



**Sunday, May 3, 2026**  
**Gold Retreat Star**

|                          |  |                                                                                                 |                       |                             |                              |
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|                          |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Bhanu Vasara Yuktayam |                       | Kathmandu, Nepal            |                              |
|                          |  | Vishakha/Anuradha Nakshatra Varjani Yoga Taillita/Gara Karana Dvityayam Titau                   |                       | Sutra 20                    |                              |
|                          |  | Gulika 3:05PM - 4:44PM                                                                          | Vishakha Until 7:10AM | Ganesha: White              | Sunrise: 5:09AM              |
| Vishkika Rasi: 2.44      |  | Yama 11:46AM - 1:26PM                                                                           | Varjani Until 10:25PM | Munuga: White               | Sunset: 6:24PM               |
| Tithi 17                 |  | Rahu 4:44PM - 6:24PM                                                                            | Taillita Until 1:57PM | Nataraja: Clear             | Moon 5 - Phase 3 - 1st Phase |
| Routine Work Marana Yoga |  | Dvitiya Until 3:03AM Mon                                                                        |                       | Bhuloka Day                 |                              |
|                          |  |                                                                                                 |                       | Devaloka Time: 6 PM to 9 PM |                              |

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| <b>1</b>                  |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Indu Visara Yuktayam |                          | Kathmandu, Nepal            |                              |
|                           |  | Anuradha/Jyeshtha Nakshatra Parigraha* Yoga Vanja/Visti* Karana Trityayam Titau                |                          | Sun 1 Sutra 21              |                              |
|                           |  | Gulika 1:26PM - 3:05PM                                                                         | Anuradha Until 9:56AM    | Ganesha: White              | Sunrise: 5:08AM              |
| Vishkika Rasi: 14.42      |  | Yama 10:07AM - 11:46AM                                                                         | Parigraha* Until 11:16PM | Munuga: White               | Sunset: 6:24PM               |
| Tithi 18                  |  | Rahu 6:48AM - 8:27AM                                                                           | Vanija Until 4:13PM      | Nataraja: Clear             | Moon 5 - Phase 3 - 1st Phase |
| Family Home Evening       |  | Tritiya Until 5:23AM Tue                                                                       |                          | Bhuloka Day                 |                              |
| Creative Work Siddha Yoga |  |                                                                                                |                          | Devaloka Time: 6 PM to 9 PM |                              |

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| <b>2</b>                         |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Mangala Visara Yuktayam |                         | Kathmandu, Nepal            |                                |
|                                  |  | Jyeshtha/Mula Nakshatra Shiva Yoga Bava Karana Chaturthayam Titau                                 |                         | Sun 2 Sutra 22              |                                |
|                                  |  | Gulika 11:46AM - 1:26PM                                                                           | Jyeshtha* Until 12:41PM | Ganesha: White              | Sunrise: 5:08AM                |
| Vishkika Rasi: 26.36             |  | Yama 8:27AM - 10:07AM                                                                             | Shiva Until 12:12AM Wed | Munuga: White               | Sunset: 6:25PM                 |
| Tithi 19                         |  | Rahu 3:05PM - 4:45PM                                                                              | Bava Until 6:37PM       | Nataraja: Clear             | Moon 5 - Phase 3 - 2 1st Phase |
| Routine Work Marana Yoga         |  | Chaturthi* Until 7:48AM Wed                                                                       |                         | Bhuloka Day                 |                                |
| Until 12:41PM                    |  |                                                                                                   |                         | Devaloka Time: 6 PM to 9 PM |                                |
| Then Creative Work - Amrita Yoga |  |                                                                                                   |                         |                             |                                |

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| <b>3</b>                         |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Budha Visara Yuktayam |                         | Kathmandu, Nepal |                                |
|                                  |  | Mula/Purvashadha* Nakshatra Siddha Yoga Balava/Kaulava Karana Chaturthi/Panchamam Titau         |                         | Sun 3 Sutra 23   |                                |
|                                  |  | Gulika 10:06AM - 11:46AM                                                                        | Mula* Until 3:48PM      | Ganesha: Blue    | Sunrise: 5:07AM                |
| Dhanus Rasi: 8.28                |  | Yama 6:47AM - 8:26AM                                                                            | Siddha Until 1:06AM Thu | Munuga: White    | Sunset: 6:25PM                 |
| Tithi 19 - 20                    |  | Rahu 11:46AM - 1:26PM                                                                           | Kaulava Until 9:02PM    | Nataraja: Clear  | Moon 5 - Phase 3 - 3 1st Phase |
| Routine Work Marana Yoga         |  | Chaturthi* Until 7:48AM                                                                         |                         | Sivaloka Day     |                                |
| Until 3:48PM                     |  |                                                                                                 |                         |                  |                                |
| Then Creative Work - Amrita Yoga |  |                                                                                                 |                         |                  |                                |

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| <b>4</b>                        |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Guru Visara Yuktayam |                           | Kathmandu, Nepal |                                |
|                                 |  | Purvashadha* Nakshatra Sadhya Yoga Taillita/Gara Karana Panchami/Shashthiyam Titau             |                           | Sun 4 Sutra 24   |                                |
|                                 |  | Gulika 8:26AM - 10:06AM                                                                        | Purvashadha* Until 6:41PM | Ganesha: Blue    | Sunrise: 5:06AM                |
| Dhanus Rasi: 20.21              |  | Yama 5:06AM - 6:46AM                                                                           | Sadya Until 1:54AM Fri    | Munuga: White    | Sunset: 6:26PM                 |
| Tithi 20 - 21                   |  | Rahu 1:26PM - 3:06PM                                                                           | Gara Until 11:19PM        | Nataraja: Clear  | Moon 5 - Phase 3 - 4 1st Phase |
| Creative Work Siddha Yoga       |  | Panchami Until 10:11AM                                                                         |                           | Sivaloka Day     |                                |
| Until 6:41PM                    |  |                                                                                                |                           |                  |                                |
| Then Routine Work - Marana Yoga |  |                                                                                                |                           |                  |                                |

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| <b>5</b>                 |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Sukra Vasara Yuktayam |                           | Kathmandu, Nepal |                                |
|                          |  | Uttarashadha Nakshatra Subha Yoga Vanja/Visti* Karana Shashthi/Saptamam Titau                   |                           | Sun 5 Sutra 25   |                                |
|                          |  | Gulika 6:46AM - 8:26AM                                                                          | Uttarashadha Until 9:07PM | Ganesha: White   | Sunrise: 5:05AM                |
| Makara Rasi: 2.19        |  | Yama 3:06PM - 4:46PM                                                                            | Subha Until 2:27AM Sat    | Munuga: Blue     | Sunset: 6:26PM                 |
| Tithi 21 - 22            |  | Rahu 10:06AM - 11:46AM                                                                          | Visti Until 1:17AM Sat    | Nataraja: Clear  | Moon 5 - Phase 3 - 5 1st Phase |
| Routine Work Marana Yoga |  | Shashthi* Until 12:20PM                                                                         |                           | Sivaloka Day     |                                |
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| <b>6</b>                  |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Manta Vasara Yuktayam |                         | Kathmandu, Nepal |                              |
|                           |  | Shravana Nakshatra Sukla Yoga Bava/Balava Karana Saptami/Ashtamam Titau                         |                         | Sun 6 Sutra 26   |                              |
|                           |  | Gulika 5:05AM - 6:45AM                                                                          | Shravana Until 11:24PM  | Ganesha: Red     | Sunrise: 5:05AM              |
| Makara Rasi: 14.25        |  | Yama 1:26PM - 3:06PM                                                                            | Sukla Until 2:34AM Sun  | Munuga: White    | Sunset: 6:27PM               |
| Tithi 22 - 23             |  | Rahu 8:25AM - 10:06AM                                                                           | Balava Until 2:43AM Sun | Nataraja: Clear  | Moon 5 - Phase 3 - 6 Ashtami |
| Creative Work Siddha Yoga |  | Saptami Until 2:04PM                                                                            |                         | Devaloka Day     |                              |
|                           |  | Chidambaram Abhishekam                                                                          |                         |                  |                              |

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| <b>Sunday, May 10, 2026</b>      |  | Parabhava Nama Samvatsare Uтарыane Narāna Ritau Mesha Mase Krishna Paksha Bhanu Vasara Yuktayam |                              | Kathmandu, Nepal |                             |
|                                  |  | Dhanishtha Nakshatra Brahma Yoga Kaulava/Taillita Karana Ashtami/Navamam Titau                  |                              | Sun 7 Sutra 27   |                             |
|                                  |  | Gulika 3:07PM - 4:47PM                                                                          | Dhanishtha Until 12:51AM Mon | Ganesha: Red     | Sunrise: 5:04AM             |
| Makara Rasi: 26.44               |  | Yama 11:46AM - 1:26PM                                                                           | Brahma Until 2:08AM Mon      | Munuga: Clear    | Sunset: 6:28PM              |
| Tithi 23 - 24                    |  | Rahu 4:47PM - 6:28PM                                                                            | Taillita Until 3:27AM Mon    | Nataraja: Clear  | Moon 5 - Phase 3 - 7 Navami |
| Routine Work Marana Yoga         |  | Mother's Day                                                                                    |                              | Sivaloka Day     |                             |
| Until 12:51AM Mon                |  | Ashtami* Until 3:10PM                                                                           |                              |                  |                             |
| Then Creative Work - Siddha Yoga |  |                                                                                                 |                              |                  |                             |

When a man is born, whoever he may be, there is born simultaneously a debt to the Gods, to the sages, to the ancestors and to men. Shukla Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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| <b>1</b> Monday, May 11, 2026    |               | Parabhava Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Paksha Indu Visara Yukitayam Kathmandu, Nepal<br>Shatabhishak Nakshatra Indra Yoga Gara/Vanija Karana Navami/Dashamyam Titau Sun 8 Sutra 28                       |                                     |                 |                       |
| Kumbha Rasi: 9:24                | Tithi 24 – 25 | Gulika 1:26PM – 3:07PM                                                                                                                                                                                                                | Shatabhishak Until 1:21AM Tue       | Ganesha: Blue   | Sunrise: 5:03AM       |
| Family Home Evening              |               | Yama 10:05AM – 11:46AM                                                                                                                                                                                                                | Indra Until 1:05AM Tue              | Muruga: Clear   | Sunset: 6:28PM        |
| Creative Work                    | Siddha Yoga   | Rahu 6:44AM – 8:25AM                                                                                                                                                                                                                  | Vanija Until 3:19AM Tue             | Nataraja: Clear | Moon 5 - Phase 4 - 8  |
| Until 1:21AM Tue                 |               |                                                                                                                                                                                                                                       | Navami* Until 3:28PM                | Moon – Purple   | 2nd Phase             |
| Then Routine Work – Marana Yoga  |               |                                                                                                                                                                                                                                       |                                     | Devaloka Day    |                       |
| <b>2</b> Tuesday, May 12, 2026   |               | Parabhava Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Paksha Mangala Visara Yukitayam Kathmandu, Nepal<br>Puruvashrothapada* Nakshatra Vasudhara* Yoga Visi*/Bava Karana Dashami/Ekadashyam Titau Sun 9 Sutra 29        |                                     |                 |                       |
| Kumbha Rasi: 22:28               | Tithi 25 – 26 | Gulika 11:46AM – 1:26PM                                                                                                                                                                                                               | Puruvashrothapada* Until 1:17AM Wed | Ganesha: White  | Sunrise: 5:03AM       |
|                                  |               | Yama 8:24AM – 10:05AM                                                                                                                                                                                                                 | Vaidhriti* Until 11:18PM            | Muruga: Clear   | Sunset: 6:29PM        |
| Routine Work                     | Marana Yoga   | Rahu 3:07PM – 4:48PM                                                                                                                                                                                                                  | Bava Until 2:20AM Wed               | Nataraja: Clear | Moon 5 - Phase 4 - 9  |
| Until 1:17AM Wed                 |               |                                                                                                                                                                                                                                       | Dashami Until 2:56PM                | Moon – Clear    | 2nd Phase             |
| Then Creative Work – Siddha Yoga |               |                                                                                                                                                                                                                                       |                                     | Devaloka Day    |                       |
| <b>3</b> Wednesday, May 13, 2026 |               | Parabhava Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Paksha Budha Visara Yukitayam Kathmandu, Nepal<br>Uttarashrothapada Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Ekadashi/Dvadashtyam Titau Sun 10 Sutra 30   |                                     |                 |                       |
| Meena Rasi: 6:01                 | Tithi 26 – 27 | Gulika 10:05AM – 11:46AM                                                                                                                                                                                                              | Uttarashrothapada Until 12:15AM Thu | Ganesha: Clear  | Sunrise: 5:02AM       |
|                                  |               | Yama 6:43AM – 8:24AM                                                                                                                                                                                                                  | Vishkambha* Until 8:52PM            | Muruga: Clear   | Sunset: 6:29PM        |
| Creative Work                    | Siddha Yoga   | Rahu 11:46AM – 1:27PM                                                                                                                                                                                                                 | Kaulava Until 12:31AM Thu           | Nataraja: Clear | Moon 5 - Phase 4 - 10 |
|                                  |               |                                                                                                                                                                                                                                       | Ekadashi* Until 1:30PM              | Moon – Clear    | 2nd Phase             |
|                                  |               |                                                                                                                                                                                                                                       |                                     | Sivaloka Day    |                       |
| <b>4</b> Thursday, May 14, 2026  |               | Parabhava Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Paksha Guru Visara Yukitayam Kathmandu, Nepal<br>Revati Nakshatra Priti/Ayushman Yoga Taitle/Gara Karana Dvadashi/Trayodashyam Titau Sun 11 Sutra 31              |                                     |                 |                       |
| Meena Rasi: 20:04                | Tithi 27 – 28 | Gulika 8:24AM – 10:05AM                                                                                                                                                                                                               | Revati Until 10:22PM                | Ganesha: Clear  | Sunrise: 5:02AM       |
|                                  |               | Yama 5:02AM – 6:43AM                                                                                                                                                                                                                  | Priti Until 5:50PM                  | Muruga: Clear   | Sunset: 6:30PM        |
| Creative Work                    | Siddha Yoga   | Rahu 1:27PM – 3:08PM                                                                                                                                                                                                                  | Gara Until 10:00PM                  | Nataraja: Clear | Moon 5 - Phase 4 - 11 |
| Until 10:22PM                    |               |                                                                                                                                                                                                                                       | Dvadashi* Until 11:19AM             | Moon – Clear    | 2nd Phase             |
| Then Creative Work – Amrita Yoga |               |                                                                                                                                                                                                                                       |                                     | Sivaloka Day    |                       |
| <b>5</b> Friday, May 15, 2026    |               | Parabhava Nama Samvatsare Uтарыane Nartana Ritau Vishabha Mase Krishna Paksha Sukra Visara Yukitayam Kathmandu, Nepal<br>Ashvini Nakshatra Ayushman/Saubhagya Yoga Vanija/Vesi* Karana Trayodashi/Chaturdashyam Titau Sun 12 Sutra 32 |                                     |                 |                       |
| Mesha Rasi: 4:34                 | Tithi 28 – 29 | Gulika 6:42AM – 8:23AM                                                                                                                                                                                                                | Ashvini Until 8:11PM                | Ganesha: Orange | Sunrise: 5:01AM       |
|                                  |               | Yama 3:08PM – 4:49PM                                                                                                                                                                                                                  | Ayushman Until 2:17PM               | Muruga: Clear   | Sunset: 6:30PM        |
| Creative Work                    | Amrita Yoga   | Rahu 10:05AM – 11:46AM                                                                                                                                                                                                                | Visi Until 6:54PM                   | Nataraja: Clear | Moon 5 - Phase 4 - 12 |
| Until 8:11PM                     |               |                                                                                                                                                                                                                                       | Trayodashi* Until 8:29AM            | Moon – White    | 2nd Phase             |
| Then Creative Work – Siddha Yoga |               |                                                                                                                                                                                                                                       |                                     | Sivaloka Day    |                       |
| <b>●</b> Saturday, May 16, 2026  |               | Parabhava Nama Samvatsare Uтарыane Nartana Ritau Vishabha Mase Krishna Paksha Merita Visara Yukitayam Kathmandu, Nepal<br>Bharani/Kritika Nakshatra Saubhagya/Sobhana Yoga Vanija/Vesi* Karana Amavasyayam Titau Sun 13 Sutra 33      |                                     |                 |                       |
| Retreat Star                     |               | Gulika 5:00AM – 6:42AM                                                                                                                                                                                                                | Bharani Until 5:29PM                | Ganesha: Orange | Sunrise: 5:00AM       |
| Mesha Rasi: 19:26                | Tithi 30      | Yama 1:27PM – 3:08PM                                                                                                                                                                                                                  | Saubhagya Until 10:22AM             | Muruga: Clear   | Sunset: 6:31PM        |
|                                  |               | Rahu 8:23AM – 10:04AM                                                                                                                                                                                                                 | Catuspada Until 3:23PM              | Nataraja: Clear | Moon 5 - Phase 4 - 13 |
| Creative Work                    | Siddha Yoga   |                                                                                                                                                                                                                                       | Amavasya* Until 1:32AM Sun          | Moon – White    | Amavasya              |
| Until 5:29PM                     |               |                                                                                                                                                                                                                                       |                                     |                 |                       |
| Then Creative Work – Amrita Yoga |               |                                                                                                                                                                                                                                       |                                     | Sivaloka Day    |                       |
| <b>Sunday, May 17, 2026</b>      |               | Parabhava Nama Samvatsare Uтарыane Nartana Ritau Vishabha Mase Sukla Paksha Shani Visara Yukitayam Kathmandu, Nepal<br>Kritika/Rohini Nakshatra Sobhana/Khiganda* Yoga Kirtugraha/Bava Karana Prathamayam Titau Sun 14 Sutra 34       |                                     |                 |                       |
| Retreat Star                     |               | Gulika 3:09PM – 4:50PM                                                                                                                                                                                                                | Kritika Until 2:25PM                | Ganesha: Orange | Sunrise: 5:00AM       |
| Wishabha Rasi: 4:34              | Tithi 1       | Yama 11:46AM – 1:27PM                                                                                                                                                                                                                 | Sobhana Until 6:15AM                | Muruga: Clear   | Sunset: 6:32PM        |
|                                  |               | Rahu 4:50PM – 6:32PM                                                                                                                                                                                                                  | Kirtugraha Until 11:39AM            | Nataraja: Clear | Moon 5 - Phase 4 - 14 |
| Creative Work                    | Siddha Yoga   |                                                                                                                                                                                                                                       | Prathama* Until 9:45PM              | Moon – White    | Prathama              |
|                                  |               |                                                                                                                                                                                                                                       |                                     |                 |                       |

Earth is upheld by Truth. Heaven is upheld by the sun. The solar regions are supported by eternal laws, rita. The elixir of divine love is supreme in heaven. Rig Veda Samhita

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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| <b>1</b> Monday, May 18, 2026    |                | Parabhava Nama Samvatsare Uтарыяе Nartana Ritau Vishabha Mase Sukla Paksha Indu Vasara Yuktayam Kathmandu, Nepal<br>Rohini/Mrigashirsha Nakshatra Sukarma Yoga Balava/Taitila Karana Dvitiya/Tritiyayam Titau Sun 15 Sutra 35    |                                |                                          |                       |
| Vishabha Rasi: 19:47             | Tithi 2 - 3    | Gulika 1:27PM - 3:09PM                                                                                                                                                                                                           | Rohini Until 11:35AM           | Ganesha: Clear                           | Sunrise: 4:58AM       |
| Family Home Evening              |                | Yama 10:04AM - 11:46AM                                                                                                                                                                                                           | Sukarma Until 9:51PM           | Munuga: Clear                            | Sunset: 6:32PM        |
| Creative Work Amrita Yoga        | 237968679 Rahu | 6:41AM - 8:23AM                                                                                                                                                                                                                  | Balava Until 7:52AM            | Nataraja: Clear                          | Moon 5 - Phase 5 - 15 |
|                                  |                |                                                                                                                                                                                                                                  | Dvitiya Until 5:59PM           | Moon - Yellow                            | 3rd Phase             |
|                                  |                |                                                                                                                                                                                                                                  |                                | <a href="#">Jyotisha Adhikar/Vidushi</a> | Sivaloka Day          |
| <b>2</b> Tuesday, May 19, 2026   |                | Parabhava Nama Samvatsare Uтарыяе Nartana Ritau Vishabha Mase Sukla Paksha Mangala Vasara Yuktayam Kathmandu, Nepal<br>Migashira/Krda Nakshatra Dhriti/Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau Sun 16 Sutra 36 |                                |                                          |                       |
| Mithuna Rasi: 4:55               | Tithi 3 - 4    | Gulika 11:46AM - 1:28PM                                                                                                                                                                                                          | Mrigashirsha Until 8:47AM      | Ganesha: Clear                           | Sunrise: 4:58AM       |
|                                  |                | Yama 8:22AM - 10:04AM                                                                                                                                                                                                            | Dhriti Until 5:53PM            | Munuga: Clear                            | Sunset: 6:32PM        |
| Creative Work Siddha Yoga        | 237968679 Rahu | 3:09PM - 4:51PM                                                                                                                                                                                                                  | Vanija Until 12:48AM Wed       | Nataraja: Clear                          | Moon 5 - Phase 5 - 16 |
| Until 8:47AM                     |                |                                                                                                                                                                                                                                  | Tritiya Until 2:26PM           | Moon - Yellow                            | 3rd Phase             |
| Then Routine Work - Marana Yoga  |                |                                                                                                                                                                                                                                  |                                | <a href="#">Jyotisha Adhikar/Vidushi</a> | Sivaloka Day          |
| <b>3</b> Wednesday, May 20, 2026 |                | Parabhava Nama Samvatsare Uтарыяе Nartana Ritau Vishabha Mase Sukla Paksha Budha Vasara Yuktayam Kathmandu, Nepal<br>Ardra/Purnavasu Nakshatra Shula*/Ganda* Yoga Visi*/Bava Karana Chaturthi/Panchamyam Titau Sun 17 Sutra 37   |                                |                                          |                       |
| Mithuna Rasi: 19:49              | Tithi 4 - 5    | Gulika 10:04AM - 11:46AM                                                                                                                                                                                                         | Ardra Until 6:09AM             | Ganesha: Purple                          | Sunrise: 4:58AM       |
|                                  |                | Yama 6:40AM - 8:22AM                                                                                                                                                                                                             | Shula* Until 2:14PM            | Munuga: Clear                            | Sunset: 6:33PM        |
| Creative Work Siddha Yoga        | 238968679 Rahu | 11:46AM - 1:28PM                                                                                                                                                                                                                 | Bava Until 9:50PM              | Nataraja: Clear                          | Moon 5 - Phase 5 - 17 |
|                                  |                |                                                                                                                                                                                                                                  | Chaturthi* Until 11:14AM       | Moon - Yellow                            | 3rd Phase             |
|                                  |                |                                                                                                                                                                                                                                  |                                | <a href="#">Jyotisha Adhikar/Vidushi</a> | Devaloka Day          |
| <b>4</b> Thursday, May 21, 2026  |                | Parabhava Nama Samvatsare Uтарыяе Nartana Ritau Vishabha Mase Sukla Paksha Guru Vasara Yuktayam Kathmandu, Nepal<br>Pushya Nakshatra Ganda*/Viddhi* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau Sun 18 Sutra 38        |                                |                                          |                       |
| Kataka Rasi: 4:22                | Tithi 5 - 6    | Gulika 8:22AM - 10:04AM                                                                                                                                                                                                          | Pushya Until 2:51AM Fri        | Ganesha: Clear                           | Sunrise: 4:58AM       |
|                                  |                | Yama 4:58AM - 6:40AM                                                                                                                                                                                                             | Ganda* Until 11:01AM           | Munuga: Clear                            | Sunset: 6:34PM        |
| Creative Work Amrita Yoga        | 248968679 Rahu | 1:28PM - 3:10PM                                                                                                                                                                                                                  | Kaulava Until 7:26PM           | Nataraja: Clear                          | Moon 5 - Phase 5 - 18 |
| Until 2:51AM Fri                 |                |                                                                                                                                                                                                                                  | Panchami Until 8:32AM          | Moon - Blue                              | 3rd Phase             |
| Then Routine Work - Marana Yoga  |                |                                                                                                                                                                                                                                  |                                | <a href="#">Jyotisha Adhikar/Vidushi</a> | Sivaloka Day          |
| <b>5</b> Friday, May 22, 2026    |                | Parabhava Nama Samvatsare Uтарыяе Nartana Ritau Vishabha Mase Sukla Paksha Sukra Vasara Yuktayam Kathmandu, Nepal<br>Ashlesha* Nakshatra Viddhi/Dhruva* Yoga Taitila/Vanija Karana Shashthi*/Saptamyam Titau Sun 19 Sutra 39     |                                |                                          |                       |
| Kataka Rasi: 18:29               | Tithi 6 - 7    | Gulika 6:40AM - 8:22AM                                                                                                                                                                                                           | Ashlesha* Until 1:59AM Sat     | Ganesha: Clear                           | Sunrise: 4:58AM       |
|                                  |                | Yama 3:10PM - 4:52PM                                                                                                                                                                                                             | Viddhi Until 8:20AM            | Munuga: Clear                            | Sunset: 6:34PM        |
| Routine Work Marana Yoga         | 248968679 Rahu | 10:04AM - 11:46AM                                                                                                                                                                                                                | Vanija Until 5:05AM Sat        | Nataraja: Clear                          | Moon 5 - Phase 5 - 19 |
| Until 1:59AM Sat                 |                |                                                                                                                                                                                                                                  | Shashthi* Until 6:28AM         | Moon - Blue                              | 3rd Phase             |
| Then Creative Work - Amrita Yoga |                |                                                                                                                                                                                                                                  |                                | <a href="#">Jyotisha Adhikar/Vidushi</a> | Sivaloka Day          |
| <b>D</b> Saturday, May 23, 2026  |                | Parabhava Nama Samvatsare Uтарыяе Nartana Ritau Vishabha Mase Sukla Paksha Manta Vasara Yuktayam Kathmandu, Nepal<br>Magha* Nakshatra Dhruva/Vyaghata* Yoga Visi*/Bava Karana Ashtamyam Titau Sun 20 Sutra 40                    |                                |                                          |                       |
| Retreat Star                     |                | Gulika 4:57AM - 6:39AM                                                                                                                                                                                                           | Magha* Until 2:07AM Sun        | Ganesha: White                           | Sunrise: 4:57AM       |
| Simha Rasi: 2:1                  | Tithi 8        | Yama 1:28PM - 3:11PM                                                                                                                                                                                                             | Dhruva Until 6:12AM            | Munuga: Clear                            | Sunset: 6:35PM        |
| Creative Work Amrita Yoga        | 258968679 Rahu | 8:22AM - 10:04AM                                                                                                                                                                                                                 | Visti Until 4:42PM             | Nataraja: Clear                          | Moon 5 - Phase 5 - 20 |
| Until 2:07AM Sun                 |                |                                                                                                                                                                                                                                  | Ashtami* Until 4:27AM Sun      | Moon - Red                               | Ashtami               |
| Then Creative Work - Siddha Yoga |                |                                                                                                                                                                                                                                  |                                | <a href="#">Jyotisha Adhikar/Vidushi</a> | Devaloka Day          |
| <b>Sunday, May 24, 2026</b>      |                | Parabhava Nama Samvatsare Uтарыяе Nartana Ritau Vishabha Mase Sukla Paksha Bhano Vasara Yuktayam Kathmandu, Nepal<br>Purvaphalguni Nakshatra Harshana* Yoga Balava/Kaulava Karana Navamyam Titau Sun 21 Sutra 41                 |                                |                                          |                       |
| Retreat Star                     |                | Gulika 3:11PM - 4:53PM                                                                                                                                                                                                           | Purvaphalguni Until 2:49AM Mon | Ganesha: White                           | Sunrise: 4:57AM       |
| Simha Rasi: 15:26                | Tithi 9        | Yama 11:46AM - 1:28PM                                                                                                                                                                                                            | Harshana Until 3:43AM Mon      | Munuga: Clear                            | Sunset: 6:36PM        |
| Creative Work Siddha Yoga        | 258968679 Rahu | 4:53PM - 6:36PM                                                                                                                                                                                                                  | Balava Until 4:25PM            | Nataraja: Clear                          | Moon 5 - Phase 5 - 21 |
|                                  |                |                                                                                                                                                                                                                                  | Navami* Until 4:30AM Mon       | Moon - Red                               | Navami                |
|                                  |                |                                                                                                                                                                                                                                  |                                | <a href="#">Jyotisha Adhikar/Vidushi</a> | Devaloka Day          |

When the soul gradually reduces and then stops altogether its participation in darkness and inauspicious powers, the Friend of the World, God, reveals to the soul the limitless character of its knowledge and activity. Mrigendra Agama Jnana Pada

