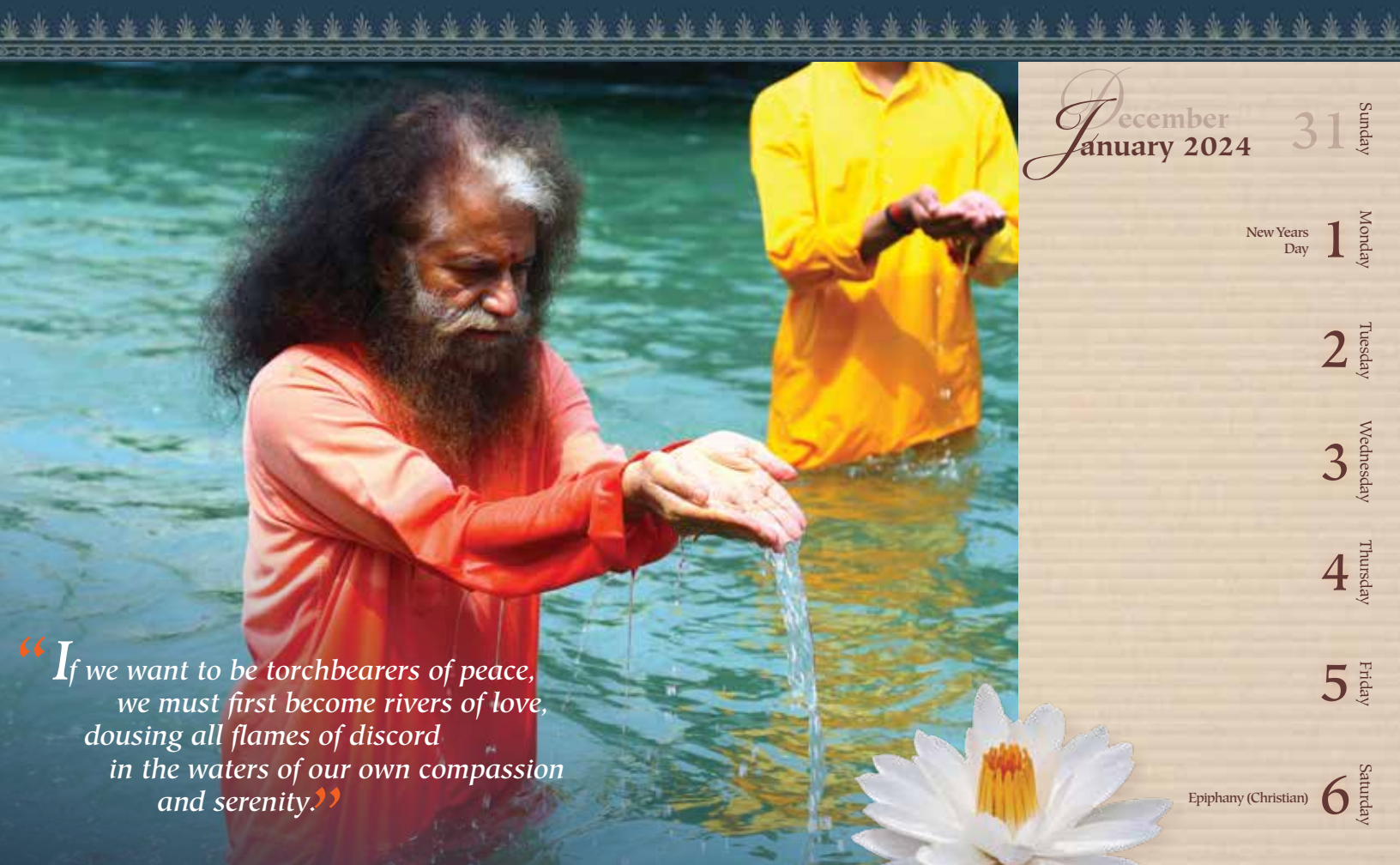




H.H. *Pujya* SWAMI
CHIDANAND SARASWATIJI
INSPIRATION
FOR THE YEAR **2024**



December 31 Sunday

New Years Day 1 Monday

2 Tuesday

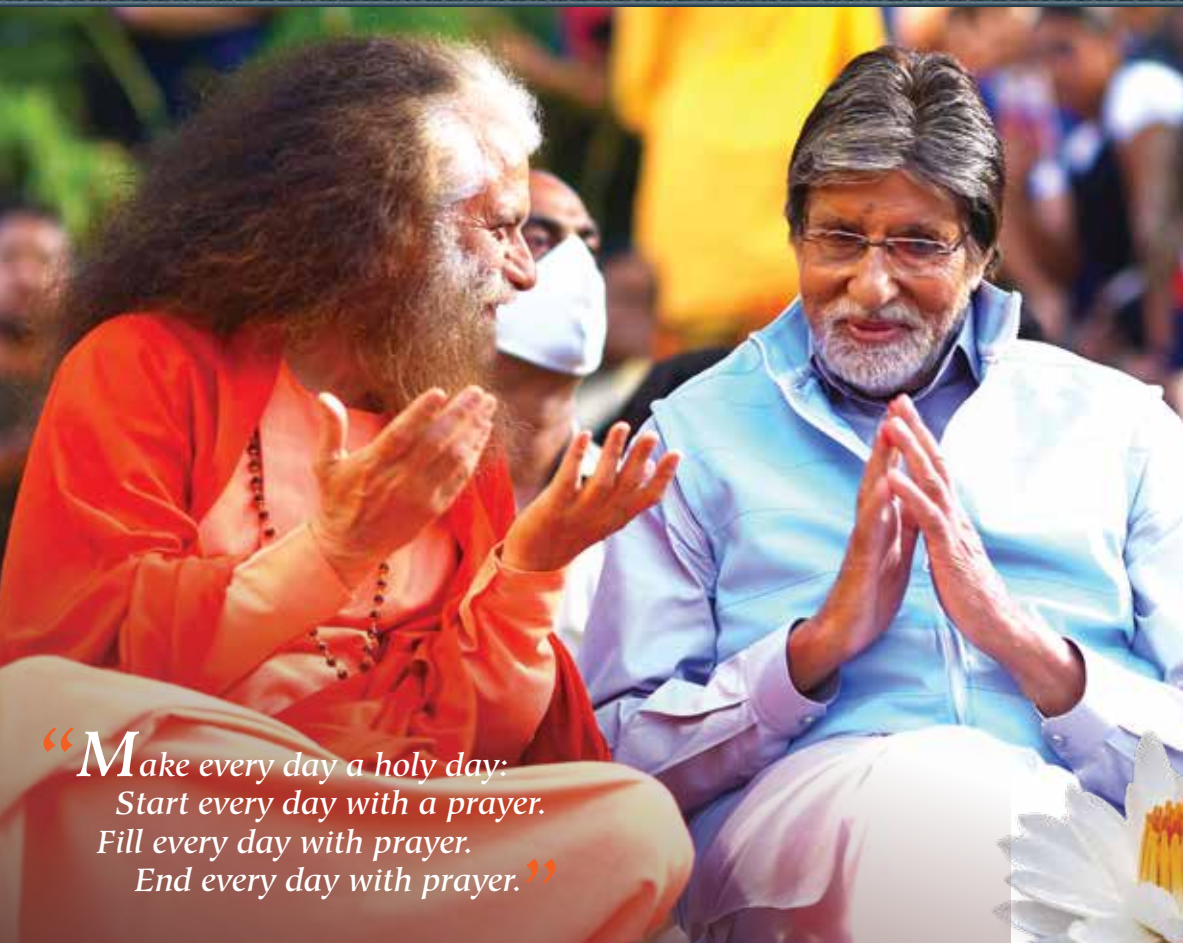
3 Wednesday

4 Thursday

5 Friday

Epiphany (Christian) 6 Saturday

*“If we want to be torchbearers of peace,
we must first become rivers of love,
dousing all flames of discord
in the waters of our own compassion
and serenity.”*



*“Make every day a holy day:
Start every day with a prayer.
Fill every day with prayer.
End every day with prayer.”*

January

7 Sunday

8 Monday

9 Tuesday

10 Wednesday

11 Thursday

12 Friday

13 Saturday

Pujya Swamiji welcomes renowned actor Amitabh Bachchan to Ganga Aarti at Parmarth



Lohari
(Sikh) (Hindu)

“If we really worship the Divine, everything becomes a spiritual practice. Everything becomes a practice in non-violence, truth, integrity, sharing and compassion.”



January

Makar Sankranti/Pongal/Uttarayan (Hindu)

14 Sunday

Martin Luther King Jr. Day (US)

15 Monday

16 Tuesday

Birthday of Guru Gobind Singh (Sikh)

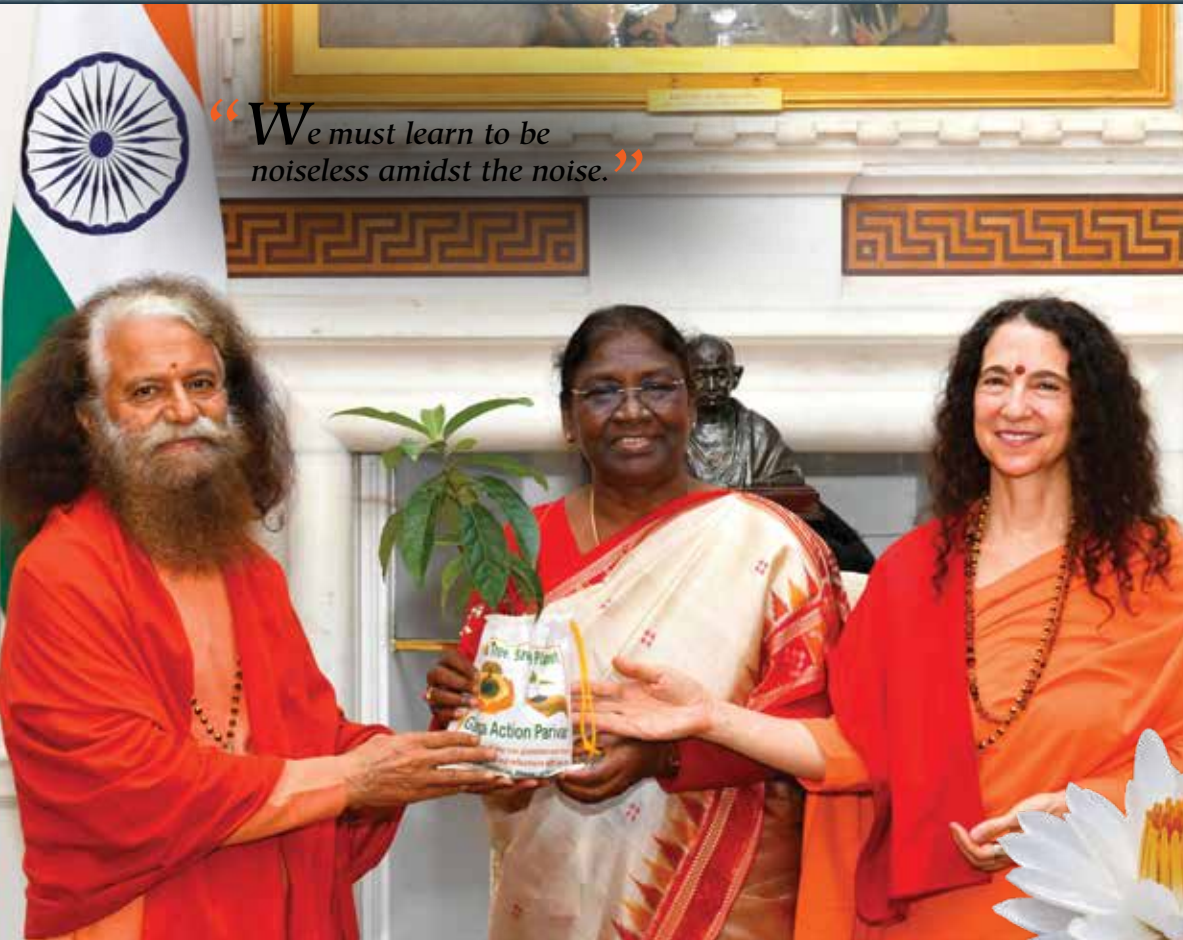
17 Wednesday

18 Thursday

19 Friday

20 Saturday





“We must learn to be noiseless amidst the noise.”

Puja Swamiji and Sushri Bhagawati present a sacred rudraksh sapling to the Hon'ble President of India Smt. Droupadi Murmu

January

21 Sunday

22 Monday

23 Tuesday

Tu B'Shevat (Jewish) 24 Wednesday

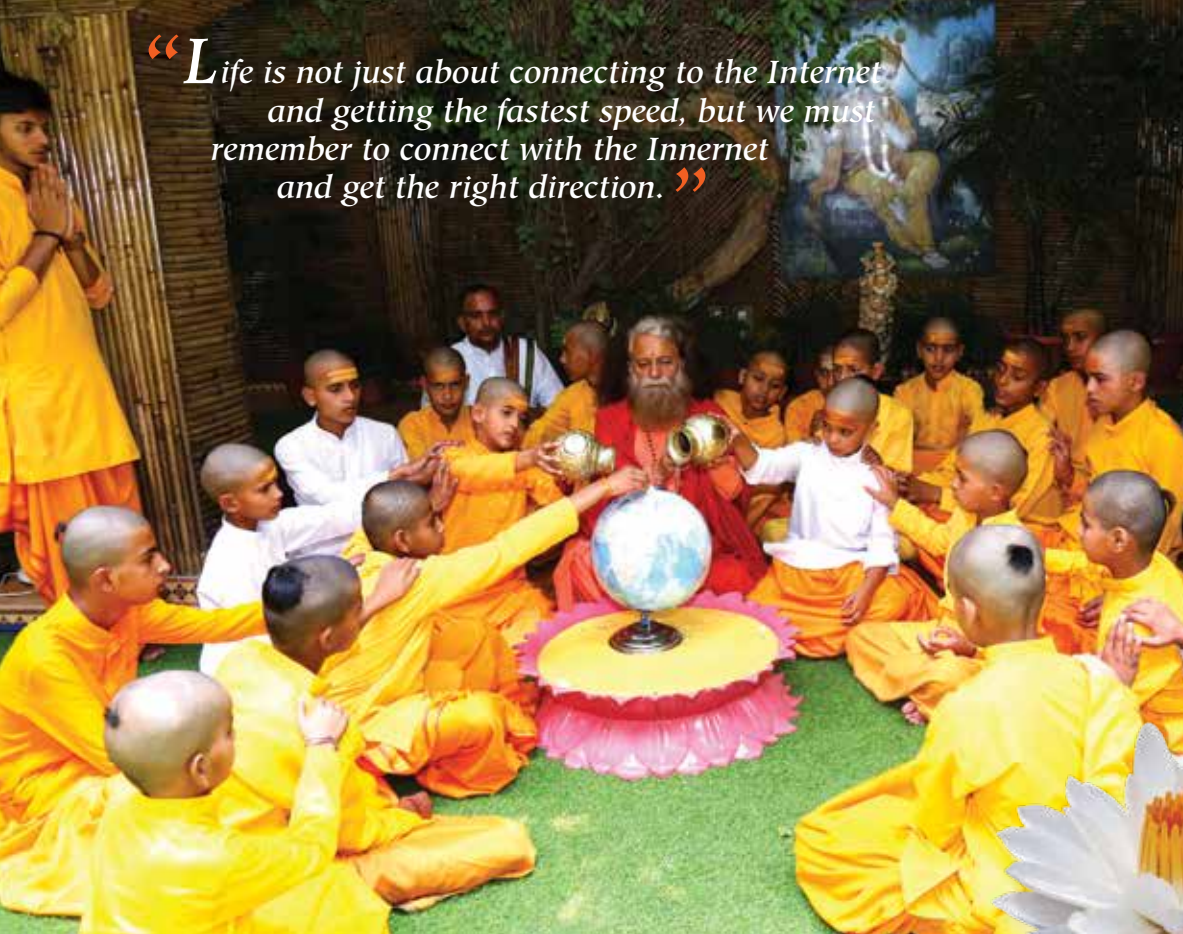
Paush Purnima (Hindu)
Magh Snan Prarambh (Hindu)
Mahayana New Year (Buddhist) ● 25 Thursday

Republic Day (India) 26 Friday

27 Saturday



“Life is not just about connecting to the Internet and getting the fastest speed, but we must remember to connect with the Innernet and get the right direction.”



