



**OTHER SIGNIFICANT DAYS**

- February 2025- LGBT History Month
- 03-09: Children's Mental Health Week
- 04: World Cancer Day
- 04: Super Bowl (US)
- 11: International Day of Women & Girls in Science
- 14: Valentine's Day
- 16: BAFTA Film Awards
- 17: Random Act of Kindness Day
- 17 –23: Cancer Prevention Action Week
- 21: International Mother Language Day



“You stand sky high, un-clad in mind and body,  
Bahubali ! A warrior of non-violence.  
You wrought your mind in sobriety;  
the damsel of detachedness enamoured you:  
your soul bloomed”



BY KISHOR B SHAH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Maha : 01 to 27 February</b>						<b>1</b> Sud Trij
<b>2</b> Sud Choth Sud Pancham	<b>3</b> Sud Chhath	<b>4</b> Sud Satam	<b>5</b> Sud Aatham	<b>6</b> Sud Nom	<b>7</b> Sud Dassam	<b>8</b> Sud Agiyaras
<b>9</b> Sud Baras	<b>10</b> Sud Teras	<b>11</b> Sud Chaudas	<b>12</b> Sud Poonam	<b>13</b> Vad Ekam	<b>14</b> Vad Bij	<b>15</b> Vad Trij
<b>16</b> Vad Choth	<b>17</b> Vad Pancham	<b>18</b> Vad Chhath	<b>19</b> Vad Chhath	<b>20</b> Vad Satam	<b>21</b> Vad Aatham	<b>22</b> Vad Nom
<b>23</b> Vad Dassam	<b>24</b> Vad Agiyaras	<b>25</b> Vad Baras	<b>26</b> Vad Teras	<b>27</b> Vad Chaudas Vad Amas	<b>28</b> Sud Ekam	
AATHAM   CHAUDAS   PANCHAM   BIJ   AGIYARAS			JAIN FESTIVALS		AUSPICIOUS DAYS	

**Avoid Green & Root Vegetables**

DATE : 2 | 5 | 8 | 11 | 14 | 17 | 21 | 24 | 27

**Avoid Root Vegetables**

DATE : 1 | 6 | 9-10 | 12 | 19-20 | 22 | 25-26

**Sivamastu sarva jagatah  
Parahita nirata bhavantu bhutagana  
Doshah prayantu nasam  
Sarvatra sukhi bhavantu lokaha**

Blessings be to the entire cosmos.  
May everyone be completely engrossed in  
each other's well-being.  
May all weaknesses, faults, illnesses, and karmas  
be removed and evaporated.  
Everywhere let everyone be in peace, prosperity, health, & bliss.

**AUSPICIOUS DAY - KALYANAKS**

- 01: Dharmanath Janma Kalyanak
- 01: Vimalnath Janma Kalyanak
- 02: Vimalnath Diksha Kalyanak (*Sud Choth*)
- 05: Ajitnath Janma Kalyanak
- 06: Ajitnath Diksha Kalyanak
- 09: Abhinandanaswami Diksha Kalyanak
- 10: Dharmanath Diksha Kalyanak
- 19: Suparshvanath Kevaljnana Kalyanak
- 20: Suparshvanath Nirvan Kalyanak
- 20: Chandraprabha Kevaljnana Kalyanak
- 22: Suvidhinath Chavan Kalyanak
- 24: Adinath Kevaljnana Kalyanak
- 25: Shreyansanath Janma Kalyanak
- 25: Munisuvrata Kevaljnana Kalyanak
- 26: Shreyansanath Diksha Kalyanak
- 27: Vasupujya Janma Kalyanak (*Vad Chaudas*)
- 27: Vasupujya Diksha Kalyanak (*Vad Amas*)

**JAIN FESTIVAL**

- 11 : Pakhi Pratikraman
- 12 : Poonam (Bhav Siddhachal Yatra)
- 27 : Pakhi Pratikraman

“How do we Change the World? One  
Random Act of Kindness at a Time.”

“Kindness in Words Creates Confidence  
Kindness in Thinking Creates Profoundness  
Kindness in Giving Creates Love”

Lao Tzu