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                                  |                |                                |                                 |                                                                                                                                                                                                                                 |                                      |
|----------------------------------|----------------|--------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| <b>1</b>                         |                | <b>Monday, May 25, 2026</b>    |                                 | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Vishabha Mase Sulka Paikse Indu Vasara Yuktiyam Kathmandu, Nepal<br>Uttaraphalguni Nakshatra Vajra* Yoga Tatila/Gara Karana Dashamyam Titau Sun 22 Sutra 42                     |                                      |
| Simha Rasi: 28.21                | Tithi 10       | Gulika 1:29PM - 3:11PM         | Uttaraphalguni Until 3:58AM Tue | Ganesha: White                                                                                                                                                                                                                  | Sunrise: 4:56AM Parabhava 5:128      |
| Family Home Evening              |                | Yama 10:04AM - 11:46AM         | Vajra* Until 3:13AM Tue         | Munuga: Clear                                                                                                                                                                                                                   | Sunset: 6:36PM Moon 5 - Phase 6 - 22 |
| Creative Work Siddha Yoga        | 258968679 Rahu | 6:39AM - 8:21AM                | Tatila Until 4:48PM             | Nataraja: Clear                                                                                                                                                                                                                 | 4th Phase                            |
|                                  |                |                                | Dashami Until 5:12AM Tue        | Moon - Red                                                                                                                                                                                                                      | Devaloka Day                         |
|                                  |                |                                |                                 | <a href="#">Jyesthita Adhikar/Vikram</a>                                                                                                                                                                                        |                                      |
| <b>2</b>                         |                | <b>Tuesday, May 26, 2026</b>   |                                 | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Vishabha Mase Sulka Paikse Mangala Vasara Yuktiyam Kathmandu, Nepal<br>Hasta Nakshatra Siddhi Yoga Vanja/Visti* Karana Ekadashyam Titau Sun 23 Sutra 43                         |                                      |
| Kanya Rasi: 10.58                | Tithi 11       | Gulika 11:46AM - 1:29PM        | Hasta Until 5:57AM Wed          | Ganesha: Green                                                                                                                                                                                                                  | Sunrise: 4:56AM Parabhava 5:128      |
|                                  |                | Yama 6:38AM - 8:21AM           | Siddhi Until 3:10AM Wed         | Munuga: Clear                                                                                                                                                                                                                   | Sunset: 6:37PM Moon 5 - Phase 6 - 23 |
| Creative Work Siddha Yoga        | 369968679 Rahu | 3:11PM - 4:54PM                | Vanja Until 5:46PM              | Nataraja: Clear                                                                                                                                                                                                                 | 4th Phase                            |
|                                  |                |                                | Ekadashi Until 6:24AM Wed       | Moon - Green                                                                                                                                                                                                                    | Devaloka Day                         |
|                                  |                |                                |                                 | <a href="#">Jyesthita Adhikar/Vikram</a>                                                                                                                                                                                        |                                      |
| <b>3</b>                         |                | <b>Wednesday, May 27, 2026</b> |                                 | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Vishabha Mase Sulka Paikse Budha Vasara Yuktiyam Kathmandu, Nepal<br>Chitra Nakshatra Vyatipata* Yoga Visti* Bava Karana Ekadashi/Dvadashyam Titau Sun 24 Sutra 44              |                                      |
| Kanya Rasi: 23.21                | Tithi 11 - 12  | Gulika 10:04AM - 11:46AM       | Chitra Until 8:10AM Thu         | Ganesha: Green                                                                                                                                                                                                                  | Sunrise: 4:56AM Parabhava 5:128      |
|                                  |                | Yama 6:38AM - 8:21AM           | Vyatipata* Until 3:26AM Thu     | Munuga: Clear                                                                                                                                                                                                                   | Sunset: 6:37PM Moon 5 - Phase 6 - 24 |
| Creative Work Siddha Yoga        | 369968679 Rahu | 11:46AM - 1:29PM               | Bava Until 7:11PM               | Nataraja: Clear                                                                                                                                                                                                                 | 4th Phase                            |
| Until 8:10AM Thu                 |                |                                | Ekadashi Until 6:24AM           | Moon - Green                                                                                                                                                                                                                    | Devaloka Day                         |
| Then Creative Work - Amrita Yoga |                |                                |                                 | <a href="#">Jyesthita Adhikar/Vikram</a>                                                                                                                                                                                        |                                      |
| <b>4</b>                         |                | <b>Thursday, May 28, 2026</b>  |                                 | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Vishabha Mase Sulka Paikse Guru Vasara Yuktiyam Kathmandu, Nepal<br>Chitra/Svati Nakshatra Varayan Yoga Balava/Kaulava Karana Dvadash/Trayodashyam Titau Sun 25 Sutra 45        |                                      |
| Tula Rasi: 5.34                  | Tithi 12 - 13  | Gulika 8:21AM - 10:04AM        | Chitra Until 8:10AM             | Ganesha: Green                                                                                                                                                                                                                  | Sunrise: 4:55AM Parabhava 5:128      |
|                                  |                | Yama 4:55AM - 6:38AM           | Varayan Until 3:55AM Fri        | Munuga: Clear                                                                                                                                                                                                                   | Sunset: 6:38PM Moon 5 - Phase 6 - 25 |
| Creative Work Siddha Yoga        | 369968679 Rahu | 1:29PM - 3:12PM                | Kaulava Until 8:57PM            | Nataraja: Clear                                                                                                                                                                                                                 | 4th Phase                            |
| Until 8:10AM                     |                |                                | Dvadashi Until 8:00AM           | Moon - Green                                                                                                                                                                                                                    | Devaloka Day                         |
| Then Creative Work - Amrita Yoga |                |                                |                                 | <a href="#">Jyesthita Adhikar/Vikram</a>                                                                                                                                                                                        |                                      |
|                                  |                |                                |                                 | Pradosha Vrata                                                                                                                                                                                                                  |                                      |
| <b>5</b>                         |                | <b>Friday, May 29, 2026</b>    |                                 | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Vishabha Mase Sulka Paikse Sukra Vasara Yuktiyam Kathmandu, Nepal<br>Svati/Vishakha Nakshatra Parigraha* Yoga Tatila/Gara Karana Trayodashi/Chaturdashyam Titau Sun 26 Sutra 46 |                                      |
| Tula Rasi: 17.39                 | Tithi 13 - 14  | Gulika 6:38AM - 8:21AM         | Svati Until 10:29AM             | Ganesha: Green                                                                                                                                                                                                                  | Sunrise: 4:55AM Parabhava 5:128      |
|                                  |                | Yama 3:12PM - 4:55PM           | Parigraha* Until 4:35AM Sat     | Munuga: Clear                                                                                                                                                                                                                   | Sunset: 6:38PM Moon 5 - Phase 6 - 26 |
| Creative Work Siddha Yoga        | 369968679 Rahu | 10:04AM - 11:47AM              | Gara Until 10:57PM              | Nataraja: Clear                                                                                                                                                                                                                 | 4th Phase                            |
|                                  |                |                                | Trayodashi Until 9:54AM         | Moon - Green                                                                                                                                                                                                                    | Devaloka Day                         |
|                                  |                | Vaikasi Visakam                |                                 | <a href="#">Jyesthita Adhikar/Vikram</a>                                                                                                                                                                                        |                                      |
| <b>6</b>                         |                | <b>Saturday, May 30, 2026</b>  |                                 | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Vishabha Mase Sulka Paikse Manta Vasara Yuktiyam Kathmandu, Nepal<br>Vishakha/Anuradha Nakshatra Shiva Yoga Vanja/Visti* Karana Chaturdashi/Purnimayam Titau Sun 27 Sutra 47    |                                      |
| <b>Copper Retreat Star</b>       |                | Gulika 4:55AM - 6:38AM         | Vishakha Until 1:21PM           | Ganesha: Red                                                                                                                                                                                                                    | Sunrise: 4:55AM Parabhava 5:128      |
| Tula Rasi: 29.4                  | Tithi 14 - 15  | Yama 1:30PM - 3:13PM           | Shiva Until 5:24AM Sun          | Munuga: Clear                                                                                                                                                                                                                   | Sunset: 6:39PM Moon 5 - Phase 6 - 27 |
| Creative Work Siddha Yoga        | 379968679 Rahu | 8:21AM - 10:04AM               | Visti Until 1:08AM Sun          | Nataraja: Clear                                                                                                                                                                                                                 | Purnima                              |
|                                  |                |                                | Chaturdashi* Until 12:00PM      | Moon - Orange                                                                                                                                                                                                                   | Sivaloka Day                         |
|                                  |                |                                |                                 | <a href="#">Jyesthita Adhikar/Vikram</a>                                                                                                                                                                                        |                                      |
| <b>7</b>                         |                | <b>Sunday, May 31, 2026</b>    |                                 | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Vishabha Mase Krishna Paikse Bhanu Vasara Yuktiyam Kathmandu, Nepal<br>Anuradha/Jyesthita* Nakshatra Siddha Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 28 Sutra 48   |                                      |
| <b>Silver Retreat Star</b>       |                | Gulika 3:13PM - 4:56PM         | Anuradha Until 4:11PM           | Ganesha: Red                                                                                                                                                                                                                    | Sunrise: 4:55AM Parabhava 5:128      |
| Vischika Rasi: 12                | Tithi 15 - 16  | Yama 11:47AM - 1:30PM          | Siddha Until 6:16AM Mon         | Munuga: Clear                                                                                                                                                                                                                   | Sunset: 6:39PM Moon 5 - Phase 6 - 28 |
|                                  |                | 379968679 Rahu                 | Balava Until 3:27AM Mon         | Nataraja: Clear                                                                                                                                                                                                                 | Prathama                             |
| Routine Work Marana Yoga         |                | 4:56PM - 6:39PM                | Purnima* Until 2:16PM           | Moon - Orange                                                                                                                                                                                                                   | Sivaloka Day                         |
|                                  |                |                                |                                 | <a href="#">Jyesthita Adhikar/Vikram</a>                                                                                                                                                                                        |                                      |

The mind is said to be twofold: the pure and also the impure; impure by union with desire—pure when from desire completely free! Krishna Yajur Veda

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Monday, June 1, 2026

Gold Retreat Star

Vischika Rasi: 23.3 Tithi 16 ~ 17  
Family Home Evening  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Indu Vasara Yuktyam  
Jyeshtha\* Nakshatra Siddha/Sadhya Yoga Kaulava/Taila Karana Prathamam/Dvityayam Titau  
Gulika 1:30PM ~ 3:13PM  
Yama 10:04AM ~ 11:47AM  
379968679 Rahu 6:39AM ~ 8:21AM  
Jyeshtha\* Until 6:56PM  
Siddha Until 6:16AM  
Taila Until 5:49AM Tue  
Prathama\* Until 4:37PM  
Ganesha: Red Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:40PM  
Nataraja: Clear  
Moon - Orange  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sutra 49  
Parabhava 5128  
Moon 6 - Phase 7 - 1st Phase

1 Tuesday, June 2, 2026

Dhanus Rasi: 5.23 Tithi 17  
Creative Work Amrita Yoga  
Until 10:03PM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Mangala Vasara Yuktyam  
Mula\* Nakshatra Siddha/Sadhya Yoga Gara Karana Dvityayam Titau  
Gulika 11:47AM ~ 1:30PM  
Yama 8:21AM ~ 10:04AM  
389968679 Rahu 3:14PM ~ 4:57PM  
Mula\* Until 10:03PM  
Sadhya Until 7:12AM  
Gara Until 7:00PM  
Dvitya Until 7:00PM  
Ganesha: Blue Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:40PM  
Nataraja: Clear  
Moon - Light Blue  
Devaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 1 Sutra 50  
Parabhava 5128  
Moon 6 - Phase 7 - 1st Phase

2 Wednesday, June 3, 2026

Dhanus Rasi: 17.16 Tithi 18  
Creative Work Amrita Yoga  
Until 12:56AM Thu  
Then Routine Work - Marana Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Budha Vasara Yuktyam  
Purnvashadha\* Nakshatra Subha/Sukla Yoga Vanja/Visti\* Karana Tritayayam Titau  
Gulika 10:04AM ~ 11:47AM  
Yama 6:37AM ~ 8:21AM  
381968679 Rahu 11:47AM ~ 1:31PM  
Purnvashadha\* Until 12:56AM Thu  
Subha Until 8:08AM  
Vanja Until 8:12AM  
Tritiya Until 9:20PM  
Ganesha: Yellow Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:40PM  
Nataraja: Clear  
Moon 6 - Phase 7 - 2 1st Phase  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 2 Sutra 51  
Parabhava 5128  
Moon 6 - Phase 7 - 2 1st Phase

3 Thursday, June 4, 2026

Dhanus Rasi: 29.1 Tithi 19  
Routine Work Marana Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Guru Vasara Yuktyam  
Uttarashadha\* Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Chaturthayam Titau  
Gulika 8:21AM ~ 10:04AM  
Yama 4:54AM ~ 6:37AM  
381968679 Rahu 1:31PM ~ 3:14PM  
Uttarashadha Until 3:29AM Fri  
Sukla Until 8:58AM  
Bava Until 10:28AM  
Chaturthi\* Until 11:30PM  
Ganesha: Yellow Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:40PM  
Nataraja: Clear  
Moon - Light Blue  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 3 Sutra 52  
Parabhava 5128  
Moon 6 - Phase 7 - 3 1st Phase

4 Friday, June 5, 2026

Makara Rasi: 11.1 Tithi 20  
Routine Work Marana Yoga  
Until 6:03AM Sat  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Sukra Vasara Yuktyam  
Shravana\* Nakshatra Brahma/Indra Yoga Kaulava/Taila Karana Panchmayam Titau  
Gulika 6:37AM ~ 8:21AM  
Yama 3:15PM ~ 4:58PM  
391168671 Rahu 10:04AM ~ 11:48AM  
Shravana Until 6:03AM Sat  
Brahma Until 9:39AM  
Kaulava Until 12:30PM  
Panchami Until 1:22AM Sat  
Ganesha: Yellow Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:41PM  
Nataraja: Red  
Moon - Purple  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 4 Sutra 53  
Parabhava 5128  
Moon 6 - Phase 7 - 4 1st Phase

5 Saturday, June 6, 2026

Makara Rasi: 23.17 Tithi 21  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Merita Vasara Yuktyam  
Shravana\* Nakshatra Brahma/Indra/Vaidhiti\* Yoga Gara/Vanja Karana Shashthayam Titau  
Gulika 4:54AM ~ 6:37AM  
Yama 1:31PM ~ 3:15PM  
391168671 Rahu 8:21AM ~ 10:04AM  
Shravana Until 6:03AM  
Indra Until 10:04AM  
Gara Until 2:09PM  
Shashthi\* Until 2:45AM Sun  
Ganesha: Yellow Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:40PM  
Nataraja: Red  
Moon - Purple  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 5 Sutra 54  
Parabhava 5128  
Moon 6 - Phase 7 - 5 1st Phase

6 Sunday, June 7, 2026

Kumbha Rasi: 5.38 Tithi 22  
Routine Work Marana Yoga  
Until 7:57AM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Bharu Vasara Yuktyam  
Dhanishtha/Shatabhishak Nakshatra Vaidhiti\*/Vishkambha\* Yoga Visti\*/Bava Karana Sapthmayam Titau  
Gulika 3:15PM ~ 4:59PM  
Yama 11:48AM ~ 1:32PM  
391168671 Rahu 4:59PM ~ 6:42PM  
Dhanishtha Until 7:57AM  
Vaidhiti\* Until 10:02AM  
Visti Until 3:14PM  
Saptami Until 3:29AM Mon  
Ganesha: Yellow Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:40PM  
Nataraja: Red  
Moon - Purple  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 6 Sutra 55  
Parabhava 5128  
Moon 6 - Phase 7 - 6 1st Phase

Monday, June 8, 2026

Retreat Star  
Kumbha Rasi: 18.17 Tithi 23  
Family Home Evening  
Creative Work Siddha Yoga  
Until 9:03AM  
Then Routine Work - Marana Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Kanya Vasara Yuktyam  
Shatabhishak/Purnvashrothapada\* Nakshatra Vishkambha\* Priti Yoga Balava/Kaulava Kanya Navmayam Titau  
Gulika 1:32PM ~ 3:16PM  
Yama 10:05AM ~ 11:48AM  
391168671 Rahu 6:37AM ~ 8:21AM  
Shatabhishak Until 9:03AM  
Vishkambha\* Until 9:29AM  
Balava Until 3:36PM  
Ashami\* Until 3:28AM Tue  
Ganesha: Yellow Sunrise: 4:54AM  
Munuga: Clear Sunset: 6:43PM  
Nataraja: Red  
Moon - Purple  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 7 Sutra 56  
Parabhava 5128  
Moon 6 - Phase 7 - 7 Ashtami

Tuesday, June 9, 2026

Retreat Star  
Meena Rasi: 1.17 Tithi 24  
Routine Work Marana Yoga  
Until 9:41AM  
Then Creative Work - Amrita Yoga

Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Mangala Vasara Yuktyam  
Purnvashrothapada\*/Uttarashrothapada\* Nakshatra Priti/Ayushman Yoga Taila/Gara Kanya Navmayam Titau  
Gulika 11:48AM ~ 1:32PM  
Yama 8:21AM ~ 10:05AM  
311168671 Rahu 3:16PM ~ 5:00PM  
Purnvashrothapada\* Until 9:41AM  
Priti Until 8:19AM  
Taila Until 3:09PM  
Navami\* Until 2:36AM Wed  
Ganesha: Orange Sunrise: 4:53AM  
Munuga: Clear Sunset: 6:43PM  
Nataraja: Red  
Moon - Clear  
Sivaloka Day  
[Jyeshtha Adhikaridivakasi](#)

Kathmandu, Nepal  
Sun 8 Sutra 57  
Parabhava 5128  
Moon 6 - Phase 7 - 8 Navami

Sunless and demonic, verily, are those worlds, and enveloped in blinding darkness, to which all those people who are enemies of their own souls go after death. Shukla Yajur Veda

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|                                                                                   |               |                                                                                                                                                                                              |                                                          |                                                                                                                                                                                                     |                                                                        |                                     |                                                      |
|-----------------------------------------------------------------------------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------|------------------------------------------------------|
| <b>1</b>                                                                          |               | Wednesday, June 10, 2026                                                                                                                                                                     |                                                          | Parabhava Nama Samvatsare Uтарыяне Нарана Рітау Вішабха Месе Крішна Пакше Бадха Васара Yukitayam<br>Uttaraprosarthpada/Revati Nakshatra Ayushman/Saubhagya Yoga Vanja/Vidhi* Karana Dashamyam Titau |                                                                        | Kathmandu, Nepal<br>Sun 9 Sutra 58  |                                                      |
| Meena Rasi: 14.44                                                                 | Tithi 25      | Gulika<br>Yama<br>311168671 Rahu                                                                                                                                                             | 10:05AM - 11:49AM<br>6:37AM - 8:21AM<br>11:49AM - 1:32PM | Uttaraprosarthpada Until 9:20AM<br>Ayushman Until 6:28AM<br>Vanija Until 1:54PM<br>Dashami Until 12:57AM Thu                                                                                        | Ganesha: Orange<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Clear      | Sunrise: 4:53AM<br>Sunset: 6:44PM   | Parabhava 5128<br>Moon 6 - Phase 8 - 9<br>2nd Phase  |
| Creative Work Siddha Yoga<br>Until 9:20AM<br>Then Routine Work - Marana Yoga      |               |                                                                                                                                                                                              |                                                          | Sivaloka Day                                                                                                                                                                                        |                                                                        |                                     |                                                      |
| <b>2</b>                                                                          |               | Thursday, June 11, 2026                                                                                                                                                                      |                                                          | Parabhava Nama Samvatsare Uтарыяне Нарана Рітау Вішабха Месе Крішна Пакше Guru Vissara Yukitayam<br>Revati/Ashvini Nakshatra Sobhana Yoga Bava/Balava Karana Ekadashyam Titau                       |                                                                        | Kathmandu, Nepal<br>Sun 10 Sutra 59 |                                                      |
| Meena Rasi: 28.41                                                                 | Tithi 26      | Gulika<br>Yama<br>311168671 Rahu                                                                                                                                                             | 8:21AM - 10:05AM<br>4:53AM - 6:37AM<br>1:33PM - 3:16PM   | Revati Until 8:05AM<br>Sobhana Until 12:55AM Fri<br>Bava Until 11:51AM<br>Ekadashi* Until 10:33PM                                                                                                   | Ganesha: Orange<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Clear      | Sunrise: 4:53AM<br>Sunset: 6:44PM   | Parabhava 5128<br>Moon 6 - Phase 8 - 10<br>2nd Phase |
| Creative Work Siddha Yoga<br>Until 8:05AM<br>Then Creative Work - Amrita Yoga     |               |                                                                                                                                                                                              |                                                          | Sivaloka Day                                                                                                                                                                                        |                                                                        |                                     |                                                      |
| <b>3</b>                                                                          |               | Friday, June 12, 2026                                                                                                                                                                        |                                                          | Parabhava Nama Samvatsare Uтарыяне Нарана Рітау Вішабха Месе Крішна Пакше Sukra Vasara Yukitayam<br>Ashvini/Bharani Nakshatra Afhiganda* Yoga Kaulava/Tailila Karana Dvadashyam Titau               |                                                                        | Kathmandu, Nepal<br>Sun 11 Sutra 60 |                                                      |
| Mesha Rasi: 13.05                                                                 | Tithi 27      | Gulika<br>Yama<br>321168671 Rahu                                                                                                                                                             | 6:37AM - 8:21AM<br>3:17PM - 5:01PM<br>10:05AM - 11:49AM  | Ashvini Until 6:24AM<br>Afhiganda* Until 9:20PM<br>Kaulava Until 9:08AM<br>Dvadashi* Until 7:33PM                                                                                                   | Ganesha: Light Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - White  | Sunrise: 4:53AM<br>Sunset: 6:44PM   | Parabhava 5128<br>Moon 6 - Phase 8 - 11<br>2nd Phase |
| Creative Work Amrita Yoga<br>Until 6:24AM<br>Then Creative Work - Siddha Yoga     |               |                                                                                                                                                                                              |                                                          | Devaloka Day                                                                                                                                                                                        |                                                                        |                                     |                                                      |
| <b>4</b>                                                                          |               | Saturday, June 13, 2026                                                                                                                                                                      |                                                          | Parabhava Nama Samvatsare Uтарыяне Нарана Рітау Вішабха Месе Крішна Пакше Merita Vasara Yukitayam<br>Kritika Nakshatra Sukarna/Dhriti Yoga Vanja/Vidhi* Karana Trayodashi/Chaturdashyam Titau       |                                                                        | Kathmandu, Nepal<br>Sun 12 Sutra 61 |                                                      |
| Mesha Rasi: 27.53                                                                 | Tithi 28 - 29 | Gulika<br>Yama<br>321168671 Rahu                                                                                                                                                             | 4:54AM - 6:37AM<br>1:33PM - 3:17PM<br>8:21AM - 10:05AM   | Kritika Until 1:06AM Sun<br>Sukarna Until 5:24PM<br>Visti Until 2:15AM Sun<br>Trayodashi* Until 4:06PM                                                                                              | Ganesha: Light Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - White  | Sunrise: 4:54AM<br>Sunset: 6:45PM   | Parabhava 5128<br>Moon 6 - Phase 8 - 12<br>2nd Phase |
| Creative Work Amrita Yoga<br>Until 1:06AM Sun<br>Then Creative Work - Siddha Yoga |               |                                                                                                                                                                                              |                                                          | Devaloka Day                                                                                                                                                                                        |                                                                        |                                     |                                                      |
|  |               | Sunday, June 14, 2026                                                                                                                                                                        |                                                          | Parabhava Nama Samvatsare Uтарыяне Нарана Рітау Вішабха Месе Крішна Пакше Bharu Vasara Yukitayam<br>Rohini Nakshatra Dhriti/Shula* Yoga Sakuni* Catuspada* Karana Chaturdashi/Amavasyayam Titau     |                                                                        | Kathmandu, Nepal<br>Sun 13 Sutra 62 |                                                      |
| Retreat Star                                                                      |               | Gulika<br>Yama<br>332168671 Rahu                                                                                                                                                             | 3:17PM - 5:01PM<br>11:49AM - 1:33PM<br>5:01PM - 6:45PM   | Rohini Until 10:14PM<br>Dhriti Until 1:14PM<br>Catuspada Until 10:25PM<br>Chaturdashi* Until 12:20PM                                                                                                | Ganesha: Light Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Yellow | Sunrise: 4:54AM<br>Sunset: 6:45PM   | Parabhava 5128<br>Moon 6 - Phase 8 - 13<br>Amavasya  |
| Wishabha Rasi: 13 Tithi 29 - 30                                                   |               |                                                                                                                                                                                              |                                                          | Devaloka Day                                                                                                                                                                                        |                                                                        |                                     |                                                      |
| Creative Work Siddha Yoga                                                         |               |                                                                                                                                                                                              |                                                          |                                                                                                                                                                                                     |                                                                        |                                     |                                                      |
| <b>Monday, June 15, 2026</b>                                                      |               | Parabhava Nama Samvatsare Uтарыяне Нарана Рітау Мітхуна Месе Sukla Pakshe Indu Vasara Yukitayam<br>Mrigashira Nakshatra Shula*Gandha* Yoga Naga*Kirtughna* Karana Amavasya/Prathamayam Titau |                                                          | Kathmandu, Nepal<br>Sun 14 Sutra 63                                                                                                                                                                 |                                                                        |                                     |                                                      |
| Retreat Star                                                                      |               | Gulika<br>Yama<br>332168671 Rahu                                                                                                                                                             | 1:34PM - 3:18PM<br>10:06AM - 11:50AM<br>6:38AM - 8:22AM  | Mrigashira Until 7:11PM<br>Shula* Until 8:56AM<br>Kirtughna Until 6:32PM<br>Amavasya* Until 8:27AM                                                                                                  | Ganesha: Light Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Yellow | Sunrise: 4:54AM<br>Sunset: 6:46PM   | Parabhava 5128<br>Moon 6 - Phase 8 - 14<br>Prathama  |
| Wishabha Rasi: 28.16 Tithi 30 - 1                                                 |               |                                                                                                                                                                                              |                                                          | Devaloka Day                                                                                                                                                                                        |                                                                        |                                     |                                                      |
| Family Home Evening                                                               |               |                                                                                                                                                                                              |                                                          |                                                                                                                                                                                                     |                                                                        |                                     |                                                      |
| Creative Work Amrita Yoga<br>Until 7:11PM<br>Then Creative Work - Siddha Yoga     |               |                                                                                                                                                                                              |                                                          |                                                                                                                                                                                                     |                                                                        |                                     |                                                      |

Loose me from my sin as from a bond that binds me. May my life swell the stream of your river of Right. Rig Veda Samhita

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|--------------------------------------------------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------|------------------------------------------------------|
| <b>1</b> Tuesday, June 16, 2026                                                |              | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Mithuna Mase Sukla Paksha Mangala Vasara Yukhtayam<br>Andra/Punravasu Nakshatra Viddhi Yoga Talila/Gara Karana Dvityayam Titau                          |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 15 Sutra 64                  |
| Mithuna Rasi: 13.3                                                             | Tithi 2      | Gulika 11:50AM - 1:34PM<br>Yama 8:22AM - 10:06AM<br>332168671 Rahu 3:18PM - 5:02PM                                                                                                                      | Andra Until 4:09PM<br>Viddhi Until 12:40AM Wed<br>Balava Until 2:47PM<br>Dvitya Until 1:00AM Wed            | Ganesha: Light Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Yellow | Sunrise: 4:54AM<br>Sunset: 6:46PM | Parabhava 5128<br>Moon 6 - Phase 9 - 15<br>3rd Phase |
| Routine Work Marana Yoga<br>Until 4:09PM<br>Then Creative Work - Siddha Yoga   |              |                                                                                                                                                                                                         |                                                                                                             | Devaloka Day                                                           |                                   |                                                      |
| <b>2</b> Wednesday, June 17, 2026                                              |              | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Mithuna Mase Sukla Paksha Budha Vasara Yukhtayam<br>Punarvasu/Pushya Nakshatra Dhruva Yoga Talila/Gara Karana Tritayayam Titau                          |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 16 Sutra 65                  |
| Mithuna Rasi: 28.33                                                            | Tithi 3      | Gulika 10:06AM - 11:50AM<br>Yama 6:38AM - 8:22AM<br>342168671 Rahu 11:50AM - 1:34PM                                                                                                                     | Punarvasu Until 1:42PM<br>Dhruva Until 8:55PM<br>Talila Until 11:20AM<br>Tritiya Until 9:46PM               | Ganesha: Purple<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Blue       | Sunrise: 4:54AM<br>Sunset: 6:46PM | Parabhava 5128<br>Moon 6 - Phase 9 - 16<br>3rd Phase |
| Creative Work Siddha Yoga                                                      |              |                                                                                                                                                                                                         |                                                                                                             | Devaloka Day                                                           |                                   |                                                      |
| <b>3</b> Thursday, June 18, 2026                                               |              | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Mithuna Mase Sukla Paksha Guru Vasara Yukhtayam<br>Pushya/Ashlesha* Nakshatra Vyaghata*Harshana Yoga Vanija/Visti* Karana Chaturthayam Titau            |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 17 Sutra 66                  |
| Kalka Rasi: 13.16                                                              | Tithi 4      | Gulika 8:22AM - 10:06AM<br>Yama 6:38AM - 8:22AM<br>342168671 Rahu 1:34PM - 3:18PM                                                                                                                       | Pushya Until 11:37AM<br>Vyaghata* Until 5:38PM<br>Vanija Until 8:21AM<br>Chaturthi* Until 7:04PM            | Ganesha: Purple<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Blue       | Sunrise: 4:54AM<br>Sunset: 6:46PM | Parabhava 5128<br>Moon 6 - Phase 9 - 17<br>3rd Phase |
| Creative Work Amrita Yoga<br>Until 11:37AM<br>Then Creative Work - Siddha Yoga |              |                                                                                                                                                                                                         |                                                                                                             | Devaloka Day                                                           |                                   |                                                      |
| <b>4</b> Friday, June 19, 2026                                                 |              | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Mithuna Mase Sukla Paksha Sukra Vasara Yukhtayam<br>Pushya/Ashlesha* Nakshatra Harshana/Vajra* Yoga Talila/Gara Karana Panchmi/Shadthayam Titau         |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 18 Sutra 67                  |
| Kalka Rasi: 27.34                                                              | Tithi 5 - 6  | Gulika 6:38AM - 8:22AM<br>Yama 3:19PM - 5:03PM<br>342168671 Rahu 10:06AM - 11:50AM                                                                                                                      | Ashlesha* Until 10:00AM<br>Harshana Until 2:55PM<br>Kaulava Until 4:21AM Sat<br>Panchami Until 5:03PM       | Ganesha: Purple<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Blue       | Sunrise: 4:54AM<br>Sunset: 6:47PM | Parabhava 5128<br>Moon 6 - Phase 9 - 18<br>3rd Phase |
| Routine Work Marana Yoga                                                       |              |                                                                                                                                                                                                         |                                                                                                             | Devaloka Day                                                           |                                   |                                                      |
| <b>5</b> Saturday, June 20, 2026                                               |              | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Mithuna Mase Sukla Paksha Morita Vasara Yukhtayam<br>Magha/Purvaphalguni Nakshatra Vajra*/Siddhi Yoga Talila/Gara Karana Shadthi/Saptamayam Titau       |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 19 Sutra 68                  |
| Simha Rasi: 11.23                                                              | Tithi 6 - 7  | Gulika 4:54AM - 6:38AM<br>Yama 1:35PM - 3:19PM<br>352168671 Rahu 8:23AM - 10:07AM                                                                                                                       | Magha* Until 9:26AM<br>Vajra* Until 12:47PM<br>Gara Until 3:30AM Sun<br>Shashthi* Until 3:48PM              | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Red         | Sunrise: 4:54AM<br>Sunset: 6:47PM | Parabhava 5128<br>Moon 6 - Phase 9 - 19<br>3rd Phase |
| Creative Work Amrita Yoga<br>Until 9:26AM<br>Then Creative Work - Siddha Yoga  |              |                                                                                                                                                                                                         |                                                                                                             | Sivaloka Day                                                           |                                   |                                                      |
| <b>6</b> Sunday, June 21, 2026                                                 |              | Parabhava Nama Samvatsare Uтарыने Nartana Ritau Mithuna Mase Sukla Paksha Bharu Vasara Yukhtayam<br>Purvaphalguni Nakshatra Siddhi/Vysipata* Yoga Vanija/Visti* Karana Saptami/Kattamayam Titau         |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 20 Sutra 69                  |
| Simha Rasi: 24.44                                                              | Tithi 7 - 8  | Gulika 3:19PM - 5:03PM<br>Yama 11:51AM - 1:35PM<br>352168671 Rahu 5:03PM - 6:47PM                                                                                                                       | Purvaphalguni Until 9:30AM<br>Siddhi Until 11:20AM<br>Visti Until 3:27AM Mon<br>Saptami Until 3:21PM        | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Red         | Sunrise: 4:55AM<br>Sunset: 6:47PM | Parabhava 5128<br>Moon 6 - Phase 9 - 20<br>3rd Phase |
| Creative Work Siddha Yoga<br>Until 9:30AM<br>Then Creative Work - Amrita Yoga  |              | Chidambaram Abhishekam<br>Father's Day                                                                                                                                                                  |                                                                                                             | Sivaloka Day                                                           |                                   |                                                      |
| <b>D</b> Monday, June 22, 2026<br>Retreat Star                                 |              | Parabhava Nama Samvatsare Dalchinyaya Nartana Ritau Mithuna Mase Sukla Paksha Indu Vasara Yukhtayam<br>Uttaraphalguni/Hasta Nakshatra Vysipata*/Varjany Yoga Bava/Balava Karana Ashtami/Navamayam Titau |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 21 Sutra 70                  |
| Kanya Rasi: 7.41                                                               | Tithi 8 - 9  | Gulika 1:35PM - 3:19PM<br>Yama 10:07AM - 11:51AM<br>352168671 Rahu 6:39AM - 8:23AM                                                                                                                      | Uttaraphalguni Until 10:12AM<br>Vysipata* Until 10:31AM<br>Balava Until 4:09AM Tue<br>Ashtami* Until 3:41PM | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Red         | Sunrise: 4:55AM<br>Sunset: 6:47PM | Parabhava 5128<br>Moon 6 - Phase 9 - 21<br>Ashtami   |
| Family Home Evening<br>Creative Work Siddha Yoga                               |              |                                                                                                                                                                                                         |                                                                                                             | Sivaloka Day                                                           |                                   |                                                      |
| <b>Tuesday, June 23, 2026</b><br>Retreat Star                                  |              | Parabhava Nama Samvatsare Dalchinyaya Nartana Ritau Mithuna Mase Sukla Paksha Mangala Vasara Yukhtayam<br>Hasta/Chitra Nakshatra Varjany/Parigraha* Yoga Kaulava/Taila Karana Navami/Dashamayam Titau   |                                                                                                             |                                                                        |                                   | Kathmandu, Nepal<br>Sun 22 Sutra 71                  |
| Kanya Rasi: 20.16                                                              | Tithi 9 - 10 | Gulika 11:51AM - 1:35PM<br>Yama 8:23AM - 10:07AM<br>362168671 Rahu 3:19PM - 5:03PM                                                                                                                      | Hasta Until 11:55AM<br>Varjany Until 10:13AM<br>Taila Until 5:27AM Wed<br>Navami* Until 4:43PM              | Ganesha: White<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Green       | Sunrise: 4:55AM<br>Sunset: 6:48PM | Parabhava 5128<br>Moon 6 - Phase 9 - 22<br>Navami    |
| Creative Work Siddha Yoga                                                      |              |                                                                                                                                                                                                         |                                                                                                             | Devaloka Day                                                           |                                   |                                                      |

That which appears as cold or as hot, fresh or spoiled, good fortune and bad, love and hate, effort and laziness, the exalted and the deprived, the rich and the poor, the well-founded and the ill-founded, all this is God Himself; none other than Him can we know. Ajita Agama