January
February

28 Sunday

Sankat Chaturthi
(Hindu)

29 Monday

30 Tuesday

31 Wednesday

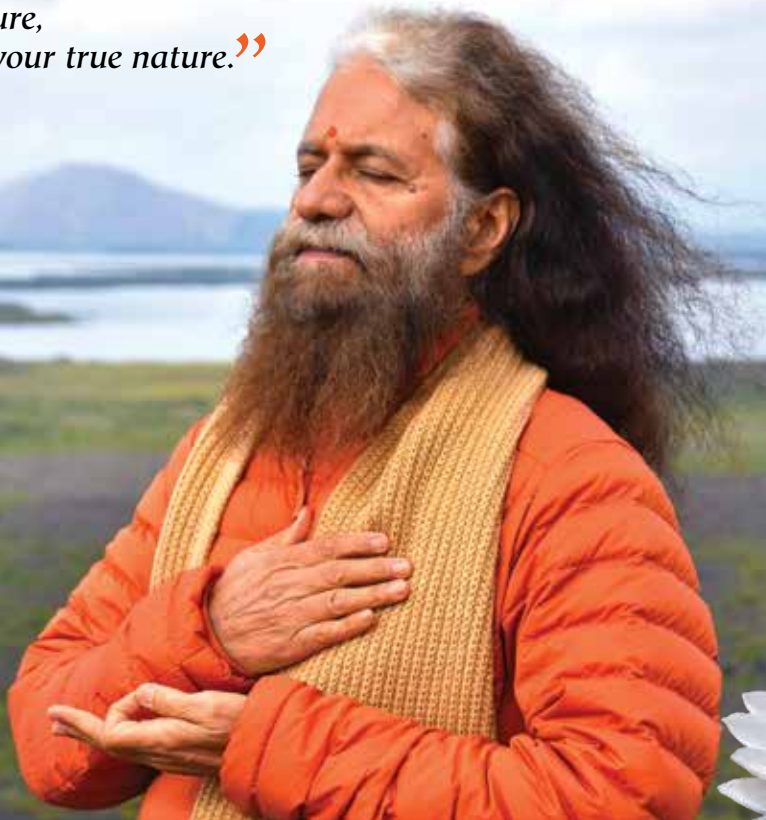
1 Thursday

2 Friday

3 Saturday



*“Come to nature,
be with nature,
and discover your true nature.”*



February

4 Sunday

5 Monday

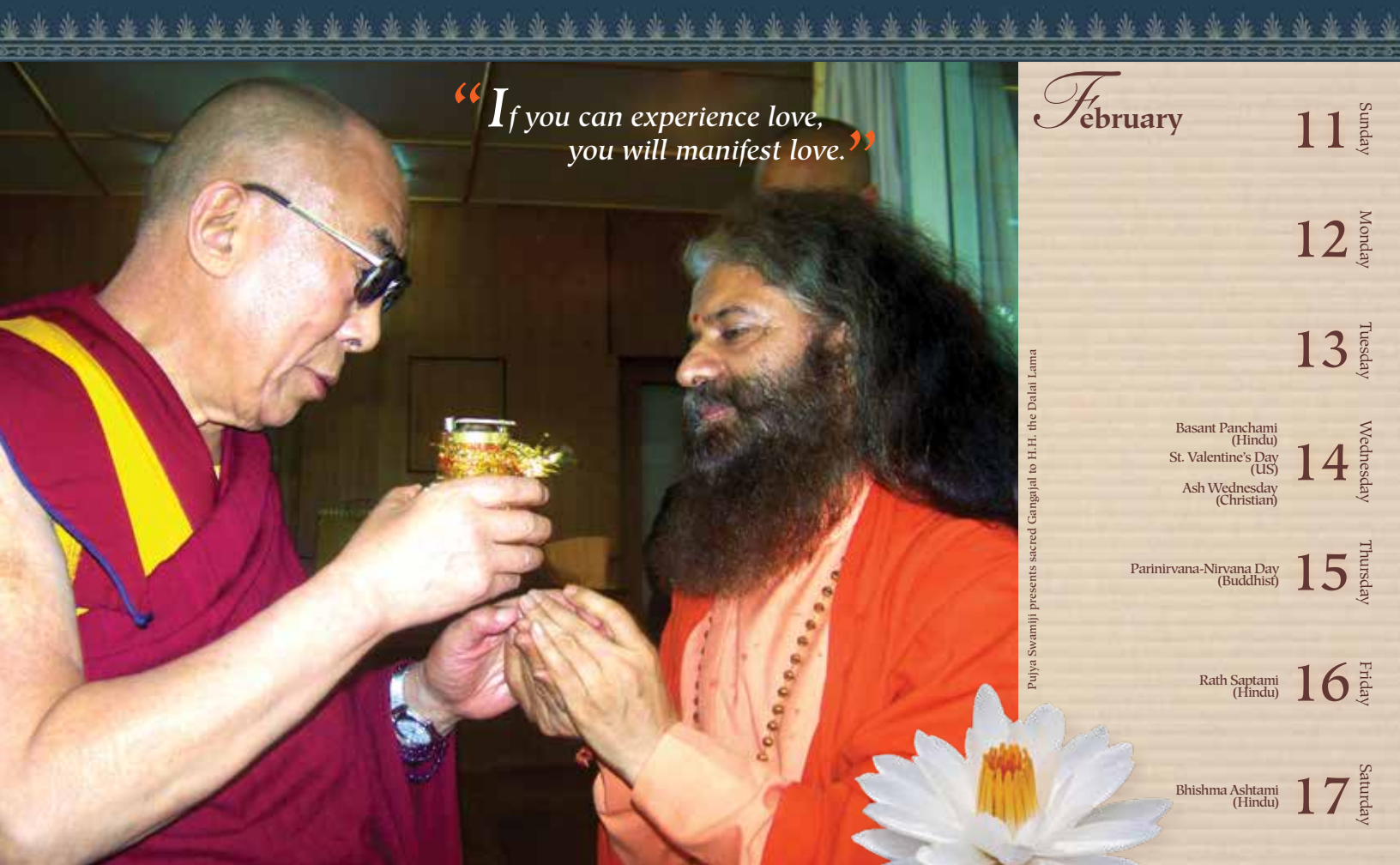
6 Tuesday

7 Wednesday

8 Thursday

9 Friday
Mauni Amavasya
(Hindu)

10 Saturday
Magh Gupta
Navratri Begins
(Hindu)
Losar (Tibetan
New Year)
(Buddhist)



“If you can experience love,
you will manifest love.”

February

11 Sunday

12 Monday

13 Tuesday

14 Wednesday
Basant Panchami (Hindu)
St. Valentine's Day (US)
Ash Wednesday (Christian)

15 Thursday
Parinirvana-Nirvana Day (Buddhist)

16 Friday
Rath Saptami (Hindu)

17 Saturday
Bhishma Ashtami (Hindu)

Pujya Swamiji presents sacred Gangajal to H.H. the Dalai Lama





February 18 Sunday

Magh
Gupta
Navratri
Ends
(Hindu)

19 Monday
President's Day
(US)

20 Tuesday

21 Wednesday

22 Thursday

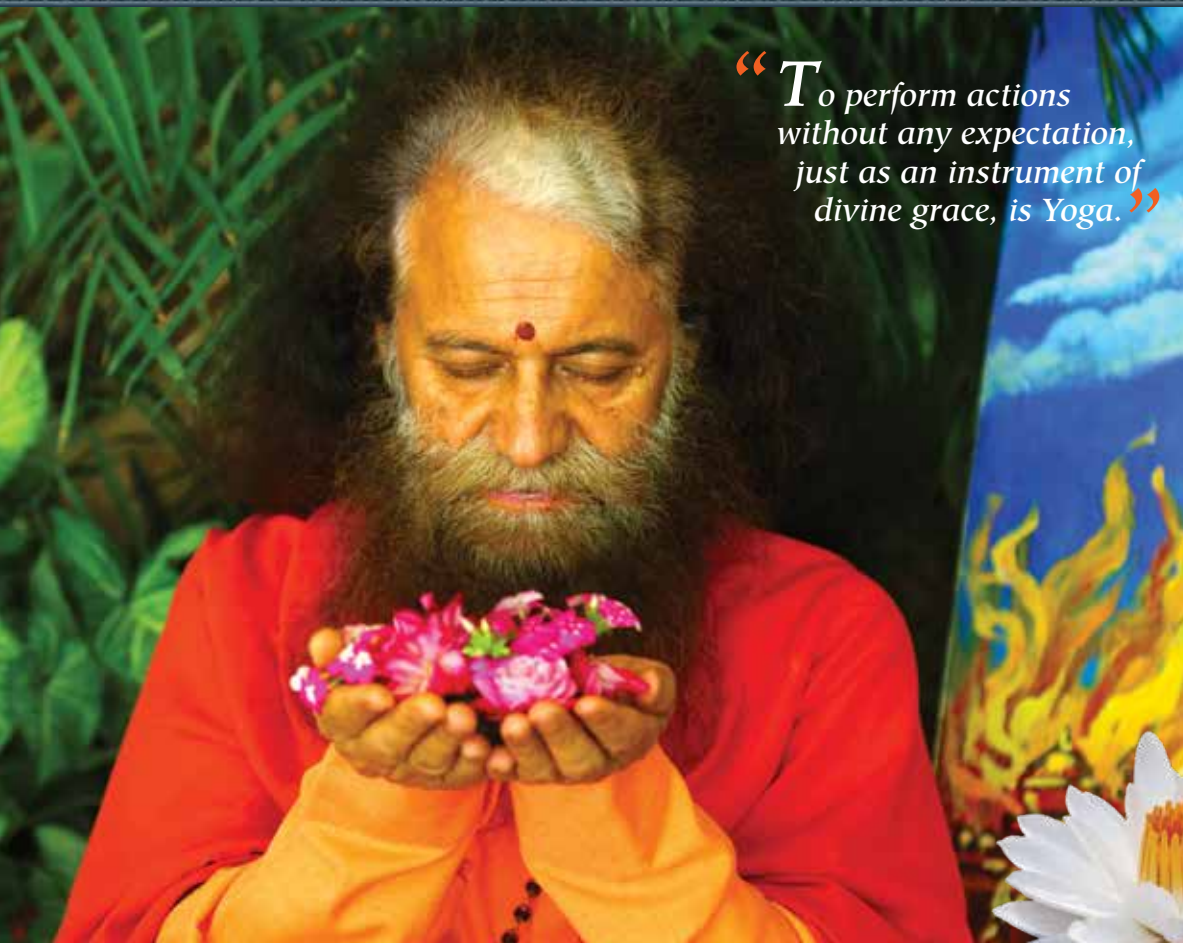
23 Friday

24 Saturday
Magh
Purnima
(Hindu)

On the special celebration of Pujya Swamiji's 70th birth anniversary, the monumental project of the 11-volume Encyclopedia of Hinduism which Pujya Swamiji conceived, guided and led, was presented to the Hon'ble Governor of Uttarakhand Lt. Gen. Gurmit Singh, Minister of Culture and Parliamentary Affairs, Government of India, Shri Ajay Meghwal, Pujya Sant Shri Rameshbhai Ozaji, and other renowned leaders.

“Interfaith is when we enter into the common faith of acceptance which says we may worship our own but we must respect all.”





“To perform actions without any expectation, just as an instrument of divine grace, is Yoga.”

February
March

25 Sunday

26 Monday

27 Tuesday

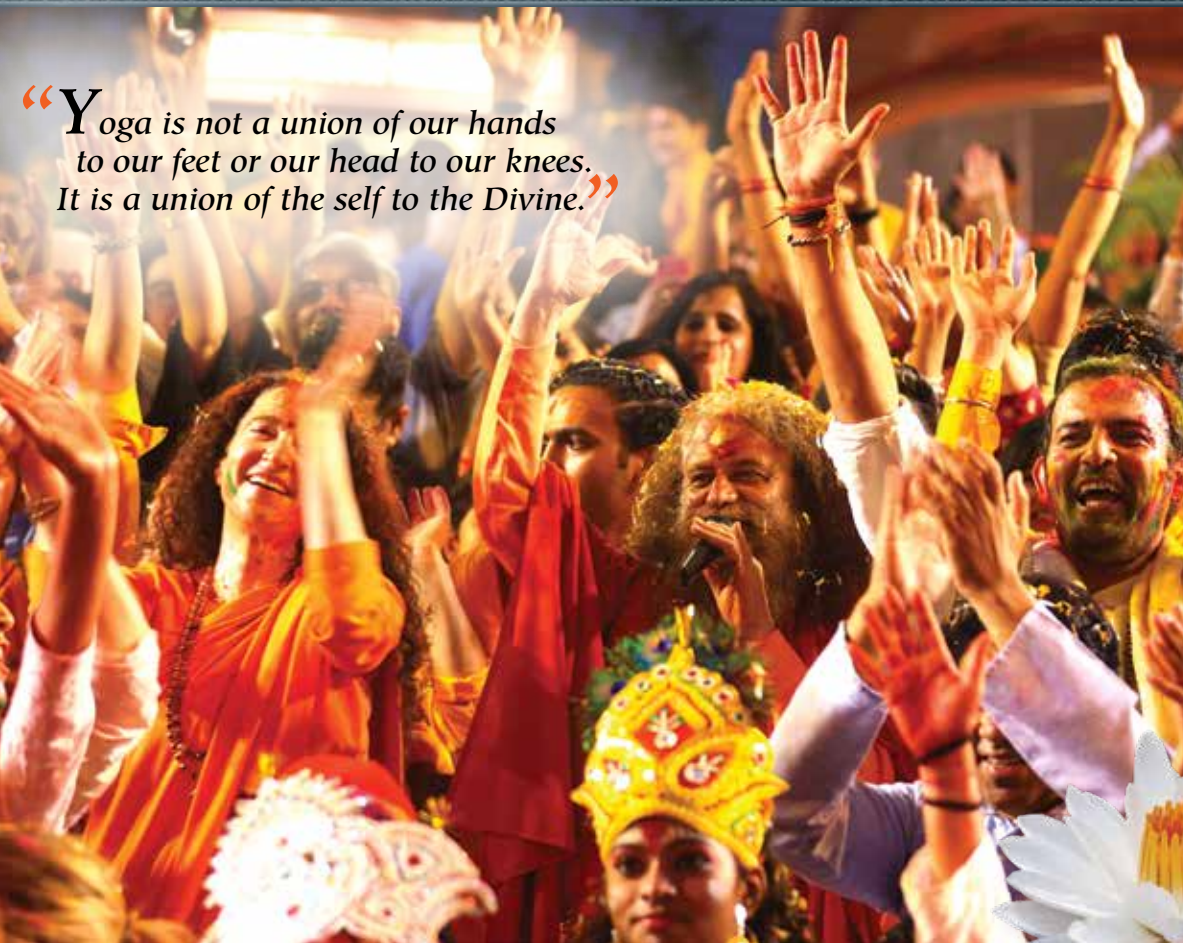
28 Wednesday

29 Thursday

1 Friday

2 Saturday





“Yoga is not a union of our hands to our feet or our head to our knees. It is a union of the self to the Divine.”

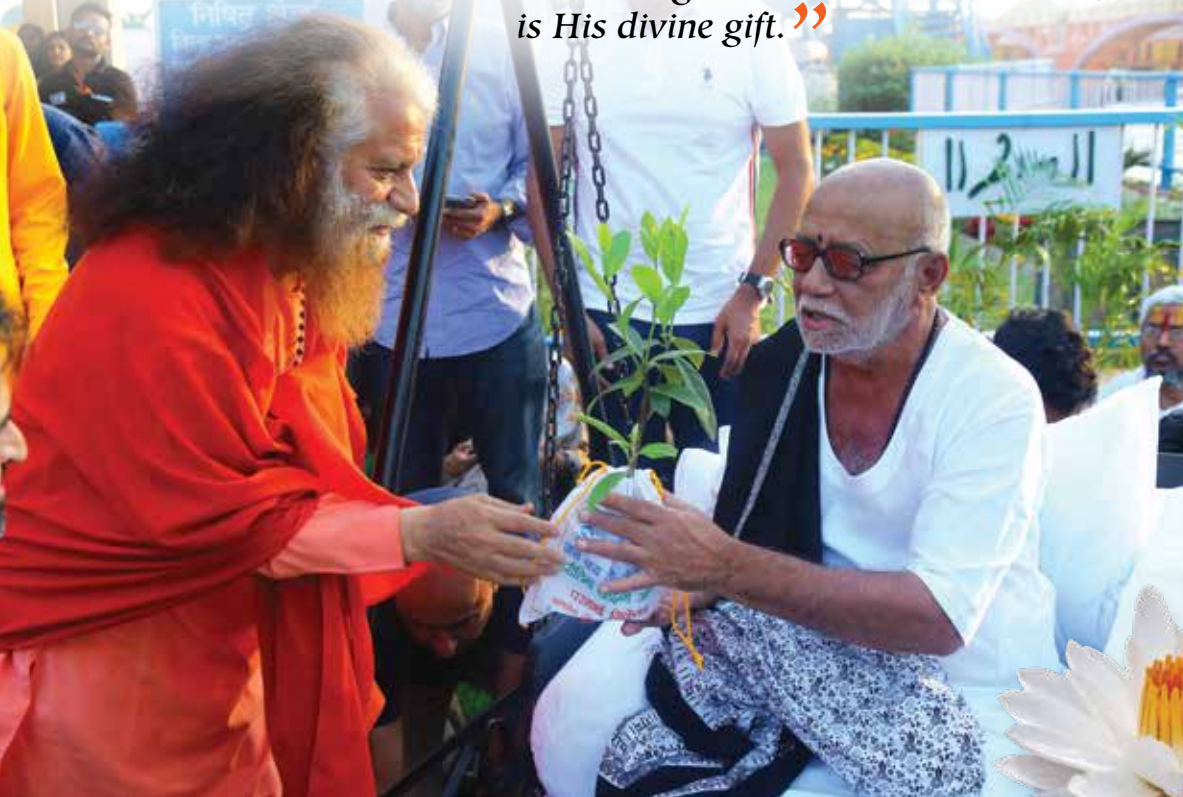
March

- 3 Sunday
- 4 Monday
- 5 Tuesday
- 6 Wednesday
- 7 Thursday
- 8 Friday
- 9 Saturday

Mahashivratri
(Hindu)
International Yoga
Festival Begins



*“Accept whatever comes as Prasad from God.
Whatever He gives us – a hut or a castle,
is His divine gift.”*



March

Ramadan
Begins
(Muslim)

