..2021 2022 2023

A walk into the "Glorious Past"
to re-establish the present

a visit to sanatan bharat

THE HIMALAYAN MEDITATION

COLLECTION OF VARIOUS
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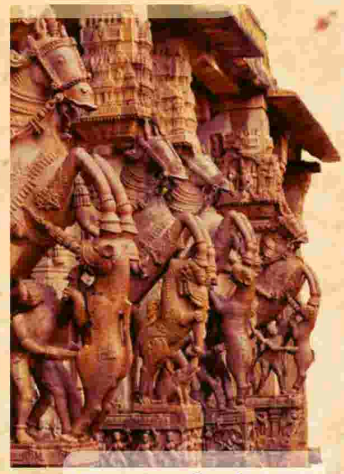
KAPWING

The Land of Innovations, Discoveries, Spirituality and Wonders

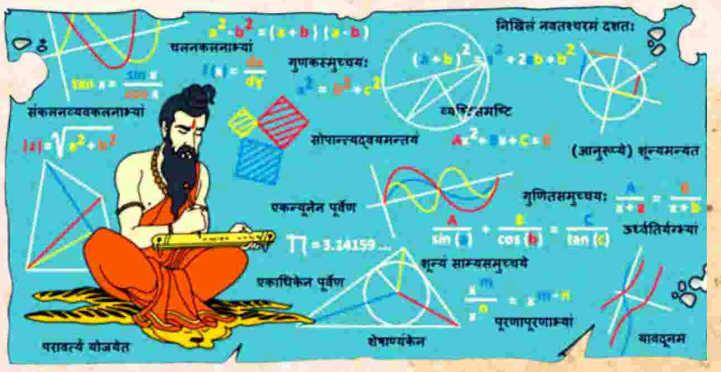
Accuracy



Precision

Science

Mathematics



Magnificence

Scriptures

। दं नम ऋषिभ्य: पूर्वेभ्य: पूर्वजेभ्य: पथिकृद्भ्य: ।

'We offer our obeisance to the Rishis, who came earlier as our ancestors to show us the path of truth'

हम उन ऋषियों को नमन करते है,
जिन्होंने हमारे पूर्वजों के रूप में आकर हमे सत्य का मार्ग दिखाया ।

JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 S Dashami PAUSHA 07:12 17:48	2 S Putrada Ekadashi 06:16 17:04	3 S Dwadashi 06:16 17:04	4 S Trayodashi Pradosh Vrat 06:17 17:05	5 S Chaturdashi 06:17 17:06	6 S Purnima Paush Purnima Vrat 06:17 17:06	7 K Pratipada MAGHA 06:17 17:06
8 K Pratipada 06:18 17:08	9 K Dwitiya 06:18 17:08	10 K Tritiya Sankashti Chaturthi 06:18 17:09	11 K Chaturthi 06:18 17:10	12 K Panchami Swami Vivekanand Jayanti 06:18 17:10	13 K Shashti 06:18 17:11	14 K Saptami Lohdi 06:18 17:12
15 K Ashtami Pongal, Uttarayan, Makar Sankranti 06:18 17:12	16 K Navami 06:18 17:13	17 K Dashami 06:18 17:14	18 K Shattila Ekadashi 06:18 17:14	19 K Dwadashi Pradosh Vrat 06:18 17:15	20 K Trayodashi K Chaturdashi Masik Shivaratri 06:18 17:16	21 K Amavasya Magha Amavasya 06:18 17:17
22 S Pratipada 06:18 17:17	23 S Dwitiya 06:18 17:18	24 S Tritiya 06:17 17:19	25 S Chaturthi 06:18 17:19	26 S Panchami Basant Panchmi, Saraswati Puja, Republic Day 06:18 17:20	27 S Shashti 06:17 17:21	28 S Saptami Rath Saptami 06:16 17:21
29 S Ashtami Bhishma Ashtami 06:16 17:22	30 S Navami 06:16 17:23	31 S Dashami 06:16 17:23				

'NOTHING IS FREE IN THIS UNIVERSE'

Accuracy

• Speed of Light

"तथा च स्मर्यते योजनानां सहस्त्रं द्वे द्वे शते द्वे च योजने एकेन निमिषार्धे- न क्रममाण नमोऽस्तुते- ॥" (ऋग्वेद 1.50.04)

In Rigveda, a statement given by Maharshi Sayanacharya says,

[O Sun] You traverse **2,202 yojanas** in **half a nimesha.**

Yojana is about **9 miles** as in the Arthashaastra (and Mahabharat Adiparva).
The measures of time defined in the Puranas:

1 Day-Night = 30 Muhurta = 24 hours
1 Muhurta = 30 Kala = 24/30 hours
1 Kala = 30 Kastha = 24/900 hours = 1.6 minutes
1 Kastha = 15 Nimesha = (1.6/15) min = 3.2 seconds
1 Nimesha = 3.2/15 = 0.21333... second

A Nimesha is therefore equal to **0.21333 second**
If you calculate, the value is
(2202 x 9 miles)/(0.21333/2 sec) = 185793.75 miles/sec

The **current value** of the speed of light is **186282.397 miles per second**

• Distance between Sun and Earth

जुग सहस्र जोजन पर भानु ।
लील्यो ताहि मधुर फल जानू ॥ -Hanuman Chalisa

1 Juga = 12000 years
1 Sahastra = 1000
1 Yojan = 9 miles
1 Mile = 1.6 km

Juga x Sahastra x Yojan = per Bhanu
12000 x 1000 x 9 = 108,000,000 miles
108,000,000 miles x 1.6 km = **172,800,000 km to Sun**

According to **NASA,** distance between Sun and Earth is **149,600,000 km which is approximately equal to Rishis calculations.**

। पुमान् पुमांसं परिपातु विश्वतः ।

'May the man protect the other in all aspects'

मनुष्य सभी पहलुओं से मनुष्य की रक्षा करे।

FEBRUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 S Jaya/ Bhima Ekadashi 06:15 17:24	2 S Dwadashi Pradosh Vrat 06:15 17:25	3 S Trayodishi 06:14 17:25	4 S Chaturdashi 06:14 17:26
5 S Purnima Magh Purnima vrat 06:14 17:27	6 K Pratipada PHALGUN 06:13 17:27	7 K Dwitiya 06:13 17:28	8 K Tritiya 06:12 17:28	9 K Tritiya K Chaturthi Sankashti Chaturthi 06:12 17:29	10 K Chaturthi 06:11 17:30	11 K Panchami 06:10 17:30
12 K Shashti 06:10 17:31	13 K Saptami Kumbh Sankranti 06:09 17:31	14 K Ashtami 06:09 17:32	15 K Navami 06:08 17:32	16 K Dashami K Vijaya Ekadashi 06:07 17:33	17 K Dwadashi Pradosh Vrat 06:07 17:34	18 K Trayodashi Mahashivratri 06:06 17:34
19 K Chaturdashi Chatrapati Shivaji Jayanti 06:05 17:35	20 K Amavasya Phalgun Amavsya 06:05 17:35	21 S Pratipada, Dwitiya 06:04 17:36	22 S Tritiya 06:03 17:36	23 S Chaturthi 06:02 17:37	24 S Panchami 06:02 17:37	25 S Shashti 06:01 17:38
26 S Saptami 06:00 17:38	27 S Ashtami 05:59 17:38	28 S Navami 05:59 17:39				

'THE FOOTPRINT OF YOUR EVERY ACT IS IRREVERSIBLE'

Accuracy

• Light of Moon

अत्राह गारमन्वत नाम त्वष्टुर पीच्यम ।
इत्था चन्दमसा गृह ॥ (ऋग्वेद 1.84.15)
The moving Moon always receives a ray of light from Sun.