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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| 1                   | Wednesday, June 24, 2026                                                            |                                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukla Pakshs Budha Vasara Yuktayam Kathmandu, Nepal     |  |  |  |                                                                      |  |                                                                         |
|                     | Chitra/Svati Nakshatra Parigha/Shiva Yoga Gara Karana Dasharnyam Titau              |                                  | Sun 23 Sutra 72                                                                                                          |  |  |  |                                                                      |  |                                                                         |
|                     | Gulika 10:07AM - 11:52AM<br>Yama 6:39AM - 8:23AM<br>362168671 Rahu 11:52AM - 1:36PM |                                  | Chitra Until 2:01PM<br>Parigha* Until 10:24AM<br>Gara Until 6:16PM<br>Dasharni Until 6:16PM                              |  |  |  | Ganesha: White<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Green     |  | Sunset: 4:55AM<br>Sunset: 6:48PM<br>Moon 6 - Phase 10 - 23<br>4th Phase |
|                     | Creative Work                                                                       | Siddha Yoga                      | Devaloka Day                                                                                                             |  |  |  |                                                                      |  |                                                                         |
| 2                   | Thursday, June 25, 2026                                                             |                                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukla Pakshs Guru Vasara Yuktayam Kathmandu, Nepal      |  |  |  |                                                                      |  |                                                                         |
|                     | Svati/Vishakha Nakshatra Shiva/Siddha Yoga Vanija/Visi* Karana Ekadashyam Titau     |                                  | Sun 24 Sutra 73                                                                                                          |  |  |  |                                                                      |  |                                                                         |
|                     | Gulika 8:24AM - 10:09AM<br>Yama 4:56AM - 6:40AM<br>362168671 Rahu 1:36PM - 3:20PM   |                                  | Svati Until 4:21PM<br>Shiva Until 10:56AM<br>Vanija Until 7:14AM<br>Ekadashi Until 8:13PM                                |  |  |  | Ganesha: White<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Green     |  | Sunset: 4:56AM<br>Sunset: 6:48PM<br>Moon 6 - Phase 10 - 24<br>4th Phase |
|                     | Creative Work                                                                       | Amrita Yoga                      | Devaloka Day                                                                                                             |  |  |  |                                                                      |  |                                                                         |
| Until 4:21PM        |                                                                                     | Then Creative Work - Siddha Yoga |                                                                                                                          |  |  |  |                                                                      |  |                                                                         |
| 3                   | Friday, June 26, 2026                                                               |                                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukla Pakshs Sukra Vasara Yuktayam Kathmandu, Nepal     |  |  |  |                                                                      |  |                                                                         |
|                     | Vishakha Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Dvadashtyam Titau          |                                  | Sun 25 Sutra 74                                                                                                          |  |  |  |                                                                      |  |                                                                         |
|                     | Gulika 6:40AM - 8:24AM<br>Yama 3:20PM - 5:04PM<br>372168671 Rahu 10:08AM - 11:52AM  |                                  | Vishakha Until 7:17PM<br>Siddha Until 11:39AM<br>Bava Until 9:19AM<br>Dvadashti Until 10:25PM                            |  |  |  | Ganesha: Yellow<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Orange   |  | Sunset: 4:56AM<br>Sunset: 6:48PM<br>Moon 6 - Phase 10 - 25<br>4th Phase |
|                     | Creative Work                                                                       | Siddha Yoga                      | Sivaloka Day                                                                                                             |  |  |  |                                                                      |  |                                                                         |
| 4                   | Saturday, June 27, 2026                                                             |                                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukla Pakshs Marta Vasara Yuktayam Kathmandu, Nepal     |  |  |  |                                                                      |  |                                                                         |
|                     | Anuradha Nakshatra Sadhya/Subha Yoga Kaulava/Taila Karana Trayodashyam Titau        |                                  | Sun 26 Sutra 75                                                                                                          |  |  |  |                                                                      |  |                                                                         |
|                     | Gulika 4:56AM - 6:40AM<br>Yama 1:36PM - 3:20PM<br>373168671 Rahu 8:24AM - 10:08AM   |                                  | Anuradha Until 10:10PM<br>Sadhya Until 12:31PM<br>Kaulava Until 11:35AM<br>Trayodashi Until 12:44AM Sun                  |  |  |  | Ganesha: White<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Orange    |  | Sunset: 4:56AM<br>Sunset: 6:48PM<br>Moon 6 - Phase 10 - 26<br>4th Phase |
|                     | Creative Work                                                                       | Siddha Yoga                      | Subha Sivaloka Day                                                                                                       |  |  |  |                                                                      |  |                                                                         |
|                     |                                                                                     | Pradosha Vrata                   |                                                                                                                          |  |  |  |                                                                      |  |                                                                         |
| 5                   | Sunday, June 28, 2026                                                               |                                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukla Pakshs Bhanu Vasara Yuktayam Kathmandu, Nepal     |  |  |  |                                                                      |  |                                                                         |
|                     | Jyeshtha* Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Chaturdashyam Titau         |                                  | Sun 27 Sutra 76                                                                                                          |  |  |  |                                                                      |  |                                                                         |
|                     | Gulika 3:20PM - 5:04PM<br>Yama 11:52AM - 1:36PM<br>373168671 Rahu 5:04PM - 6:48PM   |                                  | Jyeshtha* Until 12:57AM Mon<br>Subha Until 1:28PM<br>Gara Until 1:56PM<br>Chaturdashi* Until 3:06AM Mon                  |  |  |  | Ganesha: White<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Orange    |  | Sunset: 4:56AM<br>Sunset: 6:48PM<br>Moon 6 - Phase 10 - 27<br>4th Phase |
|                     | Routine Work                                                                        | Marana Yoga                      | Subha Sivaloka Day                                                                                                       |  |  |  |                                                                      |  |                                                                         |
| Until 12:57AM Mon   |                                                                                     | Then Creative Work - Siddha Yoga |                                                                                                                          |  |  |  |                                                                      |  |                                                                         |
| O                   | Monday, June 29, 2026                                                               |                                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukla Pakshs Indu Vasara Yuktayam Kathmandu, Nepal      |  |  |  |                                                                      |  |                                                                         |
|                     | Copper Retreat Star                                                                 |                                  | Mula* Nakshatra Sukla/Brahma Yoga Visi*/Bava Karana Purnimayam Titau                                                     |  |  |  |                                                                      |  |                                                                         |
|                     | Gulika 1:36PM - 3:20PM<br>Yama 10:09AM - 11:53AM<br>383268671 Rahu 6:41AM - 8:25AM  |                                  | Mula* Until 4:01AM Tue<br>Sukla Until 2:23PM<br>Visi Until 4:17PM<br>Purnima* Until 5:25AM Tue                           |  |  |  | Ganesha: Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Light Blue |  | Sunset: 4:57AM<br>Sunset: 6:48PM<br>Moon 6 - Phase 10 - Purnima         |
|                     | Dhanus Rasi: 2.25                                                                   | Tithi 15                         | Devaloka Day                                                                                                             |  |  |  |                                                                      |  |                                                                         |
| Family Home Evening |                                                                                     |                                  |                                                                                                                          |  |  |  |                                                                      |  |                                                                         |
| Creative Work       | Siddha Yoga                                                                         |                                  |                                                                                                                          |  |  |  |                                                                      |  |                                                                         |
|                     | Tuesday, June 30, 2026                                                              |                                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Krishna Pakshs Mangala Vasara Yuktayam Kathmandu, Nepal |  |  |  |                                                                      |  |                                                                         |
|                     | Silver Retreat Star                                                                 |                                  | Purvashadha* Nakshatra Brahma/Indra Yoga Balava Karana Prathamayam Titau                                                 |  |  |  |                                                                      |  |                                                                         |
|                     | Gulika 11:53AM - 1:37PM<br>Yama 8:25AM - 10:09AM<br>383268671 Rahu 3:21PM - 5:04PM  |                                  | Purvashadha* Until 6:49AM Wed<br>Brahma Until 3:15PM<br>Balava Until 6:34PM<br>Prathama* Until 7:38AM Wed                |  |  |  | Ganesha: Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Light Blue |  | Sunset: 4:57AM<br>Sunset: 6:48PM<br>Moon 6 - Phase 10 - Prathama        |
|                     | Dhanus Rasi: 14.19                                                                  | Tithi 16                         | Devaloka Day                                                                                                             |  |  |  |                                                                      |  |                                                                         |
| Creative Work       | Siddha Yoga                                                                         |                                  |                                                                                                                          |  |  |  |                                                                      |  |                                                                         |
| Until 6:49AM Wed    |                                                                                     | Then Creative Work - Amrita Yoga |                                                                                                                          |  |  |  |                                                                      |  |                                                                         |

Behold the universe in the glory of God: and all that lives and moves on earth. Leaving the transient, find joy in the Eternal. Set not your heart on another's possession.  
Shukla Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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**Wednesday, July 1, 2026**  
**Gold Retreat Star**

|                           |               |                                                                                                                                                                                                         |                                                          |                                                                                                  |                                                                      |                                                                    |                                |
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|                           |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Budha Vasara Yuktayam<br>Purvashadha/Uttarashadha Nakshatra Vaidhriti* Yoga Kaulava/Taila Karana Prathamam/Dvityayam Titau |                                                          |                                                                                                  |                                                                      | Kathmandu, Nepal<br>Sutra 79                                       |                                |
| Dhanus Rasi: 26.15        | Tithi 16 - 17 | Gulika<br>Yama<br>383268671 Rahu                                                                                                                                                                        | 10:09AM - 11:53AM<br>6:41AM - 8:25AM<br>11:53AM - 1:37PM | Purvashadha* Until 6:49AM<br>Indra Until 4:02PM<br>Taila Until 8:41PM<br>Prathamam* Until 7:38AM | Ganesha: Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Light Blue | Sunrise: 4:57AM<br>Sunset: 6:48PM<br>Moon 7 - Phase 11 - 1st Phase | Parabhava 5128<br>Devaloka Day |
| Creative Work Amrita Yoga |               | Jyotishtha Aasi                                                                                                                                                                                         |                                                          |                                                                                                  |                                                                      |                                                                    |                                |

**Thursday, July 2, 2026**

|                                                                              |               |                                                                                                                                                                                                          |                                                        |                                                                                                      |                                                                      |                                                                    |                                |
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|                                                                              |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Guru Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Vaidhriti/Vishkambha* Yoga Gara/Vanja Karana Dvitiya/Tritayam Titau |                                                        |                                                                                                      |                                                                      | Kathmandu, Nepal<br>Sun 1 Sutra 80                                 |                                |
| Makara Rasi: 8.16                                                            | Tithi 17 - 18 | Gulika<br>Yama<br>383268671 Rahu                                                                                                                                                                         | 8:25AM - 10:09AM<br>4:58AM - 6:42AM<br>1:37PM - 3:21PM | Uttarashadha Until 9:16AM<br>Vaidhriti* Until 4:37PM<br>Vanija Until 10:34PM<br>Dvitiya Until 9:39AM | Ganesha: Blue<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Light Blue | Sunrise: 4:58AM<br>Sunset: 6:49PM<br>Moon 7 - Phase 11 - 1st Phase | Parabhava 5128<br>Devaloka Day |
| Routine Work Marana Yoga<br>Until 9:16AM<br>Then Creative Work - Siddha Yoga |               | Jyotishtha Aasi                                                                                                                                                                                          |                                                        |                                                                                                      |                                                                      |                                                                    |                                |

**Friday, July 3, 2026**

|                                                                               |               |                                                                                                                                                                                                   |                                                         |                                                                                                       |                                                                 |                                                                      |                                |
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|                                                                               |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Sukra Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Vohkambha*Priti Yoga Vidi*/Bava Karana Talya/Chaturtham Titau |                                                         |                                                                                                       |                                                                 | Kathmandu, Nepal<br>Sun 2 Sutra 81                                   |                                |
| Makara Rasi: 20.23                                                            | Tithi 18 - 19 | Gulika<br>Yama<br>393269671 Rahu                                                                                                                                                                  | 6:42AM - 8:26AM<br>3:21PM - 5:05PM<br>10:10AM - 11:53AM | Shravana Until 11:47AM<br>Vishkambha* Until 4:59PM<br>Bava Until 12:08AM Sat<br>Tritiya Until 11:23AM | Ganesha: Red<br>Munuga: White<br>Nataraja: Red<br>Moon - Purple | Sunrise: 4:58AM<br>Sunset: 6:49PM<br>Moon 7 - Phase 11 - 2 1st Phase | Parabhava 5128<br>Devaloka Day |
| Routine Work Marana Yoga<br>Until 11:47AM<br>Then Creative Work - Siddha Yoga |               | Jyotishtha Aasi                                                                                                                                                                                   |                                                         |                                                                                                       |                                                                 |                                                                      |                                |

**Saturday, July 4, 2026**

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|                                                                               |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Mania Vasara Yuktayam<br>Shravana/Shatabhishak Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Chaturthi/Panchamam Titau |                                                        |                                                                                                       |                                                                 | Kathmandu, Nepal<br>Sun 3 Sutra 82                                   |                                |
| Kumbha Rasi: 2.39                                                             | Tithi 19 - 20 | Gulika<br>Yama<br>393269671 Rahu                                                                                                                                                                          | 4:58AM - 6:42AM<br>1:37PM - 3:21PM<br>8:26AM - 10:10AM | Dhanishtha Until 1:45PM<br>Priti Until 5:03PM<br>Kaulava Until 1:15AM Sun<br>Chaturthi* Until 12:43PM | Ganesha: Red<br>Munuga: White<br>Nataraja: Red<br>Moon - Purple | Sunrise: 4:59AM<br>Sunset: 6:49PM<br>Moon 7 - Phase 11 - 3 1st Phase | Parabhava 5128<br>Devaloka Day |
| Creative Work Siddha Yoga<br>Until 1:45PM<br>Then Creative Work - Amrita Yoga |               | Jyotishtha Aasi                                                                                                                                                                                           |                                                        |                                                                                                       |                                                                 |                                                                      |                                |

**Sunday, July 5, 2026**

|                           |               |                                                                                                                                                                                                 |                                                        |                                                                                                      |                                                                 |                                                                      |                                |
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|                           |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Bharu Vasara Yuktayam<br>Shatabhishak/Nakshatra Ayushman/Saubhagya Yoga Taila/Gara Karana Panchami/Shashtham Titau |                                                        |                                                                                                      |                                                                 | Kathmandu, Nepal<br>Sun 4 Sutra 83                                   |                                |
| Kumbha Rasi: 15.07        | Tithi 20 - 21 | Gulika<br>Yama<br>393269671 Rahu                                                                                                                                                                | 3:21PM - 5:05PM<br>11:54AM - 1:37PM<br>5:05PM - 6:48PM | Shatabhishak Until 3:05PM<br>Ayushman Until 4:41PM<br>Gara Until 1:49AM Mon<br>Panchami Until 1:35PM | Ganesha: Red<br>Munuga: White<br>Nataraja: Red<br>Moon - Purple | Sunrise: 4:59AM<br>Sunset: 6:49PM<br>Moon 7 - Phase 11 - 4 1st Phase | Parabhava 5128<br>Devaloka Day |
| Creative Work Siddha Yoga |               | Jyotishtha Aasi                                                                                                                                                                                 |                                                        |                                                                                                      |                                                                 |                                                                      |                                |

**Monday, July 6, 2026**

|                                                                                                     |               |                                                                                                                                                                                                                        |                                                         |                                                                                                               |                                                                  |                                                                      |                                |
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|                                                                                                     |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Indu Vasara Yuktayam<br>Uttarproshthapada/Uttarproshthapada Nakshatra Saubhagya/Sobhana Yoga Vanija/Vidhi* Karana Sheshthi/Saptamam Titau |                                                         |                                                                                                               |                                                                  | Kathmandu, Nepal<br>Sun 5 Sutra 84                                   |                                |
| Kumbha Rasi: 27.5                                                                                   | Tithi 21 - 22 | Gulika<br>Yama<br>313269671 Rahu                                                                                                                                                                                       | 1:37PM - 3:21PM<br>10:10AM - 11:54AM<br>6:43AM - 8:27AM | Purvaproshthapada* Until 4:10PM<br>Saubhagya Until 3:52PM<br>Visti Until 1:46AM Tue<br>Shashthi* Until 1:51PM | Ganesha: Clear<br>Munuga: White<br>Nataraja: Red<br>Moon - Clear | Sunrise: 4:59AM<br>Sunset: 6:49PM<br>Moon 7 - Phase 11 - 5 1st Phase | Parabhava 5128<br>Devaloka Day |
| Family Home Evening<br>Routine Work Marana Yoga<br>Until 4:10PM<br>Then Creative Work - Siddha Yoga |               | Jyotishtha Aasi                                                                                                                                                                                                        |                                                         |                                                                                                               |                                                                  |                                                                      |                                |

**Tuesday, July 7, 2026**

|                                                                               |               |                                                                                                                                                                                                             |                                                         |                                                                                                           |                                                                  |                                                                    |                                                            |
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|                                                                               |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Mangala Vasara Yuktayam<br>Uttarproshthapada/Revati Nakshatra Sobhana/Ahiganda* Yoga Bava/Balava Karana Saptami/Ashtamam Titau |                                                         |                                                                                                           |                                                                  | Kathmandu, Nepal<br>Sun 6 Sutra 85                                 |                                                            |
| Meena Rasi: 10.53                                                             | Tithi 22 - 23 | Gulika<br>Yama<br>413269671 Rahu                                                                                                                                                                            | 11:54AM - 1:38PM<br>8:27AM - 10:10AM<br>3:21PM - 5:05PM | Uttarproshthapada Until 4:25PM<br>Sobhana Until 2:32PM<br>Balava Until 1:02AM Wed<br>Saptami Until 1:28PM | Ganesha: White<br>Munuga: White<br>Nataraja: Red<br>Moon - Clear | Sunrise: 5:00AM<br>Sunset: 6:49PM<br>Moon 7 - Phase 11 - 6 Ashtami | Parabhava 5128<br>Bhuloka Day<br>Devaloka Time: 6PM to 9PM |
| Creative Work Amrita Yoga<br>Until 4:25PM<br>Then Creative Work - Siddha Yoga |               | Jyotishtha Aasi                                                                                                                                                                                             |                                                         |                                                                                                           |                                                                  |                                                                    |                                                            |

**Wednesday, July 8, 2026**

|                          |               |                                                                                                                                                                                                 |                                                          |                                                                                                 |                                                                  |                                                                   |                                                            |
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|                          |               | Parabhava Nama Sarvasatva Dalchiniya Natara Ritau Mihuna Mase Krishna Paiche Budha Vasara Yuktayam<br>Revati/Ashvini Nakshatra Ahiganda/Sukarma Yoga Kaulava/Taila Karana Ashtami/Navamam Titau |                                                          |                                                                                                 |                                                                  | Kathmandu, Nepal<br>Sun 7 Sutra 86                                |                                                            |
| Meena Rasi: 24.17        | Tithi 23 - 24 | Gulika<br>Yama<br>413269671 Rahu                                                                                                                                                                | 10:11AM - 11:54AM<br>6:44AM - 8:27AM<br>11:54AM - 1:38PM | Revati Until 3:51PM<br>Ahiganda* Until 12:37PM<br>Taila Until 11:36PM<br>Ashtami* Until 12:23PM | Ganesha: White<br>Munuga: White<br>Nataraja: Red<br>Moon - Clear | Sunrise: 5:00AM<br>Sunset: 6:49PM<br>Moon 7 - Phase 11 - 7 Navami | Parabhava 5128<br>Bhuloka Day<br>Devaloka Time: 6PM to 9PM |
| Routine Work Marana Yoga |               | Jyotishtha Aasi                                                                                                                                                                                 |                                                          |                                                                                                 |                                                                  |                                                                   |                                                            |

Being overcome by the fruits of his action, he enters a good or an evil womb, so that his course is downward or upward, and he wanders around, overcome by the pairs of opposites. Krishna Yajur Veda

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| <b>1</b>                                                                          |               | <b>Thursday, July 9, 2026</b>  |                                                         | Parabhava Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksha Guru Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Sukarna/Dhriti Yoga Gara/Vanija Karana Navami/Dashamyam Titau         |                                                                   | Kathmandu, Nepal<br>Sun 8 Sutra 87  |                                                       |
| Mesha Rasi: 8.05                                                                  | Tithi 24 – 25 | Gulika<br>Yama                 | 8:27AM – 10:11AM<br>5:01AM – 6:44AM<br>1:38PM – 3:21PM  | Ashvini Untill 2:54PM<br>Sukarna Untill 10:09AM<br>Vanija Untill 9:32PM<br>Navami* Untill 10:38AM                                                                                                      | Ganesha: Clear<br>Muruga: White<br>Nataraja: Red<br>Moon – White  | Sunrise: 5:02AM<br>Sunset: 6:48PM   | Parabhava 5128<br>Moon 7 - Phase 12 - 8<br>2nd Phase  |
| Creative Work Amrita Yoga                                                         |               | 423269671 Rahu                 |                                                         |                                                                                                                                                                                                        |                                                                   | Devaloka Day                        |                                                       |
| Untill 2:54PM                                                                     |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |
| Then Creative Work - Siddha Yoga                                                  |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |
| <b>2</b>                                                                          |               | <b>Friday, July 10, 2026</b>   |                                                         | Parabhava Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksha Sukla Vasara Yuktayam<br>Bharani/Kritika Nakshatra Dhriti/Shula* Yoga Vasi* (Bava Karana Dashami/Ekadashtyam Titau)     |                                                                   | Kathmandu, Nepal<br>Sun 9 Sutra 88  |                                                       |
| Mesha Rasi: 22.19                                                                 | Tithi 25 – 26 | Gulika<br>Yama                 | 6:44AM – 8:28AM<br>3:21PM – 5:04PM<br>10:11AM – 11:54AM | Bharani Untill 1:12PM<br>Dhriti Untill 7:12AM<br>Bava Untill 3:46PM<br>Dashami Untill 8:15AM                                                                                                           | Ganesha: Clear<br>Muruga: White<br>Nataraja: Red<br>Moon – White  | Sunrise: 5:02AM<br>Sunset: 6:48PM   | Parabhava 5128<br>Moon 7 - Phase 12 - 9<br>2nd Phase  |
| Creative Work Siddha Yoga                                                         |               | 423269671 Rahu                 |                                                         |                                                                                                                                                                                                        |                                                                   | Devaloka Day                        |                                                       |
|                                                                                   |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |
| <b>3</b>                                                                          |               | <b>Saturday, July 11, 2026</b> |                                                         | Parabhava Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksha Manta Vasara Yuktayam<br>Kritika/Rohini Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvadashyam Titau                   |                                                                   | Kathmandu, Nepal<br>Sun 10 Sutra 89 |                                                       |
| Vishabha Rasi: 6.54                                                               | Tithi 27      | Gulika<br>Yama                 | 5:02AM – 6:45AM<br>1:38PM – 3:21PM<br>8:28AM – 10:11AM  | Kritika Untill 10:52AM<br>Ganda* Untill 12:02AM Sun<br>Kaulava Untill 3:46PM<br>Dvadashi* Untill 2:03AM Sun                                                                                            | Ganesha: Purple<br>Muruga: White<br>Nataraja: Red<br>Moon – White | Sunrise: 5:02AM<br>Sunset: 6:48PM   | Parabhava 5128<br>Moon 7 - Phase 12 - 10<br>2nd Phase |
| Creative Work Amrita Yoga                                                         |               | 424269671 Rahu                 |                                                         |                                                                                                                                                                                                        |                                                                   | Sivaloka Day                        |                                                       |
|                                                                                   |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |
| <b>4</b>                                                                          |               | <b>Sunday, July 12, 2026</b>   |                                                         | Parabhava Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksha Bhanu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Viddhi Yoga Gara/Vanija Karana Trayodashyam Titau                  |                                                                   | Kathmandu, Nepal<br>Sun 11 Sutra 90 |                                                       |
| Vishabha Rasi: 21.47                                                              | Tithi 28      | Gulika<br>Yama                 | 3:21PM – 5:04PM<br>11:55AM – 1:38PM<br>5:04PM – 6:47PM  | Rohini Untill 8:27AM<br>Viddhi Untill 8:05PM<br>Gara Untill 12:19PM<br>Trayodashi* Untill 10:30PM                                                                                                      | Ganesha: Clear<br>Muruga: White<br>Nataraja: Red<br>Moon – Yellow | Sunrise: 5:02AM<br>Sunset: 6:47PM   | Parabhava 5128<br>Moon 7 - Phase 12 - 11<br>2nd Phase |
| Creative Work Siddha Yoga                                                         |               | 434269671 Rahu                 |                                                         |                                                                                                                                                                                                        |                                                                   | Devaloka Day                        |                                                       |
|                                                                                   |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |
| <b>5</b>                                                                          |               | <b>Monday, July 13, 2026</b>   |                                                         | Parabhava Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Paksha Indu Vasara Yuktayam<br>Andra Nakshatra Dhruva/Vyaghata* Yoga Visti*(Sakuni)* Karana Chaturdashyam Titau                |                                                                   | Kathmandu, Nepal<br>Sun 12 Sutra 91 |                                                       |
| Mithuna Rasi: 6.51                                                                | Tithi 29      | Gulika<br>Yama                 | 1:38PM – 3:21PM<br>10:12AM – 11:55AM<br>6:46AM – 8:29AM | Andra Untill 2:45AM Tue<br>Dhruva Untill 4:00PM<br>Visti Untill 8:42AM<br>Chaturdashi* Untill 6:51PM                                                                                                   | Ganesha: Clear<br>Muruga: White<br>Nataraja: Red<br>Moon – Yellow | Sunrise: 5:03AM<br>Sunset: 6:47PM   | Parabhava 5128<br>Moon 7 - Phase 12 - 12<br>2nd Phase |
| Family Home Evening                                                               |               | 434269671 Rahu                 |                                                         |                                                                                                                                                                                                        |                                                                   | Devaloka Day                        |                                                       |
| Creative Work Siddha Yoga                                                         |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |
|  |               | <b>Tuesday, July 14, 2026</b>  |                                                         | Parabhava Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksha Mangala Vasara Yuktayam<br>Punarvasu Nakshatra Vyaghata*/Harshana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                                                                   | Kathmandu, Nepal<br>Sun 13 Sutra 92 |                                                       |
| <b>Retreat Star</b>                                                               |               | Gulika                         | 11:55AM – 1:38PM                                        | Punarvasu Untill 12:12AM Wed                                                                                                                                                                           | Ganesha: Orange                                                   | Sunrise: 5:03AM                     | Parabhava 5128                                        |
| Mithuna Rasi: 21.57                                                               | Tithi 30 – 1  | Yama                           | 8:29AM – 10:12AM                                        | Vyaghata* Untill 11:58AM                                                                                                                                                                               | Muruga: White                                                     | Sunrise: 5:03AM                     | Parabhava 5128                                        |
|                                                                                   |               | 444269671 Rahu                 | 3:21PM – 5:04PM                                         | Kintughna Untill 1:34AM Wed                                                                                                                                                                            | Nataraja: Red                                                     | Sunrise: 5:03AM                     | Amavasya                                              |
| Creative Work Siddha Yoga                                                         |               |                                |                                                         | Amavasya* Untill 3:16PM                                                                                                                                                                                | Moon – Blue                                                       | Devaloka Day                        |                                                       |
|                                                                                   |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |
| <b>Wednesday, July 15, 2026</b>                                                   |               | <b>Retreat Star</b>            |                                                         | Parabhava Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Paksha Budha Vasara Yuktayam<br>Pushya Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau               |                                                                   | Kathmandu, Nepal<br>Sun 14 Sutra 93 |                                                       |
| Kataka Rasi: 6.55                                                                 | Tithi 1 – 2   | Gulika                         | 10:12AM – 11:55AM                                       | Pushya Untill 9:49PM                                                                                                                                                                                   | Ganesha: Orange                                                   | Sunrise: 5:03AM                     | Parabhava 5128                                        |
|                                                                                   |               | Yama                           | 6:46AM – 8:29AM                                         | Harshana Untill 8:06AM                                                                                                                                                                                 | Muruga: White                                                     | Sunrise: 5:03AM                     | Parabhava 5128                                        |
|                                                                                   |               | 444269671 Rahu                 | 11:55AM – 1:38PM                                        | Balava Untill 10:23PM                                                                                                                                                                                  | Nataraja: Red                                                     | Sunrise: 5:03AM                     | Prathama                                              |
| Creative Work Siddha Yoga                                                         |               |                                |                                                         | Prathama* Untill 11:55AM                                                                                                                                                                               | Moon – Blue                                                       | Devaloka Day                        |                                                       |
|                                                                                   |               |                                |                                                         |                                                                                                                                                                                                        |                                                                   |                                     |                                                       |

Mind is indeed the source of bondage and also the source of liberation. To be bound to things of this world: this is bondage. To be free from them: this is liberation.  
Krishna Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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| <b>1</b> Thursday, July 16, 2026                |              | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktiyam<br>Ashlesha* Nakshatra Siddhi Yoga Kaulava/Taila Karana Dvitiya/Trithiyayam Titau  |                                                          |                                                                                                                   |                                                                    | Kathmandu, Nepal<br>Sun 15 Sutra 94                                      |
| Kataka Rasi: 21.38                              | Tithi 2 - 3  | Gulika<br>Yama<br>444279671 Rahu                                                                                                                                                     | 8:30AM - 10:12AM<br>5:04AM - 6:47AM<br>1:38PM - 3:21PM   | <b>Ashlesha* Until 7:45PM</b><br>Siddhi Until 1:23AM Fri<br>Taila Until 7:39PM<br>Dvitiya Until 8:56AM            | Ganesha: Orange<br>Munuga: Clear<br>Nataraja: Red<br>Moon - Blue   | Sunrise: 5:04AM<br>Sunset: 6:46PM<br>Moon 7 - Phase 13 - 15<br>3rd Phase |
| Creative Work                                   | Siddha Yoga  |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    | Sivaloka Day                                                             |
| Then Creative Work - Amrita Yoga                | Until 7:45PM |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    |                                                                          |
| <b>2</b> Friday, July 17, 2026                  |              | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktiyam<br>Magha* Nakshatra Vriyapat* Yoga Gara/Visti* Karana Trithiya/Chaturthiyam Titau |                                                          |                                                                                                                   |                                                                    | Kathmandu, Nepal<br>Sun 16 Sutra 95                                      |
| Simha Rasi: 5.59                                | Tithi 3 - 4  | Gulika<br>Yama<br>454279672 Rahu                                                                                                                                                     | 6:47AM - 8:30AM<br>3:21PM - 5:03PM<br>10:13AM - 11:55AM  | <b>Magha* Until 6:35PM</b><br>Vriyapat* Until 10:46PM<br>Visti Until 4:44AM Sat<br>Trithiya Until 6:30AM          | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Red    | Sunrise: 5:04AM<br>Sunset: 6:46PM<br>Moon 7 - Phase 13 - 16<br>3rd Phase |
| Routine Work                                    | Marana Yoga  |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    | Devaloka Day                                                             |
| Then Creative Work - Siddha Yoga                | Until 6:35PM |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    |                                                                          |
| <b>3</b> Saturday, July 18, 2026                |              | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktiyam<br>Purvaphalguni Nakshatra Vriyaya Yoga Bava/Balava Karana Panchamiyam Titau      |                                                          |                                                                                                                   |                                                                    | Kathmandu, Nepal<br>Sun 17 Sutra 96                                      |
| Simha Rasi: 19.53                               | Tithi 5      | Gulika<br>Yama<br>454279672 Rahu                                                                                                                                                     | 5:05AM - 6:48AM<br>1:38PM - 3:20PM<br>8:30AM - 10:13AM   | <b>Purvaphalguni Until 6:00PM</b><br>Vriyaya Until 8:45PM<br>Bava Until 4:09PM<br>Panchami Until 3:44AM Sun       | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Red    | Sunrise: 5:05AM<br>Sunset: 6:46PM<br>Moon 7 - Phase 13 - 17<br>3rd Phase |
| Creative Work                                   | Siddha Yoga  |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    | Devaloka Day                                                             |
| Then Routine Work - Marana Yoga                 | Until 6:00PM |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    |                                                                          |
| <b>4</b> Sunday, July 19, 2026                  |              | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktiyam<br>Uttaraphalguni Nakshatra Parigha* Yoga Kaulava/Taila Karana Shashthiyam Titau  |                                                          |                                                                                                                   |                                                                    | Kathmandu, Nepal<br>Sun 18 Sutra 97                                      |
| Kanya Rasi: 3.19                                | Tithi 6      | Gulika<br>Yama<br>454279672 Rahu                                                                                                                                                     | 3:20PM - 5:03PM<br>11:55AM - 1:38PM<br>5:03PM - 6:45PM   | <b>Uttaraphalguni Until 6:03PM</b><br>Parigha* Until 7:22PM<br>Kaulava Until 3:33PM<br>Shashthi* Until 3:32AM Mon | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Red    | Sunrise: 5:06AM<br>Sunset: 6:45PM<br>Moon 7 - Phase 13 - 18<br>3rd Phase |
| Creative Work                                   | Amrita Yoga  |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    | Devaloka Day                                                             |
| <b>5</b> Monday, July 20, 2026                  |              | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktiyam<br>Hasta Nakshatra Shiva Yoga Gara/Vanija Karana Saptamiyam Titau                  |                                                          |                                                                                                                   |                                                                    | Kathmandu, Nepal<br>Sun 19 Sutra 98                                      |
| Kanya Rasi: 16.2                                | Tithi 7      | Gulika<br>Yama<br>464279672 Rahu                                                                                                                                                     | 1:38PM - 3:20PM<br>10:13AM - 11:55AM<br>6:48AM - 8:31AM  | <b>Hasta Until 7:11PM</b><br>Shiva Until 6:39PM<br>Gara Until 3:45PM<br>Saptami Until 4:07AM Tue                  | Ganesha: Purple<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Green | Sunrise: 5:06AM<br>Sunset: 6:45PM<br>Moon 7 - Phase 13 - 19<br>3rd Phase |
| Family Home Evening                             | Siddha Yoga  |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    | Sivaloka Day                                                             |
| Then Routine Work - Prabalarishta Yoga          | Until 7:11PM |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    |                                                                          |
| <b>D</b> Tuesday, July 21, 2026<br>Retreat Star |              | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktiyam<br>Chitra Nakshatra Siddha Yoga Visti* Bava Karana Ashtamiyam Titau             |                                                          |                                                                                                                   |                                                                    | Kathmandu, Nepal<br>Sun 20 Sutra 99                                      |
| Kanya Rasi: 28.58                               | Tithi 8      | Gulika<br>Yama<br>464279672 Rahu                                                                                                                                                     | 11:55AM - 1:38PM<br>8:31AM - 10:13AM<br>3:20PM - 5:02PM  | <b>Chitra Until 8:52PM</b><br>Siddha Until 6:28PM<br>Visti Until 4:41PM<br>Ashtami* Until 5:22AM Wed              | Ganesha: Purple<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Green | Sunrise: 5:07AM<br>Sunset: 6:44PM<br>Moon 7 - Phase 13 - 20<br>Ashtami   |
| Creative Work                                   | Siddha Yoga  |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    | Sivaloka Day                                                             |
| <b>Wednesday, July 22, 2026</b><br>Retreat Star |              | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktiyam<br>Svati Nakshatra Sadhya Yoga Balava Karana Navamiyam Titau                      |                                                          |                                                                                                                   |                                                                    | Kathmandu, Nepal<br>Sun 21 Sutra 100                                     |
| Tula Rasi: 11.19                                | Tithi 9      | Gulika<br>Yama<br>464279672 Rahu                                                                                                                                                     | 10:13AM - 11:56AM<br>6:49AM - 8:31AM<br>11:56AM - 1:38PM | <b>Svati Until 10:57PM</b><br>Sadya Until 6:45PM<br>Balava Until 6:13PM<br>Navami* Until 7:09AM Thu               | Ganesha: Purple<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Green | Sunrise: 5:07AM<br>Sunset: 6:44PM<br>Moon 7 - Phase 13 - 21<br>Navami    |
| Creative Work                                   | Siddha Yoga  |                                                                                                                                                                                      |                                                          |                                                                                                                   |                                                                    | Sivaloka Day                                                             |