10 Sunday

11 Monday

12 Tuesday

13 Wednesday

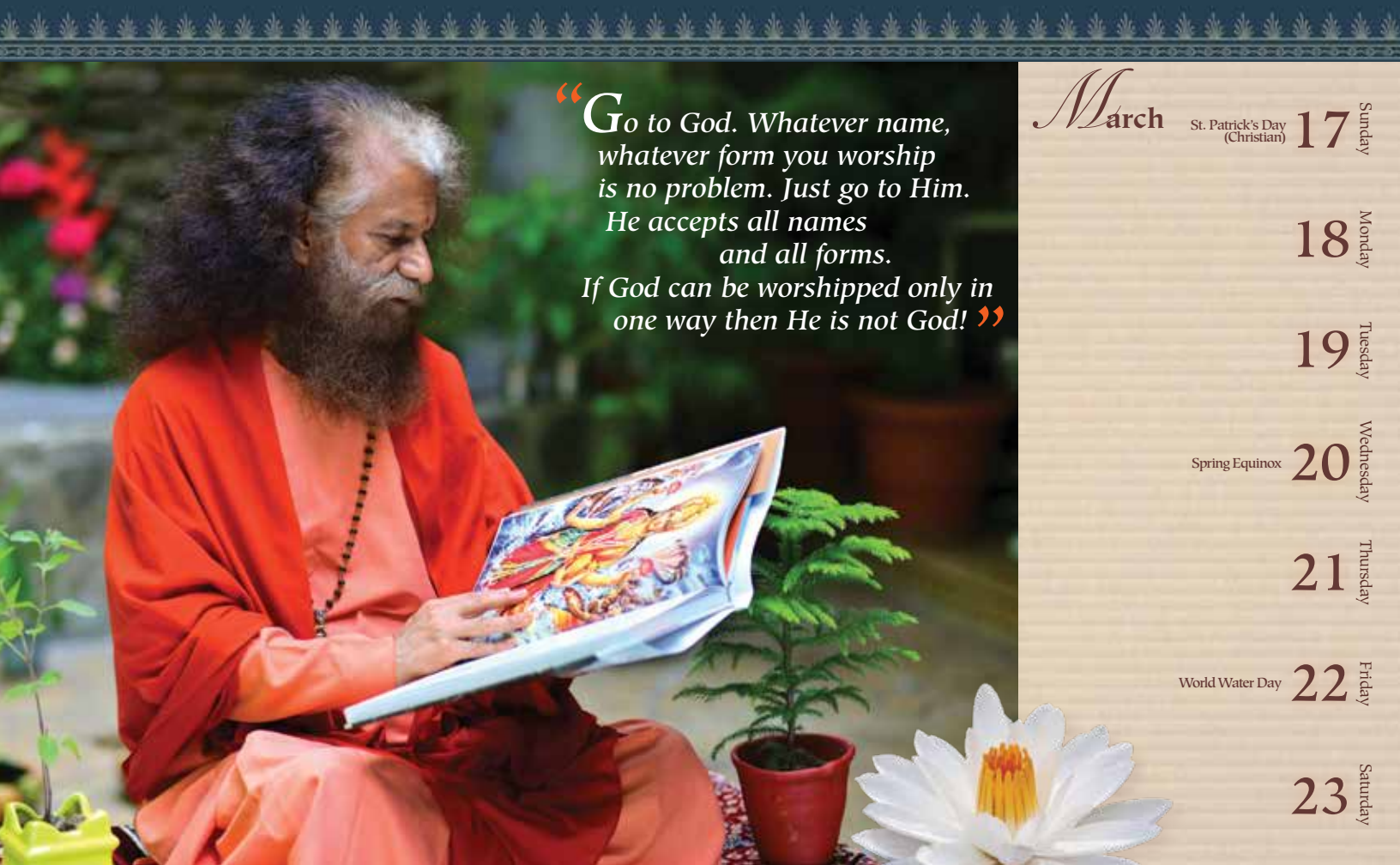
14 Thursday

15 Friday

16 Saturday

Pujya Swamiji gives a sacred rudraksh sapling to Pujya Sant Shri Morari Bapuji





*“Go to God. Whatever name,
whatever form you worship
is no problem. Just go to Him.
He accepts all names
and all forms.
If God can be worshipped only in
one way then He is not God!”*

March

St. Patrick's Day
(Christian)

17 Sunday

18 Monday

19 Tuesday

Spring Equinox

20 Wednesday

21 Thursday

World Water Day

22 Friday

23 Saturday

“The waters of Mother Ganga are always pavitra (pure) but we must pledge and work to keep them also swaccha (clean).”



During a special Ganga Aarti in Haridwar Pujya Swamiji joined Pujya Sri Sri Ravi Shankarji and Hon'ble Chief Minister of Uttarakhnad Shri Pushkar Dhami for a sacred Ganga Pooja.

March

Holika Dahan (Hindu) **24** Sunday
 Purim (Jewish)
 Palm Sunday (Christian)

Holi (Hindu) ● **25** Monday
 Hola Mohalla (Sikh)

26 Tuesday

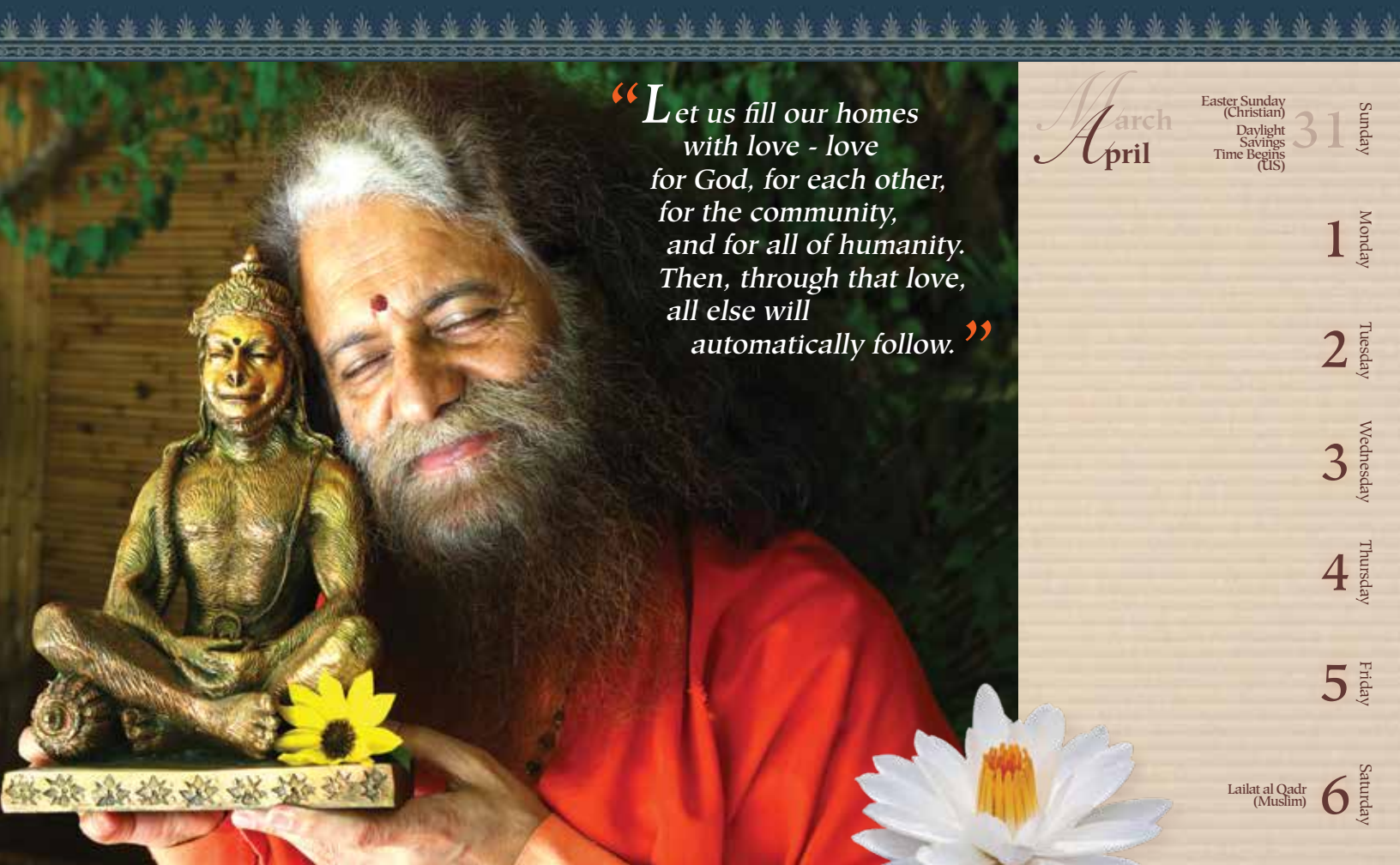
27 Wednesday

28 Thursday

Good Friday (Christian) **29** Friday

30 Saturday





“Let us fill our homes
with love - love
for God, for each other,
for the community,
and for all of humanity.
Then, through that love,
all else will
automatically follow.”

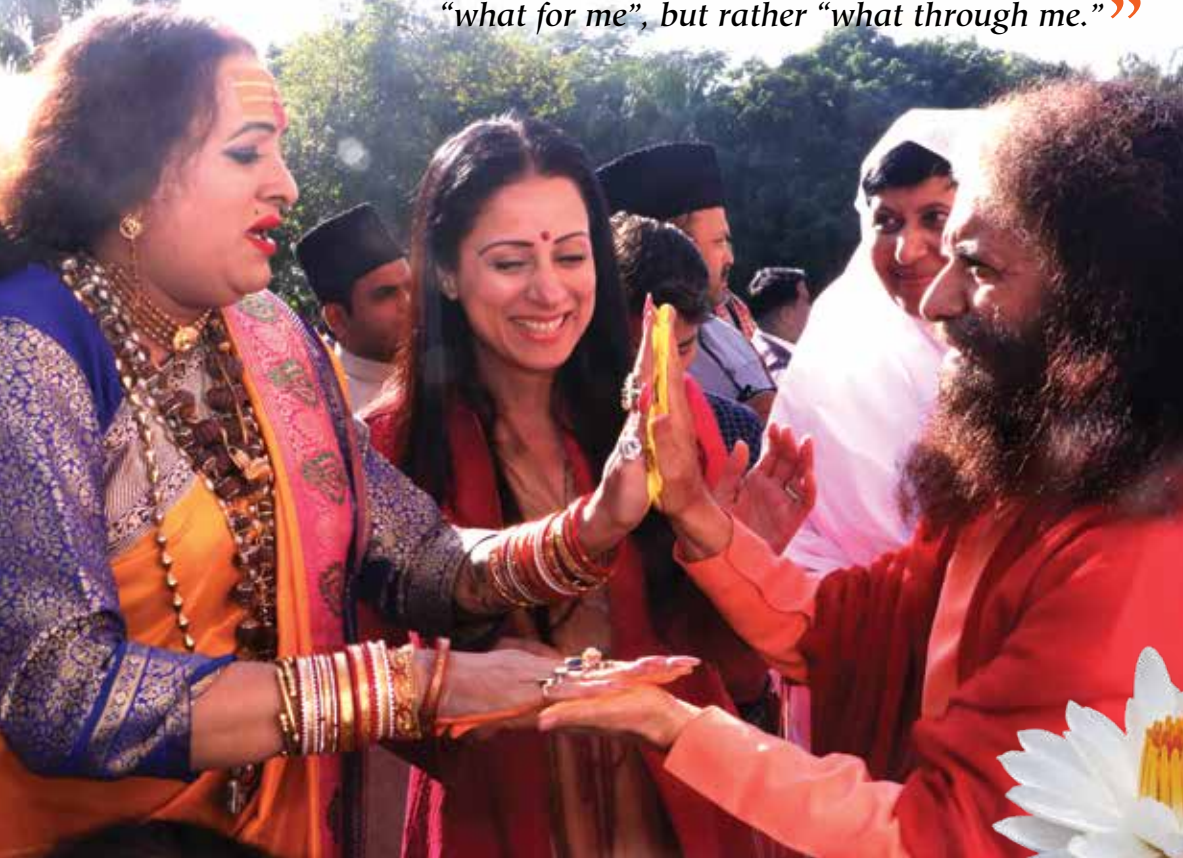
March
April

Easter Sunday
(Christian)
Daylight
Savings
Time Begins
(US)

- 31 Sunday
- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday
- 5 Friday
- 6 Saturday

Lailat al Qadr
(Muslim)

“Cultivate the attitude of not
“what for me”, but rather “what through me.””



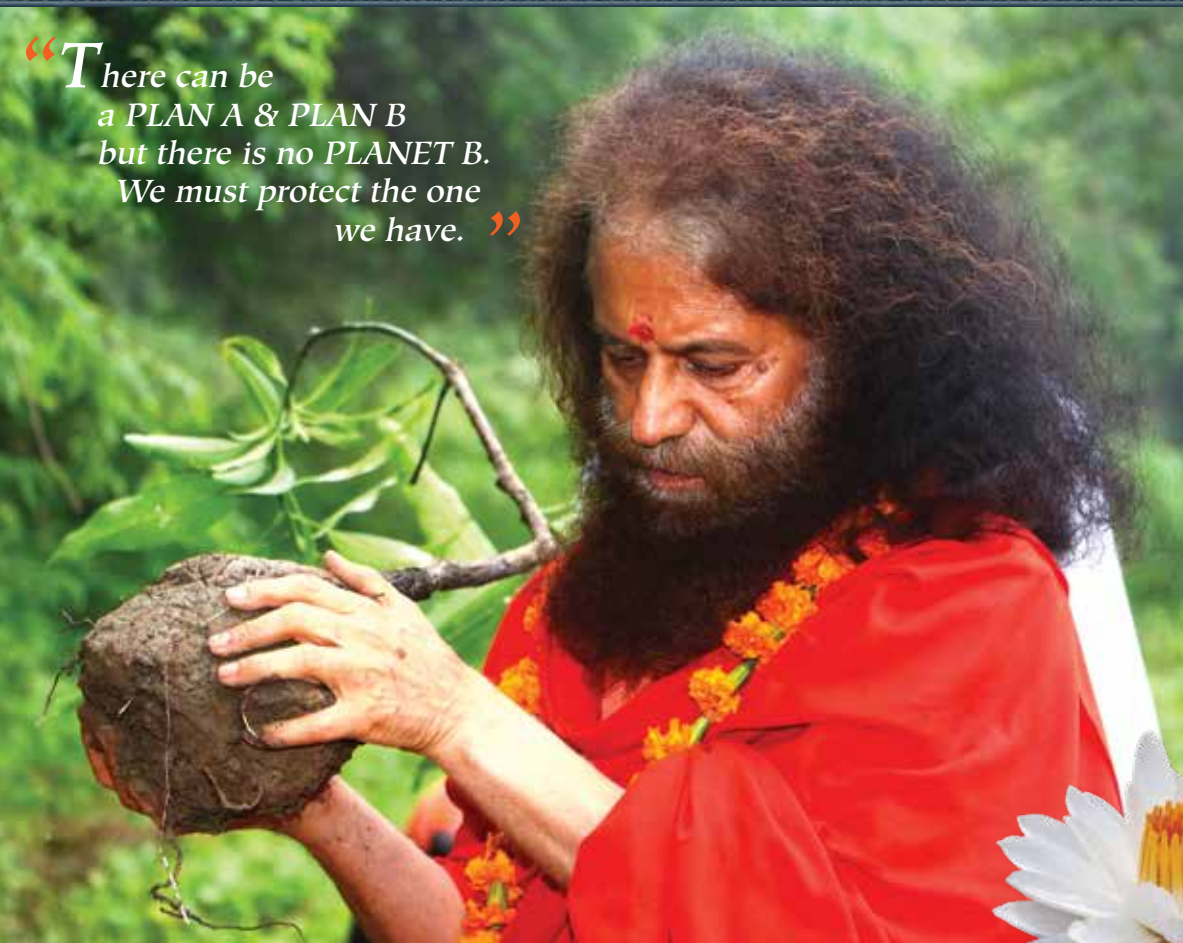
Pujya Swamiji joins hands with interfaith leaders and LGBTQ community during the Leave No One Behind Summit at Parmarth Niketan. Here he is with Laxmi Narayan Tripathi, the Acharya Mahamandaleswar of the Kinnar Akhada and a renowned transgender activist, alongside renowned artist and Slum Queen Roubie Nagi.

April

	7	Sunday
Ramadan Ends (Muslim)	8	Monday
Chaitra Navratri Begins (Hindu) Gudi Padwa (Hindu) Eid-Ul-Fitr (Muslim)	9	Tuesday
	10	Wednesday
	11	Thursday
	12	Friday
Baisakhi (Hindu)	13	Saturday



“There can be
a PLAN A & PLAN B
but there is no PLANET B.
We must protect the one
we have. ”



April

Yamuna Jayanti/ Yamuna Chhath (Hindu)	14	Sunday
	15	Monday
Durgashtami (Hindu)	16	Tuesday
Ram Navami (Hindu)	17	Wednesday
	18	Thursday
	19	Friday
	20	Saturday



“Go to God. Whatever name, whatever form you worship is no problem. Just go to Him. He accepts all names and all forms. If God can be worshipped only in one way then He is not God!”