• Eclipses

यत्वा सूर्य स्वभानु स्तमसाविध्यदासुरः ।
आत्रविद्यथा मुग्धा भुवनान्यदीधयुः ।। (ऋग्वेद 5.40.5)
O' Sun! When you are blocked by the one whom you gifted your own light (Moon), then earth gets scared by sudden darkness.

When rest of the world was scared thinking Eclipses were caused by some sort of black magic, Rishis explained the science behind it.

• Gravitational force

हिरण्यपाणिः सविता विचर्षणिरुभे द्यावापृथिवी अन्तरीयते ।
अपामीवां बाधते वेति सूर्यमभि कृष्णेन रजसा द्यामृणोति ।। (ऋग्वेद 1.35.9)
The Sun moves in its own orbit but holds the Earth and other heavenly bodies in such a manner that they do not collide with each other through the force of attraction.

• Centripetal force between Sun and other planets

सविता यंत्रः पृथिवीमरम्णादस्कम्भन सविता द्यामदृंहत ।
अश्वमिवाधुद्दुनिमन्तरिमतूत बद्धं सविता समुदम ।। (ऋग्वेद 10.149.1)
Sun has tied the Earth and other planets through its attraction and moves them around itself as if a trainer moves newly trained horses holding their reins.

• Telegraphy in Vedas

आवां रथं पुरुमायं मनाजुवं जीराश्वं यज्ञियं जीवस हुव ।
सहस्त्रकतुं वमिनं शतद्वसुं श्रुष्टीवानं वरिवा धामभि पयः ।। (ऋग्वेद 1.119.10)
With the help of bipolar forces (Aswins), you should employ telegraphic apparatus made of good conductor of electricity.
It is necessary for efficient military operations but should be used with caution.

Surprisingly today's modern science theories, concepts and values are equivalent to the inventions already mentioned in Vedas, written thousands of years ago.
For eg, Value of Pi, Shape of Earth, Circumference of Earth, Estimated Length of Year and the list is long..

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| धर्मं चर। धर्मान्न प्रमदितव्यम् |

'Follow the path of righteousness (Dharma) and do not go away from it'

धर्म का आचरण करना चाहिए। धर्म का रास्ता कभी नहीं भूलना चाहिए।

MARCH 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 S Dashami 05:58 17:39	2 S Dashami 05:57 17:40	3 S Amalaki Ekadashi 05:56 17:40	4 S Dwadashi Pradosh Vrat 05:54 17:41
5 S Trayodashi 05:54 17:41	6 S Chaturdashi 05:54 17:42	7 S Purnima Phalgun Purnima Vrat Holika Dahan 05:53 17:38	8 K Pratipada CHAITRA Holi 05:52 17:42	9 K Dwitiya 05:51 17:43	10 K Tritiya 05:50 17:43	11 K Chaturthi Sankashti Chaturthi 05:49 17:44
12 K Panchami 05:48 17:44	13 K Shasti 05:47 17:44	14 K Saptami 05:46 17:45	15 K Ashtami Meen Sankranti Basoda 05:45 17:45	16 K Navami 05:44 17:45	17 K Dashami 05:43 17:46	18 K Papamochani Ekadashi 05:43 17:46
19 K Dwadashi Pradosh Vrat 05:42 17:47	20 K Trayodashi K Chaturdashi Masik Shivaratri 05:41 17:47	21 K Amavasyai Chaitra Amavasya 05:39 17:48	22 S Pratipada Chaitra Navratri, Ghatstapna Gudi Padwa, Ugadi 05:39 17:48	23 S Dwitiya Cheti Chand 05:38 17:48	24 S Tritiya Gauri Pooja 05:37 17:48	25 S Chaturthi 05:36 17:49
26 S Panchami 05:35 17:49	27 S Shashti Yamuna Chhath 05:34 17:49	28 S Saptami 05:33 17:50	29 S Ashtami 05:32 17:50	30 S Navami Raam Navami 05:31 17:50	31 S Dashami Chaitra Navratri Parana 05:29 17:51	

'MEDITATION IS NOT FOR SLEEPING, ITS FOR AWAKENING'

THE HIMALAYAN MEDITATION

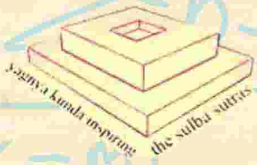
Mathematics

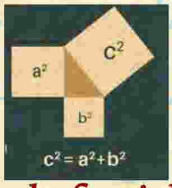
Maharshi Baudhayana

Maharshi Baudhayana was an Indian mathematician.
Even before Pi was given its official name and the Pythagorean theorem was first used, Maharshi Baudhayana had already referred it in his book '**Baudhyayana Sulbasutra'.**

In Sulbasutra various formulations for constructing **Vedi (Altars)** are mentioned. It contains valuable information about geometry.

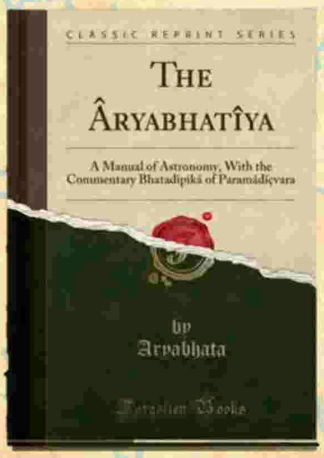
**"दीर्घचतुरश्रस्याक्ष्णया रज्जुः पार्श्वमानी तिर्यग्
मानी च यत् पृथग् भूते कुरूतस्तदुभयं करोति ॥**





In **Baudhayan theorem**, A rope stretched along the length of the diagonal of a right angle triangle produces by itself the same area as produced by its both sides (i.e. height and width).

Maharshi Aryabhatta

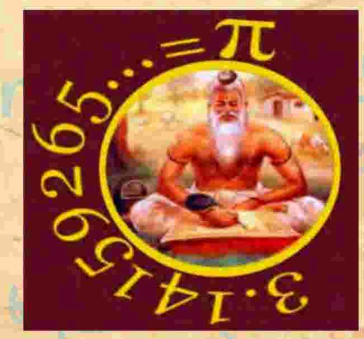


Maharshi Aryabhatta was a great Mathematician, Astronomer, Astrologer and Physicist. He wrote a book **'The Aryabhatiya'** which is the collection of advance mathematical concepts that includes decimal system, number theory, geometry, trigonometry, algebra and astronomy.

The work is divided into three sections:
Ganita (Mathematics), **Kala-kriya** (Time Calculation), and **Gola** (Sphere)

In **Ganita,** Aryabhatta named the first 10 decimal places and gave algorithms for obtaining square and cubic roots, using the **Decimal Number System**. Then he treated geometric measurements - employing $\pi = 3.1416$ value which is very close to the modern value (3.14159). Mathematical series, quadratic equations, compound interest, proportions (ratios), and the solution of various linear equations are among the arithmetic and algebric topics included.

With **Kala-kriya** he turned to astronomy - in particular, treating **planetary motion along the ecliptic** (the great circle that is the apparent path of the Sun among the constellations in the course of a year) . The topics include definitions of various units of time, eccentric and epicyclic models of planetary motion.



'The Aryabhatiya' ends with spherical **astronomy in Gola**, where he applied plane trigonometry to spherical geometry. Topics include **prediction of solar and lunar eclipses** and an explicit statement that the apparent westward motion of the stars is due to the **spherical Earth's rotation about its axis**. Aryabhatta also correctly ascribed that the **luminosity of the Moon and Planets** is due to reflected sunlight.

