



Shaanti Bhavan Mandir

2023

Phone: 718-431-5310

<http://www.shaantibhavanmandir.com>

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Sunday Morning Satsangh

Chanting of Mahaa Mantra: 8:30 a.m. - 9:00 a.m.

Regular Havan, Bhajans and Khatha: 9:00 a.m. - 11:00 a.m.

Tuesday Night Hanuman Chaalisa: 7:00 p.m. - 9:00 p.m.



109-10 98th Street, Ozone Park Queens, NY 11417  YouTube

"Aspire for Peace by Prayer." "Be Simple, Be a Sample, Be an Example."



श्री हनुमान चालीसा

SHREE HANUMAANA CHAALEESAA

श्री गुरु चरन सरोज रज, निज मन मुकुरु सुधारि।
बरनऊँ रघुवर विमल जसु, जो दायकु फल चारि॥

**Shree Guru Charana Saroja Raja, Nija Manu Mukuru Sudhaari,
Baranau Raghuvara Vimala Jasu, Jo Daayaku Phala Chaari.**

*Polishing the mirror of my mind with the pollen dust of the Guru's lotus feet.
I describe the glorious accomplishments of Shri Rama.
He is the bestower of the four fruits of life (Dharma, Artha, Kama and Moksha).*

बुद्धिहीन तनु जानिके, सुमिरौ पवन कुमार।
बल बुद्धि विद्या देहु मोहि, हरहु कलेश विकार॥

**Buddhihina Tanu Jaanike, Sumirau Pavana Kumaara,
Bala Buddhi Vidyaa Dehu Mohi, Harahu Kalesha Vikaara.**

*In my ignorant and low state of mind, I remember Hanumanji, the son of wind god.
Bless me with strength, intellect, knowledge, and eradicate all my calamities and faults.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 New Year's Day Shaanti Bhavan Mandir's Anniversary	2	3	4	5	 6 Sat-Narayan Vrat Pooja	7
8	9	10	11	12	13	 14 Makar Sankranti
15	 16 Martin Luther King Jr. Day	17	18	19	20	21
 22 Lunar New Year	23	24	 25 Vasant Panchami & Saraswati Jayanti	 26 India's Republic Day	27	28
29	30	31				
				 January (PAUSH-MAAGH)		

New Year's Day & Shaanti Bhavan Mandir's Anniversary.....	1
Ekadasi Vrat.....	2, 18, 31
Pradosh Vrat (Shiva Pooja).....	3, 19
Sat-Narayan Vrat Pooja.....	6
Ganesh Chaturthi (Ganesh Pooja).....	10, 24
Makar Sankranti.....	14

Amawasya (New Moon).....	21
Saraswati Jayanti/Vasant Panchmi.....	25
India's Republic Day.....	26
Panchak.....	22, 23, 24, 25, 26, 27
Lagans.....	14, 15, 17, 22, 27, 29
Ganda Moola Nakshatras.....	1, 8, 9, 10, 11, 18, 19, 20, 26, 27, 28

जय हनुमान ज्ञान गुण सागर। जय कपीस तिहुँ लोक उजागर॥

Jaya Hanumaana Gyaana Guna Saagara, Jaya Kapisa Tihun Loka Ujaagara.

*Hail to thee! Oh Hanumanji, you are an ocean of knowledge and virtues.
Victory to you! Oh Lord of the monkeys, you are well known in the three worlds.*

राम दूत अतुलित बल धामा। अंजनि-पुत्र पवन-सुत नामा॥

Raama Doota Atulita Bala Dhaamaa, Anjani-putra Pavana-suta Naamaa.

*The messenger of Shri Rama, the abode of incomparable strength.
The son of Anjana and Pavana, known to many as Anjani Putra and Pavana-Suta.*

महावीर विक्रम बजरंगी। कुमति निवार सुमति के संगी॥

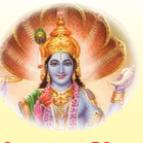
Mahaaveera Vikrama Bajarangee, Kumati Nivaara Sumati Ke Sangee.

*Oh, Great Warrior, you are courage, and your body is strong as a diamond.
You are known as the remover of wicked thoughts, and the companion of divine thoughts.*

कंचन वरन विराज सुबेसा। कानन कुण्डल कुंचित केसा॥

Kanchana Varana Viraja Subesaa, Kaanana Kundala Kunchita Kesaa.