April

Mahavir Jayanti
(Hindu)

21

Sunday

Earth Day
Passover Begins
(Jewish)

22

Monday

Hanuman Jayanti
(Hindu)
Theravadin New Year
(Buddhist)



23

Tuesday

24

Wednesday

25

Thursday

26

Friday

27

Saturday

*“A leaf is alive only when it is part of a tree. When it disconnects, it dies.
In the same way, when we are connected to our roots,
sanskaras & our global family,
only then do we stay healthy and full of life!”*



May April

28 Sunday

29 Monday

Passover Ends
(Jewish)
Birthday of Guru Arjan Dev
(Sikh)

30 Tuesday

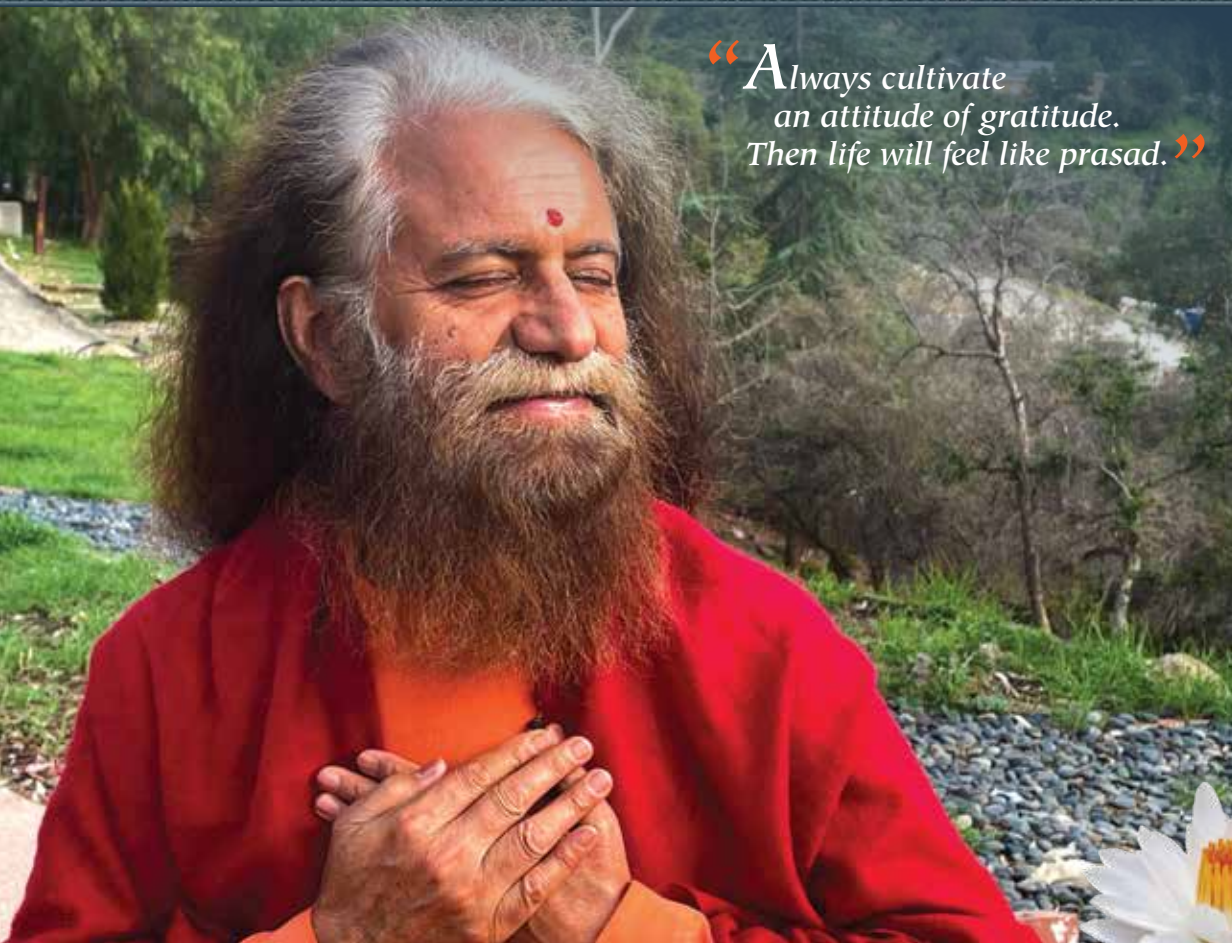
1 Wednesday

2 Thursday

3 Friday

4 Saturday





“Always cultivate
an attitude of gratitude.
Then life will feel like prasad.”

May

Yom Hashoah
(Jewish)

5

Sunday

6

Monday

7

Tuesday

8

Wednesday

Ascension Day
(Christian)

9

Thursday

Parashurama Jayanti
(Hindu)
Akshay Tritiya
(Hindu)

10

Friday

11

Saturday



“Giving is living, living is learning, learning is knowing,
knowing is growing, growing is giving, and giving is living.
That is the cycle of life.”

May

International
Nurses Day

12

Sunday

13

Monday

Ganga Saptami/
Jahnu Saptami
(Hindu)

14

Tuesday

Buddha Jayanti/
Buddha Day
(Buddhist)

15

Wednesday

16

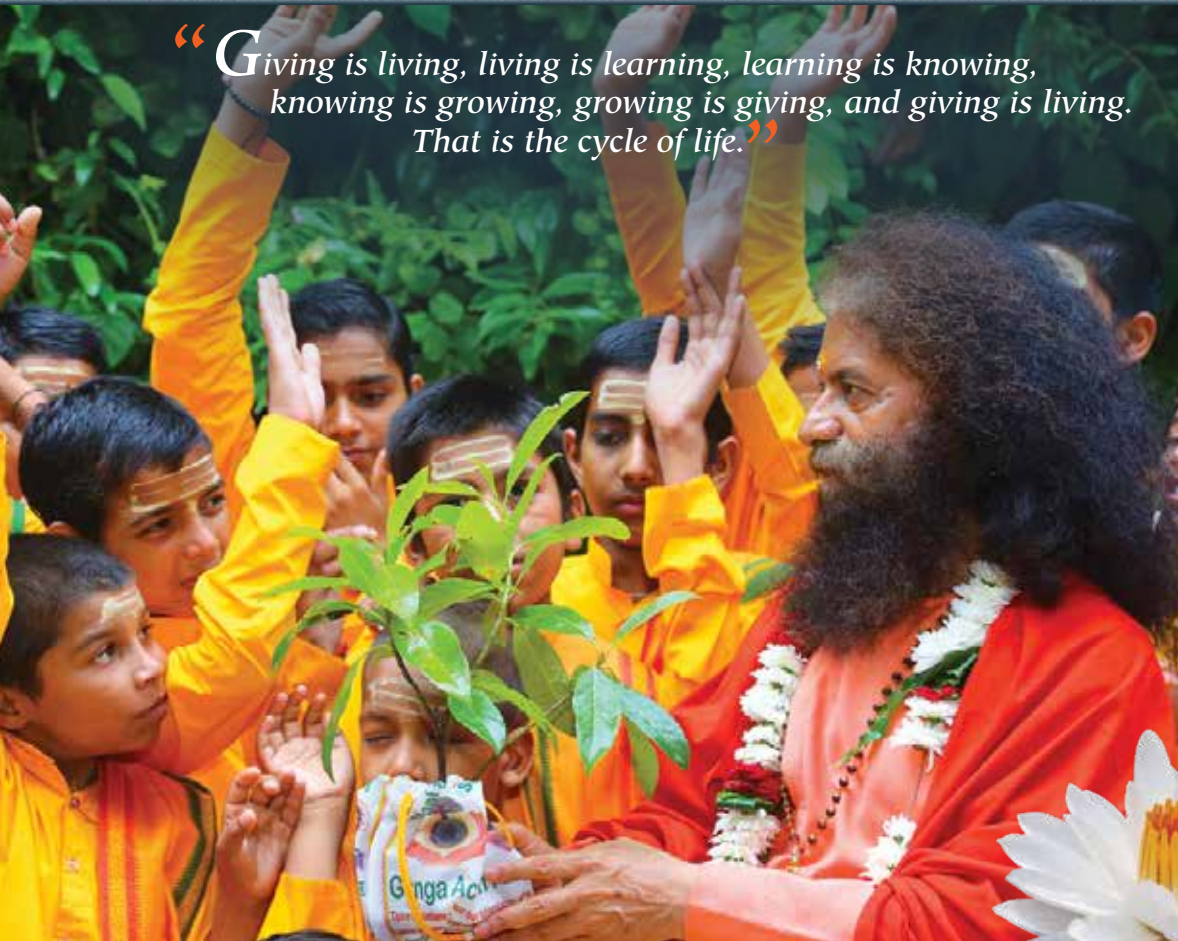
Thursday

17

Friday

18

Saturday



“We must not only pray for peace, but we must work for peace, every minute and every moment of our lives.”



Hon'ble Chief Minister of Uttarakhnad, Shri. Pushkar Singh Dhami, comes to Parmarth Niketan with his family and waters tree saplings with Pulya Swamiji and Sudhvi Bhagwatiiji

May

Pentecost
(Christian)

19 Sunday

20 Monday

21 Tuesday

22 Wednesday

Buddha Purnima
(Hindu)

23 Thursday

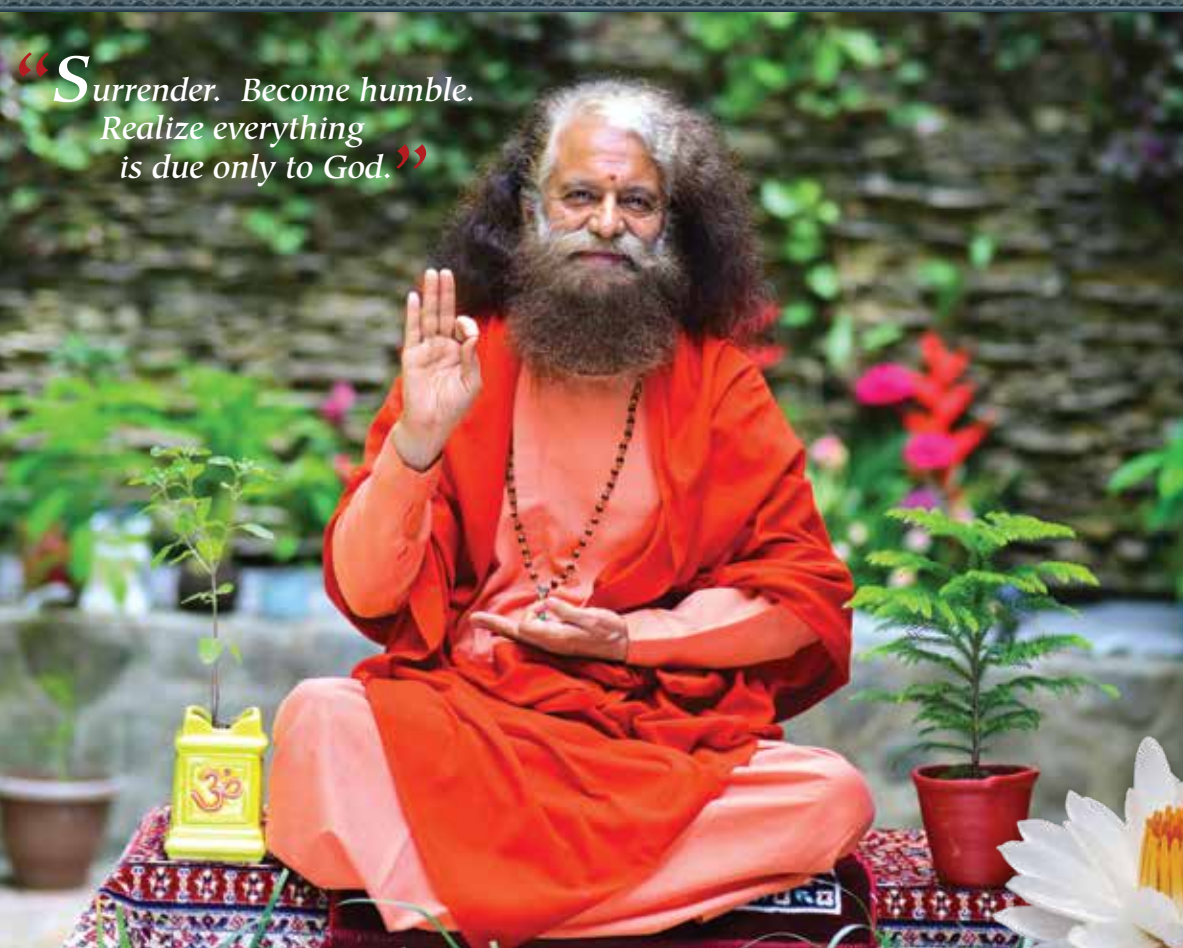
Narad Jayanti
(Hindu)

24 Friday

25 Saturday



“Surrender. Become humble.
Realize everything
is due only to God.”



May
June

26 Sunday

Memorial Day (US)
27 Monday

28 Tuesday

29 Wednesday

30 Thursday

31 Friday

1 Saturday

*“In order to bring deep and lasting peace to our world,
we have no choice but to begin from the inside and move outwards.”*



June

2 Sunday

Birthday of H.H. Pujya
Swami Chidanand
Saraswati

3 Monday

4 Tuesday

World Environment
Day

5 Wednesday

6 Thursday

7 Friday

8 Saturday



“To truly understand each other we must stand under each other with humility.”

June

9 Sunday

10 Monday

11 Tuesday
Shavuot
(Jewish)

12 Wednesday

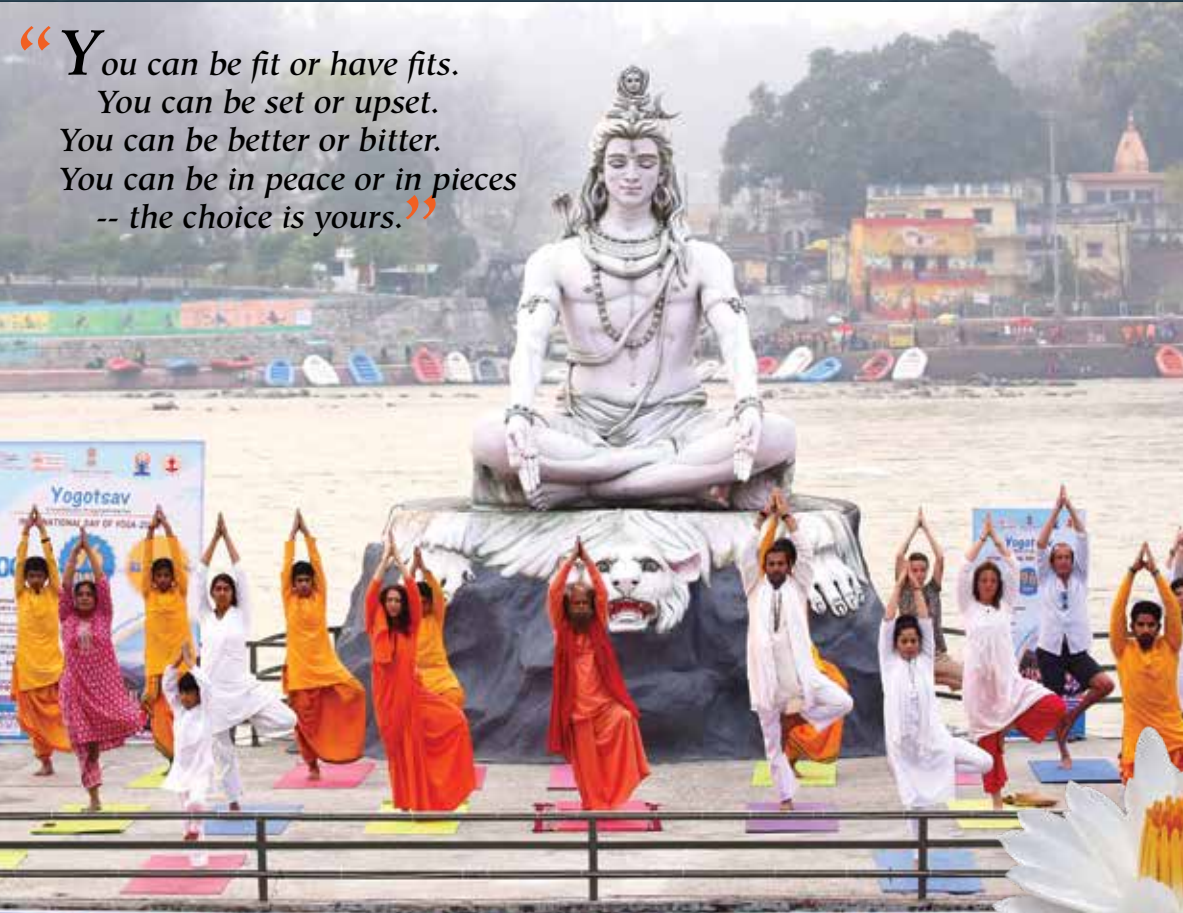
13 Thursday

14 Friday

15 Saturday



“You can be fit or have fits.
 You can be set or upset.
 You can be better or bitter.
 You can be in peace or in pieces
 -- the choice is yours.”



