabhananda Temple and shared that her family has always and will always be guardians of the Lord. Pujya Swamiji, Swami Divyanandji, and BK Modiji gave the princess a sacred Rudraksha sapling and a special Rudraksha Mala for her devotion and dedication.







[Click here to see more](#)

# Music with a Message to unite the world in Yoga

Pujya Swamiji and Sadhvi Bhagawati met with our beloved Sufi singer & artist Kailash Kher, Shri GP Hinduja, Shri Ashok Hinduja, and Shri Prakash Hinduja at the Hinduja residence and discussed how music can bring a message of Yoga - of unity and love - to the world.

They discussed the upcoming International Yoga Festival at Parmarth Niketan in which participants from 101 countries gathered last year, on the holy banks of Maa Ganga, to receive the teachings, touch and transformation of Yoga, moving beyond barriers and boundaries of caste, colour, creed, region and religion.

Kailash Kher will be joining Parmarth for the 2018 International Yoga Festival.



# Hinduism and Buddhism Share Education & Culture



Twelve young Buddhist nuns from the Mahabodhi International Buddhist Meditation Centre in Leh, Ladakh, with the blessings of their Gururji, Ven Bhikhhu Sanghasenaji, completed two months in a cultural exchange in which they spent their winter studying at Parmarth Niketan.

As a change from the harsh winters in Ladakh, they very much enjoyed the beautiful weather of Rishikesh. They also found many similarities between the two Himalayan cultures. During their stay, they learned yoga, participated in medical camps, participated in the inauguration of a new solid waste technology, and received introductory training in water, sanitation and hygiene from GIWA's World Toilets College. They participated in regular Ganga Aarti and satsang sessions with Sadhvi Bhagawati, starting some of the spiritual question and answer sessions with their beautiful chanting. Now this team will go to Ladakh to share their learnings and in the future train lamas and other nuns.

Prior to their sendoff they met with Pujya Swamiji and Sadhvi Bhagawati, with whom they performed an emotional Water Blessing Ceremony, participated in the divine Ganga Aarti, and pledged together on the banks of the river for protecting their respective Himalayan ecosystems. Ms. Nandini Tripathi, teach-

er Smt. Sonam Tumdon and Ms Vandana also were present in this emotional send off.

These nuns have dedicated their lives to serving the world and creating peace in the world. While at the ashram they shared in many activities with Parmarth's Rishikums, building understanding between these two religions.

Pujya Swamiji vowed that the GIWA's Headquarters in Rishikesh and GIWA Ladakh would jointly work for cleanliness, education, yoga, meditation and peace. By the combination and exchange of Buddhist and Sanatana Dharma, qualities of cooperation, love, peace and harmony in both cultures, especially amongst the younger generation will also flourish. Through this partnership thousands of fruit and other trees will also be planted in Ladakh in the month of April. With this, families living there will get nutrition and their incomes will increase.

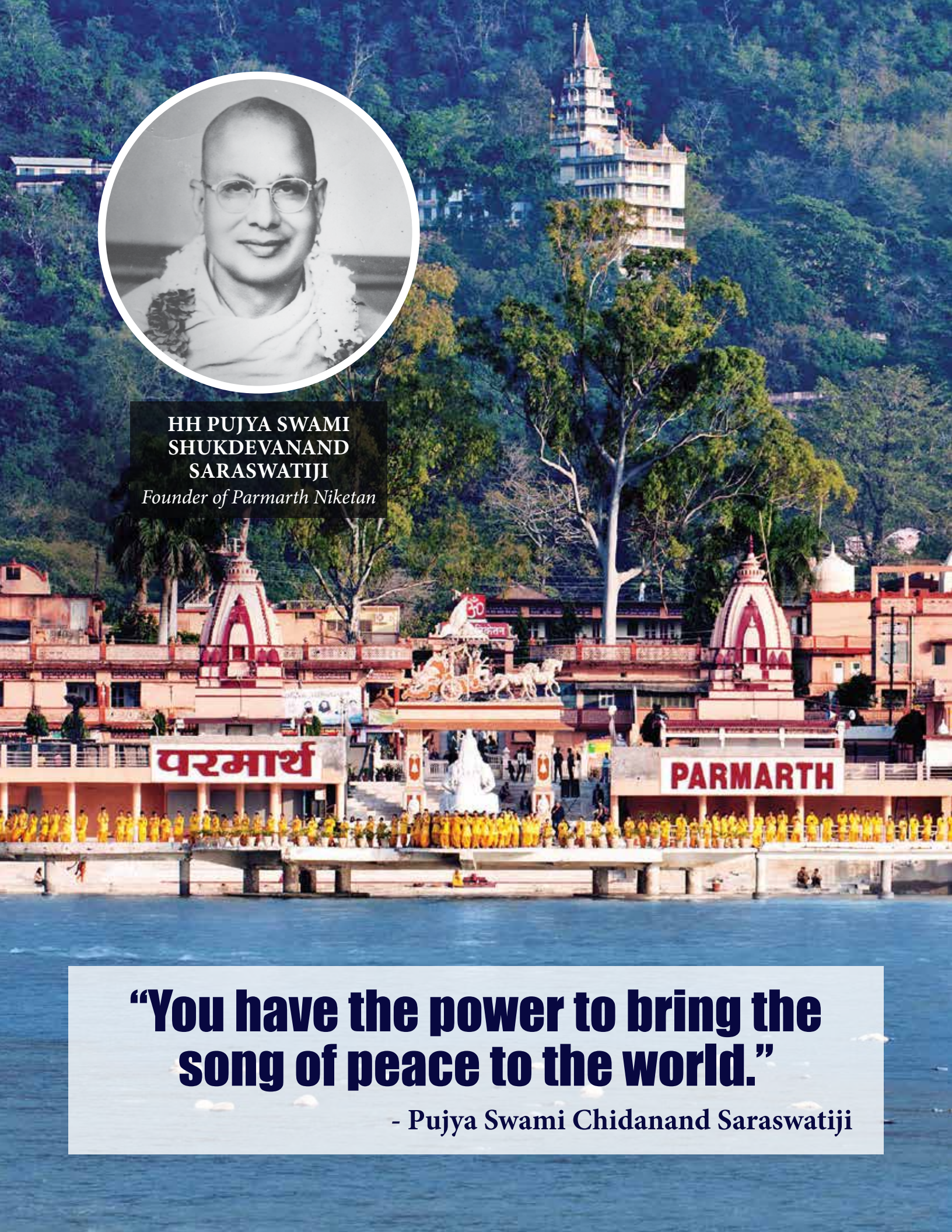
As the young monks left with tears in their eyes they expressed gratitude and the great delight they felt in having had the opportunity to live at Parmarth. They shared that the experience was filled with love, affection, and happiness and the time spent here was like a paradise and they looked forward to coming back home soon.





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](http://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](http://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](http://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](http://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](mailto:volunteer@parmarth.com).



# Stay Connected



**PARMARTH NIKETAN**

**[www.Parmarth.org](http://www.Parmarth.org)**

    /ParmarthNiketan

[parmarth@parmarth.com](mailto:parmarth@parmarth.com)

## **Welcome to your Himalayan Home!**

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