|                                         |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
|-----------------------------------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|--------------------------------------|--------------|
| <b>1</b>                                |               | <b>Thursday, July 23, 2026</b>                                                                                                                                                             |                                                                                                            | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Palshe Guru Vasara Yuktayam<br>Vishakha Nakshatra Subha Yoga Kaulava/Karana Navami/Dashamyam Titau                            |                                   | Kathmandu, Nepal<br>Sun 22 Sutra 101 |              |
| Tula Rasi: 23.27                        | Tithi 9 – 10  | Gulika 8:32AM – 10:14AM<br>Yama 5:08AM – 6:50AM<br>Rahu 1:38PM – 3:20PM                                                                                                                    | Vishakha Until 1:46AM Fri<br>Subha Until 7:23PM<br>Taaitila Until 8:12PM<br>Navami* Until 7:09AM           | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Orange                                                                                                                                  | Sunrise: 5:08AM<br>Sunset: 6:44PM | Moon 7 - Phase 14 - 22<br>4th Phase  | Devaloka Day |
| Creative Work                           | Siddha Yoga   | 474279672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| <b>2</b>                                |               | <b>Friday, July 24, 2026</b>                                                                                                                                                               |                                                                                                            | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Palshe Sukra Vasara Yuktayam<br>Anuradha Nakshatra Sukla Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau                    |                                   | Kathmandu, Nepal<br>Sun 23 Sutra 102 |              |
| Vishkika Rasi: 5.26                     | Tithi 10 – 11 | Gulika 6:50AM – 8:32AM<br>Yama 3:19PM – 5:01PM<br>Rahu 10:14AM – 11:56AM                                                                                                                   | Anuradha Until 4:37AM Sat<br>Sukla Until 8:12PM<br>Vanija Until 10:27PM<br>Dashami Until 9:17AM            | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Orange                                                                                                                                  | Sunrise: 5:08AM<br>Sunset: 6:43PM | Moon 7 - Phase 14 - 23<br>4th Phase  | Devaloka Day |
| Creative Work                           | Siddha Yoga   | 475379672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| <b>3</b>                                |               | <b>Saturday, July 25, 2026</b>                                                                                                                                                             |                                                                                                            | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Palshe Mantra Vasara Yuktayam<br>Jyeshtha* Nakshatra Brahma Yoga Visi/VBava Karana Ekadashi/Dvadashyam Titau                  |                                   | Kathmandu, Nepal<br>Sun 24 Sutra 103 |              |
| Vishkika Rasi: 17.2                     | Tithi 11 – 12 | Gulika 5:09AM – 6:50AM<br>Yama 1:37PM – 3:19PM<br>Rahu 8:32AM – 10:14AM                                                                                                                    | Jyeshtha* Until 7:23AM Sun<br>Brahma Until 9:07PM<br>Bava Until 12:48AM Sun<br>Ekadashi Until 11:36AM      | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Orange                                                                                                                                  | Sunrise: 5:09AM<br>Sunset: 6:43PM | Moon 7 - Phase 14 - 24<br>4th Phase  | Devaloka Day |
| Creative Work                           | Siddha Yoga   | 475379672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| Until 7:23AM Sun                        |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| Then Creative Work - Amrita Yoga        |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| <b>4</b>                                |               | <b>Sunday, July 26, 2026</b>                                                                                                                                                               |                                                                                                            | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Palshe Bharu Vasara Yuktayam<br>Jyeshtha* Nakshatra Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau              |                                   | Kathmandu, Nepal<br>Sun 25 Sutra 104 |              |
| Vishkika Rasi: 29.13                    | Tithi 12 – 13 | Gulika 3:19PM – 5:00PM<br>Yama 11:56AM – 1:37PM<br>Rahu 5:00PM – 6:42PM                                                                                                                    | Jyeshtha* Until 7:23AM<br>Indra Until 10:03PM<br>Kaulava Until 3:08AM Mon<br>Dvadashi Until 1:57PM         | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Orange                                                                                                                                  | Sunrise: 5:09AM<br>Sunset: 6:42PM | Moon 7 - Phase 14 - 25<br>4th Phase  | Devaloka Day |
| Routine Work                            | Marana Yoga   | 475379672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| Until 7:23AM                            |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| Then Creative Work - Amrita Yoga        |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| <b>5</b>                                |               | <b>Monday, July 27, 2026</b>                                                                                                                                                               |                                                                                                            | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Palshe Indu Vasara Yuktayam<br>Mula*/Purvashadha* Nakshatra Vaidhri* Yoga Taaitila/Gara Karana Trayodashi/Chaturdashyam Titau |                                   | Kathmandu, Nepal<br>Sun 26 Sutra 105 |              |
| Dhanus Rasi: 11.07                      | Tithi 13 – 14 | Gulika 1:37PM – 3:19PM<br>Yama 10:14AM – 11:56AM<br>Rahu 6:51AM – 8:33AM                                                                                                                   | Mula* Until 10:26AM<br>Vaidhri* Until 10:52PM<br>Gara Until 5:19AM Tue<br>Trayodashi Until 4:14PM          | Ganesha: White<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Light Blue                                                                                                                              | Sunrise: 5:10AM<br>Sunset: 6:41PM | Moon 7 - Phase 14 - 26<br>4th Phase  | Sivaloka Day |
| Family Home Evening                     |               | 485379672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| Creative Work                           | Siddha Yoga   |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| Until 10:26AM                           |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| Then Routine Work - Marana Yoga         |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| <b>6</b>                                |               | <b>Tuesday, July 28, 2026</b>                                                                                                                                                              |                                                                                                            | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Palshe Mangala Vasara Yuktayam<br>Purvashadha*/Uttarashadha Nakshatra Vishkambha* Yoga Vanija Karana Chaturdashyam Titau      |                                   | Kathmandu, Nepal<br>Sun 27 Sutra 106 |              |
| Dhanus Rasi: 23.05                      | Tithi 14      | Gulika 11:56AM – 1:37PM<br>Yama 8:33AM – 10:14AM<br>Rahu 3:18PM – 5:00PM                                                                                                                   | Purvashadha* Until 1:09PM<br>Vishkambha* Until 11:31PM<br>Vanija Until 6:18PM<br>Chaturdashi* Until 6:18PM | Ganesha: White<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Light Blue                                                                                                                              | Sunrise: 5:10AM<br>Sunset: 6:41PM | Moon 7 - Phase 14 - 27<br>4th Phase  | Sivaloka Day |
| Creative Work                           | Siddha Yoga   | 485379672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| Until 1:09PM                            |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| Then Routine Work - Prabalarishita Yoga |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| <b>Wednesday, July 29, 2026</b>         |               | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Palshe Budha Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Priti Yoga Visi*/Bava Karana Purnimayam Titau        |                                                                                                            | Kathmandu, Nepal<br>Sun 27 Sutra 107                                                                                                                                                                |                                   |                                      |              |
| <b>Copper Retreat Star</b>              |               | Gulika 10:14AM – 11:56AM<br>Yama 6:52AM – 8:33AM<br>Rahu 11:56AM – 1:37PM                                                                                                                  | Uttarashadha Until 3:27PM<br>Priti Until 11:58PM<br>Visi Until 7:16AM<br>Purnima* Until 8:06PM             | Ganesha: White<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Light Blue                                                                                                                              | Sunrise: 5:11AM<br>Sunset: 6:40PM | Moon 7 - Phase 14 - Purnima          | Sivaloka Day |
| Makara Rasi: 5.08                       | Tithi 15      | 485379672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| Creative Work                           | Amrita Yoga   |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| Until 3:27PM                            |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| Then Creative Work - Siddha Yoga        |               |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |
| <b>Thursday, July 30, 2026</b>          |               | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Palshe Guru Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Ayushman Yoga Balava/Kaulava Karana Prathamayam Titau |                                                                                                            | Kathmandu, Nepal<br>Sun 28 Sutra 108                                                                                                                                                                |                                   |                                      |              |
| <b>Silver Retreat Star</b>              |               | Gulika 8:33AM – 10:14AM<br>Yama 5:11AM – 6:52AM<br>Rahu 1:37PM – 3:18PM                                                                                                                    | Shravana Until 5:44PM<br>Ayushman Until 12:05AM Fri<br>Balava Until 8:54AM<br>Prathama* Until 9:33PM       | Ganesha: Yellow<br>Munuga: Clear<br>Nataraja: Blue<br>Moon – Purple                                                                                                                                 | Sunrise: 5:11AM<br>Sunset: 6:40PM | Moon 7 - Phase 14 - Prathama         | Devaloka Day |
| Makara Rasi: 17.19                      | Tithi 16      | 495379672                                                                                                                                                                                  |                                                                                                            | Aushadi-Auli                                                                                                                                                                                        |                                   |                                      |              |
| Creative Work                           | Siddha Yoga   |                                                                                                                                                                                            |                                                                                                            |                                                                                                                                                                                                     |                                   |                                      |              |

As the sun, the eye of the whole world, is not sullied by the external faults of the eyes, so the one inner soul of all things is not sullied by the sorrow in the world, being external to it. Krishna Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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## Friday, July 31, 2026 Gold Retreat Star

|                                                                                                       |                   |                         |                                                    |
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| Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Sukra Vasara Yuktayam |                   | Kathmandu, Nepal        |                                                    |
| Dhanishtha Nakshatra Saubhagya Yoga Taitila/Gara Karana Dvitiyayam Titau                              |                   | Sun 1 Sutra 109         |                                                    |
| Gulika                                                                                                | 6:53AM - 8:34AM   | Dhanishtha Until 7:28PM | Ganesha: Yellow Sunrise: 5:12AM Parabhava 5128     |
| Yama                                                                                                  | 3:17PM - 4:58PM   | Saubhagya Until 11:55PM | Muruga: Clear Sunset: 6:39PM Moon 8 - Phase 15 - 2 |
| 495379672 Rahu                                                                                        | 10:15AM - 11:55AM | Taitila Until 10:08AM   | Nataraja: Blue 1st Phase                           |
| Creative Work                                                                                         | Siddha Yoga       | Dvitiya Until 10:35PM   | Moon - Purple Devaloka Day                         |
|                                                                                                       |                   | Aashale-Auli            |                                                    |

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| <b>1</b> Saturday, August 1, 2026 |                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Manita Vasara Yuktayam |                                                | Kathmandu, Nepal                   |  |
| Kumbha Rasi: 12.1 Tithi 18        |                  | Shatabhishak Nakshatra Sohana Yoga Vanjia/Visri* Karana Tritiyayam Titau                               |                                                | Sun 2 Sutra 110                    |  |
| Gulika                            | 5:12AM - 6:53AM  | Shatabhishak Until 8:37PM                                                                              | Ganesha: Yellow Sunrise: 5:12AM Parabhava 5128 | Moon 8 - Phase 15 - 2<br>1st Phase |  |
| Yama                              | 1:36PM - 3:17PM  | Sohana Until 11:24PM                                                                                   | Muruga: Clear Sunset: 6:39PM                   |                                    |  |
| 495379672 Rahu                    | 8:34AM - 10:15AM | Vanjia Until 10:57AM                                                                                   | Nataraja: Blue                                 |                                    |  |
| Creative Work                     | Amrita Yoga      | Tritiya Until 11:10PM                                                                                  | Moon - Purple                                  | Devaloka Day                       |  |
| Then Routine Work                 | Marana Yoga      |                                                                                                        |                                                | Aashale-Auli                       |  |

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| <b>2</b> Sunday, August 2, 2026 |                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Bhanu Vasara Yuktayam |                                                | Kathmandu, Nepal                   |  |
| Kumbha Rasi: 24.54 Tithi 19     |                  | Purvaproshtapada* Nakshatra Ahiganda* Yoga Bava/Balava Karana Chaturthayam Titau                      |                                                | Sun 3 Sutra 111                    |  |
| Gulika                          | 3:17PM - 4:57PM  | Purvaproshtapada* Until 9:38PM                                                                        | Ganesha: Purple Sunrise: 5:13AM Parabhava 5128 | Moon 8 - Phase 15 - 4<br>1st Phase |  |
| Yama                            | 11:55AM - 1:36PM | Ahiganda* Until 10:30PM                                                                               | Muruga: Clear Sunset: 6:39PM                   |                                    |  |
| 416379672 Rahu                  | 4:57PM - 6:38PM  | Bava Until 11:19AM                                                                                    | Nataraja: Blue                                 |                                    |  |
| Creative Work                   | Siddha Yoga      | Chaturthi* Until 11:18PM                                                                              | Moon - Clear                                   | Bhuloka Day                        |  |
| Then Creative Work              | Amrita Yoga      |                                                                                                       |                                                | Devaloka Time: 12:PM to 3:PM       |  |
|                                 |                  |                                                                                                       |                                                | Aashale-Auli                       |  |

|                                 |                   |                                                                                                      |                                                |                                    |  |
|---------------------------------|-------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------|------------------------------------|--|
| <b>3</b> Monday, August 3, 2026 |                   | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Indu Vasara Yuktayam |                                                | Kathmandu, Nepal                   |  |
| Meena Rasi: 7.52 Tithi 20       |                   | Uttaraproshtapada Nakshatra Sukarna Yoga Kaulava/Taitila Karana Panchamyam Titau                     |                                                | Sun 4 Sutra 112                    |  |
| Gulika                          | 1:36PM - 3:16PM   | Uttaraproshtapada Until 10:00PM                                                                      | Ganesha: Purple Sunrise: 5:13AM Parabhava 5128 | Moon 8 - Phase 15 - 4<br>1st Phase |  |
| Yama                            | 10:15AM - 11:55AM | Sukarna Until 9:13PM                                                                                 | Muruga: Clear Sunset: 6:37PM                   |                                    |  |
| 416379672 Rahu                  | 6:54AM - 8:34AM   | Kaulava Until 11:12AM                                                                                | Nataraja: Blue                                 |                                    |  |
| Creative Work                   | Siddha Yoga       | Panchami Until 10:56PM                                                                               | Moon - Clear                                   | Bhuloka Day                        |  |
|                                 |                   |                                                                                                      |                                                | Devaloka Time: 12:PM to 3:PM       |  |
|                                 |                   |                                                                                                      |                                                | Aashale-Auli                       |  |

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| <b>4</b> Tuesday, August 4, 2026 |                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Mangala Vasara Yuktayam |                                                | Kathmandu, Nepal                   |  |
| Meena Rasi: 21.05 Tithi 21       |                  | Revati Nakshatra Dhriti Yoga Gara/Vanjia Karana Shashthiyam Titau                                       |                                                | Sun 5 Sutra 113                    |  |
| Gulika                           | 11:55AM - 1:36PM | Revati Until 9:45PM                                                                                     | Ganesha: Purple Sunrise: 5:14AM Parabhava 5128 | Moon 8 - Phase 15 - 5<br>1st Phase |  |
| Yama                             | 8:35AM - 10:15AM | Dhriti Until 7:33PM                                                                                     | Muruga: Clear Sunset: 6:39PM                   |                                    |  |
| 416379672 Rahu                   | 3:16PM - 4:56PM  | Gara Until 10:35AM                                                                                      | Nataraja: Blue                                 |                                    |  |
| Creative Work                    | Siddha Yoga      | Shashthi* Until 10:04PM                                                                                 | Moon - Clear                                   | Bhuloka Day                        |  |
|                                  |                  |                                                                                                         |                                                | Devaloka Time: 12:PM to 3:PM       |  |
|                                  |                  |                                                                                                         |                                                | Aashale-Auli                       |  |

|                                    |                   |                                                                                                       |                                               |                                    |  |
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| <b>5</b> Wednesday, August 5, 2026 |                   | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Budha Vasara Yuktayam |                                               | Kathmandu, Nepal                   |  |
| Mesha Rasi: 4.35 Tithi 22          |                   | Ashvini Nakshatra Shula*Ganda* Yoga Visri/Bava Karana Saptamyam Titau                                 |                                               | Sun 6 Sutra 114                    |  |
| Gulika                             | 10:15AM - 11:55AM | Ashvini Until 9:18PM                                                                                  | Ganesha: Clear Sunrise: 5:14AM Parabhava 5128 | Moon 8 - Phase 15 - 6<br>1st Phase |  |
| Yama                               | 6:55AM - 8:35AM   | Shula* Until 5:28PM                                                                                   | Muruga: Clear Sunset: 6:39PM                  |                                    |  |
| 426379672 Rahu                     | 11:55AM - 1:35PM  | Visi Until 9:28AM                                                                                     | Nataraja: Blue                                |                                    |  |
| Routine Work                       | Marana Yoga       | Saptami Until 8:43PM                                                                                  | Moon - White                                  | Devaloka Day                       |  |
| Then Creative Work                 | Siddha Yoga       |                                                                                                       |                                               | Aashale-Auli                       |  |

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| <b>D</b> Thursday, August 6, 2026 |                  | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Guru Vasara Yuktayam |                                               | Kathmandu, Nepal                 |  |
| Retreat Star                      |                  | Bharani Nakshatra Ganda*Viddhi Yoga Balava/Kaulava Karana Ashtamyam Titau                            |                                               | Sun 7 Sutra 115                  |  |
| Gulika                            | 8:35AM - 10:15AM | Bharani Until 8:13PM                                                                                 | Ganesha: Clear Sunrise: 5:15AM Parabhava 5128 | Moon 8 - Phase 15 - 7<br>Ashtami |  |
| Yama                              | 5:15AM - 6:55AM  | Ganda* Until 3:00PM                                                                                  | Muruga: Clear Sunset: 6:39PM                  |                                  |  |
| 426379672 Rahu                    | 1:35PM - 3:15PM  | Balava Until 7:53AM                                                                                  | Nataraja: Blue                                |                                  |  |
| Creative Work                     | Siddha Yoga      | Ashtami* Until 6:54PM                                                                                | Moon - White                                  | Devaloka Day                     |  |
| Then Routine Work                 | Marana Yoga      |                                                                                                      |                                               | Aashale-Auli                     |  |

|                               |                   |                                                                                                       |                                               |                                 |  |
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| <b>Friday, August 7, 2026</b> |                   | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Sukra Vigara Yuktayam |                                               | Kathmandu, Nepal                |  |
| Retreat Star                  |                   | Kritika Nakshatra Viddhi/Dhruva Yoga Gara/Vanjia Karana Navami/Dashamyam Titau                        |                                               | Sun 8 Sutra 116                 |  |
| Gulika                        | 6:55AM - 8:35AM   | Kritika Until 6:35PM                                                                                  | Ganesha: Clear Sunrise: 5:16AM Parabhava 5128 | Moon 8 - Phase 15 - 8<br>Navami |  |
| Yama                          | 3:15PM - 4:54PM   | Viddhi Until 12:11PM                                                                                  | Muruga: Clear Sunset: 6:34PM                  |                                 |  |
| 426379672 Rahu                | 10:15AM - 11:55AM | Vanjia Until 3:24AM Sat                                                                               | Nataraja: Blue                                |                                 |  |
| Creative Work                 | Siddha Yoga       | Navami* Until 4:39PM                                                                                  | Moon - White                                  | Devaloka Day                    |  |
| Then Routine Work             | Marana Yoga       |                                                                                                       |                                               | Aashale-Auli                    |  |

Truly, God is One; there can be no second. He alone governs these worlds with His powers. He stands facing beings. He, the herdsman, after bringing forth all worlds, reabsorbs them at the end of time. Krishna Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|-----------------------------------------------------------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------|
| <b>1</b>                                                                          |               | <b>Saturday, August 8, 2026</b>                                                                                                                                                       |                                      | Parabhava Nama Samvatsare Daksinaya Naritana Ritau Kataka Mase Krishna Pakshhe Manta Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Dhruva/Vyaghata* Yoga Visti/Bava Karana Dashami/Ekadashtyam Titau |                                                                     | Kathmandu, Nepal<br>Sun 9 Sutra 117         |                                                       |
| Wishabha Rasi: 16.45                                                              | Tithi 25 – 26 | Gulika<br>Yama                                                                                                                                                                        | 5:16AM – 6:56AM<br>1:34PM – 3:14PM   | Rohini Until 4:52PM<br>Dhruva Until 9:02AM                                                                                                                                                            | Ganesha: White<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Yellow  | Sunrise: 5:16AM<br>Sunset: 6:39PM           | Parabhava 5128<br>Moon 8 - Phase 16 - 9<br>2nd Phase  |
| Creative Work                                                                     | Amrita Yoga   | 436379672 Rahu                                                                                                                                                                        | 8:35AM – 10:15AM                     | Bava Until 12:38AM Sun<br>Dashami Until 2:02PM                                                                                                                                                        |                                                                     |                                             |                                                       |
| Until 4:52PM                                                                      |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       | Aashla-Kuli                                                         |                                             |                                                       |
| Then Creative Work - Siddha Yoga                                                  |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       |                                                                     | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM |                                                       |
| <b>2</b>                                                                          |               | <b>Sunday, August 9, 2026</b>                                                                                                                                                         |                                      | Parabhava Nama Samvatsare Daksinaya Naritana Ritau Kataka Mase Krishna Pakshhe Shrauta Vasara Yuktayam<br>Mrigashira/Ardra Nakshatra Harshana Yoga Batava/Kaulava Karana Ekadashi/Dwadashyam Titau    |                                                                     | Kathmandu, Nepal<br>Sun 10 Sutra 118        |                                                       |
| Mithuna Rasi: 1.19                                                                | Tithi 26 – 27 | Gulika<br>Yama                                                                                                                                                                        | 3:14PM – 4:53PM<br>11:55AM – 1:34PM  | Mrigashira Until 2:45PM<br>Harshana Until 2:06AM Mon                                                                                                                                                  | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Yellow | Sunrise: 5:17AM<br>Sunset: 6:39PM           | Parabhava 5128<br>Moon 8 - Phase 16 - 10<br>2nd Phase |
| Creative Work                                                                     | Siddha Yoga   | 437379672 Rahu                                                                                                                                                                        | 4:53PM – 6:33PM                      | Kaulava Until 9:39PM<br>Ekadashi* Until 11:08AM                                                                                                                                                       |                                                                     |                                             |                                                       |
|                                                                                   |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       | Aashla-Kuli                                                         |                                             |                                                       |
|                                                                                   |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       |                                                                     | Devaloka Day                                |                                                       |
| <b>3</b>                                                                          |               | <b>Monday, August 10, 2026</b>                                                                                                                                                        |                                      | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Indu Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Vajra* Yoga Tailla/Gara Karana Dvadashi/Tridayashyam Titau          |                                                                     | Kathmandu, Nepal<br>Sun 11 Sutra 119        |                                                       |
| Mithuna Rasi: 16.01                                                               | Tithi 27 – 28 | Gulika<br>Yama                                                                                                                                                                        | 1:34PM – 3:13PM<br>10:15AM – 11:54AM | Ardra Until 12:20PM<br>Vajra* Until 10:27PM                                                                                                                                                           | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Yellow | Sunrise: 5:17AM<br>Sunset: 6:32PM           | Parabhava 5128<br>Moon 8 - Phase 16 - 11<br>2nd Phase |
| Family Home Evening                                                               |               | 437379672 Rahu                                                                                                                                                                        | 6:56AM – 8:36AM                      | Gara Until 6:31PM<br>Dvadashi* Until 8:04AM                                                                                                                                                           |                                                                     |                                             |                                                       |
| Creative Work                                                                     | Siddha Yoga   |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       | Aashla-Kuli                                                         |                                             |                                                       |
| Until 12:20PM                                                                     |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       |                                                                     | Devaloka Day                                |                                                       |
| Then Creative Work - Amrita Yoga                                                  |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       |                                                                     |                                             |                                                       |
| <b>4</b>                                                                          |               | <b>Tuesday, August 11, 2026</b>                                                                                                                                                       |                                      | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Mangala Vasara Yuktayam<br>Punarvasu/Pushya Nakshatra Siddhi* Yoga Visti/Sakuni* Karana Chaturdashyam Titau           |                                                                     | Kathmandu, Nepal<br>Sun 12 Sutra 120        |                                                       |
| Kataka Rasi: 0.46                                                                 | Tithi 29      | Gulika<br>Yama                                                                                                                                                                        | 11:54AM – 1:33PM<br>8:36AM – 10:15AM | Punarvasu Until 10:10AM<br>Siddhi Until 6:52PM                                                                                                                                                        | Ganesha: Red<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Blue      | Sunrise: 5:18AM<br>Sunset: 6:31PM           | Parabhava 5128<br>Moon 8 - Phase 16 - 12<br>2nd Phase |
| Creative Work                                                                     | Siddha Yoga   | 447379672 Rahu                                                                                                                                                                        | 3:13PM – 4:52PM                      | Visti Until 3:26PM<br>Chaturdashi* Until 1:55AM Wed                                                                                                                                                   |                                                                     |                                             |                                                       |
|                                                                                   |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       | Aashla-Kuli                                                         |                                             |                                                       |
|                                                                                   |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       |                                                                     | Devaloka Day                                |                                                       |
|  |               | <b>Wednesday, August 12, 2026</b>                                                                                                                                                     |                                      | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakshhe Sudha Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Vyatipata*Varjyan Yoga Catuspada*/Naga* Karana Amavasyayam Titau  |                                                                     | Kathmandu, Nepal<br>Sun 13 Sutra 121        |                                                       |
| <b>Retreat Star</b>                                                               |               | Gulika                                                                                                                                                                                | 10:15AM – 11:54AM                    | Pushya Until 8:00AM                                                                                                                                                                                   | Ganesha: Red                                                        | Sunrise: 5:18AM                             | Parabhava 5128                                        |
| Kataka Rasi: 15.26                                                                | Tithi 30      | Yama                                                                                                                                                                                  | 6:57AM – 8:36AM                      | Vyatipata* Until 3:26PM                                                                                                                                                                               | Muruga: Clear                                                       | Sunrise: 6:30PM                             | Moon 8 - Phase 16 - 13                                |
|                                                                                   |               | 447379672 Rahu                                                                                                                                                                        | 11:54AM – 1:33PM                     | Catuspada Until 12:29PM                                                                                                                                                                               | Nataraja: Blue                                                      |                                             | Amavasya                                              |
| Creative Work                                                                     | Siddha Yoga   |                                                                                                                                                                                       |                                      | Amavasya* Until 11:07PM                                                                                                                                                                               | Moon – Blue                                                         |                                             |                                                       |
|                                                                                   |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       | Aashla-Kuli                                                         |                                             |                                                       |
|                                                                                   |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       |                                                                     | Devaloka Day                                |                                                       |
| <b>Thursday, August 13, 2026</b>                                                  |               | Parabhava Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Sukla Pakshhe Guru Vasara Yuktayam<br>Magha* Nakshatra Varjyan/Parigra* Yoga Kintughna*/Bava Karana Prathamayam Titau |                                      | Kathmandu, Nepal<br>Sun 14 Sutra 122                                                                                                                                                                  |                                                                     |                                             |                                                       |
| <b>Retreat Star</b>                                                               |               | Gulika                                                                                                                                                                                | 8:36AM – 10:15AM                     | Magha* Until 4:36AM Fri                                                                                                                                                                               | Ganesha: Red                                                        | Sunrise: 5:19AM                             | Parabhava 5128                                        |
| Kataka Rasi: 29.56                                                                | Tithi 1       | Yama                                                                                                                                                                                  | 5:19AM – 6:58AM                      | Varjyan Until 12:14PM                                                                                                                                                                                 | Muruga: Clear                                                       | Sunrise: 6:29PM                             | Moon 8 - Phase 16 - 14                                |
|                                                                                   |               | 447379672 Rahu                                                                                                                                                                        | 1:33PM – 3:12PM                      | Kintughna Until 9:51AM                                                                                                                                                                                | Nataraja: Blue                                                      |                                             | Prathama                                              |
| Creative Work                                                                     | Amrita Yoga   |                                                                                                                                                                                       |                                      | Prathama* Until 8:41PM                                                                                                                                                                                | Moon – Blue                                                         |                                             |                                                       |
| Until 4:36AM Fri                                                                  |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       | Shrova-Kuli                                                         |                                             |                                                       |
| Then Creative Work - Siddha Yoga                                                  |               |                                                                                                                                                                                       |                                      |                                                                                                                                                                                                       |                                                                     | Devaloka Day                                |                                                       |

Where men move at will, in the threefold sphere, in the third heaven of heavens, where are realms full of light, in that radiant world make me immortal. Rig Veda Samhita