June

Ganga Dussehra (Hindu)	16	Sunday
Martyrdom of Guru Arjan Dev (Sikh)		
Eid-Ul-Adha (Muslim)		
	17	Monday
	18	Tuesday
	19	Wednesday
Summer Solstice	20	Thursday
International Day of Yoga	21	Friday
	22	Saturday



*“Be happy, be peaceful.
Embrace all, include all, exclude none.”*



Pujya Swamiji and Sadhya Bhagawatiiji present a sacred rudraksh sapling to former Hon'ble President of India Shri Ram Nath Kovind

June

23 Sunday

24 Monday

25 Tuesday

26 Wednesday

27 Thursday

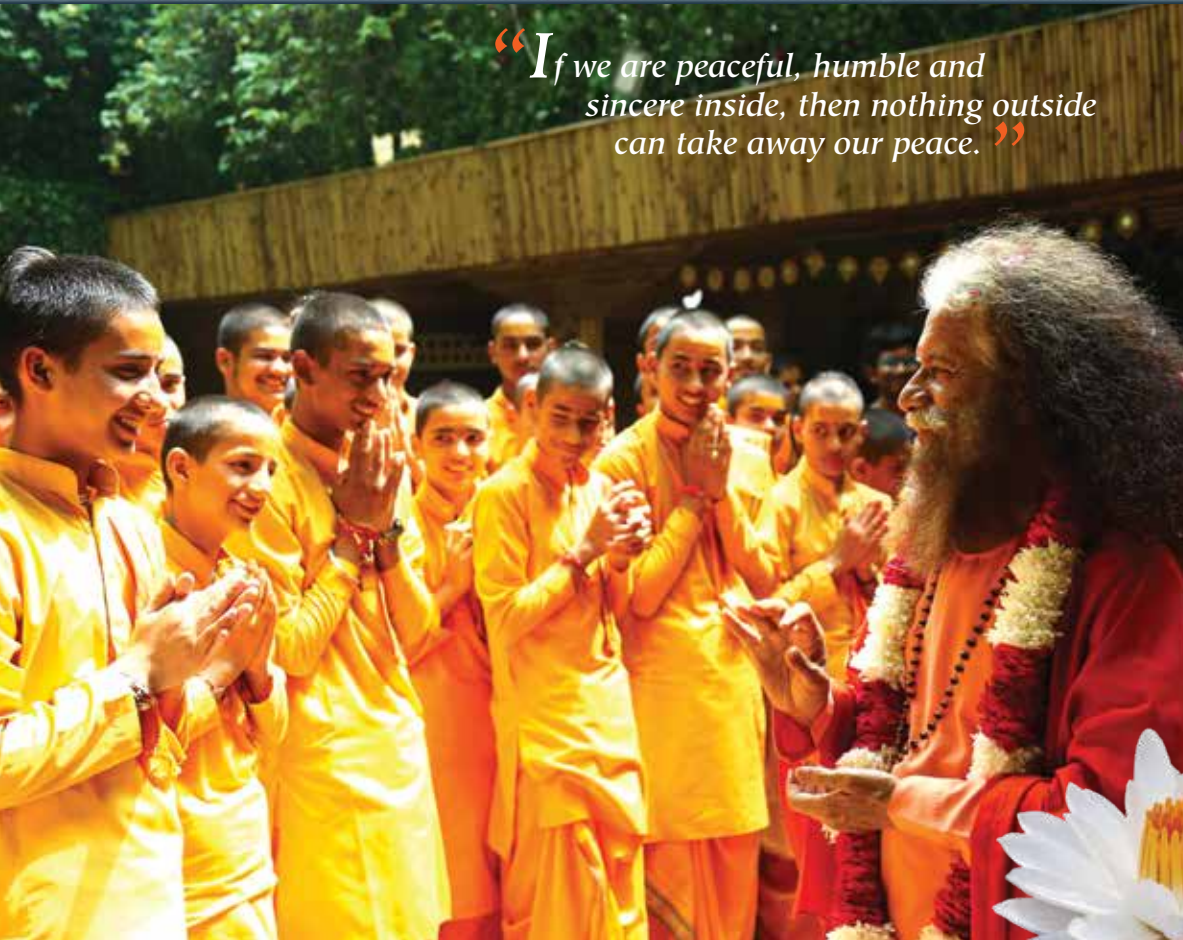
28 Friday

29 Saturday

St. Peter & Paul's Day (Christian)



“If we are peaceful, humble and sincere inside, then nothing outside can take away our peace.”



June
July

30 Sunday

1 Monday

2 Tuesday

3 Wednesday

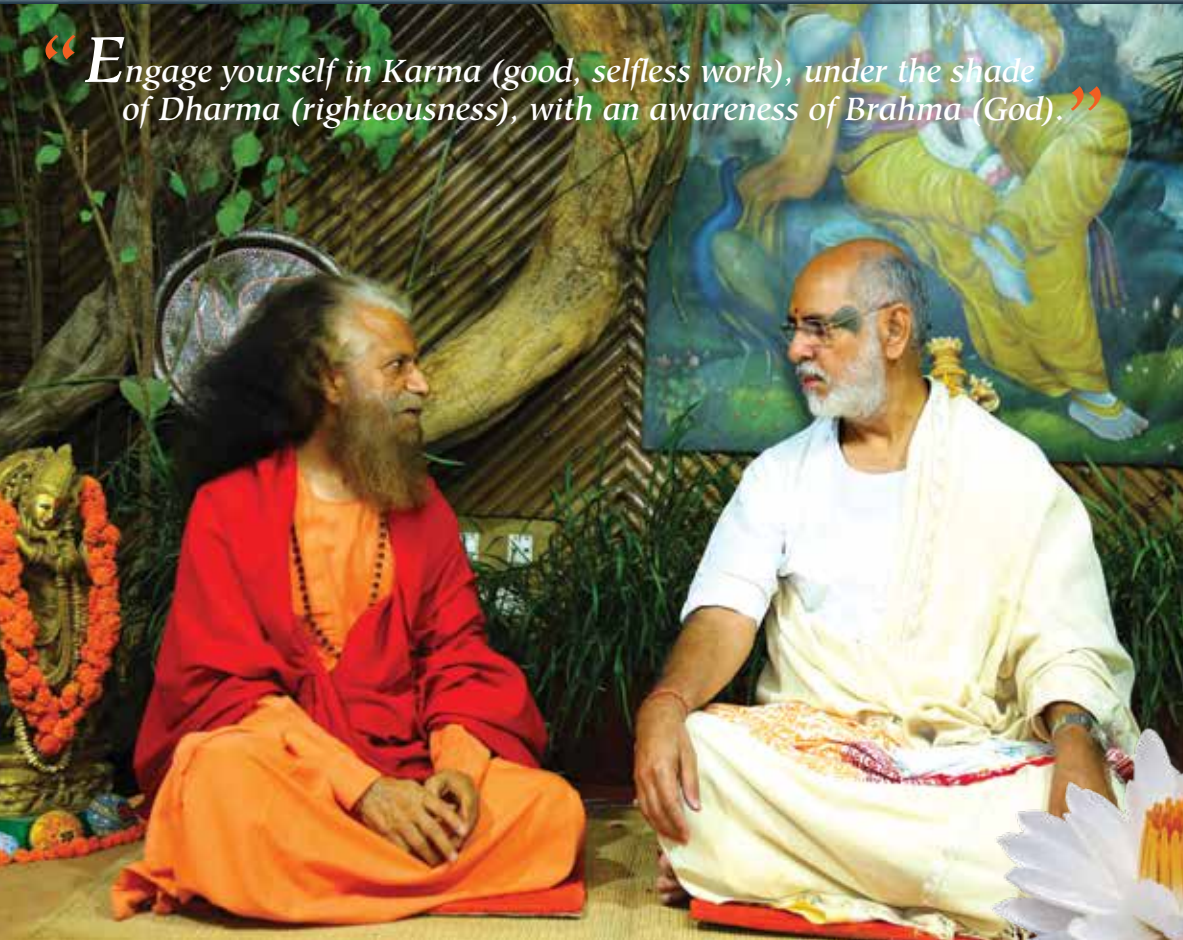
4 Thursday
Independence Day (US)

5 Friday

6 Saturday
Ashadh Gupt Navratri Begins (Hindu)
Al-Hijra (Muslim)



“Engage yourself in Karma (good, selfless work), under the shade of Dharma (righteousness), with an awareness of Brahma (God).”



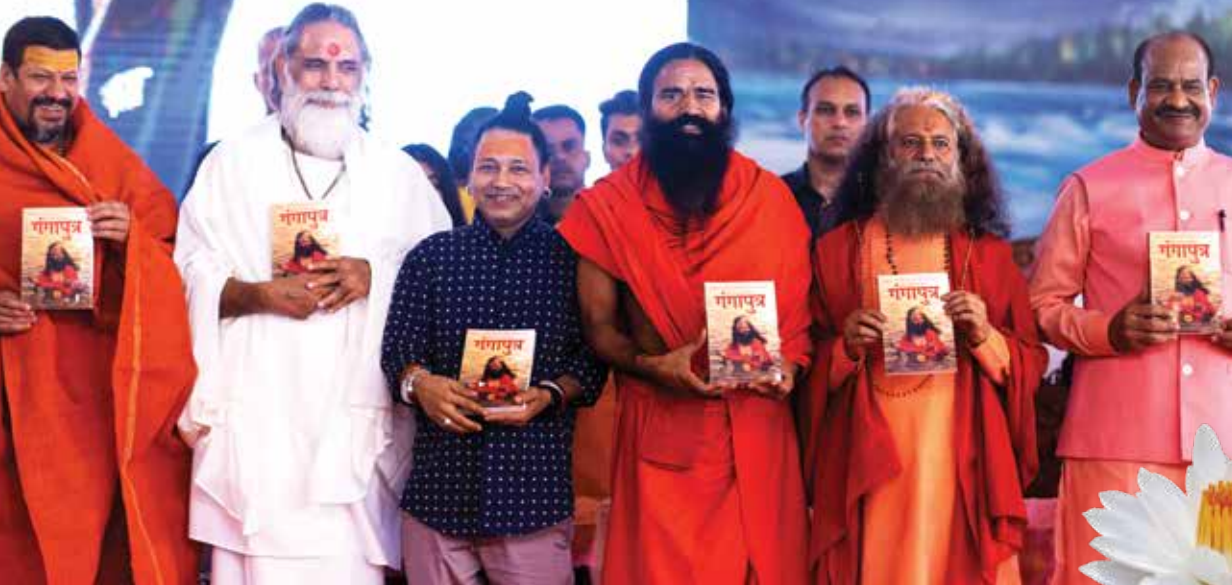
Pujya Swamiji shares a moment of love and divine connection with Pujya Sant Rameshbhai Ozaji

July

- 7 Sunday
- 8 Monday
- 9 Tuesday
- 10 Wednesday
- 11 Thursday
- 12 Friday
- 13 Saturday



“We must learn to give, give and give like the Sun, and like Mother Ganga - with no hesitation, no expectation, no vacation and no discrimination.”



July

14 Sunday

Ashadh Gupt Navratri Ends (Hindu)

15 Monday

Ashura (Muslim)

16 Tuesday

17 Wednesday

18 Thursday

19 Friday

20 Saturday

During the special celebrations for Pujya Swamiji's 70th birth anniversary, the Hindi version of his biography, *By God's Grace*, was launched. Called *Ganga Putra*, the book was launched by Pujya Swami Kamudevji, Hon'ble Speaker of the Parliament of India Shri Om Bhiria, renowned singer Kallash Kher and so many other renowned and revered leaders.





“We may not have the power to make flowers blossom in all the gardens of the world, but at least wherever we go, whatever path we walk on, we can remove the thorns we pass on the way.”



July

Guru
Purnima
(Hindu)



21

Sunday

22

Monday

23

Tuesday

24

Wednesday

25

Thursday

26

Friday

27

Saturday



“ Don't worry so much about giving your children cars.
Worry about giving them Sanskaras! ”



July
August

28 Sunday

29 Monday

30 Tuesday

31 Wednesday

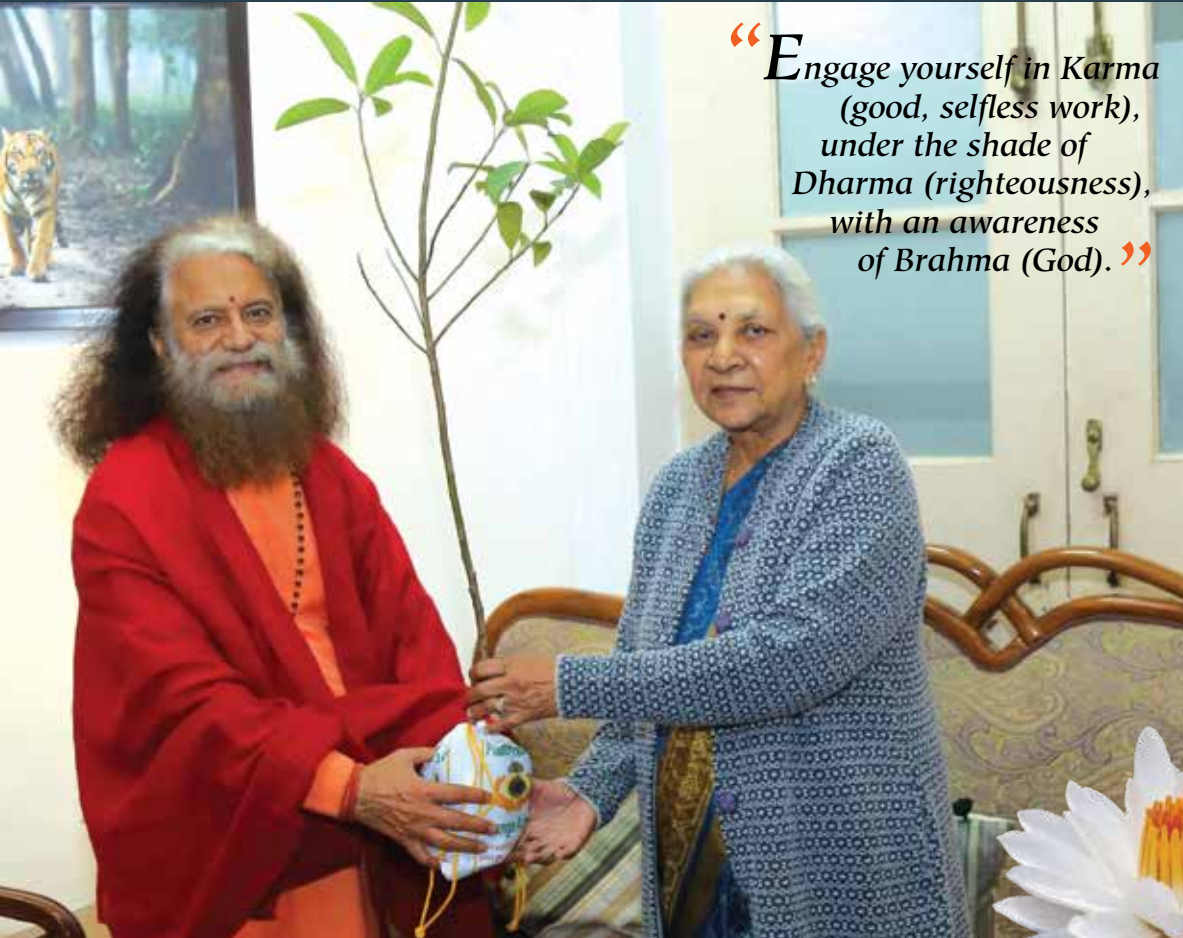
1 Thursday

Shrawan Shivratri
(Hindu)

2 Friday

3 Saturday





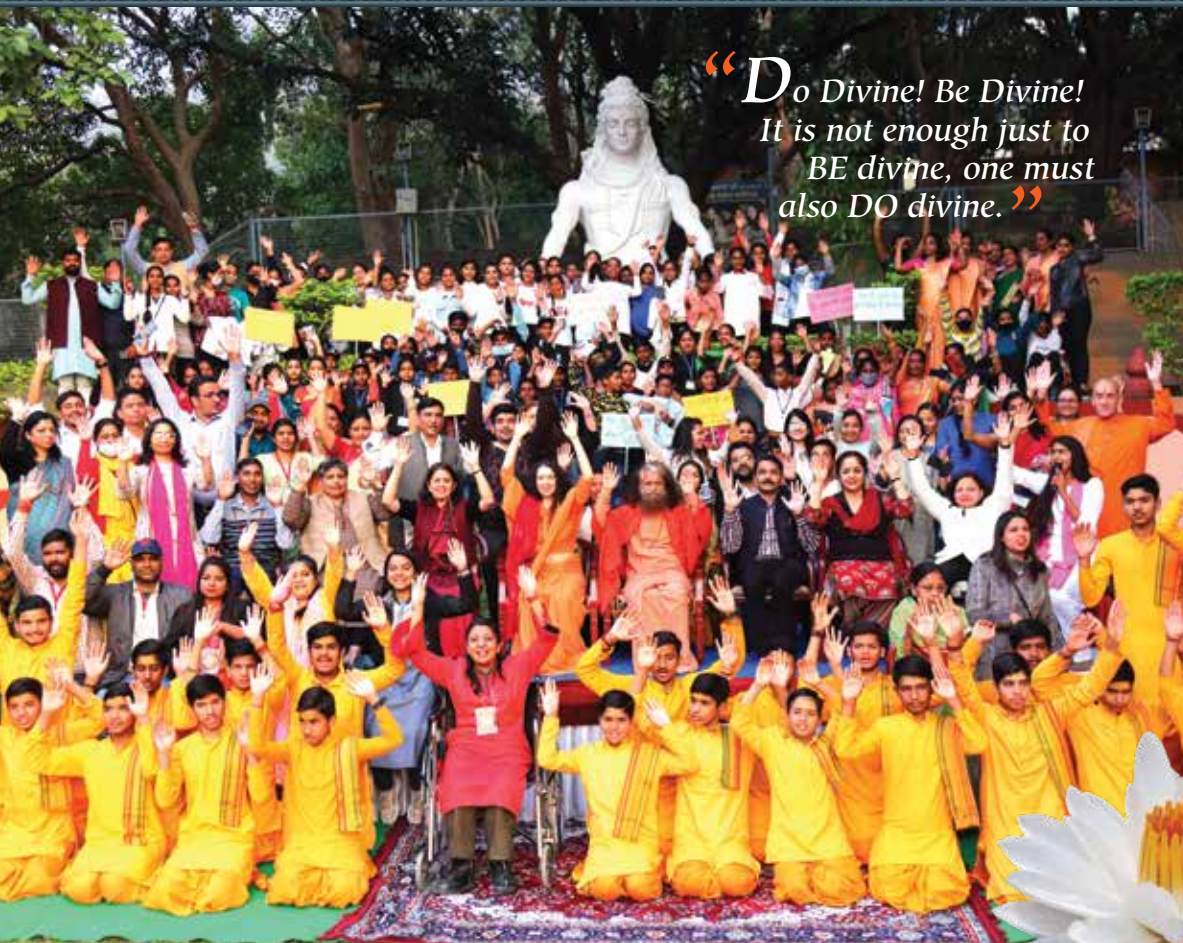
“Engage yourself in Karma
(good, selfless work),
under the shade of
Dharma (righteousness),
with an awareness
of Brahma (God).”