*Bestowing a golden complexion and wearing attractive clothing.
Your earrings sparkle with glitter, and you have thick curly hair.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	 2 Groundhog Day	3	 4 Sat-Narayan Vrat Pooja
5	6	7	8	9	10	11
 12 Lincoln's Birthday Super Bowl	13	 14 Valentine's Day	15	16	17	 18 Mahaa-Shivraatri
19	 20 Presidents' Day Washington's Birthday	 21 Mardi Gras	 22 Lent Begins Ash Wednesday	23	24	25
26	27	28				
				 February (MAAGH-PHALGUN)		

Pradosh Vrat (Shiva Pooja).....2, 17
Sat-Narayan Vrat Pooja.....4
Ganesh Chaturthi (Ganesh Pooja).....9, 23
Ekadasi Vrat.....16
Mahaa-Shivraatri.....18

Amawasya (New Moon).....19
Panchak.....19, 20, 21, 22, 23
Lagans.....3, 4, 5, 11, 12, 17, 19, 25, 26
Ganda Moola Nakshatras.....5, 6, 7, 14, 15, 16, 22, 23, 24

हाथ वज्र अरू ध्वजा विराजै। कांधे मूँज जनेऊ साजै॥

Haatha Vajra Aroo Dhvajaa Virajai, Kaandhe Moonja Janeoo Saajai.

In your strong hands are the thunderbolt and flag.

Oh Hanumanji, around your shoulder consists of the sacred thread made of Muja grass.

शंकर सुवन केसरीनंदन। तेज प्रताप महा जग बंदन॥

Shankara Suvana Kesareenandana, Teja Prataapa Mahaa Jaga Bandana.

Oh son of Kesari, you are the true incarnation of Shankara.

You are respected in this world because of your strength and bravery.

विद्यावान गुणी अति चातुर। राम काज करिबे को आतुर।

Vidyaavaana Gunee Ati Chaatura, Raama Kaaja Karibe Ko Aatura.

You are well versed in every area of science, and you are filled with virtues.

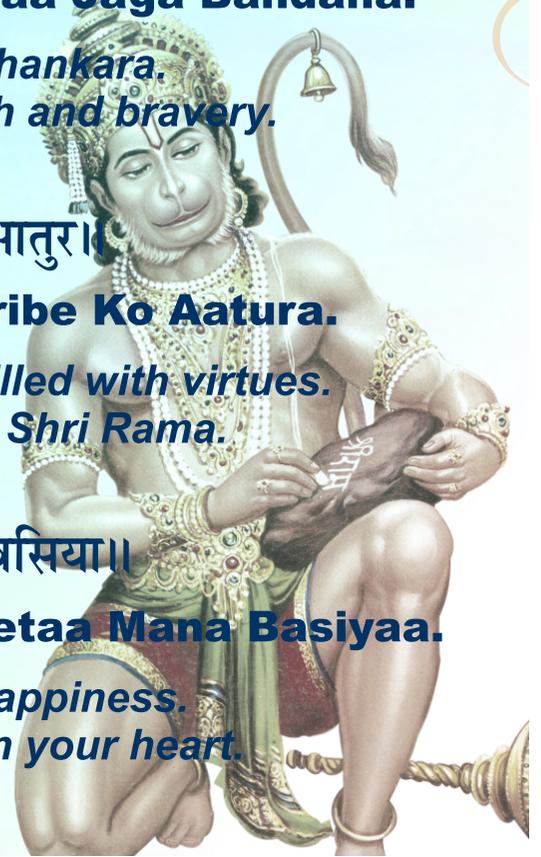
Oh Hanumanji, you are eager to fulfill the missions of Shri Rama.

प्रभु चरित्र सुनिबे को रसिया। राम लखन सीता मन बसिया॥

Prabhu Charitra Sunibe Ko Rasiyaa, Raama Lakhana Seetaa Mana Basiyaa.

The sweet lord Shri Rama, brings you delight and happiness.

Shri Rama, Maa Sita and Lakshmana all have a place in your heart.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	 3 Employee Appreciation Day	4
5	 6 Sat-Narayan Vrat Pooja Holika Dahan	 7 Holi/Phagwah	8	9	10	11
 12 Daylight Saving Time Spring Ahead	13	14	15	16	 17 Saint Patrick's Day	18
19	 20 Spring Begins	21	 22 Navraatri (Starts) Ramadan (Starts)	 23 Navraatri	 24 Navraatri	 25 Navraatri
 26 Navraatri	 27 Navraatri	 28 Navraatri	 29 Navraatri	 30 Navraatri (Ends) Ramnavmi	31	
						March (PHALGUN-CHAITRA)