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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| <b>1</b>                        |             | <b>Friday, August 14, 2026</b>    |                                                          | Parabhava Nama Samvatsare Dakshinaya Narana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Purvaphalguni Nakshatra Parighar/Shiva Yoga Balava/Kaulava Karana Divityam Titau         |                                                                    | Kathmandu, Nepal<br>Sun 15 Sutra 123                                     |              |
| Simha Rasi: 14.08               | Tithi 2     | Gulika<br>Yama<br>457379672 Rahu  | 6:58AM – 8:36AM<br>3:11PM – 4:50PM<br>10:15AM – 11:54AM  | <b>Purvaphalguni Until 3:40AM Sat</b><br>Parighar* Until 9:26AM<br>Balava Until 7:40AM<br>Dvitiya Until 6:45PM                                                                               | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Red   | Sunrise: 5:19AM<br>Sunset: 6:28PM<br>Moon 8 - Phase 17 - 15<br>3rd Phase | Devaloka Day |
| Creative Work Siddha Yoga       |             | Until 3:40AM Sat                  |                                                          | Devaloka Day                                                                                                                                                                                 |                                                                    | Then Routine Work - Marana Yoga                                          |              |
| <b>2</b>                        |             | <b>Saturday, August 15, 2026</b>  |                                                          | Parabhava Nama Samvatsare Dakshinaya Narana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam<br>Uttaraphalguni Nakshatra Shiva/Siddha Yoga Talita/Vanaja Karana Tritiya/Chaturtham Titau |                                                                    | Kathmandu, Nepal<br>Sun 16 Sutra 124                                     |              |
| Simha Rasi: 27.59               | Tithi 3 – 4 | Gulika<br>Yama<br>457379672 Rahu  | 5:20AM – 6:58AM<br>1:32PM – 3:11PM<br>8:37AM – 10:15AM   | <b>Uttaraphalguni Until 3:15AM Sun</b><br>Shiva Until 7:07AM<br>Talita Until 6:02AM<br>Tritiya Until 5:28PM                                                                                  | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Red   | Sunrise: 5:20AM<br>Sunset: 6:28PM<br>Moon 8 - Phase 17 - 16<br>3rd Phase | Devaloka Day |
| Routine Work Marana Yoga        |             | Until 3:15AM Sun                  |                                                          | Devaloka Day                                                                                                                                                                                 |                                                                    | Then Creative Work - Amrita Yoga                                         |              |
| <b>3</b>                        |             | <b>Sunday, August 16, 2026</b>    |                                                          | Parabhava Nama Samvatsare Dakshinaya Narana Ritau Kataka Mase Sukla Pakshe Bharu Vasara Yuktayam<br>Hasta Nakshatra Sadiya Yoga Visi*/Bava Karana Chaturthi/Panchamam Titau                  |                                                                    | Kathmandu, Nepal<br>Sun 17 Sutra 125                                     |              |
| Kanya Rasi: 11.26               | Tithi 4 – 5 | Gulika<br>Yama<br>468379672 Rahu  | 3:10PM – 4:48PM<br>11:53AM – 1:32PM<br>4:48PM – 6:27PM   | <b>Hasta Until 3:51AM Mon</b><br>Sadiya Until 4:07AM Mon<br>Bava Until 4:53AM Mon<br>Chaturthi* Until 4:53PM                                                                                 | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Green | Sunrise: 5:20AM<br>Sunset: 6:27PM<br>Moon 8 - Phase 17 - 17<br>3rd Phase | Devaloka Day |
| Creative Work Amrita Yoga       |             | Until 3:51AM Mon                  |                                                          | Devaloka Day                                                                                                                                                                                 |                                                                    | Then Routine Work - Prabalarishta Yoga                                   |              |
| <b>4</b>                        |             | <b>Monday, August 17, 2026</b>    |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam<br>Chitra Nakshatra Subha Yoga Talita/Vanaja Karana Panchami/Shashthyam Titau                 |                                                                    | Kathmandu, Nepal<br>Sun 18 Sutra 126                                     |              |
| Kanya Rasi: 24.29               | Tithi 5 – 6 | Gulika<br>Yama<br>468379672 Rahu  | 1:31PM – 3:09PM<br>10:15AM – 11:53AM<br>6:59AM – 8:37AM  | <b>Chitra Until 5:01AM Tue</b><br>Subha Until 3:32AM Tue<br>Kaulava Until 5:25AM Tue<br>Panchami Until 5:02PM                                                                                | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Green | Sunrise: 5:21AM<br>Sunset: 6:26PM<br>Moon 8 - Phase 17 - 18<br>3rd Phase | Devaloka Day |
| Family Home Evening             |             | Nag Panchami                      |                                                          | Devaloka Day                                                                                                                                                                                 |                                                                    | Until 5:01AM Tue                                                         |              |
| Routine Work Prabalarishta Yoga |             | Then Creative Work - Siddha Yoga  |                                                          |                                                                                                                                                                                              |                                                                    |                                                                          |              |
| <b>5</b>                        |             | <b>Tuesday, August 18, 2026</b>   |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Svati Nakshatra Sukla Yoga Talita/Gara Karana Shashthi/Saptamam Titau                   |                                                                    | Kathmandu, Nepal<br>Sun 19 Sutra 127                                     |              |
| Tula Rasi: 7.1                  | Tithi 6 – 7 | Gulika<br>Yama<br>568479672 Rahu  | 11:53AM – 1:31PM<br>8:37AM – 10:15AM<br>3:09PM – 4:47PM  | <b>Svati Until 6:41AM Wed</b><br>Sukla Until 3:26AM Wed<br>Gara Until 6:37AM Wed<br>Shashthi* Until 5:55PM                                                                                   | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Green | Sunrise: 5:21AM<br>Sunset: 6:25PM<br>Moon 8 - Phase 17 - 19<br>3rd Phase | Devaloka Day |
| Creative Work Siddha Yoga       |             |                                   |                                                          | Devaloka Day                                                                                                                                                                                 |                                                                    |                                                                          |              |
| <b>6</b>                        |             | <b>Wednesday, August 19, 2026</b> |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam<br>Svati/Vishakha Nakshatra Brahma Yoga Gara/Vanaja Karana Saptamam Titau                    |                                                                    | Kathmandu, Nepal<br>Sun 20 Sutra 128                                     |              |
| Tula Rasi: 19.34                | Tithi 7     | Gulika<br>Yama<br>568479672 Rahu  | 10:15AM – 11:53AM<br>6:59AM – 8:37AM<br>11:53AM – 1:31PM | <b>Svati Until 6:41AM</b><br>Brahma Until 3:47AM Thu<br>Gara Until 6:37AM<br>Saptami Until 7:25PM                                                                                            | Ganesha: Yellow<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Green | Sunrise: 5:22AM<br>Sunset: 6:24PM<br>Moon 8 - Phase 17 - 20<br>3rd Phase | Devaloka Day |
| Creative Work Siddha Yoga       |             |                                   |                                                          | Devaloka Day                                                                                                                                                                                 |                                                                    |                                                                          |              |
| <b>7</b>                        |             | <b>Thursday, August 20, 2026</b>  |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Indra Yoga Visi*/Bava Karana Ashtamam Titau                    |                                                                    | Kathmandu, Nepal<br>Sun 21 Sutra 129                                     |              |
| Retreat Star                    | Tithi 8     | Gulika<br>Yama<br>578479672 Rahu  | 8:37AM – 10:15AM<br>5:22AM – 7:00AM<br>1:30PM – 3:08PM   | <b>Vishakha Until 9:12AM</b><br>Indra Until 4:28AM Fri<br>Visi Until 8:22AM<br>Ashtami* Until 9:23PM                                                                                         | Ganesha: White<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Orange | Sunrise: 5:22AM<br>Sunset: 6:23PM<br>Moon 8 - Phase 17 - 21<br>Ashtami   | Sivaloka Day |
| Creative Work Siddha Yoga       |             |                                   |                                                          | Sivaloka Day                                                                                                                                                                                 |                                                                    |                                                                          |              |
| <b>8</b>                        |             | <b>Friday, August 21, 2026</b>    |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Vaidhiti* Yoga Balava/Kaulava Karana Navamam Titau           |                                                                    | Kathmandu, Nepal<br>Sun 22 Sutra 130                                     |              |
| Retreat Star                    | Tithi 9     | Gulika<br>Yama<br>578479672 Rahu  | 7:00AM – 8:37AM<br>3:07PM – 4:45PM<br>10:15AM – 11:52AM  | <b>Anuradha Until 11:55AM</b><br>Vaidhiti* Until 5:18AM Sat<br>Balava Until 10:30AM<br>Navami* Until 11:38PM                                                                                 | Ganesha: White<br>Muruga: Clear<br>Nataraja: Blue<br>Moon – Orange | Sunrise: 5:23AM<br>Sunset: 6:22PM<br>Moon 8 - Phase 17 - 22<br>Navami    | Sivaloka Day |
| Creative Work Siddha Yoga       |             | Varalakshmi Vratam                |                                                          | Sivaloka Day                                                                                                                                                                                 |                                                                    | Until 11:55AM                                                            |              |
| Then Routine Work - Marana Yoga |             |                                   |                                                          |                                                                                                                                                                                              |                                                                    |                                                                          |              |

Now, there are, of a truth, three worlds: the world of men, the world of the fathers, and the world of the Gods. The world of the Gods is verily the best of worlds. Shukla Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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| <b>1</b>             |  | <b>Saturday, August 22, 2026</b> |  | Parabhava Nama Samvatsare Dakshinayya Jivana Ritau Simha Mase Sulika Palshe Mantu Vessara Yuktayam<br>Jyeshtha* Mula* Nakshatra Vishkambha* Priti Yoga Vanja/Vesir* Karana Ekadashyam Titau |  | Kathmandu, Nepal<br>Sun 23 Sutra 131                                |  |
| Vischika Rasi: 25.37 |  | Tithi 10                         |  | Gulika 5:23AM - 7:00AM<br>Yama 1:29PM - 3:06PM                                                                                                                                              |  | Jyeshtha* Until 2:39PM<br>Vishkambha* Until 6:12AM Sun              |  |
| Creative Work        |  | Siddha Yoga                      |  | 579479672 Rahu 8:38AM - 10:15AM                                                                                                                                                             |  | Ganesha: Yellow<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Orange |  |
|                      |  |                                  |  | Dashami Until 2:00AM Sun                                                                                                                                                                    |  | Devaloka Day                                                        |  |

|                   |  |                                  |  |                                                                                                                                                                                              |  |                                                                    |  |
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| <b>2</b>          |  | <b>Sunday, August 23, 2026</b>   |  | Parabhava Nama Samvatsare Dakshinayya Jivana Ritau Simha Mase Sulika Palshe Bhanu Vessara Yuktayam<br>Mula*Purvashadha* Nakshatra Vishkambha*Priti Yoga Vanja/Vesir* Karana Ekadashyam Titau |  | Kathmandu, Nepal<br>Sun 24 Sutra 132                               |  |
| Dhanus Rasi: 7.31 |  | Tithi 11                         |  | Gulika 3:06PM - 4:43PM<br>Yama 11:52AM - 1:29PM                                                                                                                                              |  | Mula* Until 5:42PM<br>Vishkambha* Until 6:12AM                     |  |
| Creative Work     |  | Amrita Yoga                      |  | 589479672 Rahu 4:43PM - 6:20PM                                                                                                                                                               |  | Ganesha: White<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Orange |  |
| Until 5:42PM      |  | Then Creative Work - Siddha Yoga |  | Ekadashi Until 4:17AM Mon                                                                                                                                                                    |  | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM                        |  |

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| <b>3</b>            |  | <b>Monday, August 24, 2026</b> |  | Parabhava Nama Samvatsare Dakshinayya Jivana Ritau Simha Mase Sulika Palshe Indu Vessara Yuktayam<br>Purvashadha* Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Dvadashyam Titau |  | Kathmandu, Nepal<br>Sun 25 Sutra 133                                   |  |
| Dhanus Rasi: 19.26  |  | Tithi 12                       |  | Gulika 1:28PM - 3:05PM<br>Yama 10:15AM - 11:52AM                                                                                                                                    |  | Purvashadha* Until 8:26PM<br>Priti Until 7:02AM                        |  |
| Family Home Evening |  | Routine Work                   |  | 589479672 Rahu 7:01AM - 8:38AM                                                                                                                                                      |  | Ganesha: White<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Light Blue |  |
|                     |  |                                |  | Dvadashi Until 6:19AM Tue                                                                                                                                                           |  | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM                            |  |

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| <b>4</b>          |  | <b>Tuesday, August 25, 2026</b>  |  | Parabhava Nama Samvatsare Dakshinayya Jivana Ritau Simha Mase Sulika Palshe Mangala Vessara Yuktayam<br>Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Dvadashi/Trayodashyam Titau |  | Kathmandu, Nepal<br>Sun 26 Sutra 134                                   |  |
| Makara Rasi: 1.28 |  | Tithi 12 - 13                    |  | Gulika 11:51AM - 1:28PM<br>Yama 8:38AM - 10:15AM                                                                                                                                                      |  | Uttarashadha Until 10:40PM<br>Ayushman Until 7:39AM                    |  |
| Routine Work      |  | Prabalarishtha Yoga              |  | 589479672 Rahu 3:05PM - 4:41PM                                                                                                                                                                        |  | Ganesha: White<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Light Blue |  |
| Until 10:40PM     |  | Then Creative Work - Siddha Yoga |  | Dvadashi Until 6:19AM                                                                                                                                                                                 |  | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM                            |  |

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| <b>5</b>           |  | <b>Wednesday, August 26, 2026</b> |  | Parabhava Nama Samvatsare Dakshinayya Jivana Ritau Simha Mase Sulika Palshe Budha Vessara Yuktayam<br>Shravana Nakshatra Saubhagya/Sobhana Yoga Tailla/Gara Karana Trayodashi/Chaturdashyam Titau |  | Kathmandu, Nepal<br>Sun 27 Sutra 135                               |  |
| Makara Rasi: 13.38 |  | Tithi 13 - 14                     |  | Gulika 10:15AM - 11:51AM<br>Yama 7:02AM - 8:38AM                                                                                                                                                  |  | Shravana Until 12:49AM Thu<br>Saubhagya Until 7:58AM               |  |
| Creative Work      |  | Siddha Yoga                       |  | 599479672 Rahu 11:51AM - 1:27PM                                                                                                                                                                   |  | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Purple |  |
|                    |  | Chidambaram Abhishekam            |  | Trayodashi Until 7:59AM                                                                                                                                                                           |  | Devaloka Day                                                       |  |

|                     |  |                                  |  |                                                                                                                                                                                                    |  |                                                                    |  |
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| <b>○</b>            |  | <b>Thursday, August 27, 2026</b> |  | Parabhava Nama Samvatsare Dakshinayya Jivana Ritau Simha Mase Sulika Palshe Guru Vessara Yuktayam<br>Dhanishtha Nakshatra Sobhana/Athiganda* Yoga Vanja/Vesir* Karana Chaturdashi/Purnimayam Titau |  | Kathmandu, Nepal<br>Sun 27 Sutra 136                               |  |
| Copper Retreat Star |  | Tithi 14 - 15                    |  | Gulika 8:38AM - 10:14AM<br>Yama 5:26AM - 7:02AM                                                                                                                                                    |  | Dhanishtha Until 2:17AM Fri<br>Sobhana Until 7:57AM                |  |
| Makara Rasi: 26.01  |  | Tithi 14 - 15                    |  | 599479672 Rahu 1:27PM - 3:03PM                                                                                                                                                                     |  | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Blue<br>Moon - Purple |  |
| Creative Work       |  | Siddha Yoga                      |  | Avani Avittam<br>Raksha Bandhan                                                                                                                                                                    |  | Devaloka Day                                                       |  |

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| <b>Friday, August 28, 2026</b> |  | <b>Silver Retreat Star</b>      |  | Parabhava Nama Samvatsare Dakshinayya Jivana Ritau Simha Mase Krishna Palshe Sukra Vessara Yuktayam<br>Shatabhishak Nakshatra Athiganda*/Sukama Yoga Bava/Balava Karana Purnima/Prathamayam Titau |  | Kathmandu, Nepal<br>Sun 28 Sutra 137                                 |  |
| Kumbha Rasi: 8.37              |  | Tithi 15 - 16                   |  | Gulika 7:02AM - 8:38AM<br>Yama 3:03PM - 4:39PM                                                                                                                                                    |  | Shatabhishak Until 3:06AM Sat<br>Athiganda* Until 7:29AM             |  |
| Creative Work                  |  | Siddha Yoga                     |  | 599479673 Rahu 10:14AM - 11:50AM                                                                                                                                                                  |  | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon - Purple |  |
| Until 3:06AM Sat               |  | Then Routine Work - Marana Yoga |  | Purnima* Until 9:51AM                                                                                                                                                                             |  | Sivaloka Day                                                         |  |





**Saturday, August 29, 2026**

**Gold Retreat Star**

Kumbha Rasi: 21.28    Tithi 16 – 17  
Routine Work    Marana Yoga  
Until 3:43AM Sun  
Then Creative Work - Amrita Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Marita Vasara Yuktayam  
Purvaprosrthapada\* Nakshatra Sukarma\*Uttari Yoga Kaulava/Taila Karana Prathamam/Dvitiyayam Titau  
Gulika 5:27AM – 7:02AM  
Yama 1:26PM – 3:02PM  
Rahu 8:38AM – 10:14AM  
Purvaprosrthapada\* Until 3:43AM Sun  
Sukarma Until 6:37AM  
Taila Until 9:54PM  
Prathamam\* Until 10:00AM

Kathmandu, Nepal  
Sutra 138  
Parabhava 5128  
Moon 9 - Phase 19 - 1st Phase  
Sivaloka Day

**Sunday, August 30, 2026**

Meena Rasi: 4.35    Tithi 17 – 18  
Creative Work    Amrita Yoga  
Until 3:44AM Mon  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Bharu Vasara Yuktayam  
Uttaraprosrthapada Nakshatra Shula\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau  
Gulika 3:01PM – 4:37PM  
Yama 11:50AM – 1:26PM  
Rahu 4:37PM – 6:13PM  
Uttaraprosrthapada Until 3:44AM Mon  
Shula\* Until 3:45AM Mon  
Vanija Until 9:19PM  
Dvitiya Until 9:39AM

Kathmandu, Nepal  
Sun 1    Sutra 139  
Parabhava 5128  
Moon 9 - Phase 19 - 1st Phase  
Sivaloka Day

**Monday, August 31, 2026**

Meena Rasi: 17.55    Tithi 18 – 19  
Family Home Evening  
Creative Work    Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Indu Vasara Yuktayam  
Revati Nakshatra Ganda\* Yoga Vasi\*/Bava Karana Tritiya/Chaturthiyam Titau  
Gulika 1:25PM – 3:01PM  
Yama 10:14AM – 11:50AM  
Rahu 7:03AM – 8:38AM  
Revati Until 3:13AM Tue  
Ganda\* Until 1:48AM Tue  
Bava Until 8:20PM  
Tritiya Until 8:51AM

Kathmandu, Nepal  
Sun 2    Sutra 140  
Parabhava 5128  
Moon 9 - Phase 19 - 2 1st Phase  
Sivaloka Day

**Tuesday, September 1, 2026**

Mesha Rasi: 1.29    Tithi 19 – 20  
Creative Work    Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Mangala Vasara Yuktayam  
Ashvini Nakshatra Vidhya Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau  
Gulika 11:49AM – 1:25PM  
Yama 8:39AM – 10:14AM  
Rahu 3:00PM – 4:35PM  
Ashvini Until 2:39AM Wed  
Vidhi Until 11:36PM  
Kaulava Until 6:59PM  
Chaturthi\* Until 7:40AM

Kathmandu, Nepal  
Sun 3    Sutra 141  
Parabhava 5128  
Moon 9 - Phase 19 - 3 1st Phase  
Devaloka Day

**Wednesday, September 2, 2026**

Mesha Rasi: 15.15    Tithi 20 – 21  
Creative Work    Siddha Yoga  
Until 1:41AM Thu  
Then Routine Work - Marana Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Budha Vasara Yuktayam  
Bharani Nakshatra Dhruva Yoga Taila/Vanija Karana Panchami/Shashthyam Titau  
Gulika 10:14AM – 11:49AM  
Yama 7:03AM – 8:39AM  
Rahu 11:49AM – 1:24PM  
Bharani Until 1:41AM Thu  
Dhruva Until 9:09PM  
Vanija Until 4:25AM Thu  
Panchami Until 6:11AM

Kathmandu, Nepal  
Sun 4    Sutra 142  
Parabhava 5128  
Moon 9 - Phase 19 - 4 1st Phase  
Devaloka Day

**Thursday, September 3, 2026**

Mesha Rasi: 29.1    Tithi 22  
Routine Work    Marana Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Guru Vasara Yuktayam  
Kritika Nakshatra Vyaghata\* Yoga Vasi\*/Bava Karana Saptamyam Titau  
Gulika 8:39AM – 10:14AM  
Yama 5:29AM – 7:04AM  
Rahu 1:23PM – 2:58PM  
Kritika Until 12:20AM Fri  
Vyaghata\* Until 6:31PM  
Vasi Until 3:28PM  
Saptami Until 2:26AM Fri

Kathmandu, Nepal  
Sun 5    Sutra 143  
Parabhava 5128  
Moon 9 - Phase 19 - 5 1st Phase  
Devaloka Day

**Friday, September 4, 2026**

**Retreat Star**

Wishabha Rasi: 13.14    Tithi 23  
Routine Work    Marana Yoga  
Until 11:06PM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Sukra Vasara Yuktayam  
Rohini Nakshatra Harshana/Vajra\* Yoga Balava/Kaulava Karana Ashtamyam Titau  
Gulika 7:04AM – 8:39AM  
Yama 2:58PM – 4:32PM  
Rahu 10:13AM – 11:48AM  
Rohini Until 11:06PM  
Harshana Until 3:45PM  
Balava Until 1:24PM  
Ashtami\* Until 12:17AM Sat

Kathmandu, Nepal  
Sun 6    Sutra 144  
Parabhava 5128  
Moon 9 - Phase 19 - 6 Ashtami  
Sivaloka Day

**Saturday, September 5, 2026**

**Retreat Star**

Wishabha Rasi: 27.25    Tithi 24  
Creative Work    Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshhe Murti Vasara Yuktayam  
Mrigashira Nakshatra Vajra\*/Siddhi Yoga Taila/Gara Karana Navamyam Titau  
Gulika 5:30AM – 7:04AM  
Yama 1:22PM – 2:57PM  
Rahu 8:39AM – 10:13AM  
Mrigashira Until 9:34PM  
Vajra\* Until 12:49PM  
Taila Until 11:09AM  
Navami\* Until 9:58PM

Kathmandu, Nepal  
Sun 7    Sutra 145  
Parabhava 5128  
Moon 9 - Phase 19 - 7 Navami  
Sivaloka Day

As a spider spins and withdraws its web, as herbs grow on the earth, as hair grows on the head and body of a person, so also from the Imperishable arises this universe.  
Atharva Veda

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|---------------------------------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------------------|-----------------|--------------------------------------|-----------|
| <b>1 Sunday, September 6, 2026</b>    |               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksha Bhanu Vasara Yuktayam<br>Ardra Nakshatra Siddhi/Vyatipata* Yoga Vanja/Visti* Karana Dashamanyam Titau                             |                            |                  |                 | Kathmandu, Nepal<br>Sun 8 Sutra 146  |           |
| Mithuna Rasi: 11.4                    | Tithi 25      | Gulika 2:56PM - 4:31PM                                                                                                                                                                                        | Ardra Until 7:49PM         | Ganesha: Clear   | Sunrise: 5:30AM | Parabhava 5128                       |           |
|                                       |               | Yama 11:48AM - 1:22PM                                                                                                                                                                                         | Siddhi Until 9:48AM        | Muruga: Clear    | Sunset: 6:05PM  | Moon 9 - Phase 20 - 8                | 2nd Phase |
| 541479673 Rahu                        |               | 4:31PM - 6:05PM                                                                                                                                                                                               | Vanija Until 8:48AM        | Nataraja: Yellow |                 |                                      |           |
| Creative Work                         | Siddha Yoga   |                                                                                                                                                                                                               | Dashami Until 7:35PM       | Moon - Yellow    |                 | Sivaloka Day                         |           |
|                                       |               | Srisavara-Avasi                                                                                                                                                                                               |                            |                  |                 |                                      |           |
| <b>2 Monday, September 7, 2026</b>    |               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksha Indu Vasara Yuktayam<br>Punarvasu Nakshatra Vyatipata*Varjyan Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau                  |                            |                  |                 | Kathmandu, Nepal<br>Sun 9 Sutra 147  |           |
| Mithuna Rasi: 25.59                   | Tithi 26 - 27 | Gulika 1:21PM - 2:56PM                                                                                                                                                                                        | Punarvasu Until 6:18PM     | Ganesha: White   | Sunrise: 5:31AM | Parabhava 5128                       |           |
| Family Home Evening                   |               | Yama 10:13AM - 11:47AM                                                                                                                                                                                        | Vyatipata* Until 6:45AM    | Muruga: Clear    | Sunset: 6:04PM  | Moon 9 - Phase 20 - 9                | 2nd Phase |
| 541479673 Rahu                        |               | 7:05AM - 8:39AM                                                                                                                                                                                               | Bava Until 6:23AM          | Nataraja: Yellow |                 |                                      |           |
| Creative Work                         | Amrita Yoga   |                                                                                                                                                                                                               | Ekadashi* Until 5:10PM     | Moon - Blue      |                 | Devaloka Day                         |           |
| Until 6:18PM                          |               |                                                                                                                                                                                                               |                            |                  |                 |                                      |           |
| Then Creative Work - Siddha Yoga      |               |                                                                                                                                                                                                               |                            |                  |                 |                                      |           |
|                                       |               | Srisavara-Avasi                                                                                                                                                                                               |                            |                  |                 |                                      |           |
| <b>3 Tuesday, September 8, 2026</b>   |               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksha Mangala Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Parigha* Yoga Tatila/Gara Karana Dvadashi/Trayodashyam Titau                |                            |                  |                 | Kathmandu, Nepal<br>Sun 10 Sutra 148 |           |
| Kataka Rasi: 10.17                    | Tithi 27 - 28 | Gulika 11:47AM - 1:21PM                                                                                                                                                                                       | Pushya Until 4:42PM        | Ganesha: White   | Sunrise: 5:31AM | Parabhava 5128                       |           |
|                                       |               | Yama 8:39AM - 10:13AM                                                                                                                                                                                         | Parigha* Until 12:42AM Wed | Muruga: Clear    | Sunset: 6:03PM  | Moon 9 - Phase 20 - 10               | 2nd Phase |
| 541479673 Rahu                        |               | 2:55PM - 4:29PM                                                                                                                                                                                               | Gara Until 1:40AM Wed      | Nataraja: Yellow |                 |                                      |           |
| Creative Work                         | Siddha Yoga   |                                                                                                                                                                                                               | Dvadashi* Until 2:47PM     | Moon - Blue      |                 | Devaloka Day                         |           |
|                                       |               |                                                                                                                                                                                                               |                            |                  |                 |                                      |           |
|                                       |               | Pradosha Vrata (Fasting)                                                                                                                                                                                      |                            |                  |                 |                                      |           |
| <b>4 Wednesday, September 9, 2026</b> |               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksha Budha Vasara Yuktayam<br>Ashlesha*Magha* Nakshatra Shiva Yoga Vanja/Visti* Karana Trayodashi/Chaturdashyam Titau                  |                            |                  |                 | Kathmandu, Nepal<br>Sun 11 Sutra 149 |           |
| Kataka Rasi: 24.32                    | Tithi 28 - 29 | Gulika 10:13AM - 11:47AM                                                                                                                                                                                      | Ashlesha* Until 3:07PM     | Ganesha: White   | Sunrise: 5:32AM | Parabhava 5128                       |           |
|                                       |               | Yama 7:05AM - 8:39AM                                                                                                                                                                                          | Shiva Until 9:53PM         | Muruga: Clear    | Sunset: 6:02PM  | Moon 9 - Phase 20 - 11               | 2nd Phase |
| 541479673 Rahu                        |               | 11:47AM - 1:20PM                                                                                                                                                                                              | Visti Until 11:32PM        | Nataraja: Yellow |                 |                                      |           |
| Creative Work                         | Siddha Yoga   |                                                                                                                                                                                                               | Trayodashi* Until 12:33PM  | Moon - Blue      |                 | Devaloka Day                         |           |
|                                       |               |                                                                                                                                                                                                               |                            |                  |                 |                                      |           |
|                                       |               | Srisavara-Avasi                                                                                                                                                                                               |                            |                  |                 |                                      |           |
| <b>Thursday, September 10, 2026</b>   |               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Paksha Guru Vasara Yuktayam<br>Magha*Purvaphalguni Nakshatra Siddha Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyayam Titau          |                            |                  |                 | Kathmandu, Nepal<br>Sun 12 Sutra 150 |           |
| <b>Retreat Star</b>                   |               | Gulika 8:39AM - 10:13AM                                                                                                                                                                                       | Magha* Until 2:03PM        | Ganesha: Orange  | Sunrise: 5:32AM | Parabhava 5128                       |           |
| Simha Rasi: 8.38                      | Tithi 29 - 30 | Yama 5:32AM - 7:05AM                                                                                                                                                                                          | Siddha Until 7:16PM        | Muruga: Clear    | Sunset: 6:00PM  | Moon 9 - Phase 20 - 12               | Amavasya  |
| 552479673 Rahu                        |               | 1:20PM - 2:53PM                                                                                                                                                                                               | Catuspada Until 9:42PM     | Nataraja: Yellow |                 |                                      |           |
| Creative Work                         | Amrita Yoga   |                                                                                                                                                                                                               | Chaturdashi* Until 10:33AM | Moon - Red       |                 | Sivaloka Day                         |           |
| Until 2:03PM                          |               |                                                                                                                                                                                                               |                            |                  |                 |                                      |           |
| Then Creative Work - Siddha Yoga      |               |                                                                                                                                                                                                               |                            |                  |                 |                                      |           |
|                                       |               | Srisavara-Avasi                                                                                                                                                                                               |                            |                  |                 |                                      |           |
| <b>Friday, September 11, 2026</b>     |               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Paksha Sukra Vasara Yuktayam<br>Purvaphalguni/Uttaraphalguni Nakshatra Sadhya/Subha Yoga Naga/Kintughna* Karana Amavasya/Prathamayam Titau |                            |                  |                 | Kathmandu, Nepal<br>Sun 13 Sutra 151 |           |
| <b>Retreat Star</b>                   |               | Gulika 7:06AM - 8:39AM                                                                                                                                                                                        | Purvaphalguni Until 1:13PM | Ganesha: Orange  | Sunrise: 5:32AM | Parabhava 5128                       |           |
| Simha Rasi: 22.31                     | Tithi 30 - 1  | Yama 2:53PM - 4:26PM                                                                                                                                                                                          | Sadhya Until 4:59PM        | Muruga: Clear    | Sunset: 5:59PM  | Moon 9 - Phase 20 - 13               | Prathama  |
| 552479673 Rahu                        |               | 10:12AM - 11:46AM                                                                                                                                                                                             | Kintughna Until 8:17PM     | Nataraja: Yellow |                 |                                      |           |
| Creative Work                         | Siddha Yoga   |                                                                                                                                                                                                               | Amavasya* Until 8:55AM     | Moon - Red       |                 | Sivaloka Day                         |           |
|                                       |               |                                                                                                                                                                                                               |                            |                  |                 |                                      |           |
|                                       |               | [Bhadrapada-Avasi]                                                                                                                                                                                            |                            |                  |                 |                                      |           |

Having realized the Self, the risbis, perfected souls, satisfied with their knowledge, passion-free, tranquil—those wise beings, having attained the omnipresent on all sides—enter into the All itself. Atharva Veda