0.00

The Invention of '**Zero**' was his most notable contribution in the field of Mathematics. It lead him to calculate the distance between Earth and Moon.

| उद्यानं ते पुरुष नावयानम् |

'O Man, always rise up, never fall down'

हे मनुष्य, तुम्हारा सदा उत्थान हो, पतन नहीं।

APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 S Dashami 05:04 18:02						1 S Kamada Ekadashi 05:28 17:51
2 S Dwadashi 05:27 17:51	3 S Dwadashi Pradosh Vrat 05:26 17:52	4 S Trayodashi 05:25 17:52	5 S Chaturdashi 05:25 17:53	6 S Purnima Chaitra Purnima Vrat Hanuman Jayanti 05:24 17:53	7 K Pratipada VAISHAKH 05:23 17:53	8 K Dwitiya 05:22 17:54
9 K Tritiya K Chaturthi Sankashti Chaturthi 05:21 17:54	10 K Chaturthi 05:20 17:54	11 K Panchami 05:19 17:55	12 K Shasti 05:18 17:55	13 K Saptami K Ashtami 05:17 17:55	14 K Navami Mesh Sankranti Solar Navvarsh 05:17 17:56	15 K Dashami 05:16 17:56
16 K Varuthini Ekadashi 05:15 17:57	17 K Dwadashi Pradosh Vrat 05:14 17:57	18 K Trayodashi Masik Shivaratri 05:13 17:57	19 K Chaturdashi 05:42 17:57	20 K Amavasya Vaishakh Amavasya Suryagrahan 05:12 17:58	21 S Pratipada 05:12 17:58	22 S Dwitiya Akashya Tritiya Parashurama Jayanti 05:10 17:59
23 S Tritiya 05:09 17:59	24 S Chaturthi 05:08 18:00	25 S Panchami 05:08 18:00	26 S Shashti 05:07 18:00	27 S Saptami Ganga Saptami 05:06 18:01	28 S Ashtami 05:05 18:01	29 S Navami Sita navami 05:05 18:02

'GO BEYOND ALL LIMITATIONS'

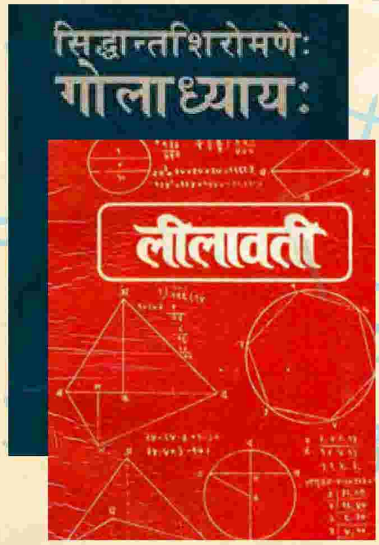
Mathematics

Maharshi Brahmagupta

Maharshi Brahmagupta was an Ancient Indian Astronomer and Mathematician, whom we have to be thankful for discovering the properties of **'Zero'** precisely.
He was the director of **Astronomical Observatory of Ujjain**, The Center of Ancient Indian Mathematical Astronomy.
He wrote four books about astronomy and mathematics, the most famous one is **'Brahma-Sphuta-Siddhanta'**.
He mentioned the **length of a year** as 365 days 6 hours 12 minutes 9 seconds.
He also calculated that **Earth's circumference** is around 36,000 km (22,500 miles).
Maharshi Brahmagupta established the rules for working with positive and negative numbers.

Maharshi Bhaskaracharya II

Maharshi Bhaskaracharya II was an Indian Mathematician and an Astronomer who extended **Brahmagupta's** work on number systems.
There are six well known works of Bhaskaracharya II. They are :



- **Lilavati** – Mathematics
- **Bijaganita** – Algebra
- **Ganitadhyaya** – Mathematical Astronomy
- **Goladhyaya** – Sphere
- **Karnakutuhala** – Calculation of Astronomical Wonders
- **Vasanabhasya** – Bhaskara's own commentary on ***Siddhanta Shiromani***
- **Vivarana**- Commentary on ***Shishyadhividdhidatantra*** of Mathematician and Astronomer Lalla.

मरुच्लो भूरचला स्वभावतो यतो, विचित्रावतवस्तु शक्त्यः।।
आकृष्टिशक्तिश्च मही तया यत्, खस्थं,गुरुस्वाभिमुखं स्वशक्त्या।
आकृष्यते तत्पततीव भाति, समेसमन्तात् क्व पतत्वियं खे।।
- भुवनकोश-गोलाध्याय, सिध्दांतशिरोमणि

In his treaties **Siddhanta Shiromani** he wrote on Planetary Positions, Eclipses, Cosmography, Mathematical Techniques and Astronomical Equipments. In the **Surya Siddhant**a he highlighted the **Force of Gravity.**

There are many more ***Great Rishis*** who had contributed immensely in the field of ***Mathematics and Astronomy***.

Marshi *Bhadrabahu , Umasvati, Yavaneśvara , Vasishtha Siddhanta, Yativrsabha Varahamihira, Yativṛṣabha, Virahanka, Brahmagupta , Bhaskara I , Shridhara, Virasena, Govindasvāmi, Prithudaka, Śaṅkaranārāyaṇa, Vaṭeśvara, Mahavira, Jayadeva, Vijayanandi, Halayudha, Śrīpati, Abhayadeva, Brahmadeva, Pavuluri Mallana, Hemachandra, Bhaskara II, Someshvara III* and many more..

The Mathematical contributions gifted by the Ancient Rishis to the world

Zero, Algebra, Trigonometry, Decimal system and Quadratic formula, Fibonacci Numbers, Length, Weights, Geometry, Infinite series, Binary Code, Chakravala The Method Of Algoritham and Encoding.

Hinduism Discord Server https://dsc.gg/dharma // MADE WITH LOVE BY Avinash/Shashi

| माता भूमिः पुत्रो-अहम् पृथ्वीयाः |

'Earth is my mother and I am her son'

भूमि मेरी माता है और मैं उसका पुत्र हूँ।

MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 S Mohini Ekadashi 05:03 18:03	**2** S Dwadashi 05:03 18:03	**3** S Trayodashi Pradosh Vrat 05:02 18:03	**4** S Chaturdashi Nrisimgha Chaturdashi 05:02 18:04	**5** S Purnima Vaishakh Purnima Vrat Kurma Jayamti Buddha Purnima Chandra Grahan 05:01 18:04	**6** K Pratipada JESHTHA Narada Jayanti 05:00 18:05
7 K Dwitiya 05:00 18:05	**8** K Tritiya K Chaturthi Sankashti Chaturthi 04:59 18:06	**9** K Chaturthi 04:59 18:06	**10** K Panchami 04:58 18:07	**11** K Shashti 04:58 18:07	**12** K Saptami 04:57 18:07	**13** K Ashtami K Navami 04:57 18:08
14 K Dashami Hanuman Jayanti (south) 04:56 18:08	**15** K Apara Ekadashi Vrishabha Sankranti 04:56 18:09	**16** K Dwadashi 04:55 18:09	**17** K Trayodashi Pradosh Vrat Masik Shivaratri 04:55 18:10	**18** K Chaturdashi 04:55 18:10	**19** K Amavasya Jeshtha Amavsya Vat Savitri Vrat Shani Jayanti 04:54 18:11	**20** S Pratipada 04:54 18:11
21 S Dwitiya 04:54 18:12	**22** S Tritiya Maharana Pratap Jayanti 04:53 18:12	**23** S Chaturthi 04:53 18:12	**24** S Panchami 04:53 18:13	**25** S Shashti 04:52 18:13	**26** S Saptami 04:52 18:14	**27** S Saptami 04:52 18:14
28 S Ashtami 04:52 18:15	**29** S Navami 04:52 18:15	**30** S Dashami Ganga Dusshera 04:51 18:16	**31** S Nirjala Ekadashi 04:51 18:16			

'WHEN YOU DESIRE NOTHING, UNIVERSE GIVES YOU EVERYTHING'