Ekadasi Vrat.....	2, 17
Pradosh Vrat (Shiva Pooja).....	4, 19
Sat-Narayan Vrat Pooja & Holika Dahan (Burning of Holi).....	6
Holi/Phagwah.....	7
Ganesh Chaturthi (Ganesh Pooja).....	10, 24
Kharmas.....	3/8 - 3/21

Navraatri.....	3/22 - 3/30
Naya Samvat (Hindu New Year-2080).....	22
Ramnavmi.....	30
Amawasya (New Moon).....	21
Panchak.....	18, 19, 20, 21, 22
Lagans.....	8, 9, 12, 13
Ganda Moola Nakshatras.....	4, 5, 6, 13, 14, 15, 22, 23, 24, 31

सूक्ष्म रूप धरि सियहिं दिखावा। विकट रूप धरि लंक जरावा॥

Sookshma Roopa Dhari Siyahin Dikhaavaa, Vikata Roopa Dhari Lanka Jaraavaa.

*When showing yourself to Maa Sita, you took a tiny form.
You became fierce and powerful when you destroyed Lanka.*

भीम रूप धरि असुर संहारे। रामचन्द्र के काज सँवारे॥

Bheema Roopa Dhari Asura Sanhaare, Raamachandra Ke Kaaja Sanvaare.

*Oh great one, you demolished the demons with your impeccable strength, and
by destroying the demons, the mission of Shri Rama was accomplished.*

लाय सजीवन लखन जियाये। श्रीरघुवीर हरषि उर लाये॥

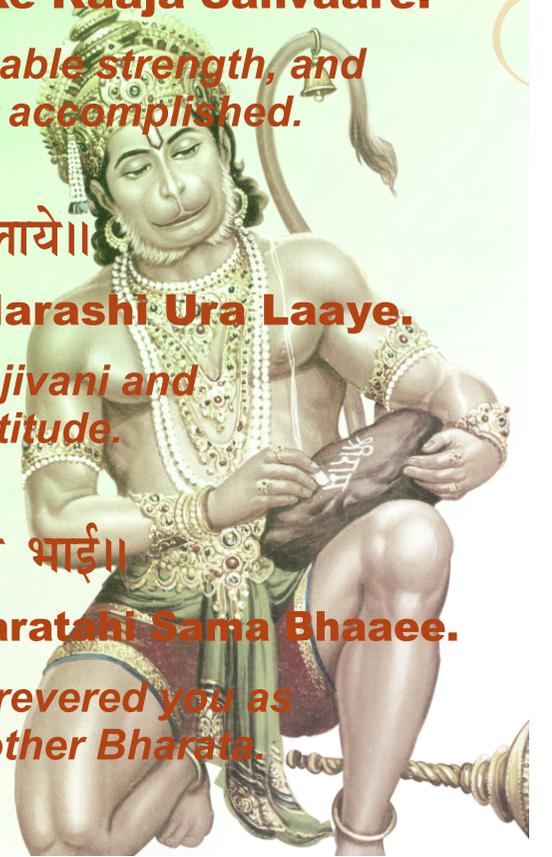
Laaya Sajeevana Lakhana Jiyaaye, Shreeraghuveera Harashi Ura Laaye.

*To revive Lakshmana, you provided the plant of Sanjivani and
Shri Raghuveera embraced you with joy and gratitude.*

रघुपति कीन्हीं बहुत बड़ाई। तुम मम प्रिय भरतहि सम भाई॥

Raghupati Keenheen Bahuta Badaaee, Tuma Mama Priya Bharatahi Sama Bhaaee.

*Sweet lord Rama has praised you in abundance. He has revered you as
his favorite and expressed that you are like his own brother Bharata.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						 1 April Fool's Day
 2 Palm Sunday	3	4	 5 Hanuman Jayanti & Sat-Narayan Vrat Pooja Passover Starts	 6 Lent Ends	 7 Good Friday	8
 9 Easter	10	11	12	 13 Passover Ends	14	15
16	17	 18 Tax Day	19	20	 21 Eid-UI-Fitr	 22 Earth Day
23	24	25	 26 Administrative Professionals Day	27	 28 Sita Jayanti	29
30				 April (CHAITRA-VAISHAKH)		

Ekadasi Vrat.....1, 16
Pradosh Vrat (Shiva Pooja).....3, 17
Sat-Narayan Vrat Pooja.....5
Hanuman Jayanti.....5
Ganesh Chaturthi (Ganesh Pooja).....9, 23

Amawasya (New Moon).....19
Sita Jayanti.....28
Panchak.....15, 16, 17, 18, 19
Lagans.....13, 28, 29, 30
Ganda Moola Nakshatras.....1, 2, 10, 11, 12, 18, 19, 20, 28, 29, 30

सहस्र बदन तुम्हरो जस गावै। अस कहि श्रीपति कंठ लगावै॥

Sahasra Badana Tumharo Jasa Gaavain, Asa Kahi Shreepati Kantha Lagaavain.