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| <b>1</b>                                |                     | <b>Saturday, September 12, 2026</b>                                                 |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Palshe Manta Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Subha/Sukla Yoga Bava/Balava Karana Prathamam/Dvitiyayam Titau        | Kathmandu, Nepal<br>Sun 14 Sutra 152                                     |
| Kanya Rasi: 6.09                        | Tithi 1 – 2         | Gulika 5:33AM – 7:06AM<br>Yama 1:15PM – 2:52PM<br>552479673 Rahu 8:39AM – 10:12AM   | Uttaraphalguni Until 12:43PM<br>Subha Until 3:07PM<br>Balava Until 7:22PM<br>Prathama* Until 7:44AM             | Ganesha: Orange<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Red                                                                                                                                      | Sunrise: 5:33AM<br>Sunset: 5:58PM<br>Moon 9 - Phase 21 - 18<br>3rd Phase |
| Routine Work                            | Marana Yoga         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Sivaloka Day                                                             |
| <b>2</b>                                |                     | <b>Sunday, September 13, 2026</b>                                                   |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Palshe Bhanu Vasara Yuktayam<br>Hasta/Chitra Nakshatra Sukla/Brahma Yoga Kaulava/Taila Karana Tritiya/Chaturthayam Titau             | Kathmandu, Nepal<br>Sun 15 Sutra 153                                     |
| Kanya Rasi: 19.28                       | Tithi 2 – 3         | Gulika 2:51PM – 4:24PM<br>Yama 11:45AM – 1:18PM<br>562579673 Rahu 4:24PM – 5:57PM   | Hasta Until 1:05PM<br>Sukla Until 1:41PM<br>Taila Until 7:03PM<br>Grandparent's Day<br>Dvitiya Until 7:07AM     | Ganesha: White<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Green                                                                                                                                     | Sunrise: 5:33AM<br>Sunset: 5:57PM<br>Moon 9 - Phase 21 - 15<br>3rd Phase |
| Creative Work                           | Amrita Yoga         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Devaloka Day                                                             |
| Until 1:05PM                            |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| Then Creative Work - Siddha Yoga        |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| <b>3</b>                                |                     | <b>Monday, September 14, 2026</b>                                                   |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Palshe Indu Vasara Yuktayam<br>Chitra/Svati Nakshatra Brahma/Indra Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau                | Kathmandu, Nepal<br>Sun 16 Sutra 154                                     |
| Tula Rasi: 2.26                         | Tithi 3 – 4         | Gulika 1:18PM – 2:50PM<br>Yama 10:12AM – 11:45AM<br>562579673 Rahu 7:07AM – 8:39AM  | Chitra Until 1:55PM<br>Brahma Until 12:46PM<br>Vanija Until 7:23PM<br>Ganesha Chaturthi<br>Tritiya Until 7:07AM | Ganesha: White<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Green                                                                                                                                     | Sunrise: 5:34AM<br>Sunset: 5:56PM<br>Moon 9 - Phase 21 - 16<br>3rd Phase |
| Family Home Evening                     | Prabalarishita Yoga |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Devaloka Day                                                             |
| Routine Work                            |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| Until 1:55PM                            |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| Then Creative Work - Amrita Yoga        |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| <b>4</b>                                |                     | <b>Tuesday, September 15, 2026</b>                                                  |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Palshe Mangala Vasara Yuktayam<br>Svati/Vishakha Nakshatra Indra/Vashti* Yoga Vasi* Bava Karana Chaturthi/Panchamayam Titau          | Kathmandu, Nepal<br>Sun 17 Sutra 155                                     |
| Tula Rasi: 15.07                        | Tithi 4 – 5         | Gulika 11:44AM – 1:17PM<br>Yama 8:39AM – 10:12AM<br>562579673 Rahu 2:50PM – 4:22PM  | Svati Until 3:13PM<br>Indra Until 12:22PM<br>Bava Until 8:21PM<br>Chaturthi* Until 7:46AM                       | Ganesha: White<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Green                                                                                                                                     | Sunrise: 5:34AM<br>Sunset: 5:56PM<br>Moon 9 - Phase 21 - 17<br>3rd Phase |
| Creative Work                           | Siddha Yoga         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Devaloka Day                                                             |
| Until 3:13PM                            |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| Then Routine Work - Marana Yoga         |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| <b>5</b>                                |                     | <b>Wednesday, September 16, 2026</b>                                                |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Palshe Budha Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Vaidhiti*/Vishkambha* Yoga Balava/Kaulava Karana Panchami/Vishayam Titau | Kathmandu, Nepal<br>Sun 18 Sutra 156                                     |
| Tula Rasi: 27.31                        | Tithi 5 – 6         | Gulika 10:12AM – 11:44AM<br>Yama 7:07AM – 8:39AM<br>572579673 Rahu 11:44AM – 1:16PM | Vishakha Until 5:25PM<br>Vaidhiti* Until 12:24PM<br>Kaulava Until 9:54PM<br>Panchami Until 9:02AM               | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Orange                                                                                                                                    | Sunrise: 5:35AM<br>Sunset: 5:53PM<br>Moon 9 - Phase 21 - 18<br>3rd Phase |
| Creative Work                           | Siddha Yoga         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Sivaloka Day                                                             |
|                                         |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| <b>6</b>                                |                     | <b>Thursday, September 17, 2026</b>                                                 |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Kanya Mase Sukla Palshe Guru Vasara Yuktayam<br>Anuradha Nakshatra Vishkambha*/Pili Yoga Taila/Gara Karana Shashthi/Saptamayam Titau                  | Kathmandu, Nepal<br>Sun 19 Sutra 157                                     |
| Vishchika Rasi: 9.41                    | Tithi 6 – 7         | Gulika 8:39AM – 10:12AM<br>Yama 5:35AM – 7:07AM<br>572579673 Rahu 1:16PM – 2:48PM   | Anuradha Until 7:55PM<br>Vishkambha* Until 12:51PM<br>Gara Until 11:56PM<br>Shashthi* Until 10:51AM             | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Orange                                                                                                                                    | Sunrise: 5:35AM<br>Sunset: 5:52PM<br>Moon 9 - Phase 21 - 19<br>3rd Phase |
| Creative Work                           | Siddha Yoga         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Sivaloka Day                                                             |
| Until 7:55PM                            |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| Then Routine Work - Prabalarishita Yoga |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| <b>7</b>                                |                     | <b>Friday, September 18, 2026</b>                                                   |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Kanya Mase Sukla Palshe Sukra Vasara Yuktayam<br>Jyeshtha*/ Nakshatra Pritvi/Ayushman Yoga Vanija/Vasi* Karana Saptami/Ashtamayam Titau               | Kathmandu, Nepal<br>Sun 20 Sutra 158                                     |
| <b>Retreat Star</b>                     |                     | Gulika 7:08AM – 8:39AM<br>Yama 2:47PM – 4:19PM<br>572579673 Rahu 10:11AM – 11:43AM  | Jyeshtha* Until 10:34PM<br>Pritvi Until 1:36PM<br>Visi Until 2:15AM Sat<br>Saptami Until 1:02PM                 | Ganesha: Clear<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Orange                                                                                                                                    | Sunrise: 5:36AM<br>Sunset: 5:51PM<br>Moon 9 - Phase 21 - 20<br>Ashtami   |
| Vishchika Rasi: 21.41                   | Tithi 7 – 8         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Sivaloka Day                                                             |
| Routine Work                            | Marana Yoga         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| Until 10:34PM                           |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| Then Creative Work - Amrita Yoga        |                     |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |
| <b>8</b>                                |                     | <b>Saturday, September 19, 2026</b>                                                 |                                                                                                                 | Parabhava Nama Samvatsara Dakshinaya Jivana Ritau Kanya Mase Sukla Palshe Manta Vasara Yuktayam<br>Mula* Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Ashtami/Navamayam Titau                   | Kathmandu, Nepal<br>Sun 21 Sutra 159                                     |
| <b>Retreat Star</b>                     |                     | Gulika 5:36AM – 7:08AM<br>Yama 1:15PM – 2:46PM<br>582579673 Rahu 8:40AM – 10:11AM   | Mula* Until 1:41AM Sun<br>Ayushman Until 2:27PM<br>Balava Until 4:40AM Sun<br>Ashtami* Until 3:26PM             | Ganesha: Purple<br>Munuga: Clear<br>Nataraja: Yellow<br>Moon – Light Blue                                                                                                                               | Sunrise: 5:36AM<br>Sunset: 5:50PM<br>Moon 9 - Phase 21 - 21<br>Navami    |
| Dhanus Rasi: 3.35                       | Tithi 8 – 9         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         | Devaloka Day                                                             |
| Creative Work                           | Siddha Yoga         |                                                                                     |                                                                                                                 |                                                                                                                                                                                                         |                                                                          |

With earnest effort hold the senses in check. Controlling the breath, regulate the vital activities. As a charioteer holds back his restive horses, so does a persevering aspirant restrain his mind. Krishna Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                                                                                                                                                                                                          |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------|-----------------|--------------------------------------|--|--------------------------------------|--|
| 1 Sunday, September 20, 2026                                                                                                                                                                             |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Sulika Palshe Bhanu Vescara Yuktayam<br>Purvashadha* Nakshatra Saubhagya/Sobhana Yoga Kaulava/Taila Karana Navami/Dashamyam Titau |  |                   |                 |                                      |  | Kathmandu, Nepal<br>Sun 22 Sutra 160 |  |
| Gulika                                                                                                                                                                                                   | 2:46PM - 4:17PM   | Purvashadha* Until 4:32AM Mon                                                                                                                                                                  |  | Ganesha: Purple   | Sunrise: 5:36AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 11:43AM - 1:14PM  | Saubhagya Until 3:20PM                                                                                                                                                                         |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 582579673 Rahu                                                                                                                                                                                           | 4:17PM - 5:49PM   | Tailita Until 6:58AM Mon                                                                                                                                                                       |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Creative Work Siddha Yoga                                                                                                                                                                                |                   | Navami* Until 5:49PM                                                                                                                                                                           |  | Blue+space+Purple |                 | Devaloka Day                         |  |                                      |  |
| Until 4:32AM Mon                                                                                                                                                                                         |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Then Routine Work - Marana Yoga                                                                                                                                                                          |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| 2 Monday, September 21, 2026                                                                                                                                                                             |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Sulika Palshe Indu Vescara Yuktayam<br>Uttarashadha* Nakshatra Sobhana/Ahiganda* Yoga Tailita/Gara Karana Dashamyam Titau                   |                   |                                                                                                                                                                                                |  |                   |                 | Kathmandu, Nepal<br>Sun 23 Sutra 161 |  |                                      |  |
| Gulika                                                                                                                                                                                                   | 1:14PM - 2:45PM   | Uttarashadha Until 6:55AM Tue                                                                                                                                                                  |  | Ganesha: Purple   | Sunrise: 5:37AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 10:11AM - 11:42AM | Sobhana Until 4:04PM                                                                                                                                                                           |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 582579673 Rahu                                                                                                                                                                                           | 7:08AM - 8:40AM   | Tailita Until 6:58AM                                                                                                                                                                           |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Routine Work Marana Yoga                                                                                                                                                                                 |                   | Dashami Until 7:59PM                                                                                                                                                                           |  | Blue+space+Purple |                 | Devaloka Day                         |  |                                      |  |
| Until 6:55AM Tue                                                                                                                                                                                         |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Then Creative Work - Siddha Yoga                                                                                                                                                                         |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| 3 Tuesday, September 22, 2026                                                                                                                                                                            |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Sulika Palshe Mangala Vescara Yuktayam<br>Uttarashadha/Shravana Nakshatra Ahiganda/Sukama Yoga Vanja/Visti* Karana Ekadashyam Titau         |                   |                                                                                                                                                                                                |  |                   |                 | Kathmandu, Nepal<br>Sun 24 Sutra 162 |  |                                      |  |
| Gulika                                                                                                                                                                                                   | 11:42AM - 1:13PM  | Uttarashadha Until 6:55AM                                                                                                                                                                      |  | Ganesha: Purple   | Sunrise: 5:37AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 8:40AM - 10:11AM  | Ahiganda* Until 4:27PM                                                                                                                                                                         |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 582579673 Rahu                                                                                                                                                                                           | 2:44PM - 4:15PM   | Vanija Until 8:56AM                                                                                                                                                                            |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Routine Work Prabalarishita Yoga                                                                                                                                                                         |                   | Ekadashi Until 9:43PM                                                                                                                                                                          |  | Blue+space+Purple |                 | Devaloka Day                         |  |                                      |  |
| Until 6:55AM                                                                                                                                                                                             |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Then Creative Work - Siddha Yoga                                                                                                                                                                         |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| 4 Wednesday, September 23, 2026                                                                                                                                                                          |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Sulika Palshe Budha Vescara Yuktayam<br>Shravana/Dhanishtha Nakshatra Sukarna/Dhriti Yoga Bava/Balava Karana Dvadashyam Titau               |                   |                                                                                                                                                                                                |  |                   |                 | Kathmandu, Nepal<br>Sun 25 Sutra 163 |  |                                      |  |
| Gulika                                                                                                                                                                                                   | 10:11AM - 11:42AM | Shravana Until 9:09AM                                                                                                                                                                          |  | Ganesha: White    | Sunrise: 5:38AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 7:09AM - 10:11AM  | Sukarna Until 4:27PM                                                                                                                                                                           |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 593579673 Rahu                                                                                                                                                                                           | 11:42AM - 1:13PM  | Bava Until 10:23AM                                                                                                                                                                             |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Creative Work Siddha Yoga                                                                                                                                                                                |                   | Dvadashi Until 10:52PM                                                                                                                                                                         |  | Blue+space+Purple |                 | Subha Sivaloka Day                   |  |                                      |  |
| Until 9:09AM                                                                                                                                                                                             |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Then Routine Work - Prabalarishita Yoga                                                                                                                                                                  |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| 5 Thursday, September 24, 2026                                                                                                                                                                           |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Sulika Palshe Guru Vescara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Dhriti/Shula* Yoga Kaulava/Taila Karana Trayodashyam Titau         |                   |                                                                                                                                                                                                |  |                   |                 | Kathmandu, Nepal<br>Sun 26 Sutra 164 |  |                                      |  |
| Gulika                                                                                                                                                                                                   | 8:40AM - 10:10AM  | Dhanishtha Until 10:37AM                                                                                                                                                                       |  | Ganesha: White    | Sunrise: 5:38AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 5:38AM - 7:09AM   | Dhriti Until 3:57PM                                                                                                                                                                            |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 593579673 Rahu                                                                                                                                                                                           | 1:12PM - 2:43PM   | Kaulava Until 11:13AM                                                                                                                                                                          |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Creative Work Siddha Yoga                                                                                                                                                                                |                   | Trayodashi Until 11:22PM                                                                                                                                                                       |  | Blue+space+Purple |                 | Subha Sivaloka Day                   |  |                                      |  |
| Chidambaram Abhishekah<br>Kadaltsiwami Mahasamadi                                                                                                                                                        |                   | Pradosha Vrata                                                                                                                                                                                 |  |                   |                 |                                      |  |                                      |  |
| 6 Friday, September 25, 2026                                                                                                                                                                             |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Sulika Palshe Sukra Vescara Yuktayam<br>Shatabhishak/Purvaprosrthapada* Nakshatra Shula/Ganda* Yoga Gara/Vanija Karana Chaturdashyam Titau  |                   |                                                                                                                                                                                                |  |                   |                 | Kathmandu, Nepal<br>Sun 27 Sutra 165 |  |                                      |  |
| Gulika                                                                                                                                                                                                   | 7:09AM - 8:40AM   | Shatabhishak Until 11:16AM                                                                                                                                                                     |  | Ganesha: White    | Sunrise: 5:39AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 2:42PM - 4:13PM   | Shula* Until 2:53PM                                                                                                                                                                            |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 593579673 Rahu                                                                                                                                                                                           | 10:10AM - 11:41AM | Gara Until 11:22AM                                                                                                                                                                             |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Creative Work Siddha Yoga                                                                                                                                                                                |                   | Chaturdashi* Until 11:11PM                                                                                                                                                                     |  | Blue+space+Purple |                 | Subha Sivaloka Day                   |  |                                      |  |
| Until 11:34AM                                                                                                                                                                                            |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Then Creative Work - Siddha Yoga                                                                                                                                                                         |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| 7 Saturday, September 26, 2026                                                                                                                                                                           |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Sulika Palshe Mantu Vescara Yuktayam<br>Purvaprosrthapada/Uttaraprosrthapada Nakshatra Ganda/Viddhi Yoga Visti/Bava Karana Purnimayam Titau |                   |                                                                                                                                                                                                |  |                   |                 | Kathmandu, Nepal<br>Sun 28 Sutra 166 |  |                                      |  |
| Gulika                                                                                                                                                                                                   | 5:39AM - 7:10AM   | Purvaprosrthapada* Until 11:34AM                                                                                                                                                               |  | Ganesha: White    | Sunrise: 5:39AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 1:11PM - 2:41PM   | Ganda* Until 1:19PM                                                                                                                                                                            |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 513579673 Rahu                                                                                                                                                                                           | 8:40AM - 10:10AM  | Visti Until 10:52AM                                                                                                                                                                            |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Routine Work Marana Yoga                                                                                                                                                                                 |                   | Purnima* Until 10:22PM                                                                                                                                                                         |  | Blue+space+Purple |                 | Subha Sivaloka Day                   |  |                                      |  |
| Until 11:34AM                                                                                                                                                                                            |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Then Creative Work - Siddha Yoga                                                                                                                                                                         |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| 8 Sunday, September 27, 2026                                                                                                                                                                             |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |
| Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Krishna Palshe Bhava Vescara Yuktayam<br>Uttaraprosrthapada/Revati Nakshatra Viddhi/Dhruva Yoga Balava/Kaulava Karana Prathama Titau        |                   |                                                                                                                                                                                                |  |                   |                 | Kathmandu, Nepal<br>Sun 29 Sutra 167 |  |                                      |  |
| Gulika                                                                                                                                                                                                   | 2:40PM - 4:11PM   | Uttaraprosrthapada Until 11:09AM                                                                                                                                                               |  | Ganesha: White    | Sunrise: 5:40AM | Parabhava 5128                       |  |                                      |  |
| Yama                                                                                                                                                                                                     | 11:40AM - 1:10PM  | Viddhi Until 11:19AM                                                                                                                                                                           |  | Munuga: Clear     | Sunset: 5:49PM  | Moon 9 - Phase 22 - 4th Phase        |  |                                      |  |
| 513579673 Rahu                                                                                                                                                                                           | 4:11PM - 5:41PM   | Balava Until 9:46AM                                                                                                                                                                            |  | Nataraja: Yellow  |                 |                                      |  |                                      |  |
| Creative Work Amrita Yoga                                                                                                                                                                                |                   | Prathama* Until 9:00PM                                                                                                                                                                         |  | Blue+space+Purple |                 | Subha Sivaloka Day                   |  |                                      |  |
| Until 11:34AM                                                                                                                                                                                            |                   |                                                                                                                                                                                                |  |                   |                 |                                      |  |                                      |  |

Puja, reading the scriptures, singing hymns, performing japa and unsullied austerity, truthfulness, restraint of envy, and offering of food—these and other self-purifying acts constitute the flawless satputra marga. Trumantiram 1496

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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Monday, September 28, 2026

Gold Retreat Star

Meena Rasi: 27.31 Tithi 17  
Family Home Evening  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Indu Vasara Yukhtayam  
Revati/Ashvini Nakshatra Dhruva/Vyaghata\* Yoga Taillia/Gara Karana Dvityayam Titau  
Gulika 1:10PM - 2:40PM  
Yama 10:10AM - 11:40AM  
Rahu 7:10AM - 8:40AM  
Revati Until 10:07AM  
Dhruva Until 8:53AM  
Taillia Until 8:11AM  
Dvitya Until 7:14PM

Ganesha: Yellow  
Munuga: Clear  
Nataraja: Yellow  
Moon - Clear  
Sunrise: 5:40AM  
Sunset: 5:49PM  
Moon 10 - Phase 23 - 1  
1st Phase

Sivaloka Day

1 Tuesday, September 29, 2026

Mesha Rasi: 11.32 Tithi 18 - 19  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Mangala Vasara Yukhtayam  
Ashvini/Bharani Nakshatra Vyaghata\*Harshana Yoga Vanja/Bava Karana Tritiya/Chaturtham Titau  
Gulika 11:40AM - 1:09PM  
Yama 8:40AM - 10:10AM  
Rahu 2:39PM - 4:09PM  
Ashvini Until 9:02AM  
Vyaghata\* Until 6:11AM  
Vanija Until 6:14AM  
Tritiya Until 5:09PM

Ganesha: White  
Munuga: Purple  
Nataraja: Yellow  
Moon - White  
Sunrise: 5:41AM  
Sunset: 5:38PM  
Moon 10 - Phase 23 - 2  
1st Phase

Sivaloka Day

2 Wednesday, September 30, 2026

Mesha Rasi: 25.43 Tithi 19 - 20  
Creative Work Siddha Yoga  
Until 7:34AM  
Then Creative Work - Amrita Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Budha Vasara Yukhtayam  
Bharani/Krittika Nakshatra Vajra\* Yoga Balava/Kaulava Karana Chaturthi/Panchamam Titau  
Gulika 10:10AM - 11:39AM  
Yama 7:11AM - 8:40AM  
Rahu 11:39AM - 1:09PM  
Bharani Until 7:34AM  
Vajra\* Until 12:18AM Thu  
Kaulava Until 1:45AM Thu  
Chaturthi\* Until 2:54PM

Ganesha: White  
Munuga: Purple  
Nataraja: Yellow  
Moon - White  
Sunrise: 5:41AM  
Sunset: 5:37PM  
Moon 10 - Phase 23 - 3  
1st Phase

Sivaloka Day

3 Thursday, October 1, 2026

Visshabha Rasi: 9.59 Tithi 20 - 21  
Routine Work Marana Yoga  
Until 4:26AM Fri  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Guru Vasara Yukhtayam  
Rohini Nakshatra Siddhi Yoga Taillia/Gara Karana Pancham/Shashtyam Titau  
Gulika 8:40AM - 10:10AM  
Yama 5:42AM - 7:11AM  
Rahu 1:08PM - 2:38PM  
Rohini Until 4:26AM Fri  
Siddhi Until 9:16PM  
Gara Until 11:25PM  
Panchami Until 12:34PM

Ganesha: White  
Munuga: Purple  
Nataraja: Yellow  
Moon - White  
Sunrise: 5:42AM  
Sunset: 5:36PM  
Moon 10 - Phase 23 - 4  
1st Phase

Sivaloka Day

4 Friday, October 2, 2026

Visshabha Rasi: 24.15 Tithi 21 - 22  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Sukra Vasara Yukhtayam  
Mrigashira Nakshatra Vyatipata\* Yoga Vanja/Visri\* Karana Shashthi/Saptamam Titau  
Gulika 7:11AM - 8:40AM  
Yama 2:37PM - 4:06PM  
Rahu 10:09AM - 11:39AM  
Mrigashira Until 2:55AM Sat  
Vyatipata\* Until 6:17PM  
Visri Until 9:08PM  
Shashthi\* Until 10:15AM

Ganesha: Clear  
Munuga: Purple  
Nataraja: Yellow  
Moon - Yellow  
Sunrise: 5:42AM  
Sunset: 5:35PM  
Moon 10 - Phase 23 - 5  
1st Phase

Devaloka Day

5 Saturday, October 3, 2026

Retreat Star  
Mithuna Rasi: 8.29 Tithi 22 - 23  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Manta Vasara Yukhtayam  
Andra Nakshatra Varjani/Parigraha\* Yoga Bava/Balava Karana Saptami/Ashtamam Titau  
Gulika 5:43AM - 7:11AM  
Yama 1:07PM - 2:36PM  
Rahu 8:40AM - 10:09AM  
Andra Until 1:23AM Sun  
Varjani Until 3:22PM  
Balava Until 6:58PM  
Saptami Until 8:01AM

Ganesha: Clear  
Munuga: Purple  
Nataraja: Yellow  
Moon - Yellow  
Sunrise: 5:43AM  
Sunset: 5:34PM  
Moon 10 - Phase 23 - 6  
Ashtami

Devaloka Day

Sunday, October 4, 2026

Retreat Star  
Mithuna Rasi: 22.37 Tithi 24  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Bhanu Vasara Yukhtayam  
Punarvasu Nakshatra Parigraha\*Shiva Yoga Taillia/Gara Karana Navamam Titau  
Gulika 2:35PM - 4:04PM  
Yama 11:38AM - 1:07PM  
Rahu 4:04PM - 5:33PM  
Punarvasu Until 12:16AM Mon  
Parigraha\* Until 12:34PM  
Taillia Until 4:56PM  
Navami\* Until 3:58AM Mon

Ganesha: Purple  
Munuga: Purple  
Nataraja: Yellow  
Moon - Blue  
Sunrise: 5:43AM  
Sunset: 5:33PM  
Moon 10 - Phase 23 - 7  
Navami

Sivaloka Day

The simple temple duties, lighting the lamps, picking flowers, lovingly polishing the floors, sweeping, singing the Lord's praise, ringing the bell and fetching ceremonial water—these constitute the dasa marga. Tirumantiram 1502

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                                  |                                                                                |                |                                                                                                      |                             |                                |                                        |
|----------------------------------|--------------------------------------------------------------------------------|----------------|------------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------|----------------------------------------|
| 1                                | Monday, October 5, 2026                                                        |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Indu Vasara Yukhtayam    |                             | Kathmandu, Nepal               |                                        |
|                                  | Pushya Nakshatra Shiva/Siddha Yoga Vanja/Visti* Karana Dashamyam Titau         |                | Ashlesha* Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ekadashyam Titau                           |                             | Sun 8 Sutra 175                |                                        |
|                                  | Kataka Rasi: 6.4                                                               | Tithi 25       | Gulika 1:06PM – 2:35PM                                                                               | Pushya Until 11:12PM        | Ganesha: Purple                | Sunrise: 5:44AM Parabhava 5128         |
|                                  | Family Home Evening                                                            |                | Yama 10:09AM – 11:38AM                                                                               | Shiva Until 9:54AM          | Muruga: Purple                 | Sunset: 5:32PM Moon 10 - Phase 24 - 8  |
| Creative Work Siddha Yoga        |                                                                                | 643589673 Rahu | 7:12AM – 8:41AM                                                                                      | Vanija Until 3:04PM         | Nataraja: Yellow               | 2nd Phase                              |
|                                  |                                                                                |                |                                                                                                      | Dashami Until 2:12AM Tue    | Moon – Blue                    | Sivaloka Day                           |
|                                  |                                                                                |                |                                                                                                      |                             | Blush/spect/Puratal            |                                        |
| 2                                | Tuesday, October 6, 2026                                                       |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Mangala Vasara Yukhtayam |                             | Kathmandu, Nepal               |                                        |
|                                  | Ashlesha* Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ekadashyam Titau     |                | Magha* Nakshatra Subha Yoga Kaulava/Tattila Karana Dvadashtyam Titau                                 |                             | Sun 9 Sutra 176                |                                        |
|                                  | Kataka Rasi: 20.35                                                             | Tithi 26       | Gulika 11:37AM – 1:06PM                                                                              | Ashlesha* Until 10:11PM     | Ganesha: Purple                | Sunrise: 5:44AM Parabhava 5128         |
|                                  |                                                                                |                | Yama 8:41AM – 10:09AM                                                                                | Siddha Until 7:22AM         | Muruga: Purple                 | Sunset: 5:32PM Moon 10 - Phase 24 - 9  |
| Creative Work Siddha Yoga        |                                                                                | 643589673 Rahu | 2:34PM – 4:02PM                                                                                      | Bava Until 1:24PM           | Nataraja: Yellow               | 2nd Phase                              |
|                                  |                                                                                |                |                                                                                                      | Ekadashi* Until 12:38AM Wed | Moon – Blue                    | Sivaloka Day                           |
|                                  |                                                                                |                |                                                                                                      |                             | Blush/spect/Puratal            |                                        |
| 3                                | Wednesday, October 7, 2026                                                     |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Budha Vasara Yukhtayam   |                             | Kathmandu, Nepal               |                                        |
|                                  | Magha* Nakshatra Subha Yoga Kaulava/Tattila Karana Dvadashtyam Titau           |                | Magha* Nakshatra Subha Yoga Kaulava/Tattila Karana Dvadashtyam Titau                                 |                             | Sun 10 Sutra 177               |                                        |
|                                  | Simha Rasi: 4.23                                                               | Tithi 27       | Gulika 10:09AM – 11:37AM                                                                             | Magha* Until 9:42PM         | Ganesha: Purple                | Sunrise: 5:45AM Parabhava 5128         |
|                                  |                                                                                |                | Yama 7:13AM – 8:41AM                                                                                 | Subha Until 2:54AM Thu      | Muruga: Purple                 | Sunset: 5:29PM Moon 10 - Phase 24 - 10 |
| Creative Work Siddha Yoga        |                                                                                | 654589673 Rahu | 11:37AM – 1:05PM                                                                                     | Kaulava Until 11:58AM       | Nataraja: Yellow               | 2nd Phase                              |
| Until 9:42PM                     |                                                                                |                |                                                                                                      | Dvadashti* Until 11:19PM    | Moon – Red                     | Bhuloka Day                            |
| Then Creative Work - Amrita Yoga |                                                                                |                |                                                                                                      |                             | Blush/spect/Puratal            | Devaloka Time: 6 PM to 9 PM            |
| 4                                | Thursday, October 8, 2026                                                      |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Guru Vasara Yukhtayam    |                             | Kathmandu, Nepal               |                                        |
|                                  | Purvaphalguni Nakshatra Sukla Yoga Gara/Venja Karana Trayodashyam Titau        |                | Purvaphalguni Nakshatra Sukla Yoga Gara/Venja Karana Trayodashyam Titau                              |                             | Sun 11 Sutra 178               |                                        |
|                                  | Simha Rasi: 18.01                                                              | Tithi 28       | Gulika 8:41AM – 10:09AM                                                                              | Purvaphalguni Until 9:20PM  | Ganesha: Clear                 | Sunrise: 5:45AM Parabhava 5128         |
|                                  |                                                                                |                | Yama 5:45AM – 7:13AM                                                                                 | Sukla Until 12:58AM Fri     | Muruga: Purple                 | Sunset: 5:28PM Moon 10 - Phase 24 - 11 |
| Creative Work Siddha Yoga        |                                                                                | 654689674 Rahu | 1:05PM – 2:33PM                                                                                      | Gara Until 10:47AM          | Nataraja: White                | 2nd Phase                              |
|                                  |                                                                                |                |                                                                                                      | Trayodashi* Until 10:17PM   | Moon – Red                     | Bhuloka Day                            |
|                                  |                                                                                |                |                                                                                                      |                             | Blush/spect/Puratal            | Devaloka Time: 9 AM to 12 PM           |
|                                  |                                                                                |                |                                                                                                      |                             | Pradosha Vrata (Fasting)       |                                        |
| 5                                | Friday, October 9, 2026                                                        |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Sukra Vasara Yukhtayam   |                             | Kathmandu, Nepal               |                                        |
|                                  | Uttaraphalguni Nakshatra Brahma Yoga Visti*/Sakun*/ Karana Chaturdashyam Titau |                | Uttaraphalguni Nakshatra Brahma Yoga Visti*/Sakun*/ Karana Chaturdashyam Titau                       |                             | Sun 12 Sutra 179               |                                        |
|                                  | Kanya Rasi: 1.29                                                               | Tithi 29       | Gulika 7:13AM – 8:41AM                                                                               | Uttaraphalguni Until 9:10PM | Ganesha: Clear                 | Sunrise: 5:46AM Parabhava 5128         |
|                                  |                                                                                |                | Yama 2:32PM – 4:00PM                                                                                 | Brahma Until 11:20PM        | Muruga: Purple                 | Sunset: 5:27PM Moon 10 - Phase 24 - 12 |
| Creative Work Siddha Yoga        |                                                                                | 654689674 Rahu | 10:09AM – 11:36AM                                                                                    | Visti Until 9:55AM          | Nataraja: White                | 2nd Phase                              |
| Until 9:10PM                     |                                                                                |                |                                                                                                      | Chaturdashi* Until 9:36PM   | Moon – Red                     | Bhuloka Day                            |
| Then Creative Work - Amrita Yoga |                                                                                |                |                                                                                                      |                             | Blush/spect/Puratal            | Devaloka Time: 9 AM to 12 PM           |
| ●                                | Saturday, October 10, 2026                                                     |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Paksha Manita Vasara Yukhtayam  |                             | Kathmandu, Nepal               |                                        |
|                                  | Retreat Star                                                                   |                | Hasta Nakshatra Indra Yoga Catuspada*/Naga*/ Karana Amavasyayam Titau                                |                             | Sun 13 Sutra 180               |                                        |
|                                  | Kanya Rasi: 14.46                                                              | Tithi 30       | Gulika 5:46AM – 7:14AM                                                                               | Hasta Until 9:41PM          | Ganesha: Orange                | Sunrise: 5:46AM Parabhava 5128         |
|                                  |                                                                                |                | Yama 1:04PM – 2:31PM                                                                                 | Indra Until 10:02PM         | Muruga: Purple                 | Sunset: 5:26PM Moon 10 - Phase 24 - 13 |
| Routine Work Marana Yoga         |                                                                                | 664689674 Rahu | 8:41AM – 10:09AM                                                                                     | Catuspada Until 9:25AM      | Nataraja: White                | Amavasya                               |
|                                  |                                                                                |                |                                                                                                      | Amavasya* Until 9:19PM      | Moon – Green                   | Bhuloka Day                            |
|                                  |                                                                                |                |                                                                                                      |                             | Blush/spect/Puratal            | Devaloka Time: 9 AM to 12 PM           |
|                                  |                                                                                |                |                                                                                                      |                             | Mahalaya Amavasya (Tamil Nadu) |                                        |
|                                  | Sunday, October 11, 2026                                                       |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Paksha Bhanu Vasara Yukhtayam     |                             | Kathmandu, Nepal               |                                        |
|                                  | Retreat Star                                                                   |                | Chitra Nakshatra Vaidhriti* Yoga Kintughna*/Bava Karana Prathamayam Titau                            |                             | Sun 14 Sutra 181               |                                        |
|                                  | Kanya Rasi: 27.49                                                              | Tithi 1        | Gulika 2:31PM – 3:58PM                                                                               | Chitra Until 10:32PM        | Ganesha: Orange                | Sunrise: 5:47AM Parabhava 5128         |
|                                  |                                                                                |                | Yama 11:36AM – 1:03PM                                                                                | Vaidhriti* Until 9:04PM     | Muruga: Purple                 | Sunset: 5:25PM Moon 10 - Phase 24 - 14 |
| Creative Work Siddha Yoga        |                                                                                | 664689674 Rahu | 3:58PM – 5:25PM                                                                                      | Kintughna Until 9:23AM      | Nataraja: White                | Prathama                               |
|                                  |                                                                                |                |                                                                                                      | Navaratri Begins            | Moon – Green                   | Bhuloka Day                            |
|                                  |                                                                                |                |                                                                                                      | Prathama* Until 9:31PM      | Blush/spect/Puratal            | Devaloka Time: 9 AM to 12 PM           |

Being the Life of life is splendous jnana worship. Beholding the Light of life is great yoga worship. Giving life by invocation is external worship. Expressing adoration is charya. Tirumantiram 1444