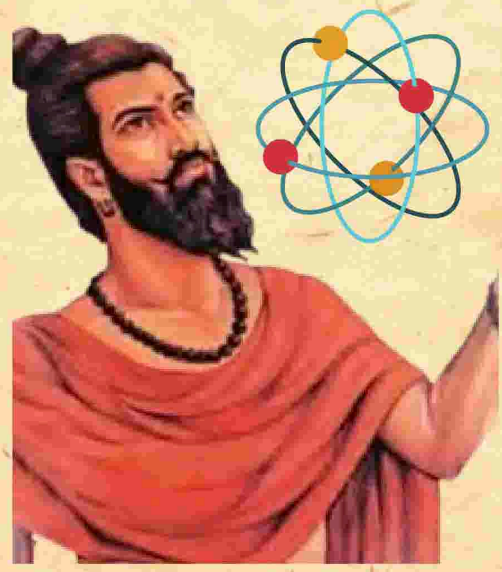
Science

Acharya Sushruta

Father of Indian Medicine
Father of Cosmetic Surgery

Sushruta Samhita, written by **Sage Sushruta** is the earliest medical encyclopedia known to the world, containing **184 chapters** having etiology of **1,120 illnesses, 700 medicinal plants, 64 preparations from mineral sources** and **57 preparations based on animal sources.** You name a disease and it has a chapter on it.

It also has instructions for performing scores of surgical procedures including **three types of skin grafts** and **reconstruction of the nose.**



Maharshi Kanad

Maharshi Kanad, an ancient Indian sage, scientist and philosopher propounded an **Atomic Theory of Matter,** to explain the creation and existence of the universe. Our Rishi first conceptualized the idea that matter consists of indivisible units which cannot be further divided into smaller particles. The smallest particle, i.e. atom pervades the entire universe. It cannot be destroyed and it retains its original form under all situations.

Maharshi Kanad penned down his explanations in his book '***Vaisheshika Sutra***' also termed as '***Kanad Sutras***'. This book is a blend of science, philosophy and religion.

Some of the major ancient scientific inventions are:

Dentistry, Ayurveda, Ancient Flush Toilet System, Crucible Steel, Cataract Surgery, Wootz Steel, Smelting of Zinc, Plastic Surgery, Civil Engineering and Architecture, Production Technology, Ship Building and Navigation etc..

| विप्रा ऋतस्य वाहसा |

'The wise is propagator of the truth'

ज्ञानी सत्य के प्रचारक होते हैं।

JUNE 2023

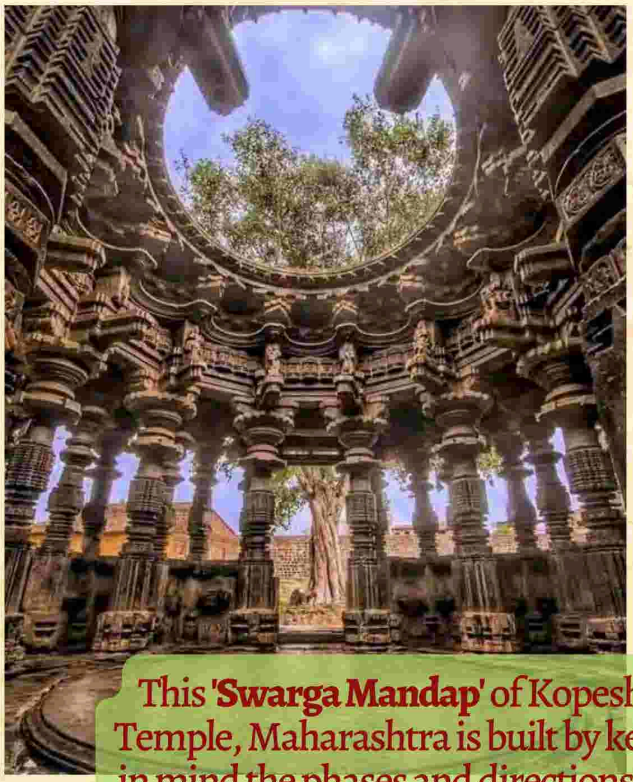
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				S Dwadashi Pradosh Vrat 1 04:51 18:16	S Trayodashi 2 04:51 18:17	S Chaturdashi 3 Vat Purnima Vrat 04:51 18:17
S Purnima Jeshta Purnima Vrat 4 04:51 18:18	K Pratipada ASHADH 5 04:51 18:18	K Dwitiya K Tritiya 6 04:51 18:18	K Chaturthi Sankashti Chaturthi 7 04:51 18:19	K Panchami 8 04:51 18:19	K Shashti 9 04:51 18:20	K Saptami 10 04:51 18:20
K Ashtami 11 04:51 18:20	K Navami 12 04:51 18:21	K Dashami 13 04:51 18:21	K Yogini Ekadashi 14 04:51 18:21	K Dwadashi Pradosh Vrat Mithun Sankranti 15 04:51 18:22	K Trayodashi Masik Shivaratri 16 04:52 18:22	K Chaturdashi 17 04:52 18:22
K Amavasya Ashadha Amavsya 18 04:52 18:22	S Pratipada 19 04:52 18:23	S Dwitiya 20 Puri Jagannath Rath Yatra 04:52 18:23	S Tritiya Yoga Day 21 04:53 18:23	S Chaturthi 22 04:53 18:23	S Panchami 23 04:53 18:24	S Shashti 24 04:53 18:24
S Saptami 25 04:54 18:24	S Ashtami 26 04:54 18:24	S Navami 27 04:54 18:24	S Dashami 28 04:54 18:24	S Deva Shayani Ekadashi S Ashadhi Ekadashi 29 04:55 18:24	S Dwadashi 30 04:55 18:25	

'START YOUR JOURNEY FROM ZERO TO INFINITY'

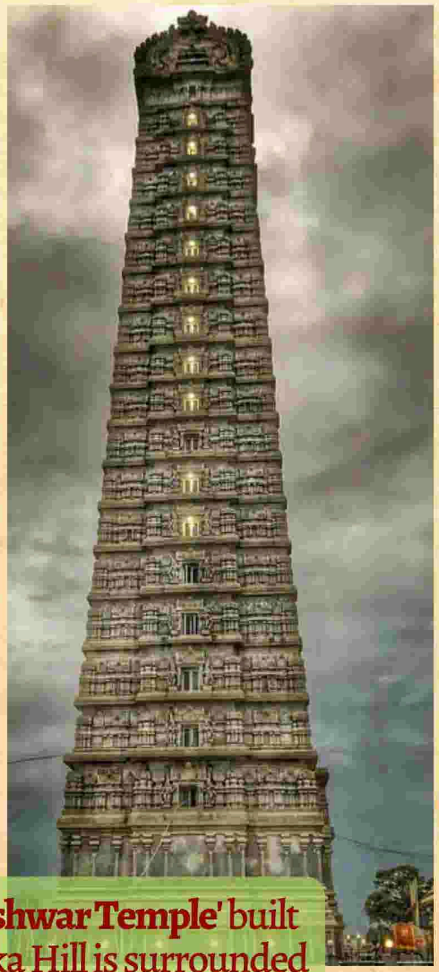
THE HIMALAYAN MEDITATION

Magnificence

The iconic '**Stone Chariot**'. This magnificent chariot is inside the Vittala Temple Complex, Hampi.



This '**Swarga Mandap**' of Kopeshwar Temple, Maharashtra is built by keeping in mind the phases and directions of the Moon. Once a year on the day of '**Kartika Poornima**' the Moon appears exactly in the middle of Swarga Mandap.



The '**Murudeshwar Temple**' built on the Kanduka Hill is surrounded by the Arabian Sea on three sides. **A 20-storeyed Gopura** is constructed on top of the temple. It is **249 feet tall** and is considered as the '**Tallest Gopura in the World**'.

In Thanjavur, Tamil Nadu, '**Brihadishvara Temple**' is standing strong with '**Zero Degree Inclination**' even after 1000 years and 6 major earthquakes.