Pujya Swamiji offers a rudraksh sapling to Hon'ble Governor of Uttar Pradesh
Smt. Anandiben Patel

August

- 4 Sunday
- 5 Monday
- 6 Tuesday
- 7 Wednesday
- 8 Thursday
- 9 Friday
- 10 Saturday





“Do Divine! Be Divine!
It is not enough just to
BE divine, one must
also DO divine.”

International Women's Day celebration at Parmarth with local women's groups, girls schools and leaders in women's empowerment

August

11 Sunday

Tisha B'Av (Jewish) 12 Monday

13 Tuesday

14 Wednesday

Independence Day (India)
Assumption of the Blessed Virgin Mary (Christian) 15 Thursday

16 Friday

17 Saturday

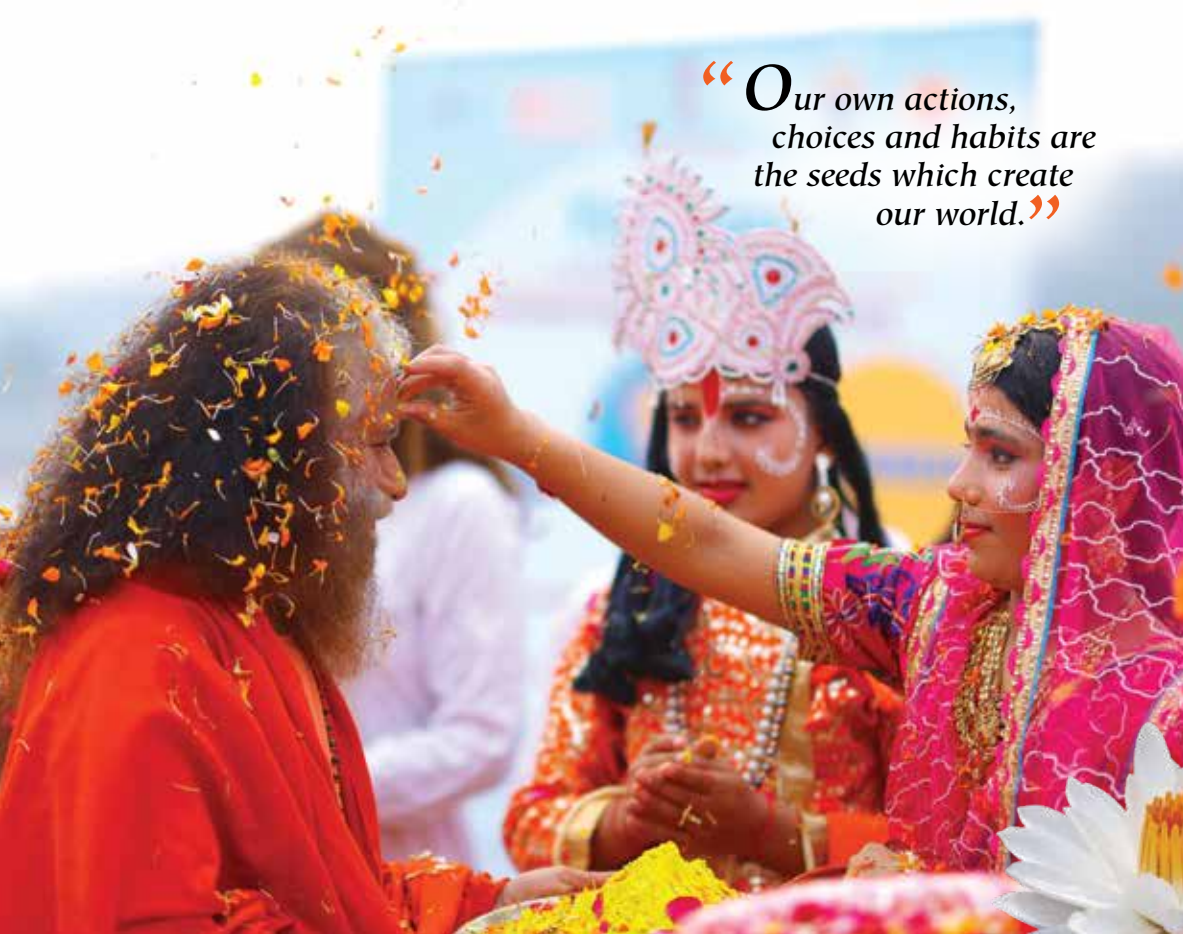


“Prayer is the broom which sweeps out our heart, making it clean and divine for God.”



August

	18	Sunday
Raksha Bandhan (Hindu)	19	Monday
	20	Tuesday
	21	Wednesday
Ganesh Chaturthi (Hindu)	22	Thursday
	23	Friday
	24	Saturday



“Our own actions,
choices and habits are
the seeds which create
our world.”

August

25 Sunday

Krishna Janmashthami
(Hindu)

26 Monday

27 Tuesday

28 Wednesday

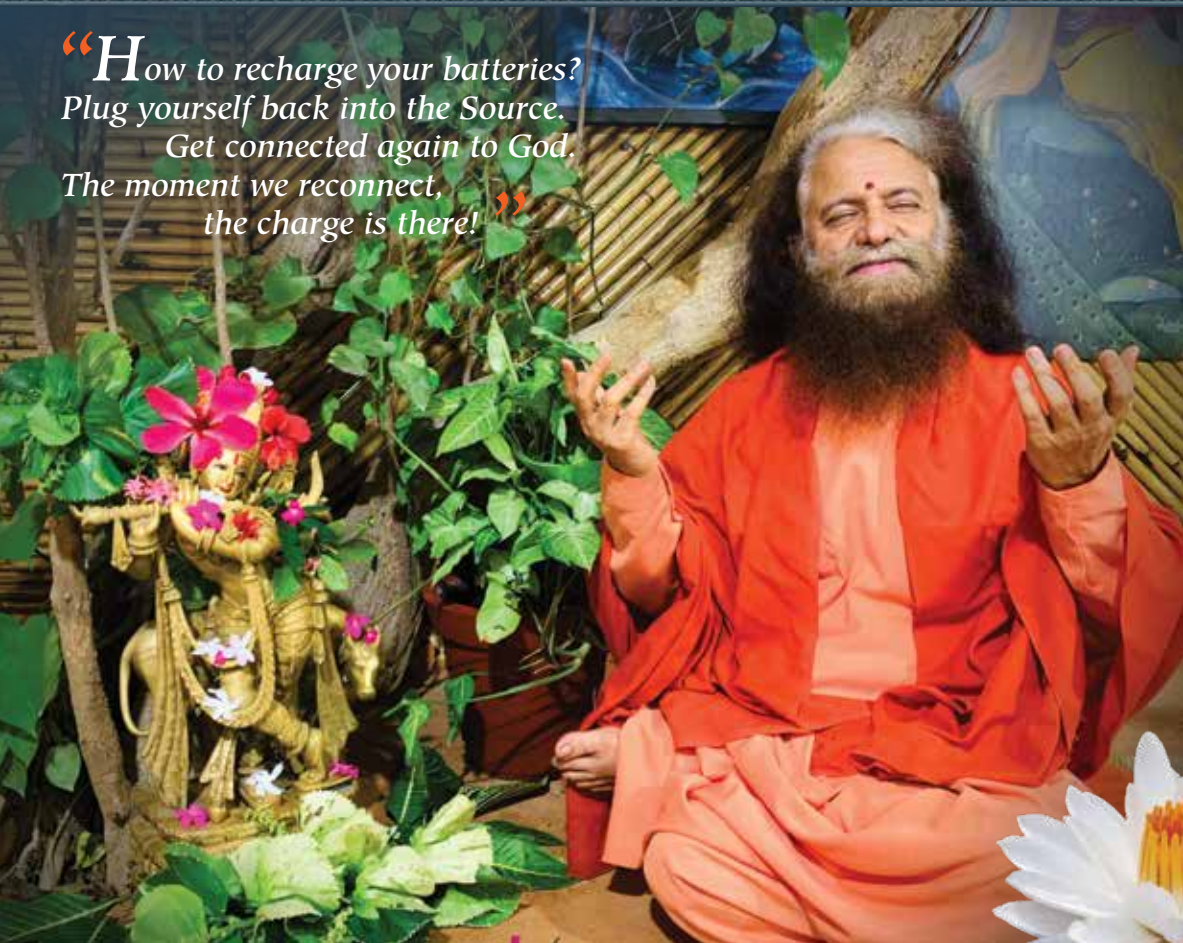
29 Thursday

30 Friday

31 Saturday



*“How to recharge your batteries?
Plug yourself back into the Source.
Get connected again to God.
The moment we reconnect,
the charge is there!”*



September

	1	Sunday
Labor Day (US)	2	Monday
	3	Tuesday
	4	Wednesday
Onam (Hindu)	5	Thursday
	6	Friday
	7	Saturday

*“When you talk to God it is prayer.
When He talks to you
it is meditation.”*

September

8 Sunday

9 Monday

10 Tuesday

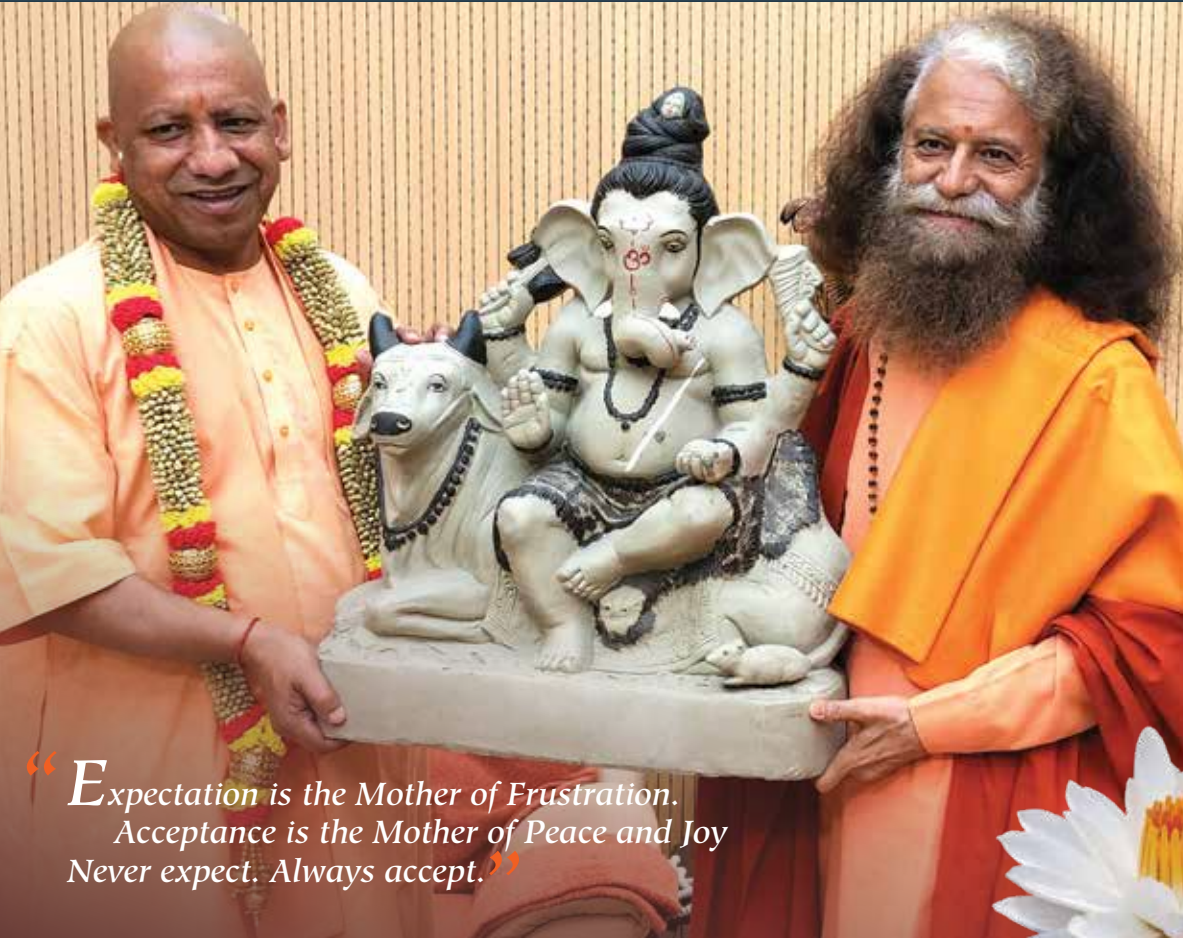
11 Wednesday
Radhashtami
(Hindu)
9/11 Observance
(US)

12 Thursday

13 Friday

14 Saturday





Pujya Swamiji offers an eco-friendly Ganesha murti to the Hon'ble Chief Minister of Uttar Pradesh
Yogi Adityanathji for Ganesha Chaturthi

“*Expectation is the Mother of Frustration.
Acceptance is the Mother of Peace and Joy
Never expect. Always accept.*”

September	15	Sunday
	16	Monday
Milad un Nabi Birthday of the Prophet Muhammad (Muslim)	17	Tuesday
	18	Wednesday
	19	Thursday
	20	Friday
	21	Saturday

Pitru Paksh/
Shradh Prarambh/
Shradha Purnima
(Hindu)



“Yoga is not what you do;
it is who you ARE.”



September

Autumn
Equinox

22

Sunday

23

Monday

Yom
Kippur
(Jewish)

24

Tuesday

25

Wednesday

26

Thursday

27

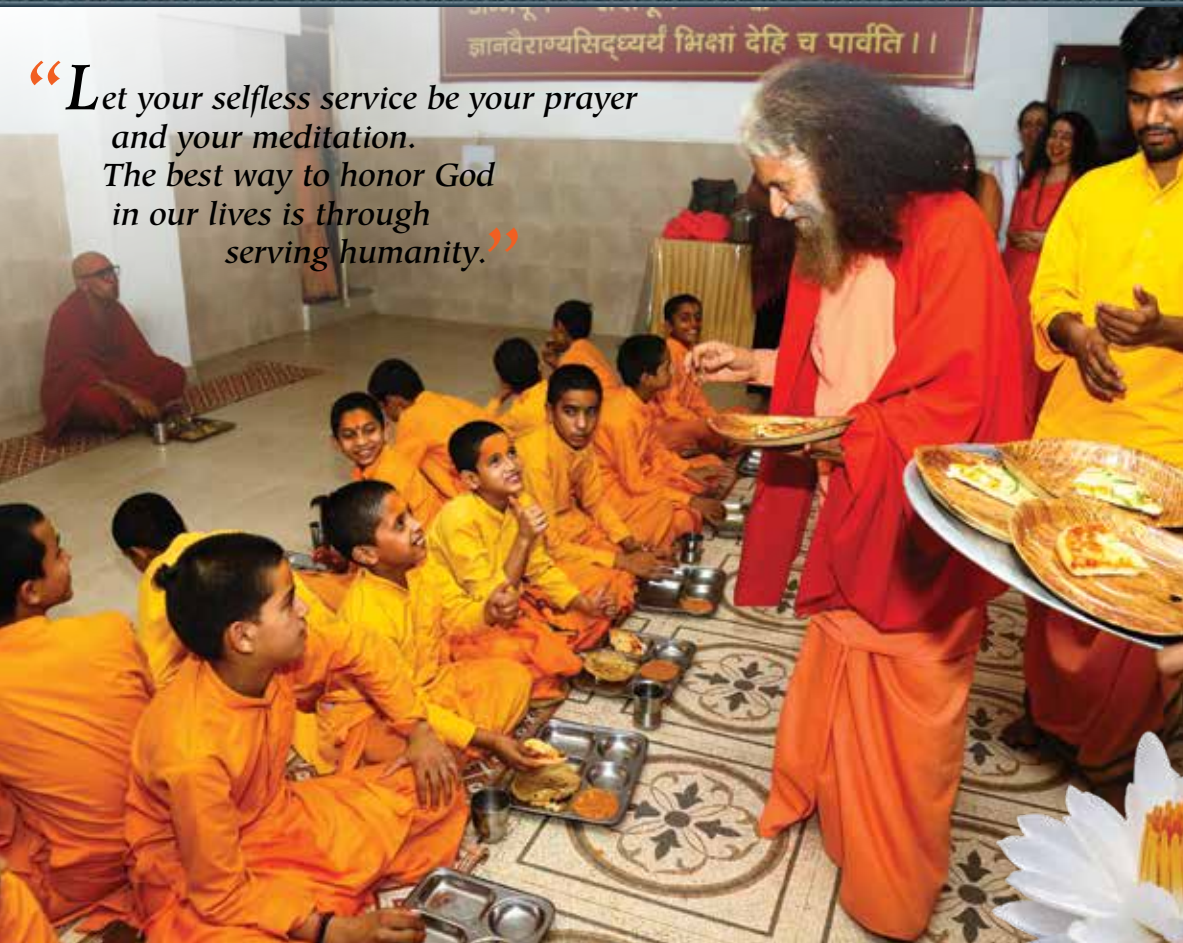
Friday

28

Saturday

ज्ञानवैराग्यसिद्ध्यर्थं भिक्षां देहि च पार्वति । ।

“Let your selfless service be your prayer
and your meditation.
The best way to honor God
in our lives is through
serving humanity.”