*The thousand mouths of the Sesa serpent sang your glories,
and upon hearing those glories, Shri Rama hugged you.*

सनकादिक ब्रह्मादि मुनीसा। नारद सारद सहित अहीसा॥

Sanakaadika Brahmaadi Muneesaa, Naarada Saarada Sahita Aheesaa.

*Sanaka, the great Sage, and Munies along with Brahma, Narada, Sarada
and the king of the serpents Shiv Shankar, revered your name.*

यम कुबेर दिगपाल जहाँ ते। कवि कोबिद कहि सके कहाँ ते॥

Yama Kubera Digapaala JahaanTe, Kavi Kobida Kahi Sake Kahaan Te.

*Yamraj, the god of death, Kubera, the god of wealth, and the ten regions in all directions,
praise your name. The talented poets and educated ones are not able to describe your vastness.*

तुम उपकार सुग्रीवहिं कीन्हा। राम मिलाय राज पद दीन्हा॥

Tuma Upakaara Sugreevahin Keenhaa, Raama Milaaya Raaja Pada Deenhaa.

*Sugriva was appreciative because you introduced him to Shri Rama,
who gave him the opportunity to regain his lost kingdom.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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			
						

Ekadasi Vrat.....	1, 15, 30
Pradosh Vrat (Shiva Pooja).....	2, 16
Sat-Narayan Vrat Pooja.....	4
Indian Arrival Day (185 th).....	5
Ganesh Chaturthi (Ganesh Pooja).....	8, 23

Mother's Day.....	14
Amawasya (New Moon).....	19
Panchak.....	12, 13, 14, 15, 16
Lagans.....	5, 6, 7, 12, 19, 21, 26, 27
Ganda Moola Nakshatras.....	7, 8, 9, 15, 16, 17, 25, 26, 27

तुम्हरो मन्त्र विभीषण माना। लंकेश्वर भये सब जग जाना॥

Tumharo Mantra Vibheeshana Maanaa, Lankeshvara Bhaye Saba Jaga Jaanaa.

Vibhisana followed your advice and became the king of Lanka, which is well known to the entire world.

युग सहस्र योजन पर भानू। लील्यो ताहि मधुर फल जानू॥

Yuga Sahasra Yojana Para Bhaanoo, Leelyo Taahi Madhura Phala Jaanoo.

The bold sun, which is thousands of miles away from the Earth, was eaten by you Lord because you thought it was a sweet fruit.

प्रभु मुद्रिका मेलि मुख माहीं। जलधि लांघि गये अचरज नाहीं॥

Prabhu Mudrikaa Meli Mukha Maaheen, Jaladhi Laanghi Gaye Acharaja Naaheen.

You flew over the vast ocean while carefully keeping the ring of lord Rama in your mouth without losing it.

दुर्गम काज जगत के जेते। सुगम अनुग्रह तुम्हरे तेते॥

Durgama Kaaja Jagata Ke Jete, Sugama Anugraha Tumhare Tete.

The most difficult tasks in the world are accomplished on account of your grace alone.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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	
						

Pradosh Vrat (Shiva Pooja).....1, 15
 Sat-Narayan Vrat Pooja.....3
 Ganesh Chaturthi (Ganesh Pooja).....6, 21
 Ekadasi Vrat.....13, 29
 Guruji's 14th Death Anniversary.....15

Amawasya (New Moon).....17
 Father's Day.....18
 Panchak.....8, 9, 10, 11, 12
 Lagans.....3, 4, 10, 18, 23, 24, 30
 Ganda Moola Nakshatras.....3, 4, 5, 12, 13, 14, 21, 22, 23

राम दुआरे तुम रखवारे। होत न आज्ञा बिनु पैसारे॥

Raama Duaare Tuma Rakhavaare, Hota Na Aajyaa Binu Paisaare.

*Those who seek refuge in you can achieve all happiness.
Those who worship you are protected by your grace and are not afraid.*

सब सुख लहै तुम्हारी शरना। तुम रक्षक काहू को डरना॥

Saba Sukha Lahai Tumhaaree Sharanaa, Tuma Rakshaka Kaahoo Ko Daranaa.

