



SWAMI
SIDDHABODHANANDA



pūrṇa vidyā
A Center for Self-Awakening



SWAMI
DAYANANDA SARASWATI



Calendar 2024



Hear the silence of
your soul celebrating
life in Oneness with
the Divine!

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

January 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31										

JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6 Power of Prayers – Hymns Unfolded
7 Vedanta Studies - Kaṭopaniṣad	8	9 Pradosham	10	11 ●	12	13 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
14 Vedanta Studies - Kaṭopaniṣad	15 Sankranti Ashram Event	16	17	18	19	20 *Power of Prayers – Hymns Unfolded *Gītā Satsang
21 Vedanta Studies - Kaṭopaniṣad	22	23 Pradosham	24	25 ○	26 Republic day	27 Power of Prayers – Hymns Unfolded
28 Vedanta Studies - Kaṭopaniṣad	29	30	31			



Every individual's life is intertwined and inseparable from the limitless world of objects and beings, both animate and inanimate. Each one nourishes the other and functioning in unison, they keep the cosmic wheel in motion.

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

February 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	28	29									

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sukarmā- Strategic Leadership	2	3 Power of Prayers – Hymns Unfolded
4 Vedanta Studies - Kaṭopaniṣad	5	6	7 Pradosham	8	9 ● Subālā- A program for children	10 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
11 Vedanta Studies - Kaṭopaniṣad	12	13	14 Vasanta Panchami	15	16	17 *Power of Prayers – Hymns Unfolded *Gītā Satsang
18 Vedanta Studies - Kaṭopaniṣad	19	20	21 Pradosham	22	23 Sukarmā- Innospark: Level 0 (Introduction to innovation)	24 ○ Power of Prayers – Hymns Unfolded
25 Vedanta Studies - Kaṭopaniṣad	26	27	28	29		



Poverty does not lie in
the pocket of a person,
but rather, it belongs to a
mind which is driven by a
sense of lack!

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

March 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						

MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Power of Prayers – Hymns Unfolded
3 Vedanta Studies - Kaṭopaniṣad	4	5	6	7	8 Pradosham Mahasivaratri -Ashram events	9 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
10 ● Vedanta Studies - Kaṭopaniṣad	11	12	13	14 Nombu	15 Sukarmā : SHIELD - Women Middle Managers	16 *Power of Prayers – Hymns Unfolded *Gītā Satsang
17 Vedanta Studies - Kaṭopaniṣad	18	19	20	21 Sukarmā- Innospark: Level 0 (Introduction to innovation)	22 Pradosham	23 *Power of Prayers – Hymns Unfolded *Sani Trayodasi
24 ○ Vedanta Studies - Kaṭopaniṣad	25 ○ Holi	26	27	28	29	30 *Power of Prayers – Hymns Unfolded



Simply live life, as life is
meant to be simply lived
and not lived with any
hidden agendas driven by
fears, insecurities,
and anxieties.

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

April 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30											

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Pradosham Power of Prayers – Hymns Unfolded
7 Vedanta Studies - Kaṭopaniṣad	8 ●	9 Caitra Navaratri	10 Vedanta-Yin Yoga Course begins	11 Sukarmā – Program for young men	12	13 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
14 Solar 1st day Vishu Kani Vedanta Studies - Kaṭopaniṣad	15	16 Vedanta- Yin Yoga Course ends	17 Rama Navami Ashram event	18 World Heritage day	19 Thrissur Puram	20 *Power of Prayers – Hymns Unfolded *Gītā Satsang
21 Vedanta Studies - Kaṭopaniṣad	22 Earth Day	23 ○ Hanuman Jayanti Ashram event	24	25	26 Sukarmā: Idea Forge- Innovation starts with empathy	27 Power of Prayers – Hymns Unfolded
28 Vedanta Studies - Kaṭopaniṣad	29	30	31			



Aligning to one's essential nature means changing one's rhythm of life. The expressions of tenderness and empathy, so natural to the human being, become natural expressions of this pilgrim. It is as if this Cosmic Being has purified one's entire body-mind-sense complex and one is freed of obstacles through His freeing will on one's spiritual journey.