Hinduism Discord Server https://dsc.gg/dharma | MADE WITH LOVE BY Avinash/Shashi

। न कालमतिवर्तन्ते महान्तः स्वेषु कर्मसु ।

'Great people never delay their duties'

महापुरुष अपने कर्तव्य करने में विलम्ब नहीं करते हैं।

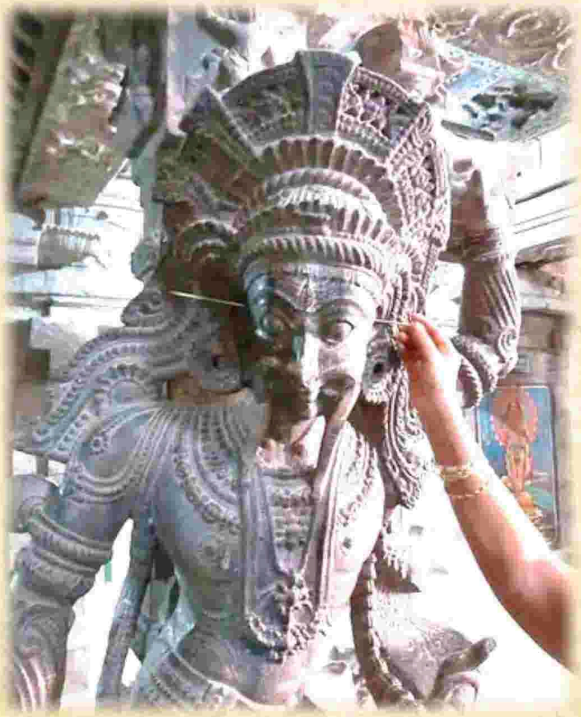
JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 S Dwadashi Pradosh Vrat 05:07 18:18	31 S Trayodashi S Chaturdashi 05:07 18:18					1 S Trayodashi Pradosh Vrat 04:55 18:25
2 S Chaturdashi 04:56 18:25	3 S Purnima Ashadh Purnima Vrat Gur Purnima 04:56 18:25	4 K Pratipada SHRAVAN 04:56 18:25	5 K Dwitiya 04:57 18:25	6 K Tritiya Sankashti Chaturthi 04:57 18:25	7 K Chaturthi K Panchami 04:57 18:25	8 K Shashti 04:58 18:25
9 K Saptami 04:58 18:24	10 K Ashtami 04:59 18:24	11 K Navami 04:59 18:24	12 K Dashami 04:59 18:24	13 K Kamika Ekadashi 05:00 18:24	14 K Dwadashi Pradosh Vrat 0500 18:24	15 K Trayodashi Masik Shivaratri 05:01 18:24
16 K Chaturdashi Kark Sankranti 05:01 18:23	17 K Amavasya Shravan Amavsya 05:02 18:23	18 S Pratipada 05:02 18:23	19 S Dwitiya 05:02 18:23	20 S Tritiya 05:03 18:22	21 S Tritiya 05:03 18:22	22 S Chaturthi 05:04 18:22
23 S Panchami 05:04 18:21	24 S Shashti 05:04 18:21	25 S Saptami 05:05 18:20	26 S Ashtami 05:05 18:20	27 S Navami 05:06 18:20	28 S Dashami 05:06 18:19	29 S Padmini Ekadashi 05:07 18:19

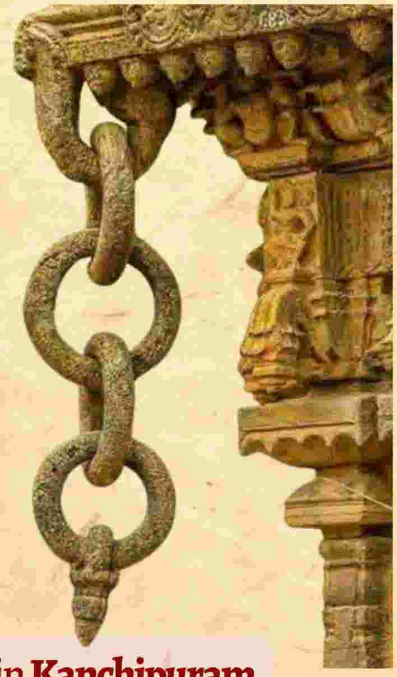
'THE KEY WHICH LOCKS THE DOOR, CAN ONLY UNLOCK IT'

Precision

Half-Turned Foot
In the stone observe how the sculptor has brought out the details (vein) in stone of Hoyasaleshwar Mandir, Halebidu, Karnataka.



Ancient technology that leaves you speechless!
Just imagine drilling **0.5 mm hole** in granite about **400 mm long**.
Try it today to see if it is possible.



The **Stone chain** in **Kanchipuram Varadaraja Perumal Temple** is a single-stone carved chain made without any joints.

Terrific **'Ugra Narasimha'** Killing Hiranyakashipu, Belure, Karnataka.
'Intricate details like dragging out free hanging Intestines on stone is mind blowing'

Our ancient temples are places for Dharma, Artha, Kama and Mokshya.
Our ancestors built infinite, unthinkable, unbelievable stone stories and wonderful architecture.
We urge all Indians to regularly visit our ancient temples with kids.

। स्वस्मै स्वल्पं समाजाय सर्वस्वं ।

'Think little for yourself and more and more for the mankind'

स्वयम् से उपर उठके मानव कल्याण को अपना लक्ष्य बनाओ।

AUGUST 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 S Purnima Shravan Adhik Purnima Vrat 05:08 18:17	2 K Pratipada 05:08 18:17	3 K Dwitiya 05:09 18:16	4 K Tritiya Sankashti Chaturthi 05:09 18:15	5 K Chaturthi 05:09 18:15
6 K Panchami 05:10 18:14	7 K Shashti K Saptami 05:10 18:14	8 K Ashtami 05:11 18:13	9 K Navami 05:11 18:12	10 K Dashami 05:11 18:12	11 05:12 18:11	12 K Parama Ekadashi 05:12 18:10
13 K Dwadashi Pradosh Vrat 05:13 18:10	14 K Trayodashi Masik Shivaratri 05:13 18:09	15 K Chaturdashi Independece Day 05:13 18:08	16 K Amavasya Amavsya 05:14 18:07	17 S Pratipada Simha Sankranti 05:14 18:07	18 S Dwitiya 05:14 18:06	19 S Tritiya Hariyali Teej 05:15 18:05
20 S Chaturthi 05:15 18:04	21 S Panchami Nag Panchami 05:15 18:03	22 S Shashti 05:16 18:02	23 S Saptami 05:16 18:02	24 S Ashtami 05:16 18:01	25 S Navami Var-Lakshmi Vrat 05:17 18:00	26 S Dashami 05:17 17:59
27 Pavitropana Ekadashi 05:17 17:58	28 S Dwadashi Pradosh Vrat 05:18 17:57	29 S Trayodashi Onam/ Thiruvonam 05:18 17:56	30 S Chaturdashi Raksha Bandhan 05:18 17:55	31 S Purnima Shravan Purnima Vrat Balaram Jayanti 05:19 17:54		

'UNIVERSE TREATS EVERYONE EQUALLY'

THE HIMALAYAN MEDITATION

Vedic Indian Scriptures

Shruti's (श्रुती)

That which was heard

4 VEDAS

- Rigveda (ऋग्वेद)
- Yajurveda (यजुर्वेद)
- Samaveda (सामवेद)
- Atharvaveda (अथर्ववेद)

Section of Vedas

Vedanga

- Vyakarana
- Jyotisha
- Nirukta
- Shiksha
- Chanda
- KalpSutra

UpaVeda

- Arthaveda
- Dhanurveda
- Gandharvaveda
- Ayurveda

- Samhita
- Brahman
- Aranyak

Smriti's (स्मृती)