*Oh Hanumanji, only you can control your power.
When you roar, the three worlds tremble and shake.*

आपन तेज सम्हारो आपै। तीनों लोक हाँक ते काँपै॥

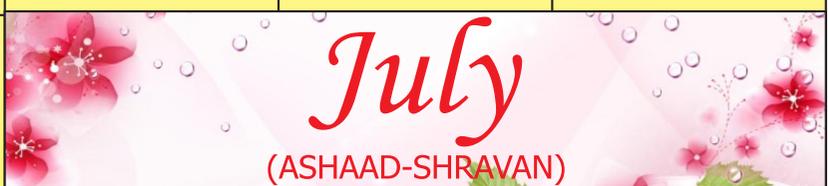
Aapana Teja Samhaaro Aapai, Teenaun Loka Haanka Te Kaanpai.

Only you can control your power. When you roar, all the three-worlds tremble.

भूत पिशाच निकट नहिं आवै। महावीर जब नाम सुनावै॥

Bhoota Pishaacha Nikata Nahin Aavai, Mahaaveera Jaba Naama Sunaavai.

*Evil spirits dare not approach any person when the great name of
Mahavira (fine warrior) is repeated.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
 2	3	 4	5	6	7	8
Sat-Narayan Vrat Pooja Guru Purnima/Vyaas Pooja		Independence Day				
9	10	11	12	13	14	15
16	17	18	19	20	21	22
 23	24	25	26	27	28	29
Parent's Day						
30	31					

Sat-Narayan Vrat Pooja.....2
Guru Purnima/Vyaas Pooja.....2
Ganesh Chaturthi (Ganesh Pooja).....6, 21
Shravan Maas.....7/4 - 8/30
Ekadasi Vrat.....13, 28

Pradosh Vrat (Shiva Pooja).....14, 30
Amawasya (New Moon).....17
Panchak.....5, 6, 7, 8, 9, 10
Lagans.....1, 2, 3, 7, 8, 9, 14, 15, 17
Ganda Moola Nakshatras.1, 2, 3, 9, 10, 11, 18, 19, 20, 21, 28, 29, 30

नासै रोग हरै सब पीरा। जपत निरंतर हनुमत बीरा॥

Naasai Roga Harai Saba Peeraa, Japata Nirantara Hanumata Beeraa.

All the diseases and pains of the body vanish when the name of Hanuman is continuously repeated.

संकट तें हनुमान छुड़ावै। मन क्रम बचन ध्यान जो लावै॥

Sankata Ten Hanumaana Chhudaavai, Mana Krama Bachana Dhyaana Jo Laavai.

He who worships the feet of Hanumanji can rid themselves of all difficulties, physically, mentally and spiritually.

सब पर राम तपस्वी राजा। तिनके काज सकल तुम साजा॥

Saba Para Raama Tapasvee Raajaa, Tinake Kaaja Sakala Tuma Saajaa.

The great loving Shri Rama is supreme being among all. Oh sweet Hanuman, you have accomplished all his tasks.

और मनोरथ जो कोई लावै। सोइ अमित जीवन फल पावै॥

Aura Manoratha Jo Koe Laavai, Soi Amita Jeevana Phala Paavai.

All those devotees that seek his grace are blessed in abundance. All those devotees who pray to him are sanctified with the immeasurable fruits of life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
 6 Friendship Day	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	 23 Tulsidas Jayanti	24	25	26
27	28	29	 30 Raksha Bandhan & Sat-Narayan Vrat Pooja	31		
				 August (SHRAVAN-BHADRAPAD)		

Ganesh Chaturthi (Ganesh Pooja)4, 20
Ekadasi Vrat.....11, 27
Pradosh Vrat (Shiva Pooja).....13, 28
Amawasya (New Moon).....15
Tulsidas Jayanti.....23

Shravan Maas.....7/4 - 8/30
Raksha Bandhan & Sat-Narayan Vrat Pooja.....30
Panchak.....2, 3, 4, 5, 6, 30, 31
Lagans.....15, 18, 19, 20, 26, 27, 31
Ganda Moola Nakshatras.....5, 6, 7, 15, 16, 17, 24, 25, 26

चारों जुग परताप तुम्हारा। है परसिद्ध जगत उजियारा॥

Chaaron Juga Parataapa Tumhaaraa, Hai Parasiddha Jagata Ujiyaaraa.

Your glory radiates through all four eras (sat, treta, dvapara and kali), and your magnificence lights up the entire world.

साधु संत के तुम रखवारे। असुर निकंदन राम दुलारे॥

Saadhu Santa Ke Tuma Rakhavaare, Asura Nikandana Raama Dulaare.