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

May 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31								

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Power of Prayers – Hymns Unfolded
5 Pradosham Vedanta Studies - Kaṭopaniṣad	6	7 ●	8 ● Agni Nakshatra begins	9	10 Akshaya Tritiya Sukarmā - Leadership Coaching	11 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
12 Solar 1st day Vishu Kani Vedanta Studies - Kaṭopaniṣad	13	14	15	16	17	18 *Power of Prayers – Hymns Unfolded *Gītā Satsang
19 Vedanta Studies - Kaṭopaniṣad	20 Pradosham	21	22	23 ○	24 Vedic Heritage Teacher Training Workshop	25 Power of Prayers – Hymns Unfolded
26 Vedanta Studies - Kaṭopaniṣad	27	28	29 Agni Nakshatra Ends	30	31	



Just as the Creator is
Fullness, transcending
moral good and bad, so
too, we humans essentially
are Fullness, in spite of our
inadequacies.

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

June 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Vedanta Studies - Kaṭopaniṣad						1 Power of Prayers – Hymns Unfolded
2 Vedanta Studies - Kaṭopaniṣad	3	4 Pradosham	5	6 ●	7	8 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
9 Vedanta Studies - Kaṭopaniṣad	10	11	12 Ganga Dasahara Retreat Begins	13 Sukarmā Idea day (TeKreate)	14	15 *Power of Prayers – Hymns Unfolded *Gītā Satsang
16 Vedanta Studies - Kaṭopaniṣad	17	18 Ganga Dasahara Retreat ends	19 Pradosham	20	21 ○ Yoga Day Ashram Event	22 ○ Power of Prayers – Hymns Unfolded
23 Vedanta Studies - Kaṭopaniṣad	24	25	26	27	28 Sugrhiṇī Program for young married women	29 Power of Prayers – Hymns Unfolded



The wisdom of the
Gangetic valley has clearly
spelt out that harmony
with nature means seeking
permission to take from
nature and expressing
gratitude is essential to life.

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

July 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31										

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Pradosham	4	5 ●	6 Power of Prayers – Hymns Unfolded
7 Vedanta Studies - Kaṭopaniṣad	8	9	10	11 Sukarmā - A program for young men	12 Sukarmā - Student Entrepreneurship	13 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
14 Vedanta Studies Īśāvāsyopaniṣad	15	16	17	18	19 Pradosham	20 *Power of Prayers – Hymns Unfolded *Gītā Satsang
21 ○ Guru Purnima Ashram event Vedanta Studies Īśāvāsyopaniṣad	22	23	24	25	26 Sukarmā - Leadership Training	27 Power of Prayers – Hymns Unfolded
28 Vedanta Studies Īśāvāsyopaniṣad	29	30	31			



You do what you need to do,
and the higher worlds will
do what they need to do to
help you in your path! Have
no expectations. They are
already guiding you and
walking with you. Trust their
presence with you and relax.

– Sita Ram Baba

Excerpt from
*'Living the Wisdom of
Mother Ganga'*

August 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27	28	29	30	31							

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Pradosham	2 Aadi-Perukku	3 Power of Prayers – Hymns Unfolded
4 ● Aadi-Amavasya Vedanta Studies Īśāvāsyopaniṣad	5	6	7	8	9 Nag Pancami Suparivāra- The Happy Family	10 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
11 Vedanta Studies Īśāvāsyopaniṣad	12	13	14	15 Independence Day Ashram event	16 Varalakshmi Vratam	17 *Power of Prayers – Hymns Unfolded *Gītā Satsang
18 Vedanta Studies Īśāvāsyopaniṣad	19 ○ Raksha bandhan	20	21	22	23 Sukarmā : SHIELD- Women Middle Managers	24 Power of Prayers – Hymns Unfolded
25 Vedanta Studies Īśāvāsyopaniṣad	26 Janmastami Ashram Event	27	28	29	30	31 Power of Prayers – Hymns Unfolded



Nature needs to be
recognized not as a
commodity to be
consumed but as a gift,
to be received
with gratitude.

Excerpt from
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Mother Ganga'*

September 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30												

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Vedanta Studies īśāvāsyopaniṣad	2 ●	3	4	5 Teachers Day	6	7 Ganesha Chaturthi Power of Prayers – Hymns Unfolded
8 Vedanta Studies īśāvāsyopaniṣad	9	10	11	12	13 Subālā : An Out-Bound Learning for students	14 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
15 Pradosham Onam (Ashram Event) Vedanta Studies īśāvāsyopaniṣad	16 Ganesha Visarjanam	17 ○ Pitṛ-pakṣa	18 ○	19	20	21 *Power of Prayers – Hymns Unfolded *Gītā Satsang
22 Vedanta Studies īśāvāsyopaniṣad	23	24	25	26	27 Subālā : An Out-Bound Learning for students	28 Power of Prayers – Hymns Unfolded
29 Vedanta Studies īśāvāsyopaniṣad	30					



One's relationship with other humans and living beings is not meant to be one of aggressive competition and conquest but of sharing, friendliness, and peace.

