



# THE HIMALAYAN MEDITATION



**JANUARY 2022**

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**FESTIVALS**

- 09 Sun - Guru Gobind Singh Jayanti
- 12 Wed - Swami Vivekanand Jayanti
- 13 Thu - Lohri/ Paush Putrada Ekadashi
- 14 Fri - Pongal/Bihu/Makar Sankranti
- 17 Mon - World Religion Day (Sanatana Purnima)
- 21 Fri - Sakat Chauth
- 24 Mon - International Day of Education (Rishi Parampara)
- 26 Wed - Republic Day
- 28 Fri - Shatila Ekadashi

**Glorious India**

**FESTIVALS**

- 01 Tue - Mauni Amavasya
- 05 Sat - Vasant Panchami
- 07 Mon - Ratha Saptami
- 08 Tue - Bhisma Ashtami
- 12 Sat - Jaya Ekadashi
- 13 Sun - Kumbha Sankranti
- 14 Mon - Valentine's Day
- 19 Sat - Chatrapati Shivaji Maharaj Jayanti
- 21 Mon - International Mother Language Day (Sanskrit)
- 26 Sat - Vijaya Ekadashi
- 27 Sun - Gauna Vijaya Ekadashi

**FEBRUARY 2022**

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**MARCH 2022**

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**FESTIVALS**

- 01 Tue - Maha Shivratri
- 08 Tue - International Women's Day
- 14 Mon - Amalki Ekadashi
- 15 Tue - Meena Sankranti
- 18 Fri - Holi/Phalgun Purnima
- 19 Sat - Dhulendi
- 20 Sun - International Day of Happiness
- 21 Mon - World Poetry Day
- 25 Fri - Basoda, Sheetal Ashtami
- 28 Mon - Papmochani Ekadashi

**JAGANNATH TEMPLE, PURI, ODISHA**

It is one of the Char Dham pilgrimage sites in India, and is also well-known for the annual chariot festival or Rath Yatra

Jagannath idol has always remained off-limits for people, and devotees can see him only for a particular period of time

Prasaadam cooking is also done in a different way in, interestingly 7 pots placed one on top of another to cook this special delicacy using firewood

Interesting to note here is that the contents of the topmost pot gets cooked first, followed by the bottom pots

**Go Beyond All Limitations**

I am Vishuanitra, the friend of the universe. I am your friend and your master.

Learn the most ancient and powerful Himalayan Techniques with me

Get rid of greed, jealousy, fear, depression, ignorance, anger, frustration, Loneliness, Hatred.

Gain Health, Wealth, Prosperity, Calmness, Contentment, Confidence, Kindness, Courage

<http://thehimalayanmeditation.org/>

**FESTIVALS**

- 01 Fri - April Fools Day
- 02 Sat - Gudi Padwa/Navratra Nav Samvatsar/Ugadi
- 03 Sun - Matsya Jayanti
- 04 Mon - Gauri Puja/Gangaur
- 07 Thu - World Health Day, Yamuna Chath
- 12 Tue - Kamada Ekadashi
- 14 Thu - Solar New year/ Mesha Sankranti
- 16 Sat - Hanuman Jayanti/Chaitra Purni
- 26 Tue - Varuthini Ekadashi

**APRIL 2022**

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**MAY 2022**

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**FESTIVALS**

- 01 Sun - May Day/Surya Grahan
- 02 Mon - Bhagwan Parshuram Jayanti
- Akshay Tritiya
- 08 Sun - Ganga Saptami/Mother's Day
- 10 Tue - Sita Navmi
- 12 Thu - Mohini Ekadashi
- 14 Sat - Narsingh Jayanti
- 15 Sun - Vrishabha Sankranti Kurma Jayanti
- 16 Mon - Buddha Purnima Chandra Grahan
- 17 Tue - Narada Jayanti
- 26 Thu - Aparajita Ekadashi
- 30 Mon - Shani Jayanti/Vat Savitri vrat

**FESTIVALS**

- 05 Sun - World Environment Day
- 09 Thu - Ganga Dusshera
- 10 Fri - Nirjala Ekadashi
- 11 Sat - Gauna Nirjala Ekadashi
- 14 Tue - Jyeshtha Purnima/Kabir Jayanti
- 15 Wed - Mithuna Sankranti
- 19 Sun - Father's Day
- 20 Mon - Yoga & Music Day
- 24 Fri - Yogini Ekadashi