You are the protector of the righteous and destroyer of the wicked, and you are near and dear to Shri Rama.

अष्ट सिद्धि नौ निधि के दाता। अस बर दीन जानकी माता॥

Ashta Siddhi Nau Nidhi Ke Daataa, Asa Bara Deena Jaanakee Maataa.

The bestower of the eight Siddhis (supernatural powers) and granter of the nine forms of wealth, such a boon was given to you by Janaki Maa (Sita).

राम रसायन तुम्हरे पास। सदा रहो रघुपति के दासा॥

Raama Rasaayana Tumhare Paasaa, Sadaa Raho Raghupati Ke Daasaa.

Your devotion to Shri Rama is pure and divine without expectations, and with that devotion you remain his truest and dearest servant.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4  Labor Day	5	6  Krishna Janamashtmi	7	8	9
10  Grandparent's Day	11  Patriot Day	12	13	14	15  Rosh Hashanah (Begins)	16
17  Rosh Hashanah (Ends)	18  Ganesh Jayanti	19	20	21	22	23  Fall Begins
24	25  Yom Kippur	26	27	28  Sat-Narayan Vrat Pooja	29  Pitri Paksh (Starts)	30  Pitri Paksh
				 <p>September (BHADRAPAD-ASHWIN)</p>		

Ganesh Chaturthi (Ganesh Pooja)	2, 18
Krishna Janamashtmi.....	6
Ekadasi Vrat.....	10, 25
Pradosha Vrat (Shiva Pooja).....	11, 26
Amawasya (New Moon).....	14

Ganesh Jayanti.....	18
Sat-Narayan Vrat Pooja.....	28
Pitri Paksha.....	9/29 - 10/14
Panchak.....	26, 27, 28, 29, 30
Lagans.....	1, 2, 4, 8, 10, 17, 22, 23, 24, 27
Ganda Moola Nakshatras.....	2, 3, 11, 12, 13, 21, 22, 23, 29, 30

तुम्हरे भजन राम को भावै। जनम जनम के दुख बिसरावै॥

Tumhare Bhajana Raama Ko Bhaavai, Janama Janama Ke Dukha Bisaraavai.

*Devotees of you, who seek Shri Rama
will eradicate the miseries from this birth and previous births too.*

अंत काल रघुबर पुर जाई। जहाँ जनम हरि-भक्त कहाई॥

Anta Kaala Raghubara Pura Jaaee, Jahaan Janama Hari-bhakta Kahaaee.

*Birth after birth devotees who say the name of Shri Rama will attain
his love and compassion, even on their last breath when death comes.*

और देवता चित्त न धरई। हनुमत सेइ सर्व सुख करई॥

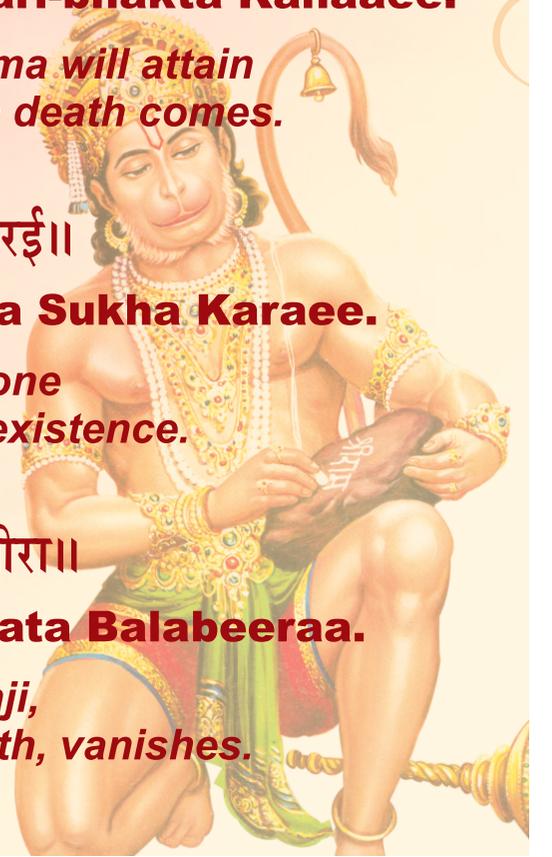
Aura Devataa Chitta Na Dharaee, Hanumata Sei Sarva Sukha Karaee.

*Those who focus on the feet of Hanumanji alone
are bound to attain all the pleasures of this human existence.*

संकट कटै मिटै सब पीरा। जो सुमिरै हनुमत बलबीरा॥

Sankata Katai Mitai Saba Peeraa, Jo Sumirai Hanumata Balabeeraa.