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                                       |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              |                         |                                                    |                         |
|---------------------------------------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|----------------------------------------------------|-------------------------|
| <b>1</b>                              |                | Monday, October 12, 2026                                                                                                                                                               |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Paksha Indu Vasara Yuktiyām<br>Svati Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Dvitiyayām Titau                    |                         | Kathmandu, Nepal<br>Sun 15 Sutra 182               |                         |
| Tula Rasi: 10.37                      | Tithi 2        | Gulika                                                                                                                                                                                 | 1:03PM – 2:30PM   | Svati Until 11:42PM                                                                                                                                                                          | Ganesha: Orange         | Sunrise: 5:47AM                                    | Parabhava 5128          |
| Family Home Evening                   |                | Yama                                                                                                                                                                                   | 10:09AM – 11:36AM | Vishkambha* Until 8:32PM                                                                                                                                                                     | Munuga: Purple          | Sunset: 5:24PM                                     | Moon 10 - Phase 25 - 18 |
| Creative Work Amrita Yoga             | 664689674 Rahu |                                                                                                                                                                                        | 7:14AM – 8:41AM   | Balava Until 9:50AM                                                                                                                                                                          | Nataraja: White         |                                                    | 3rd Phase               |
| Until 11:42PM                         |                |                                                                                                                                                                                        |                   | Dvitiya Until 10:14PM                                                                                                                                                                        | Moon – Green            |                                                    |                         |
| Then Routine Work – Marana Yoga       |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 10:2PM |                         |
| <b>2</b>                              |                | Tuesday, October 13, 2026                                                                                                                                                              |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Paksha Mangala Vasara Yuktiyām<br>Vishakha Nakshatra Priti Yoga Talita/Gara Karana Tritiyayām Titau                       |                         | Kathmandu, Nepal<br>Sun 16 Sutra 183               |                         |
| Tula Rasi: 23.11                      | Tithi 3        | Gulika                                                                                                                                                                                 | 11:35AM – 1:02PM  | Vishakha Until 1:43AM Wed                                                                                                                                                                    | Ganesha: Clear          | Sunrise: 5:48AM                                    | Parabhava 5128          |
|                                       |                | Yama                                                                                                                                                                                   | 8:42AM – 10:08AM  | Priti Until 8:24PM                                                                                                                                                                           | Munuga: Purple          | Sunset: 5:23PM                                     | Moon 10 - Phase 25 - 15 |
| Routine Work Marana Yoga              | 674689674 Rahu |                                                                                                                                                                                        | 2:29PM – 3:56PM   | Talita Until 10:49AM                                                                                                                                                                         | Nataraja: White         |                                                    | 3rd Phase               |
| Until 1:43AM Wed                      |                |                                                                                                                                                                                        |                   | Tritiya Until 11:29PM                                                                                                                                                                        | Moon – Orange           |                                                    |                         |
| Then Creative Work – Siddha Yoga      |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 10:2PM |                         |
| <b>3</b>                              |                | Wednesday, October 14, 2026                                                                                                                                                            |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Paksha Budha Vasara Yuktiyām<br>Anuradha Nakshatra Ayushman Yoga Vanija/Visi* Karana Chaturthayām Titau                   |                         | Kathmandu, Nepal<br>Sun 17 Sutra 184               |                         |
| Vischika Rasi: 5.3                    | Tithi 4        | Gulika                                                                                                                                                                                 | 10:08AM – 11:35AM | Anuradha Until 4:03AM Thu                                                                                                                                                                    | Ganesha: Clear          | Sunrise: 5:48AM                                    | Parabhava 5128          |
|                                       |                | Yama                                                                                                                                                                                   | 7:15AM – 8:42AM   | Ayushman Until 8:39PM                                                                                                                                                                        | Munuga: Purple          | Sunset: 5:22PM                                     | Moon 10 - Phase 25 - 17 |
| Creative Work Siddha Yoga             | 674689674 Rahu |                                                                                                                                                                                        | 11:35AM – 1:02PM  | Vanija Until 12:19PM                                                                                                                                                                         | Nataraja: White         |                                                    | 3rd Phase               |
| Until 4:03AM Thu                      |                |                                                                                                                                                                                        |                   | Chaturthi* Until 1:14AM Thu                                                                                                                                                                  | Moon – Orange           |                                                    |                         |
| Then Routine Work – Prabalashita Yoga |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 10:2PM |                         |
| <b>4</b>                              |                | Thursday, October 15, 2026                                                                                                                                                             |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Paksha Guru Vasara Yuktiyām<br>Jyeshtha* Nakshatra Saubhagya Yoga Bava/Balava Karana Panchamyām Titau                     |                         | Kathmandu, Nepal<br>Sun 18 Sutra 185               |                         |
| Vischika Rasi: 17.38                  | Tithi 5        | Gulika                                                                                                                                                                                 | 8:42AM – 10:08AM  | Jyeshtha* Until 6:36AM Fri                                                                                                                                                                   | Ganesha: Clear          | Sunrise: 5:49AM                                    | Parabhava 5128          |
|                                       |                | Yama                                                                                                                                                                                   | 5:49AM – 7:15AM   | Saubhagya Until 9:14PM                                                                                                                                                                       | Munuga: Purple          | Sunset: 5:21PM                                     | Moon 10 - Phase 25 - 18 |
| Routine Work Prabalashita Yoga        | 674689674 Rahu |                                                                                                                                                                                        | 1:01PM – 2:28PM   | Bava Until 2:18PM                                                                                                                                                                            | Nataraja: White         |                                                    | 3rd Phase               |
| Until 6:36AM Fri                      |                |                                                                                                                                                                                        |                   | Panchami Until 3:25AM Fri                                                                                                                                                                    | Moon – Orange           |                                                    |                         |
| Then Creative Work – Amrita Yoga      |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 10:2PM |                         |
| <b>5</b>                              |                | Friday, October 16, 2026                                                                                                                                                               |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Paksha Sukra Vasara Yuktiyām<br>Jyeshtha* Mula* Nakshatra Sobhana Yoga Kaulava/Talita Karana Shashthiyām Titau            |                         | Kathmandu, Nepal<br>Sun 19 Sutra 186               |                         |
| Vischika Rasi: 29.36                  | Tithi 6        | Gulika                                                                                                                                                                                 | 7:16AM – 8:42AM   | Jyeshtha* Until 6:36AM                                                                                                                                                                       | Ganesha: Clear          | Sunrise: 5:49AM                                    | Parabhava 5128          |
|                                       |                | Yama                                                                                                                                                                                   | 2:27PM – 3:54PM   | Sobhana Until 10:05PM                                                                                                                                                                        | Munuga: Purple          | Sunset: 5:20PM                                     | Moon 10 - Phase 25 - 19 |
| Routine Work Marana Yoga              | 674689674 Rahu |                                                                                                                                                                                        | 10:08AM – 11:35AM | Kaulava Until 4:39PM                                                                                                                                                                         | Nataraja: White         |                                                    | 3rd Phase               |
| Until 6:36AM                          |                |                                                                                                                                                                                        |                   | Shashthi* Until 5:53AM Sat                                                                                                                                                                   | Moon – Orange           |                                                    |                         |
| Then Creative Work – Amrita Yoga      |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 10:2PM |                         |
| <b>6</b>                              |                | Saturday, October 17, 2026                                                                                                                                                             |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Mantā Vasara Yuktiyām<br>Mula*Purvashadha* Nakshatra Atigandha* Yoga Gara Karana Saptamyām Titau                    |                         | Kathmandu, Nepal<br>Sun 20 Sutra 187               |                         |
| Dhanus Rasi: 11.28                    | Tithi 7        | Gulika                                                                                                                                                                                 | 5:50AM – 7:16AM   | Mula* Until 9:45AM                                                                                                                                                                           | Ganesha: Purple         | Sunrise: 5:50AM                                    | Parabhava 5128          |
|                                       |                | Yama                                                                                                                                                                                   | 1:01PM – 2:27PM   | Atigandha* Until 11:00PM                                                                                                                                                                     | Munuga: Purple          | Sunset: 5:19PM                                     | Moon 10 - Phase 25 - 20 |
| Creative Work Siddha Yoga             | 684689674 Rahu |                                                                                                                                                                                        | 8:42AM – 10:08AM  | Gara Until 7:11PM                                                                                                                                                                            | Nataraja: White         |                                                    | 3rd Phase               |
|                                       |                |                                                                                                                                                                                        |                   | Saptami Until 8:26AM Sun                                                                                                                                                                     | Moon – Light Blue       |                                                    |                         |
|                                       |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Devaloka Day</b>                                |                         |
| <b>D</b>                              |                | Sunday, October 18, 2026                                                                                                                                                               |                   | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Bhava Vasara Yuktiyām<br>Purvashadha*Uttarashadha Nakshatra Sukarma Yoga Vanija/Visi* Karana Saptami/Ashamyām Titau |                         | Kathmandu, Nepal<br>Sun 21 Sutra 188               |                         |
| <b>Retreat Star</b>                   |                | Gulika                                                                                                                                                                                 | 2:26PM – 3:52PM   | Purvashadha* Until 12:46PM                                                                                                                                                                   | Ganesha: Purple         | Sunrise: 5:51AM                                    | Parabhava 5128          |
| Dhanus Rasi: 23.19                    | Tithi 7 – 8    | Yama                                                                                                                                                                                   | 11:34AM – 1:00PM  | Sukarma Until 11:53PM                                                                                                                                                                        | Munuga: Purple          | Sunset: 5:18PM                                     | Moon 10 - Phase 25 - 21 |
| Creative Work Siddha Yoga             | 684689674 Rahu |                                                                                                                                                                                        | 3:52PM – 5:18PM   | Visi Until 9:41PM                                                                                                                                                                            | Nataraja: White         |                                                    | Ashtami                 |
| Until 12:46PM                         |                |                                                                                                                                                                                        |                   | Saptami Until 8:26AM                                                                                                                                                                         | Moon – Light Blue       |                                                    |                         |
| Then Creative Work – Amrita Yoga      |                | Durga Ashtami                                                                                                                                                                          |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Devaloka Day</b>                                |                         |
| <b>Monday, October 19, 2026</b>       |                | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Indu Vasara Yuktiyām<br>Uttarashadha/Shravana Nakshatra Dhriti Yoga Bava/Balava Karana Ashtami/Navamyām Titau |                   | Kathmandu, Nepal<br>Sun 22 Sutra 189                                                                                                                                                         |                         |                                                    |                         |
| <b>Retreat Star</b>                   |                | Gulika                                                                                                                                                                                 | 1:00PM – 2:26PM   | Uttarashadha Until 3:26PM                                                                                                                                                                    | Ganesha: Purple         | Sunrise: 5:51AM                                    | Parabhava 5128          |
| Makara Rasi: 5.12                     | Tithi 8 – 9    | Yama                                                                                                                                                                                   | 10:08AM – 11:34AM | Dhriti Until 12:34AM Tue                                                                                                                                                                     | Munuga: Purple          | Sunset: 5:17PM                                     | Moon 10 - Phase 25 - 22 |
| Family Home Evening                   | 684689674 Rahu |                                                                                                                                                                                        | 7:17AM – 8:43AM   | Balava Until 11:55PM                                                                                                                                                                         | Nataraja: White         |                                                    | Navami                  |
| Routine Work Marana Yoga              |                |                                                                                                                                                                                        |                   | Ashami* Until 10:50AM                                                                                                                                                                        | Moon – Light Blue       |                                                    |                         |
| Until 3:26PM                          |                | Saraswathi Puja (Tamil Nadu)                                                                                                                                                           |                   |                                                                                                                                                                                              | <i>Abhisheka-Pankaj</i> | <b>Devaloka Day</b>                                |                         |
| Then Creative Work – Amrita Yoga      |                |                                                                                                                                                                                        |                   |                                                                                                                                                                                              |                         |                                                    |                         |

When a person comes to weakness, be it through old age or disease, he frees himself from these limbs just as a mango, a fig or a berry releases itself from its stalk. Shukla Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                          |                                        |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|--------------------------|----------------------------------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------|----------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------|-----------------------------------|-------------------------------|--------------------------------------|--|
| 1                        | Tuesday, October 20, 2026              |                    |                                                                                                                                                                                              | Parashvha Nama Samvatsare Dakshinyaha Jvana Ritau Tita Mase Sukla Pakshe Mangala Vasara Yuktyayam<br>Shravani Nakshatra Shula* Yoga Kaulava/Taila Karana Navami/Dashamyan Titau                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               | Kathmandu, Nepal<br>Sun 23 Sutra 190 |  |
|                          | Makara Rasi: 17.13                     | Tithi 9 – 10       | Gulika<br>Yama                                                                                                                                                                               | 11:34AM – 1:00PM<br>8:43AM – 10:08AM                                                                                                                                                            | Shravana Until 6:01PM<br>Shul* Until 12:49AM Wed           |                     | Ganesha: White<br>Munuga: Purple<br>Nataraja: White<br>Moon – Purple |                                                                    | Sunrise: 5:52AM<br>Sunset: 5:16PM | Moon 10 - Phase 25 – 23           | 4th Phase                     |                                      |  |
|                          | Creative Work                          | Siddha Yoga        | 695689674 Rahu                                                                                                                                                                               | 2:25PM – 3:51PM                                                                                                                                                                                 | Taillita Until 1:38AM Wed                                  |                     |                                                                      |                                                                    | Bhuloka Day                       |                                   |                               |                                      |  |
|                          |                                        |                    |                                                                                                                                                                                              | Vijaya Dasami                                                                                                                                                                                   | Navami* Until 12:50PM                                      |                     | Aashvini-Kippal                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|                          |                                        |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
| 2                        | Wednesday, October 21, 2026            |                    |                                                                                                                                                                                              | Parashvha Nama Samvatsare Dakshinyaha Jvana Ritau Tita Mase Sukla Pakshe Budha Vasara Yuktyayam<br>Dhanishtha Nakshatra Ganda* Yoga Gara/Vanija Karana Dashami/Ekadashtyan Titau                |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               | Kathmandu, Nepal<br>Sun 24 Sutra 191 |  |
|                          | Makara Rasi: 29.28                     | Tithi 10 – 11      | Gulika<br>Yama                                                                                                                                                                               | 10:08AM – 11:34AM<br>7:18AM – 8:43AM                                                                                                                                                            | Dhanishtha Until 7:48PM<br>Ganda* Until 12:33AM Thu        |                     | Ganesha: White<br>Munuga: Purple<br>Nataraja: White<br>Moon – Purple |                                                                    | Sunrise: 5:52AM<br>Sunset: 5:15PM | Moon 10 - Phase 25 – 24           | 4th Phase                     |                                      |  |
|                          | Routine Work                           | Prabalarishta Yoga | 695689674 Rahu                                                                                                                                                                               | 11:34AM – 12:59PM                                                                                                                                                                               | Vanija Until 2:39AM Thu                                    |                     |                                                                      |                                                                    | Bhuloka Day                       |                                   |                               |                                      |  |
|                          | Until 7:48PM                           |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 | Dashami Until 2:13PM                                       |                     | Aashvini-Kippal                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|                          | Then Creative Work - Siddha Yoga       |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
| 3                        | Thursday, October 22, 2026             |                    |                                                                                                                                                                                              | Parashvha Nama Samvatsare Dakshinyaha Jvana Ritau Tita Mase Sukla Pakshe Guru Vasara Yuktyayam<br>Shatabhishak Nakshatra Viddhi* Yoga Vesi* Bava Karana Ekadashi/Dvadashyan Titau               |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               | Kathmandu, Nepal<br>Sun 25 Sutra 192 |  |
|                          | Kumbha Rasi: 12.02                     | Tithi 11 – 12      | Gulika<br>Yama                                                                                                                                                                               | 8:43AM – 10:08AM<br>5:53AM – 7:18AM                                                                                                                                                             | Shatabhishak Until 8:41PM<br>Viddhi Until 11:42PM          |                     | Ganesha: White<br>Munuga: Purple<br>Nataraja: White<br>Moon – Purple |                                                                    | Sunrise: 5:53AM<br>Sunset: 5:14PM | Moon 10 - Phase 25 – 26           | 4th Phase                     |                                      |  |
|                          | Creative Work                          | Siddha Yoga        | 695689674 Rahu                                                                                                                                                                               | 12:59PM – 2:24PM                                                                                                                                                                                | Bava Until 2:52AM Fri                                      |                     |                                                                      |                                                                    | Bhuloka Day                       |                                   |                               |                                      |  |
|                          |                                        |                    |                                                                                                                                                                                              | Ekadashi Until 2:51PM                                                                                                                                                                           |                                                            | Aashvini-Kippal     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|                          |                                        |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
| 4                        | Friday, October 23, 2026               |                    |                                                                                                                                                                                              | Parashvha Nama Samvatsare Dakshinyaha Jvana Ritau Tita Mase Sukla Pakshe Sukra Vasara Yuktyayam<br>Purvaprosarthapada* Nakshatra Dhruva Yoga Balava/Kaulava Karana Dvadashi/Trayodashyan Titau  |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               | Kathmandu, Nepal<br>Sun 26 Sutra 193 |  |
|                          | Kumbha Rasi: 24.58                     | Tithi 12 – 13      | Gulika<br>Yama                                                                                                                                                                               | 7:18AM – 8:43AM<br>2:23PM – 3:48PM                                                                                                                                                              | Purvaprosarthapada* Until 9:05PM<br>Dhruva Until 10:10PM   |                     | Ganesha: Blue<br>Munuga: Purple<br>Nataraja: White<br>Moon – Clear   |                                                                    | Sunrise: 5:53AM<br>Sunset: 5:13PM | Moon 10 - Phase 26 – 25           | 4th Phase                     |                                      |  |
|                          | Creative Work                          | Siddha Yoga        | 615689674 Rahu                                                                                                                                                                               | 10:08AM – 11:33AM                                                                                                                                                                               | Kaulava Until 2:16AM Sat                                   |                     |                                                                      |                                                                    | Bhuloka Day                       |                                   |                               |                                      |  |
|                          |                                        |                    |                                                                                                                                                                                              | Dvadashi Until 2:39PM                                                                                                                                                                           |                                                            | Aashvini-Kippal     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|                          |                                        |                    |                                                                                                                                                                                              | Pradosha Vrata                                                                                                                                                                                  |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
| 5                        | Saturday, October 24, 2026             |                    |                                                                                                                                                                                              | Parabhava Nama Samvatsare Delahinyaha Jvana Ritau Tita Mase Sukla Pakshe Manta Vasara Yuktyayam<br>Uttaraprosarthapada Nakshatra Vyaghata* Yoga Taila/Kara Karana Trayodashi/Trayodashyan Titau |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               | Kathmandu, Nepal<br>Sun 27 Sutra 194 |  |
|                          | Meena Rasi: 8.2                        | Tithi 13 – 14      | Gulika<br>Yama                                                                                                                                                                               | 5:44AM – 7:19AM<br>12:58PM – 2:23PM                                                                                                                                                             | Uttaraprosarthapada Until 8:34PM<br>Vyaghata* Until 8:03PM |                     | Ganesha: Blue<br>Munuga: Purple<br>Nataraja: White<br>Moon – Clear   |                                                                    | Sunrise: 5:54AM<br>Sunset: 5:13PM | Moon 10 - Phase 26 – 27           | 4th Phase                     |                                      |  |
|                          | Creative Work                          | Siddha Yoga        | 615689674 Rahu                                                                                                                                                                               | 8:44AM – 10:09AM                                                                                                                                                                                | Gara Until 12:55AM Sun                                     |                     |                                                                      |                                                                    | Bhuloka Day                       |                                   |                               |                                      |  |
|                          | Until 8:34PM                           |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 | Trayodashi Until 1:40PM                                    |                     | Aashvini-Kippal                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|                          | Then Routine Work - Prabalarishta Yoga |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
| ○                        | Sunday, October 25, 2026               |                    |                                                                                                                                                                                              | Parashvha Nama Samvatsare Dakshinyaha Jvana Ritau Tita Mase Sukla Pakshe Bharu Vasara Yuktyayam<br>Revati Nakshatra Harshana/Vajra* Yoga Vanija/Vasi Karana Chaturdashi/Purnimayan Titau        |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               | Kathmandu, Nepal<br>Sutra 195        |  |
|                          | Copper Retreat Star                    |                    |                                                                                                                                                                                              | Gulika                                                                                                                                                                                          | 2:22PM – 3:47PM                                            | Revati Until 7:15PM |                                                                      | Ganesha: Blue<br>Munuga: Purple<br>Nataraja: White<br>Moon – Clear |                                   | Sunrise: 5:55AM<br>Sunset: 5:12PM | Moon 10 - Phase 26 – 26       | Purnima                              |  |
|                          | Meena Rasi: 22.07                      | Tithi 14 – 15      | Yama                                                                                                                                                                                         | 11:33AM – 12:58PM<br>3:47PM – 5:12PM                                                                                                                                                            | Harshana Until 5:24PM                                      |                     |                                                                      |                                                                    | Bhuloka Day                       |                                   |                               |                                      |  |
|                          | Creative Work                          | Amrita Yoga        | 615689674 Rahu                                                                                                                                                                               |                                                                                                                                                                                                 | Visti Until 10:56PM                                        |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|                          | Until 7:15PM                           |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 | Chaturdashi* Until 11:59AM                                 |                     | Aashvini-Kippal                                                      |                                                                    |                                   |                                   |                               |                                      |  |
|                          |                                        |                    |                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
| Monday, October 26, 2026 |                                        |                    | Parashvha Nama Samvatsare Dakshinyaha Jvana Ritau Tita Mase Krishna Pakshe Indu Vasara Yuktyayam<br>Ashvini/Bharani Nakshatra Vajra/Siddhi Yoga Bava/Balava Karana Purnima/Prathamayan Titau |                                                                                                                                                                                                 |                                                            |                     |                                                                      |                                                                    |                                   |                                   | Kathmandu, Nepal<br>Sutra 196 |                                      |  |
| Silver Retreat Star      |                                        |                    | Gulika                                                                                                                                                                                       | 12:58PM – 2:22PM                                                                                                                                                                                | Ashvini Until 5:43PM                                       |                     | Ganesha: Yellow<br>Munuga: Purple<br>Nataraja: White<br>Moon – White |                                                                    | Sunrise: 5:55AM<br>Sunset: 5:11PM | Moon 10 - Phase 26 – 26           | Prathama                      |                                      |  |
| Mesha Rasi: 6.17         | Tithi 15 – 16                          | Yama               | 10:09AM – 11:33AM                                                                                                                                                                            | Vajra* Until 2:18PM                                                                                                                                                                             |                                                            |                     |                                                                      | Bhuloka Day                                                        |                                   |                                   |                               |                                      |  |
| Family Home Evening      |                                        | 625689674 Rahu     | 7:20AM – 8:44AM                                                                                                                                                                              | Balava Until 8:28PM                                                                                                                                                                             |                                                            |                     |                                                                      |                                                                    |                                   |                                   |                               |                                      |  |
| Creative Work            | Siddha Yoga                            |                    |                                                                                                                                                                                              | Purnima* Until 9:44AM                                                                                                                                                                           |                                                            | Aashvini-Kippal     |                                                                      | Devlokta Time: 8:AM to 9:AM                                        |                                   |                                   |                               |                                      |  |

As a caterpillar coming to the end of a blade of grass draws itself together in taking the next step, so does the soul in the process of transition strike down this body and dispel its ignorance. Shukla Yajur Veda

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Tuesday, October 27, 2026

Gold Retreat Star

Mesha Rasi: 20:45 Tithi 16 - 17

Creative Work Siddha Yoga

Parabhava Nama Samvatsaram Dakshinaya Jivana Ritau Tula Mase Krishna Paishche Mangala Vasara Yukitayam  
Bharani/Riksha Nakshatra Siddhi/Vyatishta\* Yoga Kaulava/Gara Karana Prathamam/Dvityayam TitauGulika 11:33AM - 12:57PM  
Yama 8:44AM - 10:09AM  
625689674 Rahu 2:22PM - 3:46PMBharani Until 3:41PM  
Siddhi Until 10:55AM  
Gara Until 4:10AM Wed  
Prathamam\* Until 7:05AMGanesha: Yellow  
Munaga: Purple  
Nataraja: White  
Moon - WhiteSunrise: 5:56AM  
Sunset: 5:10PM

Kathmandu, Nepal

Sutra 197

Parabhava 5128

Moon 11 - Phase 27 - 1

Bhuloka Day  
Devaloka Time: 6AM to 9AM

Wednesday, October 28, 2026

1  
Vishabha Rasi: 5:25 Tithi 18Creative Work Amrita Yoga  
Until 1:20PM  
Then Creative Work - Siddha YogaParabhava Nama Samvatsaram Dakshinaya Jivana Ritau Tula Mase Krishna Paishche Budha Vasara Yukitayam  
Kritika/Rohini Nakshatra Vyatipata\*Varianen Yoga Vanija/Vishti\* Karana Tritiyayam TitauGulika 10:09AM - 11:33AM  
Yama 7:21AM - 8:45AM  
625689674 Rahu 11:33AM - 12:57PMKritika Until 1:20PM  
Vyatipata\* Until 7:21AM  
Vanija Until 2:41PM  
Tritiya Until 1:10AM ThuGanesha: Yellow  
Munaga: Purple  
Nataraja: White  
Moon - WhiteSunrise: 5:57AM  
Sunset: 5:09PM

Kathmandu, Nepal

Sun 1 Sutra 198

Parabhava 5128

Moon 11 - Phase 27 - 1

Bhuloka Day  
Devaloka Time: 6AM to 9AM

Thursday, October 29, 2026

2  
Vishabha Rasi: 20:07 Tithi 19

Routine Work Marana Yoga

Parabhava Nama Samvatsaram Dakshinaya Jivana Ritau Tula Mase Krishna Paishche Guru Vasara Yukitayam  
Rohini/Mrigashira Nakshatra Parigha\* Yoga Bava/Balava Karana Chaturthiyam TitauGulika 8:45AM - 10:09AM  
Yama 5:57AM - 7:21AM  
636689674 Rahu 12:57PM - 2:21PMRohini Until 11:14AM  
Parigha\* Until 12:07AM Fri  
Bava Until 11:42AM  
Chaturthi\* Until 10:13PMGanesha: Green  
Munaga: Purple  
Nataraja: White  
Moon - YellowSunrise: 5:57AM  
Sunset: 5:08PM

Kathmandu, Nepal

Sun 2 Sutra 199

Parabhava 5128

Moon 11 - Phase 27 - 2

Bhuloka Day

Friday, October 30, 2026

3  
Mithuna Rasi: 4:46 Tithi 20

Creative Work Siddha Yoga

Parabhava Nama Samvatsaram Dakshinaya Jivana Ritau Tula Mase Krishna Paishche Sukra Vasara Yukitayam  
Migashira/Andra Nakshatra Shiva Yoga Kaulava/Tailita Karana Panchamyam TitauGulika 7:22AM - 8:45AM  
Yama 2:20PM - 3:44PM  
636689674 Rahu 10:09AM - 11:33AMMigashira Until 9:06AM  
Shiva Until 8:43PM  
Kaulava Until 8:49AM  
Panchami Until 7:27PMGanesha: Green  
Munaga: Purple  
Nataraja: White  
Moon - YellowSunrise: 5:58AM  
Sunset: 5:08PM

Kathmandu, Nepal

Sun 3 Sutra 200

Parabhava 5128

Moon 11 - Phase 27 - 3

Bhuloka Day

Saturday, October 31, 2026

4  
Mithuna Rasi: 19:16 Tithi 21 - 22

Creative Work Siddha Yoga

Parabhava Nama Samvatsaram Dakshinaya Jivana Ritau Tula Mase Krishna Paishche Manta Vasara Yukitayam  
Ashlesha/Riksha Nakshatra Siddha/Sadhya Yoga Gara/Vishti\* Karana Shashthi/Saptamyam TitauGulika 5:59AM - 7:22AM  
Yama 12:56PM - 2:20PM  
636689674 Rahu 8:46AM - 10:09AMAndra Until 7:04AM  
Siddha Until 5:31PM  
Gara Until 6:11AM  
Shashthi\* Until 4:58PMGanesha: Green  
Munaga: Purple  
Nataraja: White  
Moon - YellowSunrise: 5:59AM  
Sunset: 5:07PM

Kathmandu, Nepal

Sun 4 Sutra 201

Parabhava 5128

Moon 11 - Phase 27 - 4

Bhuloka Day

Sunday, November 1, 2026

Retreat Star

Kataka Rasi: 3:32 Tithi 22 - 23

Creative Work Siddha Yoga

Parabhava Nama Samvatsaram Dakshinaya Jivana Ritau Tula Mase Krishna Paishche Bhanu Vasara Yukitayam  
Pushya Nakshatra Subha/Subha Yoga Bava/Balava Karana Saptami/Ashtamyam TitauGulika 2:19PM - 3:43PM  
Yama 11:33AM - 12:56PM  
646689674 Rahu 3:43PM - 5:06PMPushya Until 4:29AM Mon  
Sadhya Until 2:38PM  
Balava Until 1:59AM Mon  
Saptami Until 2:52PMGanesha: Orange  
Munaga: Purple  
Nataraja: White  
Moon - BlueSunrise: 5:59AM  
Sunset: 5:06PM

Kathmandu, Nepal

Sun 5 Sutra 202

Parabhava 5128

Moon 11 - Phase 27 - 5

Bhuloka Day  
Devaloka Time: 6AM to 9AM

Monday, November 2, 2026

Retreat Star

Kataka Rasi: 17:32 Tithi 23 - 24

Family Home Evening  
Creative Work Siddha YogaParabhava Nama Samvatsaram Dakshinaya Jivana Ritau Tula Mase Krishna Paishche Indu Vasara Yukitayam  
Ashlesha\* Nakshatra Subha/Sukla Yoga Kaulava/Tailita Karana Ashtami/Navamyam TitauGulika 12:56PM - 2:19PM  
Yama 10:09AM - 11:33AM  
646789674 Rahu 7:23AM - 8:46AMAshlesha\* Until 3:36AM Tue  
Subha Until 12:05PM  
Tailita Until 12:30AM Tue  
Ashtami\* Until 1:10PMGanesha: Clear  
Munaga: Purple  
Nataraja: White  
Moon - BlueSunrise: 6:00AM  
Sunset: 5:05PM

Kathmandu, Nepal

Sun 6 Sutra 203

Parabhava 5128

Moon 11 - Phase 27 - 6

Bhuloka Day  
Devaloka Time: 6AM to 9AM

After death, the soul goes to the next world bearing in mind the subtle impressions of its deeds, and after reaping their harvest returns again to this world of action. Thus, he who has desires continues subject to rebirth. Shukla Yajur Veda