**JUNE 2022**

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**JULY 2022**

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**FESTIVALS**

- 01 Fri - Doctors Day / Ratha Yatra
- 10 Sun - Dev Shayani Ekadashi
- 13 Wed - Ashadha Purnima/Guru Purnima
- 16 Sat - Karka Sankranti
- 24 Sun - Kamika Ekadashi
- 31 Sun - Hariyali Teej

**Glorious past of Ancient India**

**ANCIENT INDIAN BOOKS AND AUTHORS**

BOOKS	AUTHOR
• Arthshastra	- Chanakya
• Panchantra	- Vishnu Sharma
• Ashtadhyayi	- Panini
• Mahabhashya	- Patanjali
• Kumarsambhavam	- Kalidas
• Sushrut Samhita	- Sushrut
• Sangitratnakar	- Shangkaryadev
• Nyaybhashya	- Vatsayan
• Surya siddhant	- Aryabatt
• Bruhat samhita	- Varahmihir
• Lilavati	- Bhaskaryacharya
• Rasratnakar	- Nagarjun

and many many more...

**FESTIVALS**

- 02 Tue - Nag Panchami
- 03 Wed - Kalki Jayanti
- 07 Sun - Friendship Day
- 08 Mon - Shrawan Putrada Ekadashi
- 11 Thu - Raksha Bandhan
- 12 Fri - Shrawana Purnima/ Varalakshmi Vrat/ Gayatri Jayanti
- 14 Sun - Kajari Teej
- 15 Mon - Independence Day
- 17 Wed - Simha Sankranti/Brahma Jayanti
- 19 Fri - Janmashtami
- 23 Tue - Aja Ekadashi
- 30 Tue - Varah Jayanti/Hartalika Teej
- 31 Wed - Ganesh Chaturth

**AUGUST 2022**

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**SEPTEMBER 2022**

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**FESTIVALS**

- 01 Thu - Rishi Panchami
- 02 Fri - World Coconut Day
- 04 Sun - Radha Ashtami
- 05 Mon - Teacher's Day (India)
- 06 Tue - Parsva Ekadashi
- 07 Wed - Vaaman Jayanti
- 08 Thur - Onam
- 09 Fri - Anant Chaturdashi
- 10 Sat - Bhadrappa Purnima/Shraadh Begins
- 14 Wed - Hindi Day (India)
- 15 Thur - Engineer's Day (India)
- 17 Sat - Kanya Sankranti/ Vishwakarma puja
- 21 Wed - Indra Ekadashi
- 25 Sun - Sarva Pitru Amavasya/ Mahalaya International Daughters Day
- 26 Mon - Navratra Begins

**FESTIVALS**

- 01 Sat - World Smile Day
- 02 Sun - Saraswati Aavahan/Gandhi Jayanti
- 03 Mon - Saraswati Puja/ Durga Ashtami
- 04 Tue - Maha Navami
- 05 Wed - Dusshera
- 06 Thu - Paapkusha Ekadashi
- 09 Sun - Maharishi Valmiki Jayanti /Sharad Purnima
- 10 Mon - World Mental health day
- 13 Thu - Karwa Chauth
- 17 Mon - Ahoi Ashtami/ Tula Sankranti
- 21 Fri - Rama Ekadashi/ Govatsa Dwadashi
- 23 Sun - Dhanteras/Kali Chaudas
- 24 Mon - Narak Chaturdashi/Diwali /Lakshmi Puja
- 26 Wed - Govardhan/ Bhaiya Dooj
- 30 Sun - Chethi Pooja

**OCTOBER 2022**

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**NOVEMBER 2022**

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**FESTIVALS**

- 02 Wed - Ayurveda Day
- 03 Thu - Kansa Vadh
- 04 Fri - Dev uthana Ekadashi
- 05 Sat - Tulsi Vivah
- 08 Tue - Karthik Purnima Guru Nanak Jayanti
- 16 Wed - Kal bhairav Jayanti
- Vrischika Sankranti
- 20 Sun - Utpanna Ekadashi
- 28 Mon - Vivah Panchami

**Seven Sages Say..**

**Aham Krishndasah!!!**

**FESTIVALS**

- 03 Sat - Gita Jayanti
- Mokshda Ekadashi
- 07 Wed - Dattatreya Jayanti
- 08 Thu - Margshirsha Purnima
- 16 Fri - Dhanu Sankranti
- 19 Mon - Saphala Ekadashi

**DECEMBER 2022**

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