That which is remembered

- 18 Puranas
- Bhagavatam
- Dharma-Shastra
- Tantras
- Itihasa
  - Ramayana
  - Mahabharata
- Shrimad Bhagavad Gita
- Writings of
  - Acharyas
  - Jagadguru
- Writings of
  - Rasik
  - Bhakt
  - Saints

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| शतहस्त समाहर सहस्त्रहस्त संकिर |

'Earn by hundred hands and distribute by thousand hands'

सौ हाथ से कमाओ और हज़ार हाथों से दान करो।

SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 K Pratipada K Dwitiya BHADRAPAD 05:19 17:54	**2** K Tritiya Kajari Teej 05:19 17:53
3 K Chaturthi Sankashti Chaturthi 05:19 17:52	**4** K Panchami 05:20 17:51	**5** K Shashti Teachers Day 05:20 17:50	**6** K Saptami 05:20 17:49	**7** K Ashtami Shri Krishna Janmashtmi 05:20 17:48	**8** K Navami 05:21 17:47	**9** K Dashami 05:21 17:46
10 K Aja Ekadashi 05:21 17:45	**11** S Dwadashi 05:22 17:44	**12** S Trayodashi Pradosh Vrat 05:22 17:43	**13** S Chaturdashi Masik Shivaratri 05:22 17:42	**14** K Amavasya Bhadrapad Amavasya 05:23 17:41	**15** K Amavasya 05:23 17:40	**16** S Pratipada 05:23 17:39
17 S Dwitiya Kanya Sankranti Vishwakarma Pooja 05:23 17:38	**18** S Tritiya Haratalika Teej 05:24 17:37	**19** S Chaturthi Ganesh Chaturthi 05:24 17:36	**20** S Panchami Rishi Panchami 05:24 17:35	**21** S Shashti 05:25 17:34	**22** S Saptami 05:25 17:33	**23** S Ashtami Radha Ashatmi 05:25 17:32
24 S Navami 05:25 17:31	**25** S Dashami 05:26 17:30	**26** S Dwadashi S Parivartini Ekadashi Vaman Jayanti 05:26 17:29	**27** S Trayodashi Pradosh Vrat 05:26 17:28	**28** S Chaturdashi Anant Chaturdashi 05:27 17:27	**29** S Purnima Bhadrapad Purnima Vrat Pitrupaksh Prarambh 05:27 17:26	**30** K Pratipada ASHWIN 05:27 17:25

'YOUR KARMA WILL DECIDE WHEN AND HOW A DESIRE WILL BE FULFILLED'

THE HIMALAYAN MEDITATION

A Sage (ऋषि)- 'The Scientist'

The Rishis are the ones who gave us our heritage, our culture and our way of life known as **'Sanatana Dharma'.**
Rishis are **'Great Yogis (Sages)',** who after **Intense Meditation** (**Tapas**) have realized the Supreme Truth and Eternal Knowledge, which they have composed into hymns of Vedas and Mantras.

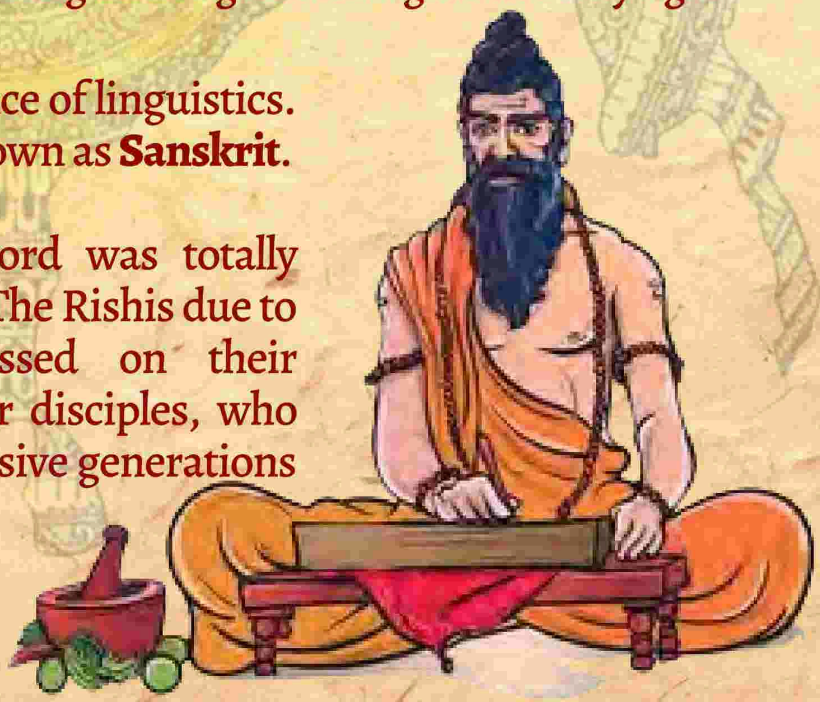
The Rishis are higher order Scientists who discovered colossal amount of information about **'Cosmos'** and **'Nature'** without using modern equipments of present times.

They are indeed the **first scientists**, physicists, botanists, doctors, surgeons, engineers, architects, sculptors, artists, teachers, preceptors and spiritual guides. They are great astronomers and astrologers. Their knowledge is not just theoretical but is applied practically in every aspect of human life.

The knowledge which the Rishis accumulated eventually came to be known as the **Spiritual Science** also called as **The Sanatana Dharma** (Ancient Law of Righteousness). They ensured the constant renewal of India's spiritual tradition and culture by taking birth again and again in every age.

Rishis have command on the science of linguistics. They speak a sublime language known as **Sanskrit**.

In an age when the written word was totally unknown to the rest of the world, The Rishis due to their stupendous memory passed on their knowledge of **The Vedas** to their disciples, who further passed it on to their successive generations which is called
'Guru-Shishya Parampara'.



| वीर-भोग्य वसुंधरा |

'The Earth shall be enjoyed by the brave'

वीर योद्धा ही इस वसुन्धरा को भोग करने योग्य हैं।

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 K Dwitiya 05:28 17:24	2 K Tritiya K Chaturthi Sankashti Chaturthi Gandhi Jayanti 05:28 17:23	3 K Panchami 05:28 17:22	4 K Shashtii 05:29 17:21	5 K Saptami 05:29 17:20	6 K Saptami 05:29 17:19	7 K Ashtami 05:30 17:18
8 K Navami 05:30 17:17	9 K Dashami 05:30 17:16	10 K Indira Ekadashi 05:30 17:16	11 K Dwadashi Pradosh Vrat 05:31 17:15	12 K Trayodashi Masik Shivaratri 05:31 17:14	13 K Chaturdashi 05:31 17:13	14 K Amavasya Sarvpitri Ashwin Amavasya SuryaGrahan 05:32 17:12
15 S Pratipada Sharad Navaratri, Ghatstapana 05:32 17:11	16 S Dwitiya 05:33 17:10	17 S Tritiya 05:33 17:10	18 S Chaturthi Tula Sankranti 05:33 17:09	19 S Panchami 05:34 17:08	20 S Shashti Kalparambha Sarswati Avahan 05:34 17:07	21 S Saptami Nav Patrika Pooja Sarswati Pooja 05:35 17:06
22 S Ashtami Durga Mahaashtmi 05:35 17:06	23 S Navami Durga Mahanavmi 05:36 17:05	24 S Dashami Durga Visarjan Vijaya Dashami 05:36 17:04	25 S Pashankusha Ekadashi 05:37 17:03	26 S Dwadashi Pradosh Vrat 05:37 17:03	27 S Trayodashi S Chaturdashi Valmiki Jayanti 05:38 17:02	28 S Purnima Ashwin Sharad Purnima Vrat Kojagiri 05:38
29 K Pratipada KARTIKA Chandra-Grahan 05:39 17:01	30 K Dwitiya 05:39 17:00	31 K Tritiya 05:40 16:59				