*When one remembers the name of Hanumanji,
the misfortunes and afflictions which they are faced with, vanishes.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Pitri Paksh	 2 Gandhi Jayanti Pitri Paksh	 3 Pitri Paksh	 4 Pitri Paksh	 5 Pitri Paksh	 6 Pitri Paksh	 7 Pitri Paksh
 8 Pitri Paksh	 9 Indigenous People's Day Pitri Paksh	 10 Pitri Paksh	 11 Pitri Paksh	 12 Pitri Paksh	 13 Pitri Paksh	 14 Pitri Paksh (Ends)
 15 Navraatri (Starts)	 16 Navraatri	 17 Navraatri	 18 Navraatri	 19 Navraatri	 20 Navraatri	 21 Navraatri
 22 Navraatri (Ends)	 23 Dussehra/Vijai Dashmi	24	25	26	27	 28 Sat-Narayan Vrat Pooja
29	30	 31 Halloween				
						October (ASHWIN-KAARTIK)

Gandhi Jayanti.....	2
Ganesh Chaturthi (Ganesh Pooja).....	2, 31
Ekadasi Vrat.....	9, 24
Pitri Paksha.....	9/29 - 10/14
Pradosha Vrat (Shiva Pooja).....	11, 26
Amawasya (New Moon).....	14

Navraatri.....	10/15 - 10/22
Dussehra / Vijai Dashmi.....	23
Sat-Narayan Vrat Pooja.....	28
Panchak.....	23, 24, 25, 26, 27
Lagans.....	15, 20, 21, 22, 26, 27, 31
Ganda Moola Nakshatras.....	5, 6, 7, 14, 15, 16, 23, 24, 25

जै जै जै हनुमान गोसाईं। कृपा करहु गुरुदेव की नाईं।

Jai Jai Jai Hanumaana Gosaaeen, Kripaa Karahu Gurudeva Kee Naaeen.

*Victory to you! victory to you! victory to you!
Oh, respected Hanumanji, bless us with your grace as a godly teacher.*

जो शत बार पाठ कर कोई। छूटहि बंदि महा सुख होई।

Jo Shata Baara Paatha Kara Koee, Chhootahi Bandi Mahaa Sukha Hoee.

*One who recites Hanumana-chalisa a hundred times
is liberated from the bondage (rebirth) and enjoys great bliss.*

जो यह पढ़ै हनुमान चालीसा। होय सिद्धि साखी गौरीसा।

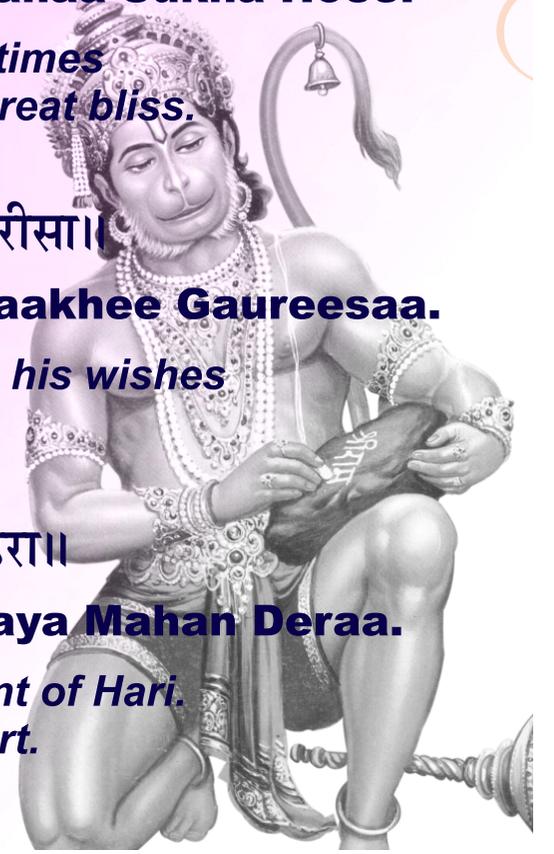
Jo Yaha Padhai Hanumaana Chaalesaa, Hoya Siddhi Saakhee Gauresaa.

*One who reads the Hanumana-chalisa, accomplishes his wishes
through the blessings of Shiva & Gauri.*

तुलसीदास सदा हरि चैरा। कीजै नाथ हृदय महँ डेरा।

Tulaseedaasa Sadaa Hari Cheraa, Keejai Naatha Hridaya Mahan Deraa.