September 29 Sunday

30 Monday

1 Tuesday

2 Wednesday
Pitra Visarjan (Hindu)
Rosh Hashanah (Jewish)
Mahatma Gandhi's Birthday

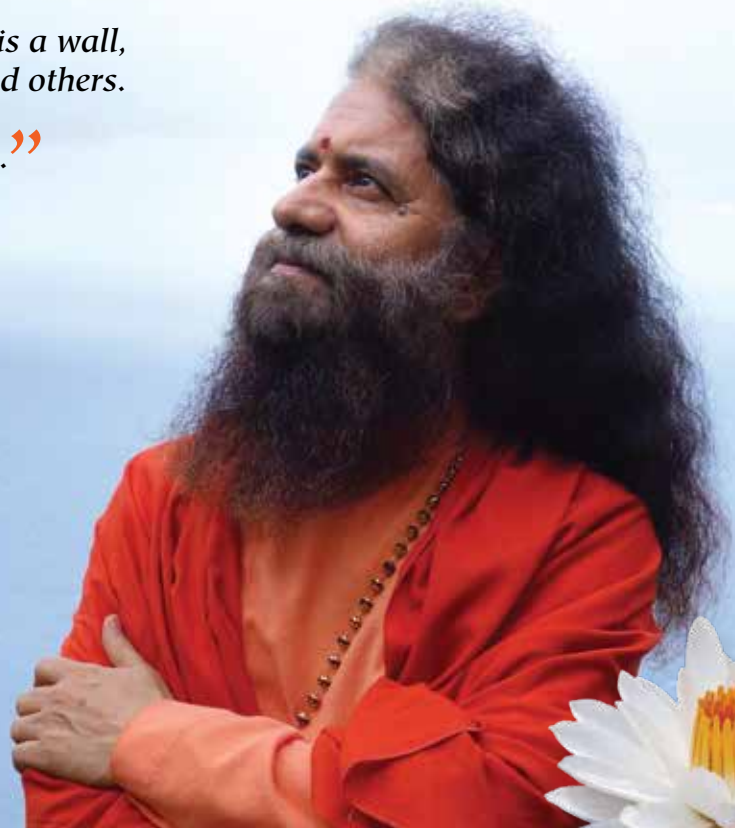
3 Thursday
Sharad Navratri Begins (Hindu)

4 Friday

5 Saturday



*“The ‘I’ is the cause of
all our problems. It is a wall,
a barrier between us and others.
Learn to bend the ‘I,’
make it a bridge.”*



October

6 Sunday

7 Monday

8 Tuesday

9 Wednesday

10 Thursday

11 Friday
Durgashtami
(Hindu)

12 Saturday
Dussehra /
Vijay Dashami
(Hindu)
Sharad Navratri
Ends
(Hindu)

“Let us realize that everything is just as it is supposed to be. We are in the lap of the Mother. How can anything go wrong?”



October

13 Sunday

14 Monday

15 Tuesday

Sukkot (Jewish) 16 Wednesday

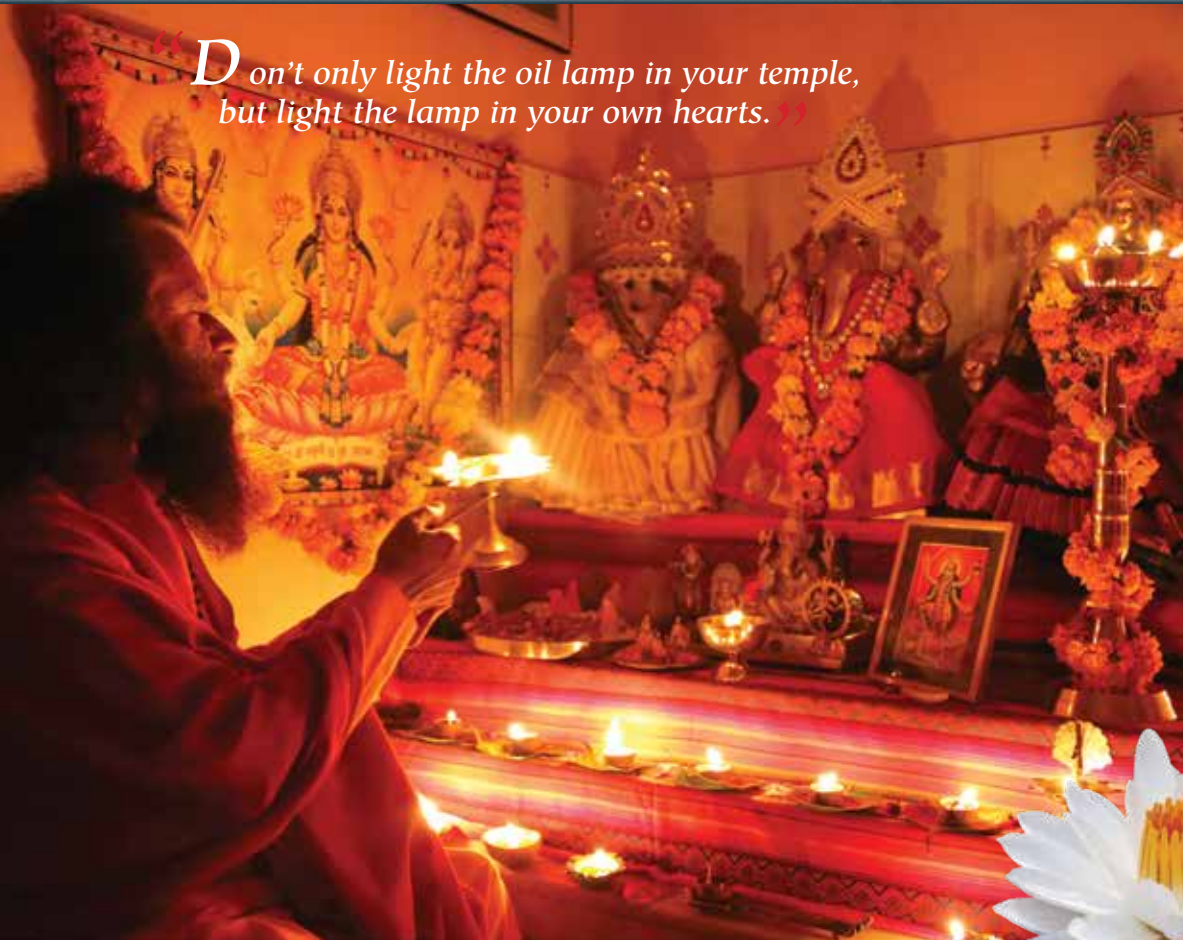
Sharad Purnima (Hindu) ● 17 Thursday

18 Friday

19 Saturday



*Don't only light the oil lamp in your temple,
but light the lamp in your own hearts.*



October Karak Chaturthi /
Karva Chauth (Hindu) 20 Sunday

21 Monday

22 Tuesday

23 Wednesday

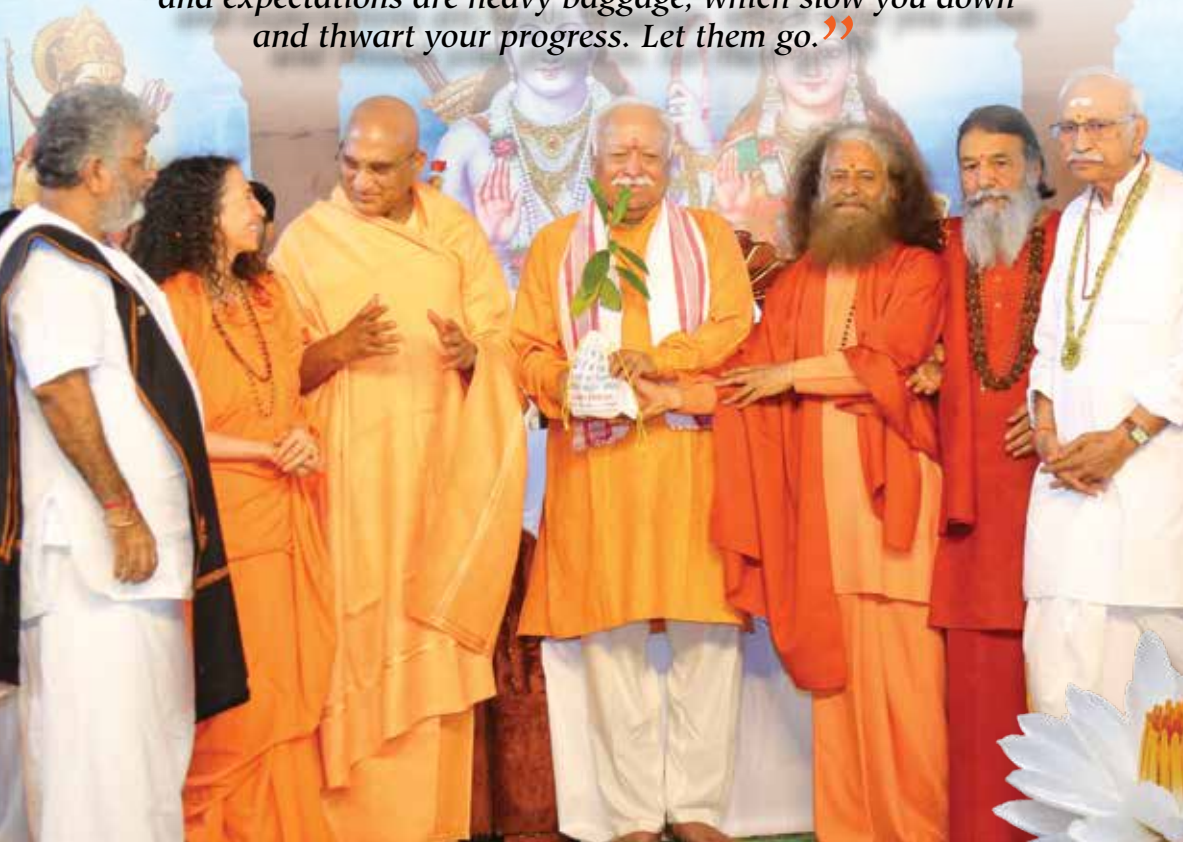
24 Thursday

25 Friday

26 Saturday



“Travel light on your journey in life. Your desires and expectations are heavy baggage, which slow you down and thwart your progress. Let them go.”



71st Green Birth Anniversary celebrations of Pujya Swamiji was graced by RSS Sarsanghalak Mohan Bhagwat alongside Pujya Swami Avdeshanand Giriji and many other revered saints as they inspired a pledge for environmental preservation.

October
November

	27	Sunday
	28	Monday
	29	Tuesday
Dhanteras (Hindu)	30	Wednesday
Naraka Chaturdashi / Choti Diwali (Hindu) / Halloween (US)	31	Thursday
Diwali (Hindu) / All Saints' Day (Christian)	1	Friday
Govardhan Pooja (Hindu) / All Souls' Day (Christian)	2	Saturday



“Do not try to move others; rather find your way between the others and around them. Humbly and sincerely make your own way on the path of life.”



November

Bhaidooj
(Hindu)
Daylight
Savings
Time Ends
(US)

3 Sunday

4 Monday

5 Tuesday

6 Wednesday

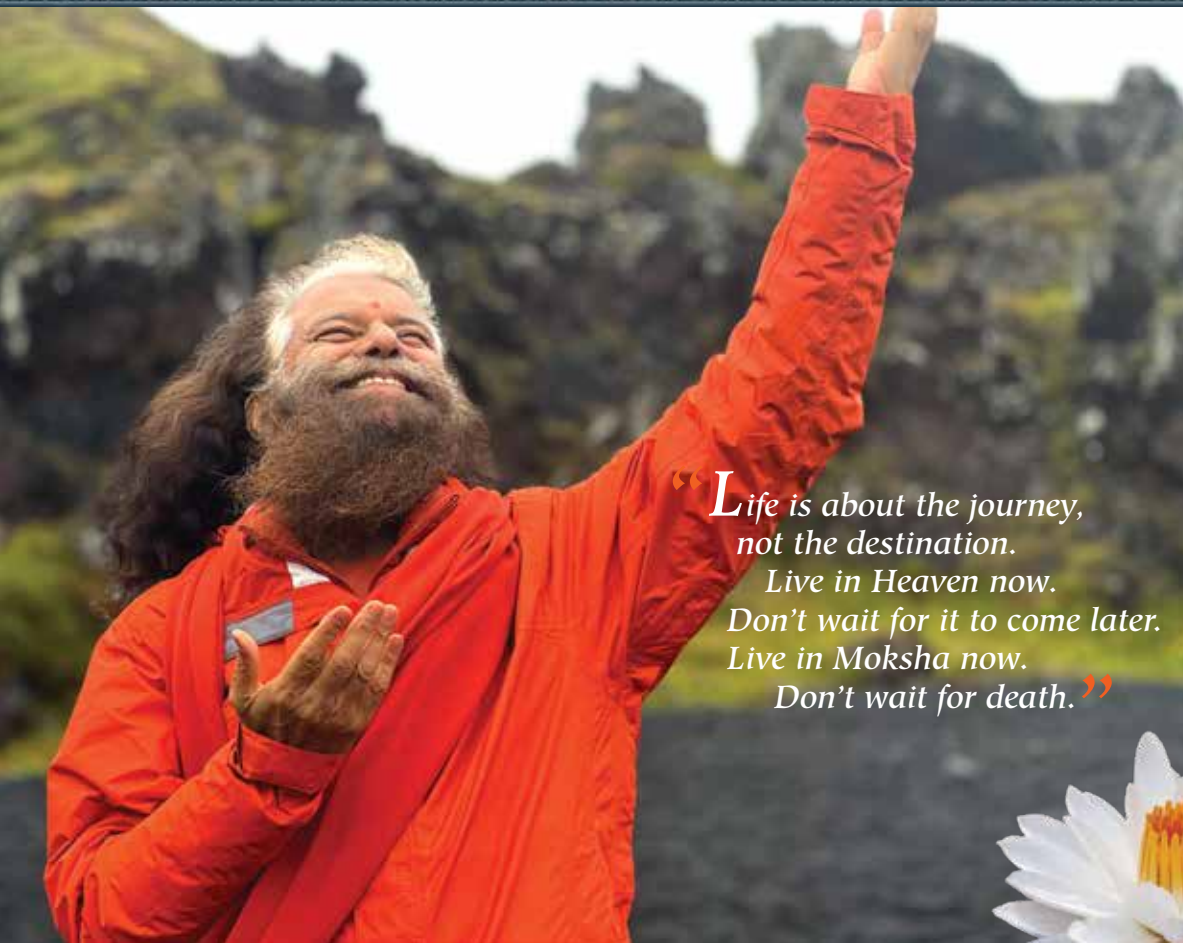
7 Thursday

8 Friday

Gopasthami
(Hindu)

9 Saturday





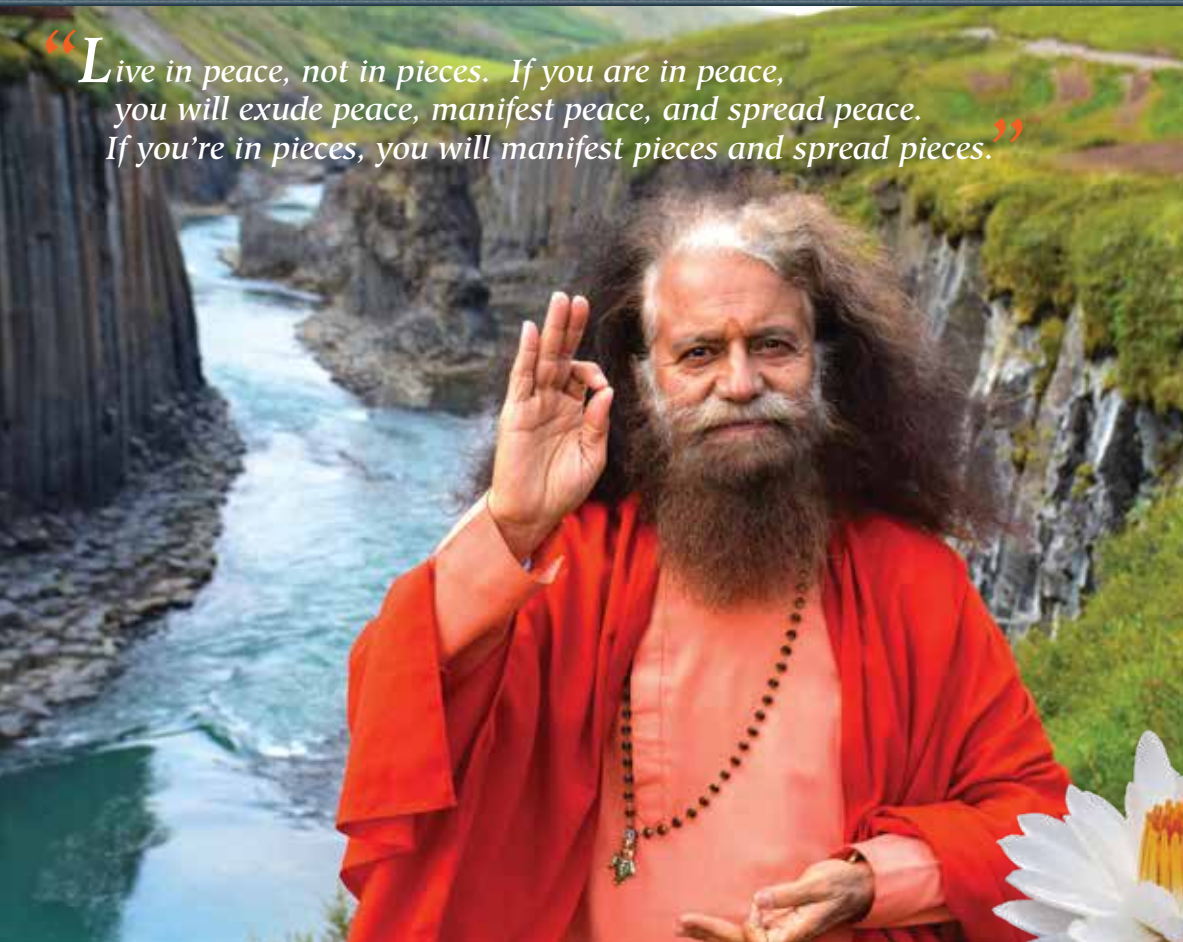
*“Life is about the journey,
not the destination.
Live in Heaven now.
Don't wait for it to come later.
Live in Moksha now.
Don't wait for death.”*