'SAGES SAY DESIRES ARE THE MAIN CAUSE FOR BONDAGE'

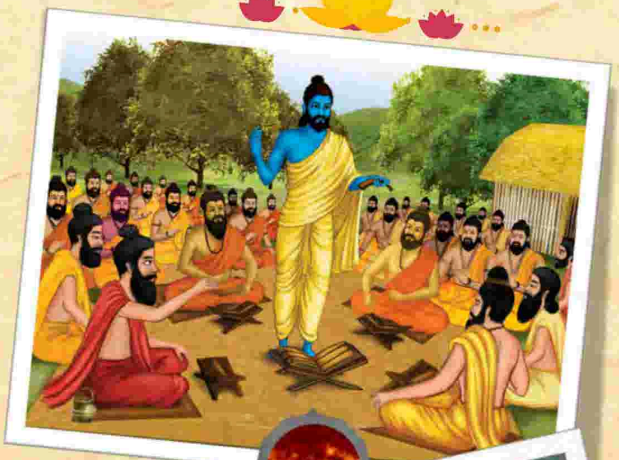
How Vedic Literature is The Father of Modern Knowledge

The Subjects taught in 'Ancient Indian Universities'

"गुरुकुल"- प्राचीन भारतवर्ष के गुरुकुलों में पढ़ाए जाने वाले विषय

Scientific Subjects

1. Metallurgy
2. Aviation
3. Navigation
4. Space Science
5. Environment & Ecology
6. Solar System Studies
7. Lunar Studies
8. Weather Forecast
9. Battery
10. Solar Energy
11. Day Night Studies
12. Space Research
13. Astronomy
14. Geography
15. Time
16. Geology and Mining
17. Gemology and Metals
18. Gravity
19. Optics
20. Communication
21. Aviation
22. Water, Hydraulics Vessels
23. Arms and Ammunition
24. Zoology Botany
25. Material Science



वैज्ञानिक विद्याऐ

१. अग्नि विद्या
२. वायु विद्या
३. जल विद्या
४. अंतरिक्ष विद्या
५. पृथ्वी विद्या
६. सूर्य विद्या
७. चन्द्र व लोक विद्या
८. मेघ विद्या
९. पदार्थ विद्युत विद्या
१०. सौर ऊर्जा विद्या
११. दिन रात्रि विद्या
१२. सृष्टि विद्या
१३. खगोल विद्या
१४. भूगोल विद्या
१५. काल विद्या
१६. भूगर्भ विद्या
१७. रत्न व धातु विद्या
१८. आकर्षण विद्या
१९. प्रकाश विद्या
२०. तार संचार विद्या
२१. विमान विद्या
२२. जलयान विद्या
२३. अग्नेय अस्त्र विद्या
२४. जीवजंतु विज्ञान विद्या
२५. यज्ञ विद्या

ऊपर दी गई विद्याओं के अतिरिक्त, अन्य विद्याओं क़े तंत्रशिक्षा क़े वर्णन भी हमें वेद और उपनिषद् में मिलते है।
ये सभी विद्याएं गुरुकुल में सिखाई जाती थीं परन्तु समय के साथ गुरुकुल और विद्याएं लुप्त हों गए।

THE HIMALAYAN MEDITATION

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। प्राता रत्नं प्रातरित्वा दधाति ।

'An early riser earns good health'

प्रात:काल उठने वाले अच्छा स्वास्थ्य प्राप्त करते हैं।

NOVEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 K Chaturthi Sankashti Chaturthi Karwa Chouth 05:40 16:59	2 K Panchami 05:41 16:58	3 K Shashti 05:41 16:58	4 K Saptami 05:42 16:57
5 K Ashtami 05:42 16:57	6 K Navami 05:43 16:56	7 K Navami 05:43 16:56	8 K Dashami 05:44 16:55	9 K Rama Ekadashi Govatsa dwadashi 05:45 16:55	10 K Dwadashi Pradosh Vrat Dhanteras 05:45 16:54	11 K Trayodashi Masik Shivaratri Kali Chaudas 05:46 16:54
12 K Chaturdashi Narak Chaturdashi Lakshmi Pujan Diwali 05:46 16:54	13 K Amavasya Kartik Amavsya 05:47 16:53	14 S Pratipada Govardhan Pooja 05:48 16:53	15 S Dwitiya Bhai Dooj 05:48 16:53	16 S Tritiya 05:49 16:52	17 S Chaturthi Vruschik Sankranti 05:50 17:46	18 S Panchami 05:50 16:52
19 S Shashti S Saptami Chhath Pooja 05:51 16:52	20 S Ashtami 05:51 16:51	21 S Navami 05:52 16:51	22 S Dashami Kansa Vadh 05:53 16:51	23 S Devutthana Ekadashi 05:53 16:51	24 S Dwadashi Pradosh Vrat Tulsi Vivah 05:54 16:51	25 S Trayodashi 05:55 16:51
26 S Chaturdashi 05:55 16:51	27 S Purnima Kartika Purnima Vrat 05:56 16:51	28 K Pratipada MARGASHIRSHA 05:57 16:51	29 K Dwitiya 05:57 16:51	30 K Tritiya Sankashti Chaturthi 05:58 16:51		

'WITHOUT CLEARING YOUR DEBTS, YOU CAN'T BECOME REALIZED. SEVA CLEARS YOUR RUNAS AND DEBTS'

THE HIMALAYAN MEDITATION

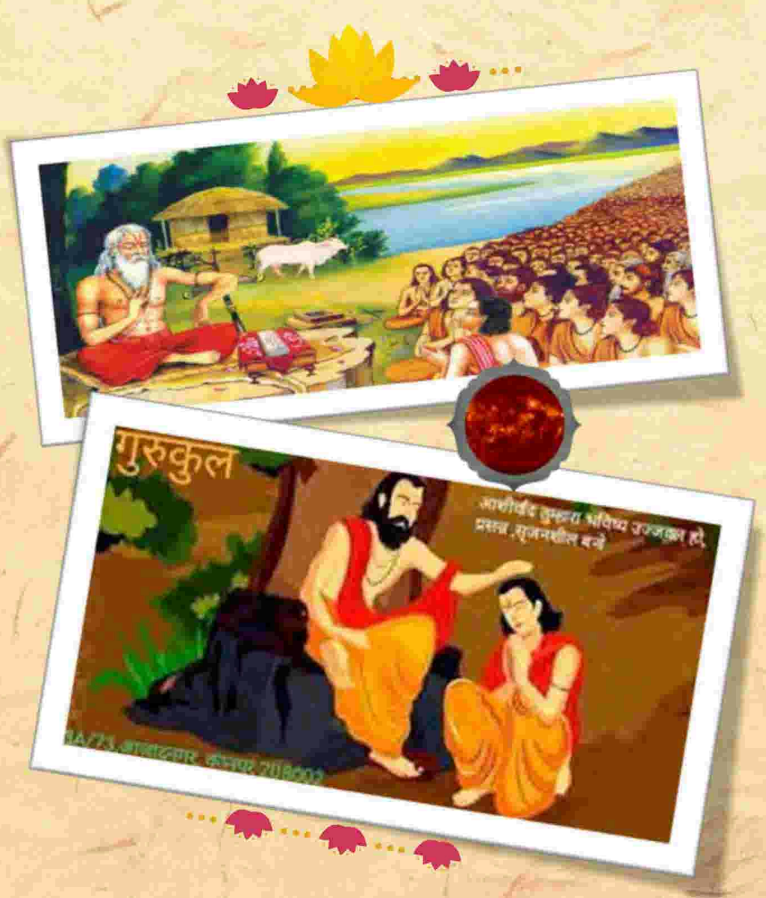
How Vedic Literature is The Father of Modern Knowledge