*Oh Hanumanji, I Tulsidasa will always be the servant of Hari.
Oh Lord, keep your abode always in my heart.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1	2	3	4
 5 Daylight Saving Time Fall Back	6	7	8	9	 10 Veterans Day (Observed)	 11 Veterans Day
 12 Diwali/Deepavali	 13 Govardhan Pooja	 14 Bhai Dooj	15	16	17	18
19	20	21	22	 23 Thanksgiving	 24 Black Friday	25
 26 Sat-Narayan Vrat Pooja Kartick Snaan / Teerath	 27 Cyber Monday	28	29	30		
						November (KAARTIK-MARGASHIRSHA)

Ekadasi Vrat.....8, 23
Pradosha Vrat (Shiva Pooja).....10, 24
Amawasya (New Moon).....12
Diwali/Deepavali.....12
Govardhan Pooja.....13

Bhai Dooj.....14
Ganesh Chaturthi (Ganesh Pooja).....16, 30
Sat-Narayan Vrat Pooja & Kartick Snaan / Teerath.....26
Panchak.....19, 20, 21, 22, 23
Lagans.....3, 5, 10, 12, 17, 19, 27
Ganda Moola Nakshatras.....5, 6, 7, 15, 16, 17, 24, 25, 26

पवनतनय संकट हरन, मंगल मूर्ति रूपा
राम लखन सीता सहित, हृदय बसहु सुर भूपा॥

**Pavanatanaya Sankata Harana, Mangala Moorati Roopa,
Raama Lakhana Seetaa Sahita, Hridaya Basahu Sura Bhoopa.**

*Oh son of the Wind God, oh remover of all obstacles and impediments,
take your divine form and reside in my heart along with
Shri Rama, Lakshmana and Sita Maa, oh king of the Gods.*

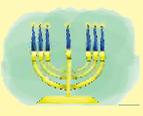
ॐ Prayer to Hanuman ॐ

मनोजवम् मास्तुतुल्यवेगम् जितेन्द्रियम् बुद्धिमताम् वरिष्ठम्
वातात्मजम् वानरयूधमुख्यम् श्रीरामदूतम् शरणम् प्रपद्ये।

**Mano-Javam Maaruta-Tulya-Vegam
Jitendriyam Buddhi-Mataam Varishtham
Vaata-Atmajam Vaanara-Yoodha-Mukhyam
Shreeraama-Dootam Sharanam Prapadye.**

*"I bow down to the messenger of Lord Shri Raam,
who is swift as the mind and more powerful than the wind.
One who has controlled all senses and has superior intellect.*

*He is the son of Lord Vayu (God of the air) and the leader of the Vanaras (army of forest creatures).
We seek refuge in the incomparable Lord Hanuman."*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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 (MARGASHIRSHA-PAUSH)		

Ekadasi Vrat.....8, 22
Pradosha Vrat (Shiva Pooja).....10, 24
Amawasya (New Moon).....12
Ganesh Chaturthi (Ganesh Pooja).....16, 30
Gita Jayanti.....22

Sat-Narayan Vrat Pooja.....26
Panchak.....16, 17, 18, 19, 20, 21
Lagans.....2, 3, 8, 9, 10, 11, 14
Ganda Moola Nakshatras.....2, 3, 4, 12, 13, 20, 21, 22, 29, 30, 31

The Shaanti Bhavan Mandir family prays that this New Year brings you an abundance of faith, love, and bliss. We are forever grateful for your continuous support and encouragement. May we continue to walk this path of life filled with togetherness and friendship.

“ BE GOOD, LIVE GOOD AND DO GOOD.”



“Be Simple, Be a Sample, Be an Example.”



Monthly Melos

- *“Be A Warrior, Not A Worrier.”*
- *“Kindness Is Free, Share It Lavishly.”*
- *“Enjoy The Little Things In Life.”*
- *“With God, All Things Are Possible.”*
- *“Make Each Day Your Masterpiece.”*
- *“Hold The Vision, Trust The Process.”*
- *“Work For A Cause, Not For Applause.”*
- *“Don’t Just Wish For It, Work For It.”*
- *“Believe In Yourself. You Are Enough.”*
- *“Lead By Example, Not By Instructions.”*
- *“It’s Not What We Have, But Who We Have.”*
- *“Do Your Very Best, That’s All You Can Do.”*

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Jai Ho



2024

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

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

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

~ Note to Self ~

- You are doing the best you can.
- It is okay to ask for help.
- You are worthy and enough.
- It is okay to be not okay.
- Your boundaries are important.
- You are capable of amazing things.
- Your feelings are valid.
- It is okay if you are a work in progress.
- It is okay to allow yourself to heal.