Excerpt from
'Living the Wisdom of Mother Ganga'



October 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31									

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 ● Sarva-piṭr-Amavasya	3 Navaratri Retreat Begins	4	5 Power of Prayers – Hymns Unfolded
6 Vedānta Studies īśāvāsyaopaniṣad	7	8	9	10	11 Sukarmā : Innospark-Level 0 (Introduction to innovation)	12 Vijayadashami *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
13 Navaratri Retreat ends Vedānta Studies īśāvāsyaopaniṣad	14	15 Pradosham	16	17 ○	18	19 *Power of Prayers – Hymns Unfolded *Gītā Satsang
20 Karva Chouth Vedānta Studies	21	22	23	24	25 Subālā : An Out-Bound Learning for students	26 Power of Prayers – Hymns Unfolded
27 Vedānta Studies	28	29 Pradosham	30	31 Deepavali Ashram event		



To see oneness among those that are different from us, requires us to transcend differences in order to appreciate the Oneness.

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November 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30							

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ●	2 Power of Prayers – Hymns Unfolded Govardhan Puja Chhath Puja
3 Vedanta Studies	4	5	6	7	8 Sukarmā : De-mystifying innovation : Level 1	9 Vijayadashami *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
10 Vedanta Studies	11	12	13 Pradosham	14 Vedanta Yin Yoga- TTC course begins	15 ○	16 *Power of Prayers – Hymns Unfolded *Gītā Satsang
17 Vedanta Studies	18	19	20	21	22 Sukarmā : Leadership Training	23 Power of Prayers – Hymns Unfolded
24 Vedanta Studies	25	26	27 Vedanta Yin Yoga -TTC course ends	28 Pradosham	29 Suyuva- An Out-Bound Learning for students	30 Power of Prayers – Hymns Unfolded



One of the hallmarks of maturity and wisdom is recognition and acknowledgment of the role of 'daivam' grace, in one's life and in one's spiritual pursuits.

Excerpt from
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December 2024

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30	31											

DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ● Vedanta Studies	2	3	4	5	6 Sukarmā : Idea Forge : Innovation starts with empathy	7 Power of Prayers – Hymns Unfolded
8 Vedanta Studies	9	10 Gītā Jayanti Guruvayur Ekadasi Ashram event	11	12	13 Kartigai Deepam Tiruvannamalai Event	14 *Power of Prayers – Hymns Unfolded *Vedic Heritage Satsang
15 Vedanta Studies	16	17	18	19	20 ○	21 *Power of Prayers – Hymns Unfolded *Gītā Satsang
22 Vedanta Studies	23	24	25	26 Superivāra- Family Retreat begins	27	28 Power of Prayers – Hymns Unfolded
29 Vedanta Studies Family Retreat ends	30 ●	31				



Tapasyalayam

Uttarkashi, Himalayas

Tapasyalayam is located on the banks of Ma Ganga in Uttarkashi, India. This retreat center allows one to enjoy the culture of the Ganga valley while opening one's heart to spirituality at its best. Daily worship, puja and bhajans are conducted at the Ganga Dhyana Mandir, a beautiful natural cave temple dedicated to Goddess Ganga.



Purna Vidya Foundation

Coimbatore, Tamil Nadu

Purna Vidya Foundation is a center for Self Awakening, located in Coimbatore, Tamil Nadu, and surrounded by breathtaking majestic mountains. It offers a quiet, contemplative and reflective environment for Vedantic courses, retreats and teacher training. Morning and evening worship at Lord Vanalingeshvara temple is integral to all our programs.



Venugopalaswamy Ashram

Palakkad, Kerala

Sri Venugopalaswamy Ashram is located in Coolimuttam Gramam, Palakkad, which is the abode of the ancient Sri Venugopalaswamy Temple, built 600 years ago. The ashram, primarily built as a Temple Annakshetra and residence for the temple devotees, also serves the village through ongoing learning of India's spiritual heritage as well as religious and social functions.

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