The Subjects taught in Ancient "Indian Universities

'गुरुकुल'- प्राचीन भारतवर्ष के गुरुकुलों में पढ़ाए जाने वाले विषय

Business and Technical Subjects

1. Commerce
2. Pharmacy
3. Diagnosis and Surgery
4. Agriculture
5. Animal Husbandry
6. Bird Keeping
7. Animal Training
8. Mechanics
9. Vehicle Designing
10. Gems
11. Jewellery Designing
12. Textile
13. Pottery
14. Metallurgy
15. Toxicology
16. Dying
17. Logistics
18. Architect
19. Cooking
20. Driving
21. Water Management
22. Data Entry
23. Animal Husbandry
24. Horticulture
25. Forestry
26. Paramedical
27. Economics
28. Logic
29. Law
30. Ship Building
31. Chemical Science
32. Cosmology
33. Medical Jurisprudence-Athrvaved
34. Postmortem



व्यावसायिक और तकनीकी विद्या

१. वाणिज्य
२. भेषज
३. शल्यकर्म व चिकित्सा
४. कृषि
५. पशुपालन
६. पक्षिपलन
७. पशु प्रशिक्षण
८. यान यन्त्रकार
९. रथकार
१०. रतन्कार
११. सुवर्णकार
१२. वस्त्रकार
१३. कुम्भकार
१४. लोहकार
१५. तक्षक
१६. रंगसाज
१७. रज्जुकर
१८. वास्तुकार
१९. पाकविद्या
२०. सारथ्य
२१. नदी जल प्रबन्धक
२२. सुचिकार
२३. गोशाला प्रबन्धक
२४. उद्यान पाल
२५. वन पाल
२६. नापित
२७. अर्थशास्त्र
२८. तर्कशास्त्र
२९. न्यायशास्त्र
३०. नौका शास्त्र
३१. रसायनशास्त्र
३२. ब्रह्मविद्या
३३. न्यायवैद्यकशास्त्र-अथर्ववेद
३४. क्रव्याद

THE HIMALAYAN MEDITATION

| मृत्योर्माऽमृतं गमय |

'Lead me from death to immortality, go beyond all limitations'

मुझे मृत्यु से अमृत की ओर ले चलो- सारे सीमा से पार असीम की ओर ले चलो।

DECEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 K Chaturthi 06:15 17:02					1 K Chaturthi 05:59 16:51	2 K Panchami 05:59 16:51
3 K Shashti 06:00 16:51	4 K Saptami 06:01 16:51	5 K Ashtami 06:01 16:51	6 K Navami 06:02 16:51	7 K Dashami 06:03 16:52	8 K Utpanna Ekadashi 06:03 16:52	9 K Utpanna Ekadashi 06:04 16:52
10 K Dwadashi Pradosh Vrat 06:05 16:52	11 K Trayodashi Masik Shivaratri 06:05 16:53	12 Amavasya Margashish Amavasya 06:06 16:53	13 S Pratipada 06:07 16:53	14 S Dwitiya 06:07 16:54	15 S Tritiya 06:08 16:54	16 S Chaturthi Dhanu Sankranti 06:08 16:54
17 S Panchami Vivaha Panchami 06:09 16:55	18 S Shashti 06:09 16:55	19 S Saptami 06:10 16:56	20 S Ashtami 06:11 16:56	21 S Navami 06:11 16:57	22 S Dashami Geeta Jayanti 06:12 16:57	23 S Mokshada Ekadashi 06:12 16:58
24 S Dwadashi Pradosh Vrat 06:13 16:58	25 S Chaturdashi 06:13 16:59	26 S Purnima Margashish Purnima Vrat 06:13 16:59	27 K Pratipada PAUSHA 06:14 17:00	28 K Pratipada 06:14 17:00	29 K Dwitiya Dattatreya Jayanti 06:15 17:01	30 K Tritiya Sankashti Chaturthi 06:15 17:02

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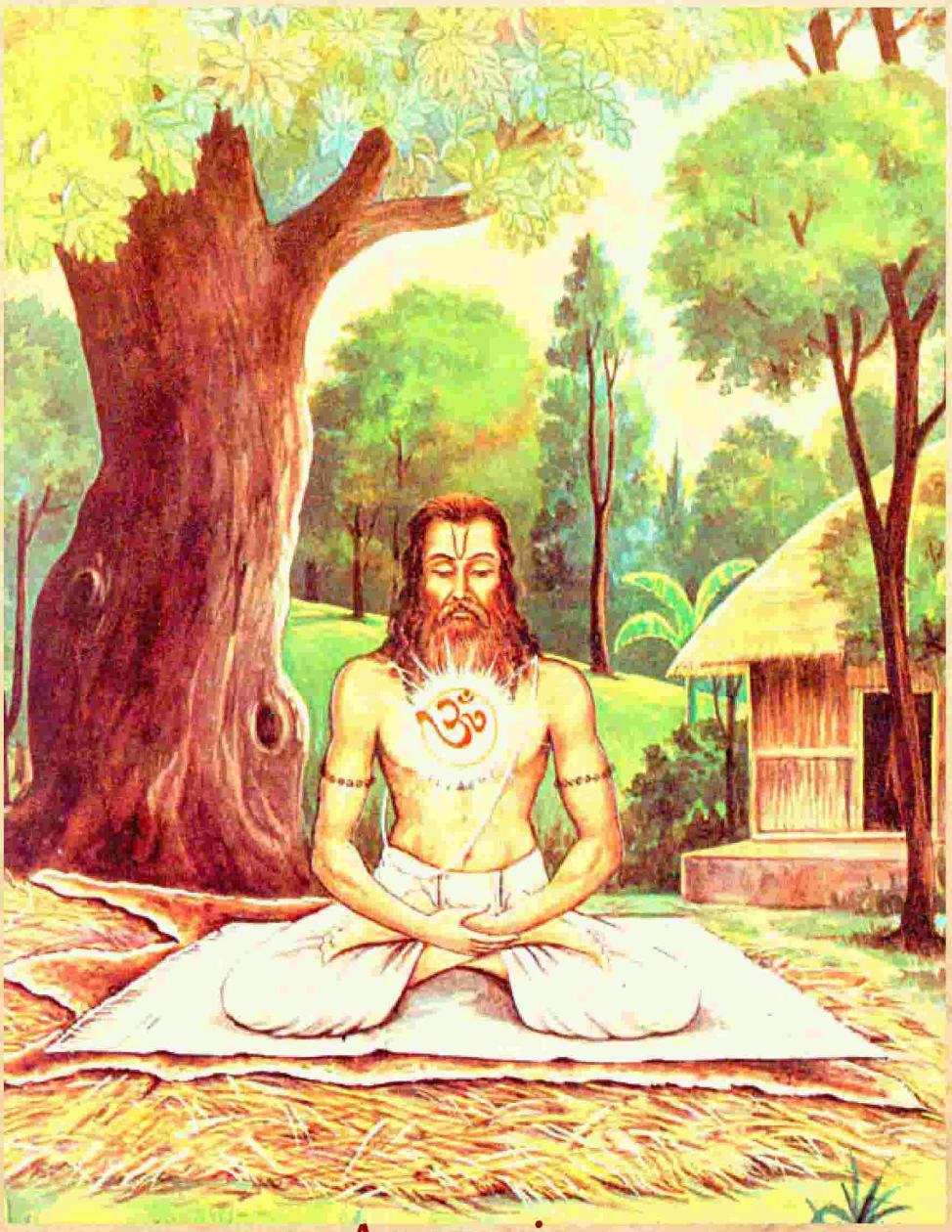
to discover the facts, theories and principles of Science, Physics, Mathematics, Medicines, Cosmology, Astronomy, Astrology and Technology many many years ago..??



Answer is

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