November

	10	Sunday
Veteran's Day (US)	11	Monday
	12	Tuesday
	13	Wednesday
	14	Thursday
Kartik Purnima (Hindu) Birthday of Guru Nanak (Sikh)	15	Friday
	16	Saturday

*“Live in peace, not in pieces. If you are in peace,
you will exude peace, manifest peace, and spread peace.
If you’re in pieces, you will manifest pieces and spread pieces.”*



November

17 Sunday

18 Monday

World Toilet Day 19 Tuesday

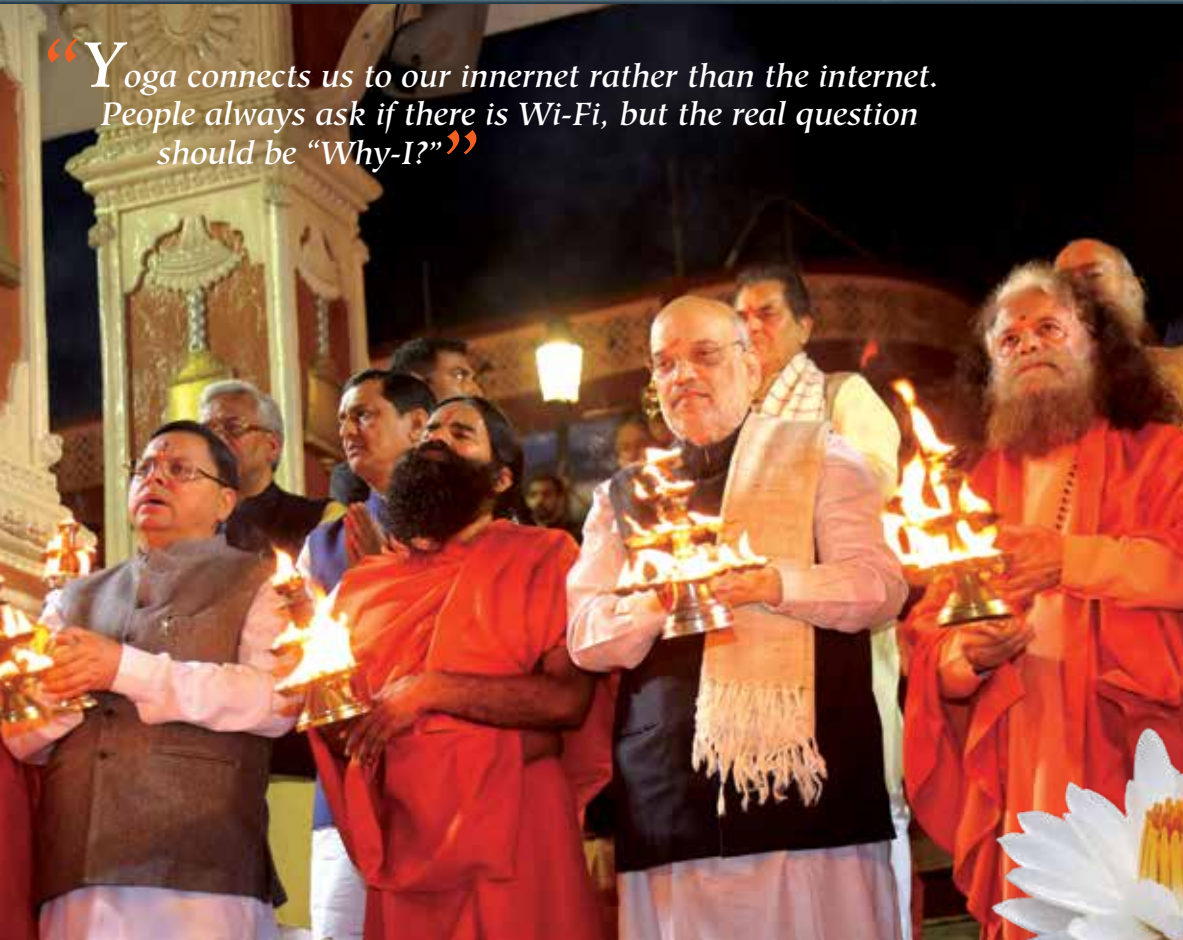
20 Wednesday

21 Thursday

22 Friday

Kaurav /
Bhairav Ashtami
(Hindu) 23 Saturday

“Yoga connects us to our innernet rather than the internet. People always ask if there is Wi-Fi, but the real question should be “Why-I?””



Hon'ble Union Minister of Home Affairs Amit Shah joins the world-renowned Parmarth Ganga Aarti with Pujya Swamiji and is welcomed by Pujya Baba Ramdevji and many other eminent dignitaries.

November	Martyrdom of Guru Tegh Bahadur (Sikh)	24	Sunday
		25	Monday
		26	Tuesday
		27	Wednesday
Thanksgiving (US)		28	Thursday
		29	Friday
		30	Saturday



*“Love and compassion should
not merely be a part of life,
but ALL of life.”*



December

1 Sunday

2 Monday

3 Tuesday

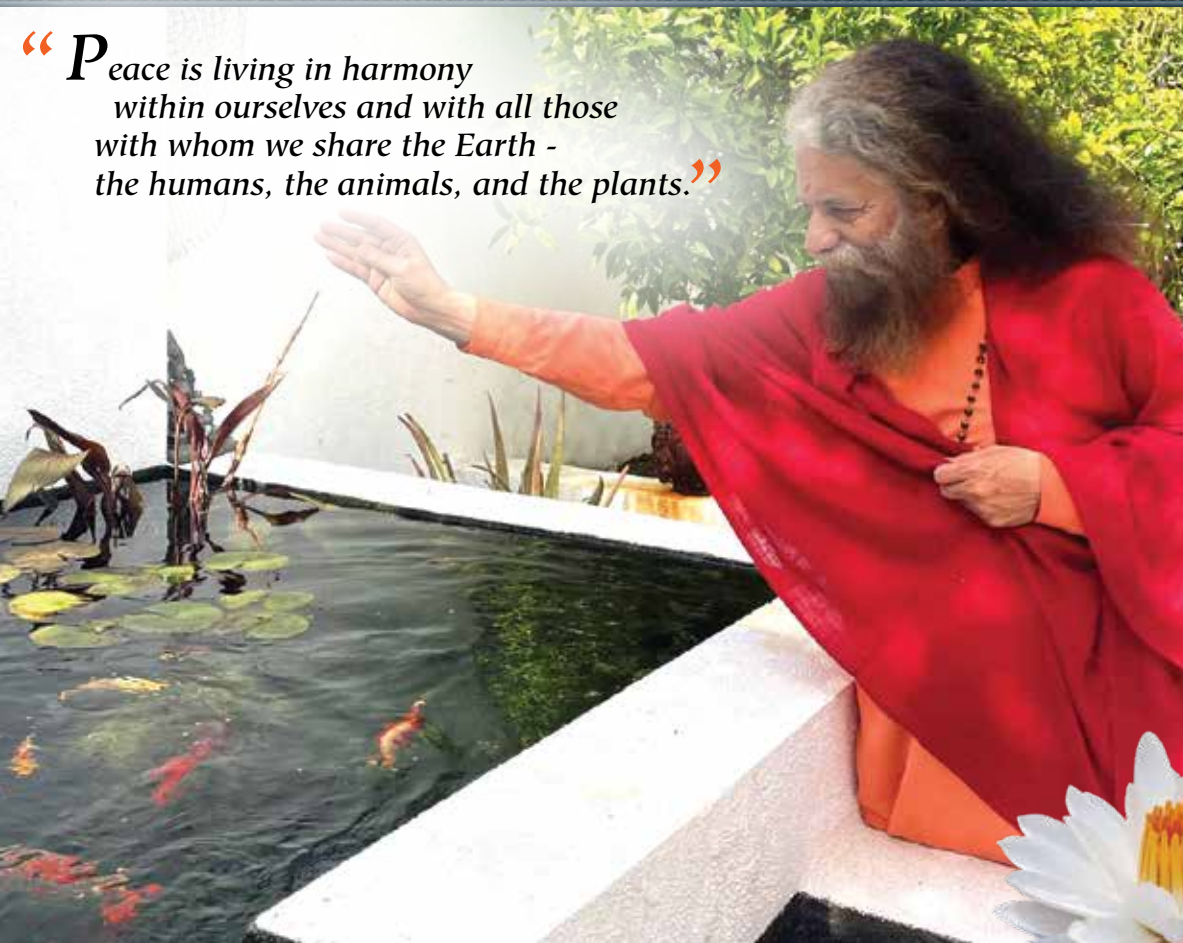
4 Wednesday

5 Thursday

6 Friday

7 Saturday

*“Peace is living in harmony
within ourselves and with all those
with whom we share the Earth -
the humans, the animals, and the plants.”*



December

- 8 Sunday
Feast of the Immaculate Conception (Christian)
Bodhi Day (Buddhist)
- 9 Monday
- 10 Tuesday
- 11 Wednesday
Gita Jayanti (Hindu)
- 12 Thursday
- 13 Friday
- 14 Saturday



*“Be the change and bring the change.
If we set the divine example,
others will follow.”*



December

15 Sunday

16 Monday

17 Tuesday

18 Wednesday

19 Thursday

20 Friday

21 Saturday

Winter Solstice



*“We must learn to be like the calm,
undisturbed water in the depths of the ocean itself,
unaffected by the small, transient fluctuations.”*



December

22 Sunday

23 Monday

24 Tuesday
Christmas Eve
(Christian)

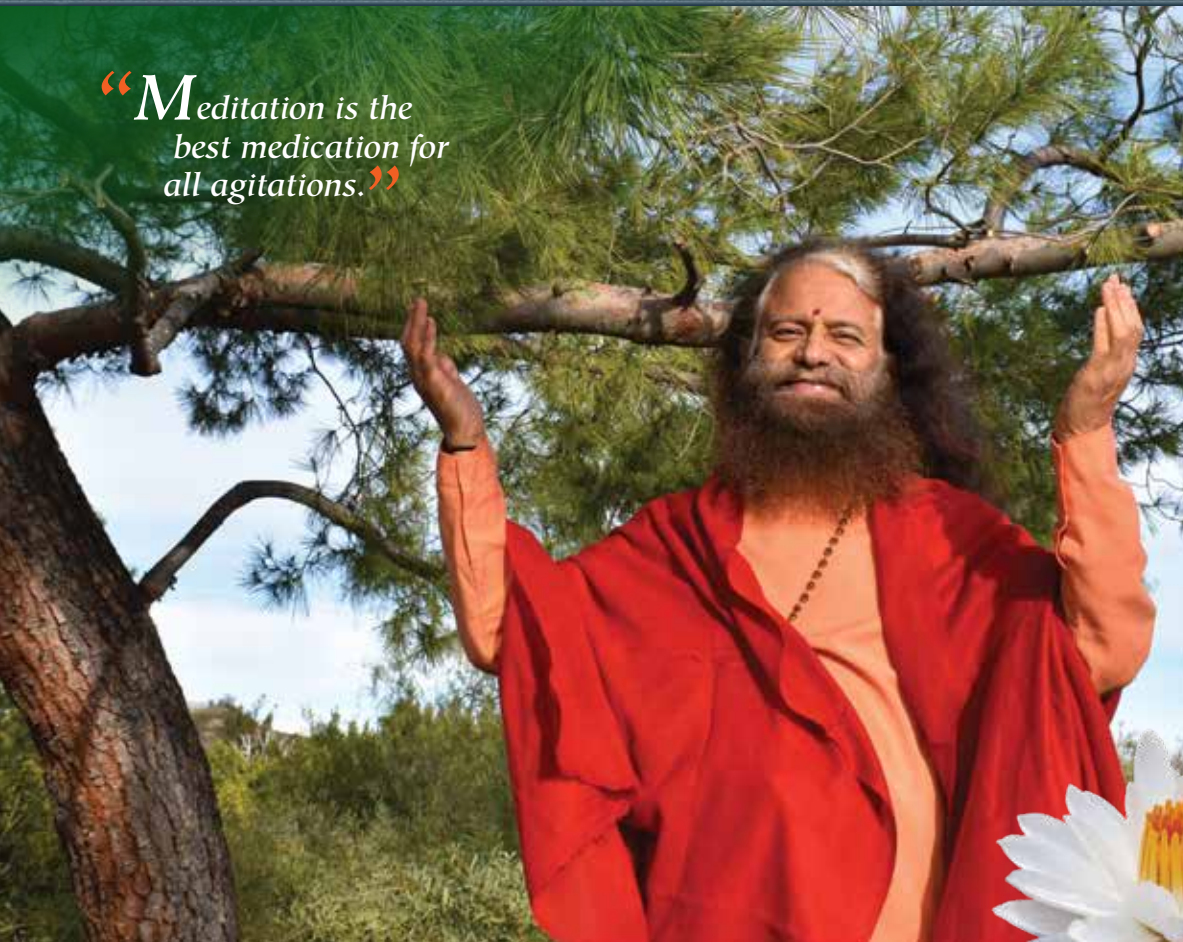
25 Wednesday
Christmas Day
(Christian)
Hanukkah Begins
(Jewish)

26 Thursday
Boxing Day (UK) ●

27 Friday

28 Saturday

*“Meditation is the
best medication for
all agitations.”*



December 29 Sunday

30 Monday

31 Tuesday

New Years Day 1 Wednesday

Hanukkah Ends (Jewish) 2 Thursday

3 Friday

4 Saturday



*“Do not wait for miracles.
You ARE the miracle! Never
forget the miracle of yourself!”*



January 2025

5 Sunday

Epiphany
(Christian)
Birthday of Guru Gobind Singh
(Sikh)

6 Monday

7 Tuesday

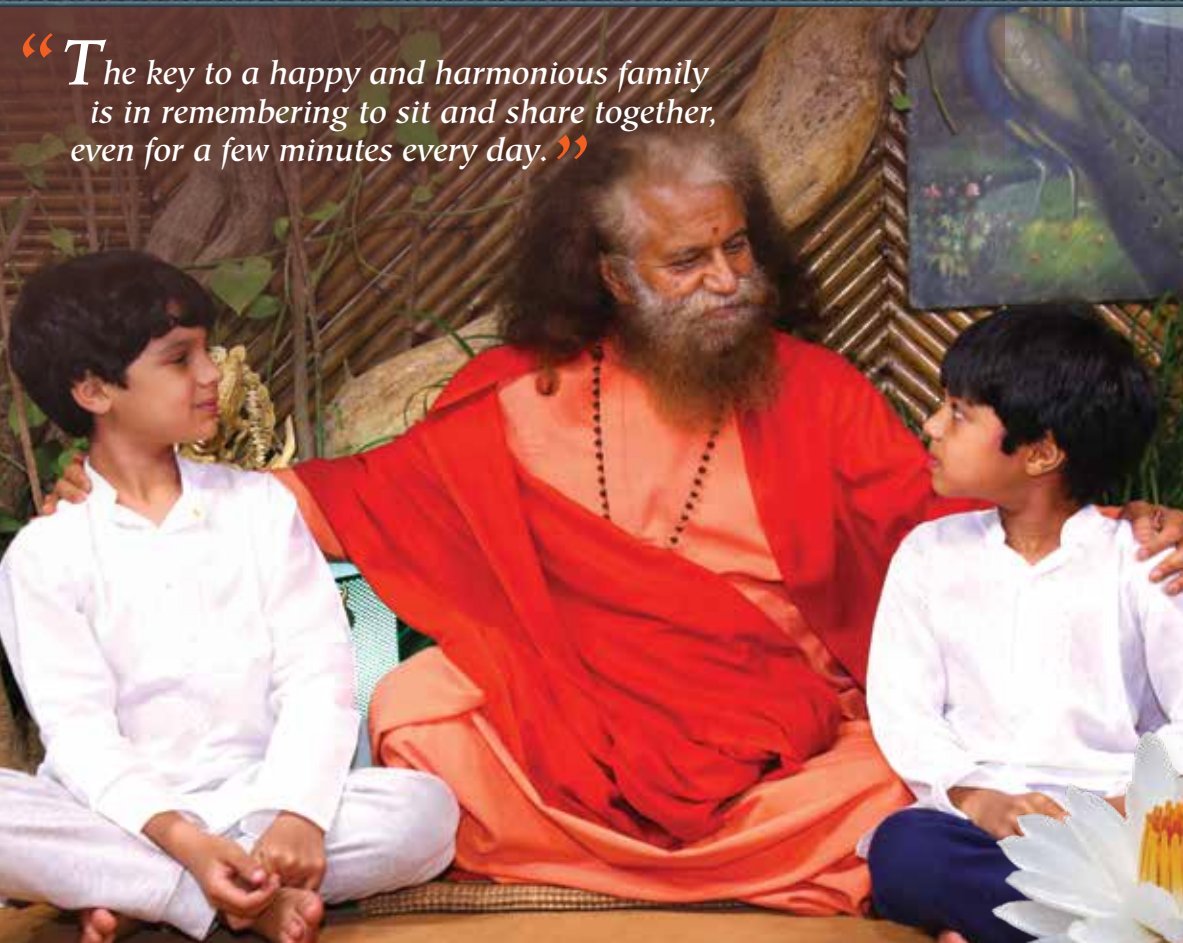
8 Wednesday

9 Thursday

10 Friday

11 Saturday

“The key to a happy and harmonious family is in remembering to sit and share together, even for a few minutes every day.”



January 2025 12 Sunday

13 Monday

Makar Sankranti (Hindu) 14 Tuesday

15 Wednesday

16 Thursday

17 Friday

18 Saturday