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|----------------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------|
| 1                                | Tuesday, November 3, 2026        |                                                                                                                                                                                               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paishke Mangala Vasara Yuktiyayam<br>Magha* Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Navami/Dashamyam Titau              |                                                                                                           |                                                                                                                  |                                                                          |                                                                          | Kathmandu, Nepal<br>Sun 7 Sutra 204<br>Parabhava 5128  |                                      |
|                                  | Simha Rasi: 1.16                 | Tithi 24 – 25                                                                                                                                                                                 | Gulika<br>Yama<br>656789674 Rahu                                                                                                                                                                   | 11:33AM – 12:56PM<br>8:47AM – 10:10AM<br>2:19PM – 3:42PM                                                  | Magha* Until 3:25AM Wed<br>Sukla Until 9:52AM<br>Vanija Until 11:27PM<br>Navami* Until 11:54AM                   |                                                                          | Ganesha: Purple<br>Munuga: Purple<br>Nataraja: White<br>Moon – Red       | Sunrise: 6:02AM<br>Sunset: 5:05PM                      | Moon 11 - Phase 28 - 7<br>2nd Phase  |
|                                  | Creative Work Siddha Yoga        |                                                                                                                                                                                               | Until 3:25AM Wed                                                                                                                                                                                   |                                                                                                           | Bhuloka Day                                                                                                      |                                                                          |                                                                          |                                                        |                                      |
|                                  | Then Creative Work - Amrita Yoga |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| 2                                | Wednesday, November 4, 2026      |                                                                                                                                                                                               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paishke Budha Vasara Yuktiyayam<br>Purvaphalguni Nakshatra Brahma/Indra Yoga Visi* Bava Karana Dashami/Ekadashtyam Titau       |                                                                                                           |                                                                                                                  |                                                                          |                                                                          | Kathmandu, Nepal<br>Sun 8 Sutra 205<br>Parabhava 5128  |                                      |
|                                  | Simha Rasi: 14.46                | Tithi 25 – 26                                                                                                                                                                                 | Gulika<br>Yama<br>656789674 Rahu                                                                                                                                                                   | 10:10AM – 11:33AM<br>7:24AM – 8:47AM<br>11:33AM – 12:55PM                                                 | Purvaphalguni Until 3:29AM Thu<br>Brahma Until 7:59AM<br>Bava Until 10:48PM<br>Dashami Until 11:03AM             |                                                                          | Ganesha: Purple<br>Munuga: Purple<br>Nataraja: White<br>Moon – Red       | Sunrise: 6:02AM<br>Sunset: 5:04PM                      | Moon 11 - Phase 28 - 8<br>2nd Phase  |
|                                  | Creative Work Amrita Yoga        |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           | Bhuloka Day                                                                                                      |                                                                          |                                                                          |                                                        |                                      |
|                                  |                                  |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| 3                                | Thursday, November 5, 2026       |                                                                                                                                                                                               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paishke Guru Vasara Yuktiyayam<br>Uttaraphalguni Nakshatra Indra/Vedhiti* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                                                                                                           |                                                                                                                  |                                                                          |                                                                          | Kathmandu, Nepal<br>Sun 9 Sutra 206<br>Parabhava 5128  |                                      |
|                                  | Simha Rasi: 28.02                | Tithi 26 – 27                                                                                                                                                                                 | Gulika<br>Yama<br>657789674 Rahu                                                                                                                                                                   | 8:47AM – 10:10AM<br>6:02AM – 7:25AM<br>12:55PM – 2:18PM                                                   | Uttaraphalguni Until 3:47AM Fri<br>Indra Until 6:26AM<br>Kaulava Until 10:33PM<br>Ekadashi* Until 10:36AM        |                                                                          | Ganesha: Light Blue<br>Munuga: Purple<br>Nataraja: White<br>Moon – Red   | Sunrise: 6:02AM<br>Sunset: 5:03PM                      | Moon 11 - Phase 28 - 9<br>2nd Phase  |
|                                  | Amrita Yoga                      |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           | Bhuloka Day                                                                                                      |                                                                          |                                                                          |                                                        |                                      |
|                                  |                                  |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| 4                                | Friday, November 6, 2026         |                                                                                                                                                                                               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paishke Sukra Vasara Yuktiyayam<br>Hasta Nakshatra Vishkambha* Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau              |                                                                                                           |                                                                                                                  |                                                                          |                                                                          | Kathmandu, Nepal<br>Sun 10 Sutra 207<br>Parabhava 5128 |                                      |
|                                  | Kanya Rasi: 11.07                | Tithi 27 – 28                                                                                                                                                                                 | Gulika<br>Yama<br>667789674 Rahu                                                                                                                                                                   | 7:25AM – 8:48AM<br>6:02AM – 7:25AM<br>10:10AM – 11:33AM                                                   | Hasta Until 4:44AM Sat<br>Vishkambha* Until 4:10AM Sat<br>Gara Until 10:40PM<br>Dvadashi* Until 10:32AM          |                                                                          | Ganesha: Purple<br>Munuga: Purple<br>Nataraja: White<br>Moon – Green     | Sunrise: 6:03AM<br>Sunset: 5:03PM                      | Moon 11 - Phase 28 - 10<br>2nd Phase |
|                                  | Creative Work Amrita Yoga        |                                                                                                                                                                                               | Until 4:44AM Sat                                                                                                                                                                                   |                                                                                                           | Bhuloka Day                                                                                                      |                                                                          |                                                                          |                                                        |                                      |
|                                  | Then Routine Work - Marana Yoga  |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| 5                                | Saturday, November 7, 2026       |                                                                                                                                                                                               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paishke Manta Vasara Yuktiyayam<br>Chitra Nakshatra Priti Yoga Vanja/Visi* Karana Trayodashi/Chaturdashyam Titau               |                                                                                                           |                                                                                                                  |                                                                          |                                                                          | Kathmandu, Nepal<br>Sun 11 Sutra 208<br>Parabhava 5128 |                                      |
|                                  | Kanya Rasi: 24                   | Tithi 28 – 29                                                                                                                                                                                 | Gulika<br>Yama<br>767789674 Rahu                                                                                                                                                                   | 6:03AM – 7:26AM<br>12:55PM – 2:17PM<br>8:48AM – 10:10AM                                                   | Chitra Until 5:53AM Sun<br>Priti Until 3:29AM Sun<br>Visi Until 11:08PM<br>Trayodashi* Until 10:50AM             |                                                                          | Ganesha: Light Blue<br>Munuga: Purple<br>Nataraja: White<br>Moon – Green | Sunrise: 6:03AM<br>Sunset: 5:02PM                      | Moon 11 - Phase 28 - 11<br>2nd Phase |
|                                  | Routine Work Marana Yoga         |                                                                                                                                                                                               | Subramuniyeeswami Mahasamadhi                                                                                                                                                                      |                                                                                                           | Bhuloka Day                                                                                                      |                                                                          |                                                                          |                                                        |                                      |
|                                  | Until 5:53AM Sun                 |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| Then Creative Work - Siddha Yoga |                                  | Deepavali Hindu Solidarity Day                                                                                                                                                                |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| ●                                | Sunday, November 8, 2026         |                                                                                                                                                                                               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paishke Bhanu Vasara Yuktiyayam<br>Svati Nakshatra Ayushman Yoga Sakuni/Catuspadi* Karana Chaturdashi/Amavasyayam Titau        |                                                                                                           |                                                                                                                  |                                                                          |                                                                          | Kathmandu, Nepal<br>Sun 12 Sutra 209<br>Parabhava 5128 |                                      |
|                                  | Tula Rasi: 6.43                  | Tithi 29 – 30                                                                                                                                                                                 | Gulika<br>Yama<br>767789674 Rahu                                                                                                                                                                   | 2:17PM – 3:39PM<br>11:33AM – 12:55PM<br>3:39PM – 5:01PM                                                   | Svati Until 7:15AM Mon<br>Ayushman Until 3:03AM Mon<br>Catuspadi Until 12:00AM Mon<br>Chaturdashi* Until 11:30AM |                                                                          | Ganesha: Light Blue<br>Munuga: Purple<br>Nataraja: White<br>Moon – Green | Sunrise: 6:04AM<br>Sunset: 5:01PM                      | Moon 11 - Phase 28 - 12<br>Amavasya  |
|                                  | Creative Work Siddha Yoga        |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           | Bhuloka Day                                                                                                      |                                                                          |                                                                          |                                                        |                                      |
|                                  | Until 7:15AM Mon                 |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| Then Routine Work - Marana Yoga  |                                  |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| Monday, November 9, 2026         |                                  | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paishke Indu Vasara Yuktiyayam<br>Svati/Vishakha Nakshatra Saubhagya Yoga Naga/Kirtughna* Karana Amavasya/Prathamayam Titau |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          | Kathmandu, Nepal<br>Sun 13 Sutra 210<br>Parabhava 5128                   |                                                        |                                      |
| Tula Rasi: 19.16                 | Tithi 30 – 1                     | Gulika<br>Yama<br>767789674 Rahu                                                                                                                                                              | 12:55PM – 2:17PM<br>10:11AM – 11:33AM<br>7:27AM – 8:49AM                                                                                                                                           | Svati Until 7:15AM<br>Saubhagya Until 2:57AM Tue<br>Kirtughna Until 1:16AM Tue<br>Amavasya* Until 12:33PM |                                                                                                                  | Ganesha: Light Blue<br>Munuga: Purple<br>Nataraja: White<br>Moon – Green | Sunrise: 6:05AM<br>Sunset: 5:01PM                                        | Moon 11 - Phase 28 - 13<br>Prathama                    |                                      |
| Family Home Evening              |                                  | Skanda Shasthi Begins                                                                                                                                                                         |                                                                                                                                                                                                    | Bhuloka Day                                                                                               |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| Creative Work Amrita Yoga        |                                  |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| Until 7:15AM                     |                                  |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |
| Then Routine Work - Marana Yoga  |                                  |                                                                                                                                                                                               |                                                                                                                                                                                                    |                                                                                                           |                                                                                                                  |                                                                          |                                                                          |                                                        |                                      |

According to one acts, so does he become. One becomes virtuous by virtuous action, bad by bad action. Shukla Yajur Veda

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|   |                                         |             |                                                                                                                                                                                              |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|---|-----------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------|
| 1 | Tuesday, November 10, 2026              |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Mangala Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Sobhana Yoga Bava/Balava Karana Prathamam/Dvitiyayam Titau   |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 14 Sutra 212 |                                                        |
|   | Vischika Rasi: 1.37                     | Tithi 1 – 2 | Gulika<br>Yama<br>778789674 Rahu                                                                                                                                                             | 11:33AM – 12:55PM<br>8:49AM – 10:11AM<br>2:17PM – 3:38PM  | Vishakha Until 9:19AM<br>Sobhana Until 3:10AM Wed<br>Balava Until 2:56AM Wed<br>Prathama* Until 2:01PM   | Ganesha: Purple<br>Muruga: Purple<br>Nataraja: White<br>Moon – Orange     | Sunrise: 6:06AM<br>Sunset: 5:09PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 15<br>3rd Phase |
|   | Routine Work Marana Yoga                |             | Bhuloka Day                                                                                                                                                                                  |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   | Then Creative Work - Siddha Yoga        |             | Kartika-Kapali                                                                                                                                                                               |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| 2 | Wednesday, November 11, 2026            |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Budha Vasara Yuktayam<br>Anuradha/Jyeshtha* Nakshatra Atigandha* Yoga Kaulava/Taila Karana Dvitiya/Tritiyayam Titau |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 15 Sutra 212 |                                                        |
|   | Vischika Rasi: 13.49                    | Tithi 2 – 3 | Gulika<br>Yama<br>778789674 Rahu                                                                                                                                                             | 10:11AM – 11:33AM<br>7:28AM – 8:50AM<br>11:33AM – 12:55PM | Anuradha Until 11:38AM<br>Atigandha* Until 3:39AM Thu<br>Taila Until 5:00AM Thu<br>Dvitiya Until 3:54PM  | Ganesha: Purple<br>Muruga: Purple<br>Nataraja: White<br>Moon – Orange     | Sunrise: 6:06AM<br>Sunset: 5:09PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 15<br>3rd Phase |
|   | Creative Work Siddha Yoga               |             | Bhuloka Day                                                                                                                                                                                  |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   |                                         |             | Kartika-Kapali                                                                                                                                                                               |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| 3 | Thursday, November 12, 2026             |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Guru Vasara Yuktayam<br>Jyeshtha/Mula* Nakshatra Sukarna Yoga Gara Karana Tritiyayam Titau                          |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 16 Sutra 213 |                                                        |
|   | Vischika Rasi: 25.52                    | Tithi 3     | Gulika<br>Yama<br>778789674 Rahu                                                                                                                                                             | 8:50AM – 10:12AM<br>7:28AM – 8:50AM<br>12:55PM – 2:16PM   | Jyeshtha* Until 2:07PM<br>Sukarna Until 4:24AM Fri<br>Gara Until 6:09PM<br>Tritiya Until 6:09PM          | Ganesha: Light Blue<br>Muruga: Purple<br>Nataraja: White<br>Moon – Orange | Sunrise: 6:07AM<br>Sunset: 4:59PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 16<br>3rd Phase |
|   | Routine Work Prabalarishtha Yoga        |             | Bhuloka Day                                                                                                                                                                                  |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   | Then Creative Work - Siddha Yoga        |             | Kartika-Kapali                                                                                                                                                                               |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| 4 | Friday, November 13, 2026               |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Sukra Vasara Yuktayam<br>Mula/Purvashadha* Nakshatra Dhriti Yoga Vanija/Visri* Karana Chaturtthyam Titau            |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 17 Sutra 214 |                                                        |
|   | Dhanus Rasi: 7.46                       | Tithi 4     | Gulika<br>Yama<br>788789674 Rahu                                                                                                                                                             | 7:29AM – 8:51AM<br>6:07AM – 7:29AM<br>10:12AM – 11:33AM   | Mula* Until 5:15PM<br>Dhriti Until 5:21AM Sat<br>Vanija Until 7:24AM<br>Chaturthi* Until 8:41PM          | Ganesha: Purple<br>Muruga: Purple<br>Nataraja: White<br>Moon – Light Blue | Sunrise: 6:08AM<br>Sunset: 4:59PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 17<br>3rd Phase |
|   | Creative Work Amrita Yoga               |             | Bhuloka Day                                                                                                                                                                                  |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   | Then Routine Work - Prabalarishtha Yoga |             | Kartika-Kapali                                                                                                                                                                               |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| 5 | Saturday, November 14, 2026             |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Varsha Vasara Yuktayam<br>Purvashadha* Nakshatra Shula* Yoga Bava/Balava Karana Panchamyam Titau                    |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 18 Sutra 215 |                                                        |
|   | Dhanus Rasi: 19.36                      | Tithi 5     | Gulika<br>Yama<br>788789674 Rahu                                                                                                                                                             | 6:09AM – 7:30AM<br>12:55PM – 2:16PM<br>8:51AM – 10:12AM   | Purvashadha* Until 8:22PM<br>Shula* Until 6:20AM Sun<br>Bava Until 10:03AM<br>Panchami Until 11:22PM     | Ganesha: Purple<br>Muruga: Purple<br>Nataraja: White<br>Moon – Light Blue | Sunrise: 6:09AM<br>Sunset: 4:59PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 18<br>3rd Phase |
|   | Creative Work Siddha Yoga               |             | Bhuloka Day                                                                                                                                                                                  |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   | Then Routine Work - Marana Yoga         |             | Kartika-Kapali                                                                                                                                                                               |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| 6 | Sunday, November 15, 2026               |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Bhava Vasara Yuktayam<br>Uttarashadha Nakshatra Shula*Ganda* Yoga Kaulava/Taila Karana Shashthyam Titau             |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 19 Sutra 216 |                                                        |
|   | Makara Rasi: 1.23                       | Tithi 6     | Gulika<br>Yama<br>788789674 Rahu                                                                                                                                                             | 2:16PM – 3:37PM<br>11:34AM – 12:55PM<br>3:37PM – 4:58PM   | Uttarashadha Until 11:17PM<br>Shula* Until 6:20AM<br>Kaulava Until 12:44PM<br>Shashthi* Until 2:00AM Mon | Ganesha: Purple<br>Muruga: Purple<br>Nataraja: White<br>Moon – Light Blue | Sunrise: 6:09AM<br>Sunset: 4:57PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 19<br>3rd Phase |
|   | Creative Work Amrita Yoga               |             | Bhuloka Day                                                                                                                                                                                  |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   |                                         |             | Skanda Shashthi                                                                                                                                                                              |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| D | Monday, November 16, 2026               |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vischika Mase Sukla Paksha Indu Vasara Yuktayam<br>Shravana Nakshatra Ganda*Viddhi Yoga Gara/Vanija Karana Saptamyam Titau                 |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 20 Sutra 217 |                                                        |
|   | Makara Rasi: 13.14                      | Tithi 7     | Gulika<br>Yama<br>798789674 Rahu                                                                                                                                                             | 12:55PM – 2:16PM<br>10:13AM – 11:34AM<br>7:31AM – 8:52AM  | Shravana Until 2:17AM Tue<br>Ganda* Until 7:15AM<br>Gara Until 3:15PM<br>Saptami Until 4:21AM Tue        | Ganesha: Clear<br>Muruga: Purple<br>Nataraja: White<br>Moon – Purple      | Sunrise: 6:10AM<br>Sunset: 4:57PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 20<br>3rd Phase |
|   | Family Home Evening                     |             | Bhuloka Day                                                                                                                                                                                  |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   | Then Creative Work - Siddha Yoga        |             | Devalka Time: 6AM to 9AM                                                                                                                                                                     |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| D | Tuesday, November 17, 2026              |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vischika Mase Sukla Paksha Mangala Vasara Yuktayam<br>Dhanishtha Nakshatra Dhruva/Dhruva Yoga Vasi*/Bava Karana Ashtamyam Titau            |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 21 Sutra 218 |                                                        |
|   | Makara Rasi: 25.11                      | Tithi 8     | Gulika<br>Yama<br>798789675 Rahu                                                                                                                                                             | 11:34AM – 12:55PM<br>8:52AM – 10:13AM<br>2:16PM – 3:36PM  | Dhanishtha Until 4:36AM Wed<br>Viddhi Until 7:54AM<br>Vasi Until 5:20PM<br>Ashtami* Until 6:08AM Wed     | Ganesha: Clear<br>Muruga: Purple<br>Nataraja: Clear<br>Moon – Purple      | Sunrise: 6:11AM<br>Sunset: 4:57PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 21<br>Ashtami   |
|   | Creative Work Siddha Yoga               |             | Devaloka Day                                                                                                                                                                                 |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   |                                         |             | Kartika-Kapali                                                                                                                                                                               |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
| D | Wednesday, November 18, 2026            |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vischika Mase Sukla Paksha Budha Vasara Yuktayam<br>Shatabhishak Nakshatra Dhruva/Yaghat* Yoga Bava/Balava Karana Ashtami/Navamyam Titau   |                                                           |                                                                                                          |                                                                           | Kathmandu, Nepal<br>Sun 22 Sutra 219 |                                                        |
|   | Kumbha Rasi: 7.22                       | Tithi 8 – 9 | Gulika<br>Yama<br>799789675 Rahu                                                                                                                                                             | 10:14AM – 11:34AM<br>7:32AM – 8:53AM<br>11:34AM – 12:55PM | Shatabhishak Until 6:03AM Thu<br>Dhruva Until 8:06AM<br>Balava Until 6:46PM<br>Ashtami* Until 6:08AM     | Ganesha: Purple<br>Muruga: Purple<br>Nataraja: Clear<br>Moon – Purple     | Sunrise: 6:12AM<br>Sunset: 4:57PM    | Parabhava 5128<br>Moon 11 - Phase 29 - 22<br>Navami    |
|   | Creative Work Siddha Yoga               |             | Sivaloka Day                                                                                                                                                                                 |                                                           |                                                                                                          |                                                                           |                                      |                                                        |
|   |                                         |             | Kartika-Kapali                                                                                                                                                                               |                                                           |                                                                                                          |                                                                           |                                      |                                                        |

Here they say that a person consists of desires. And as is his desire, so is his will. As is his will, so is his deed. Whatever deed he does, that he will reap. Shukla Yajur Veda

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|---------------------------------------|---------------|-----------------------------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------------------------------|-----------|
| <b>1</b>                              |               | <b>Thursday, November 19, 2026</b>                                                                  |                                 | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Guro Vasara Yuktayam<br>Shaabhojaka/Puravaproshtapada* Nakshatra Vyaghatas/Harchana Yoga Kaulava/Taitila Karana Navami/Ekadashtyam Titau  |                 | Kathmandu, Nepal<br>Sun 23 Sutra 220 |           |
| Kumbha Rasi: 19.53                    | Tithi 9 – 10  | Gulika 8:53AM – 10:14AM                                                                             | Shatabhishak Until 6:03AM       | Ganesha: Purple                                                                                                                                                                                                       | Sunrise: 6:12AM | Parabhava 5128                       |           |
|                                       |               | Yama 6:12AM – 7:33AM                                                                                | Vyaghata* Until 7:44AM          | Muruga: Purple                                                                                                                                                                                                        | Sunset: 4:56PM  | Moon 11 - Phase 30 - 23              | 4th Phase |
| Creative Work                         | Siddha Yoga   | 799789675 Rahu 12:55PM – 2:15PM                                                                     | Taitila Until 7:22PM            | Nataraja: Clear                                                                                                                                                                                                       |                 |                                      |           |
|                                       |               |                                                                                                     | Navami* Until 7:09AM            | Moon – Purple                                                                                                                                                                                                         |                 | Sivaloka Day                         |           |
|                                       |               |                                                                                                     |                                 | Kartika/Kartika                                                                                                                                                                                                       |                 |                                      |           |
| <b>2</b>                              |               | <b>Friday, November 20, 2026</b>                                                                    |                                 | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Sukra Vasara Yuktayam<br>Puravaproshtapada*/Uttaraproshtapada Nakshatra Harshana/Vajra* Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau |                 | Kathmandu, Nepal<br>Sun 24 Sutra 221 |           |
| Meena Rasi: 2.47                      | Tithi 10 – 11 | Gulika 7:34AM – 8:54AM                                                                              | Puravaproshtapada* Until 6:58AM | Ganesha: Blue                                                                                                                                                                                                         | Sunrise: 6:13AM | Parabhava 5128                       |           |
|                                       |               | Yama 2:15PM – 3:36PM                                                                                | Harshana Until 6:42AM           | Muruga: Purple                                                                                                                                                                                                        | Sunset: 4:56PM  | Moon 11 - Phase 30 - 24              | 4th Phase |
| Creative Work                         | Siddha Yoga   | 719789675 Rahu 10:14AM – 11:35AM                                                                    | Vanija Until 7:04PM             | Nataraja: Clear                                                                                                                                                                                                       |                 |                                      |           |
|                                       |               |                                                                                                     | Dashami Until 7:18AM            | Moon – Clear                                                                                                                                                                                                          |                 | Sivaloka Day                         |           |
|                                       |               |                                                                                                     |                                 | Kartika/Kartika                                                                                                                                                                                                       |                 |                                      |           |
| <b>3</b>                              |               | <b>Saturday, November 21, 2026</b>                                                                  |                                 | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Manta Vasara Yuktayam<br>Uttaraproshtapada/Revati Nakshatra Siddhi Yoga Vasi*/Balava Karana Ekadashi/Dwadashyam Titau                     |                 | Kathmandu, Nepal<br>Sun 25 Sutra 222 |           |
| Meena Rasi: 16.1                      | Tithi 11 – 12 | Gulika 6:14AM – 7:34AM                                                                              | Uttaraproshtapada Until 6:51AM  | Ganesha: Blue                                                                                                                                                                                                         | Sunrise: 6:14AM | Parabhava 5128                       |           |
|                                       |               | Yama 12:55PM – 2:15PM                                                                               | Siddhi Until 2:30AM Sun         | Muruga: Purple                                                                                                                                                                                                        | Sunset: 4:56PM  | Moon 11 - Phase 30 - 25              | 4th Phase |
| Creative Work                         | Siddha Yoga   | 719789675 Rahu 8:54AM – 10:15AM                                                                     | Balava Until 4:58AM Sun         | Nataraja: Clear                                                                                                                                                                                                       |                 |                                      |           |
| Until 6:51AM                          |               |                                                                                                     | Ekadashi Until 6:33AM           | Moon – Clear                                                                                                                                                                                                          |                 | Sivaloka Day                         |           |
| Then Routine Work - Prabalashtia Yoga |               |                                                                                                     |                                 | Kartika/Kartika                                                                                                                                                                                                       |                 |                                      |           |
| <b>4</b>                              |               | <b>Sunday, November 22, 2026</b>                                                                    |                                 | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Bhanu Vasara Yuktayam<br>Ashvini Nakshatra Vysatpata* Yoga Kaulava/Taitila Karana Trayodashyam Titau                                      |                 | Kathmandu, Nepal<br>Sun 26 Sutra 223 |           |
| Mesha Rasi: 0.02                      | Tithi 13      | Gulika 2:15PM – 3:35PM                                                                              | Ashvini Until 4:16AM Mon        | Ganesha: Yellow                                                                                                                                                                                                       | Sunrise: 6:15AM | Parabhava 5128                       |           |
|                                       |               | Yama 11:35AM – 12:55PM                                                                              | Vysatpata* Until 11:30PM        | Muruga: Purple                                                                                                                                                                                                        | Sunset: 4:56PM  | Moon 11 - Phase 30 - 26              | 4th Phase |
| Creative Work                         | Siddha Yoga   | 729789675 Rahu 3:35PM – 4:56PM                                                                      | Kaulava Until 3:54PM            | Nataraja: Clear                                                                                                                                                                                                       |                 |                                      |           |
|                                       |               |                                                                                                     | Trayodashi Until 2:39AM Mon     | Moon – White                                                                                                                                                                                                          |                 | Devaloka Day                         |           |
|                                       |               |                                                                                                     |                                 | Kartika/Kartika                                                                                                                                                                                                       |                 |                                      |           |
|                                       |               |                                                                                                     |                                 | Pradosha Vrata                                                                                                                                                                                                        |                 |                                      |           |
| <b>5</b>                              |               | <b>Monday, November 23, 2026</b>                                                                    |                                 | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Indu Vasara Yuktayam<br>Bharani Nakshatra Varayan Yoga Gara/Vanija Karana Chaturdashyam Titau                                             |                 | Kathmandu, Nepal<br>Sun 27 Sutra 224 |           |
| Mesha Rasi: 14.22                     | Tithi 14      | Gulika 12:55PM – 2:15PM                                                                             | Bharani Until 2:04AM Tue        | Ganesha: Yellow                                                                                                                                                                                                       | Sunrise: 6:16AM | Parabhava 5128                       |           |
| Family Home Evening                   |               | Yama 10:15AM – 11:35AM                                                                              | Varayan Until 7:59PM            | Muruga: Purple                                                                                                                                                                                                        | Sunset: 4:55PM  | Moon 11 - Phase 30 - 27              | 4th Phase |
| Creative Work                         | Siddha Yoga   | 729789675 Rahu 7:35AM – 8:55AM                                                                      | Gara Until 1:17PM               | Nataraja: Clear                                                                                                                                                                                                       |                 |                                      |           |
|                                       |               |                                                                                                     | Chaturdashi* Until 11:45PM      | Moon – White                                                                                                                                                                                                          |                 | Devaloka Day                         |           |
|                                       |               |                                                                                                     |                                 | Kartika/Kartika                                                                                                                                                                                                       |                 |                                      |           |
| <b>0</b>                              |               | <b>Tuesday, November 24, 2026</b>                                                                   |                                 | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Mangala Vasara Yuktayam<br>Copper Retreat Star<br>Kritika Nakshatra Parigaha/Shiva Yoga Vasi*/Bava Karana Purnimayam Titau                |                 | Kathmandu, Nepal<br>Sun 28 Sutra 225 |           |
| Mesha Rasi: 29.05                     | Tithi 15      | Gulika 11:36AM – 12:56PM                                                                            | Kritika Until 11:21PM           | Ganesha: Yellow                                                                                                                                                                                                       | Sunrise: 6:16AM | Parabhava 5128                       |           |
|                                       |               | Yama 8:56AM – 10:16AM                                                                               | Parigaha* Until 4:08PM          | Muruga: Purple                                                                                                                                                                                                        | Sunset: 4:55PM  | Moon 11 - Phase 30 - Purnima         |           |
| Creative Work                         | Siddha Yoga   | 729789675 Rahu 2:15PM – 3:35PM                                                                      | Vasi Until 10:10AM              | Nataraja: Clear                                                                                                                                                                                                       |                 |                                      |           |
| Until 11:21PM                         |               |                                                                                                     | Purnima* Until 8:28PM           | Moon – White                                                                                                                                                                                                          |                 | Devaloka Day                         |           |
| Then Creative Work - Amrita Yoga      |               | Kritika Deepam                                                                                      |                                 | Kartika/Kartika                                                                                                                                                                                                       |                 |                                      |           |
| <b>Wednesday, November 25, 2026</b>   |               | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Krishna Paksha Budha Vasara Yuktayam |                                 | Kathmandu, Nepal<br>Sun 29 Sutra 226                                                                                                                                                                                  |                 |                                      |           |
| <b>Silver Retreat Star</b>            |               | Rohini Nakshatra Shiva/Siddha Yoga Balava/Taitila Karana Prathama/Dvityayam Titau                   |                                 | Ganesha: White                                                                                                                                                                                                        | Sunrise: 6:17AM | Parabhava 5128                       |           |
| Wishahba Rasi: 14.05                  | Tithi 16 – 17 | Gulika 10:16AM – 11:36AM                                                                            | Rohini Until 8:42PM             | Muruga: Purple                                                                                                                                                                                                        | Sunset: 4:55PM  | Moon 11 - Phase 30 - Prathama        |           |
|                                       |               | Yama 7:37AM – 8:57AM                                                                                | Shiva Until 12:05PM             | Nataraja: Clear                                                                                                                                                                                                       |                 |                                      |           |
| Creative Work                         | Siddha Yoga   | 739789675 Rahu 11:36AM – 12:56PM                                                                    | Balava Until 6:45AM             | Moon – Yellow                                                                                                                                                                                                         |                 | Sivaloka Day                         |           |
|                                       |               |                                                                                                     | Prathama* Until 4:57PM          | Kartika/Kartika                                                                                                                                                                                                       |                 |                                      |           |
|                                       |               |                                                                                                     |                                 | Vinayaga Viratam Begins                                                                                                                                                                                               |                 |                                      |           |

If here one is able to realize Him before the death of the body, he will be liberated from the bondage of the world. Krishna Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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Thursday, November 26, 2026

Gold Retreat Star

|                                    |  |                         |                         |                 |                 |                        |
|------------------------------------|--|-------------------------|-------------------------|-----------------|-----------------|------------------------|
| Vishabha Rasi: 29.11 Tithi 17 - 18 |  | Gulika 8:57AM - 10:17AM | Mrigashira Until 5:54PM | Ganesha: White  | Sunrise: 6:18AM | Kathmandu, Nepal       |
| 731189675 Rahu                     |  | Yama 6:18AM - 7:37AM    | Siddha Until 7:55AM     | Munaga: Purple  | Sunset: 4:59PM  | Sun 1 Sutra 227        |
| Routine Work Marana Yoga           |  | 12:56PM - 2:16PM        | Bava Until 11:39PM      | Nataraja: Clear |                 | Parabhava 5128         |
|                                    |  |                         | Dvitiya Until 1:23PM    | Moon - Yellow   |                 | Moon 12 - Phase 31 - 1 |
|                                    |  |                         |                         | Kartika/Kartika |                 | 1st Phase              |
|                                    |  |                         |                         |                 |                 | Sivaloka Day           |

|                     |  |                                                                               |  |                |  |                                                                                                       |  |                                                                                        |  |                                                                       |  |                                   |  |                                                       |  |
|---------------------|--|-------------------------------------------------------------------------------|--|----------------|--|-------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------|--|-----------------------------------|--|-------------------------------------------------------|--|
| 1                   |  | Friday, November 27, 2026                                                     |  |                |  | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Virschika Mase Krishna Paksha Sukra Vasara Yuktayam |  |                                                                                        |  | Kathmandu, Nepal                                                      |  |                                   |  |                                                       |  |
|                     |  | Andra/Purnvasu Nakshatra Subha Yoga Vist/Bava Karana Tritiya/Chaturtham Titau |  |                |  |                                                                                                       |  |                                                                                        |  | Sun 2 Sutra 228                                                       |  |                                   |  |                                                       |  |
| Mithuna Rasi: 14.14 |  | Tithi 18 - 19                                                                 |  | 731189675 Rahu |  | Gulika 7:38AM - 8:58AM<br>Yama 2:16PM - 3:35PM<br>10:17AM - 11:37AM                                   |  | Andra Until 3:06PM<br>Subha Until 11:57PM<br>Bava Until 8:20PM<br>Tritiya Until 9:56AM |  | Ganesha: Yellow<br>Munaga: Purple<br>Nataraja: Clear<br>Moon - Yellow |  | Sunrise: 6:19AM<br>Sunset: 4:59PM |  | Parabhava 5128<br>Moon 12 - Phase 31 - 2<br>1st Phase |  |
| Creative Work       |  | Siddha Yoga                                                                   |  |                |  |                                                                                                       |  |                                                                                        |  |                                                                       |  | Devaloka Day                      |  |                                                       |  |
|                     |  |                                                                               |  |                |  |                                                                                                       |  |                                                                                        |  | Kartika/Kartika                                                       |  |                                   |  |                                                       |  |

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| 2                   |  | Saturday, November 28, 2026 |  |                |  | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Virschika Mase Krishna Paksha Manta Vasara Yuktayam<br>Purnvasu/Pushya Nakshatra Sukla Yoga Balava/Taila Karana Chaturthi/Panchamam Titau |  |                                                   |  | Kathmandu, Nepal                    |  |
|                     |  |                             |  |                |  |                                                                                                                                                                                             |  |                                                   |  | Sun 3                               |  |
| Mithuna Rasi: 29.06 |  | Tithi 19 - 20               |  | Gulika<br>Yama |  | 6:19AM - 7:39AM<br>12:56PM - 2:16PM                                                                                                                                                         |  | Purnvasu Until 12:54PM<br>Sukla Until 8:20PM      |  | Ganesha: Blue<br>Munaga: Purple     |  |
|                     |  |                             |  | 741189675 Rahu |  | 8:58AM - 10:18AM                                                                                                                                                                            |  | Taila Until 4:00AM Sun<br>Chaturthi* Until 6:46AM |  | Sunrise: 6:19AM<br>Sunset: 4:59PM   |  |
| Creative Work       |  | Siddha Yoga                 |  |                |  |                                                                                                                                                                                             |  | Moon - Blue                                       |  | Moon 12 - Phase 31 - 3<br>1st Phase |  |
|                     |  |                             |  |                |  |                                                                                                                                                                                             |  |                                                   |  | Bhuloka Day                         |  |
|                     |  |                             |  |                |  |                                                                                                                                                                                             |  |                                                   |  | Devaloka Time: 6 PM to 9 PM         |  |

|   |                           |             |                                                                                                                                                                                         |                      |                |                             |                        |
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| 3 | Sunday, November 29, 2026 |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Virschika Mase Krishna Paksha Bharu Vasara Yuktayam<br>Pushya/Ashlesha* Nakshatra Brahma/Indra Yoga Gara/Venja Karana Shashtham Titau |                      |                |                             | Kathmandu, Nepal       |
|   |                           |             |                                                                                                                                                                                         |                      |                |                             | Sun 4 Sutra 230        |
|   | Kataka Rasi: 13.4         | Tithi 21    | Gulika<br>2:16PM - 3:35PM                                                                                                                                                               | Pushya Until 11:00AM | Ganesha: Blue  | Sunrise: 6:20AM             | Parabhava 5128         |
|   |                           |             | Yama<br>11:37AM - 12:57PM                                                                                                                                                               | Brahma Until 5:08PM  | Munaga: Purple | Sunset: 4:59PM              | Moon 12 - Phase 31 - 4 |
|   |                           |             | 741189675 Rahu                                                                                                                                                                          | Nataraja: Clear      |                |                             | 1st Phase              |
|   | Creative Work             | Siddha Yoga |                                                                                                                                                                                         | Gara Until 2:50PM    | Moon - Blue    |                             | Bhuloka Day            |
|   |                           |             | Shashthi* Until 1:46AM Mon                                                                                                                                                              | Kartika/Kartika      |                | Devaloka Time: 6 PM to 9 PM |                        |

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| Monday, November 30, 2026 |                                                                                   |             | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Virschika Mase Krishna Paksha Indu Vasara Yuktayam |                           |  | Kathmandu, Nepal |                 |                             |
| 4                         | Ashlesha*/Magha* Nakshatra Indra/Vaidhriti* Yoga Vist/Bava Karana Sapthamam Titau |             |                                                                                                      |                           |  | Sun 5 Sutra 231  |                 |                             |
|                           | Kataka Rasi: 27.52                                                                | Tithi 22    | Gulika 12:57PM - 2:16PM                                                                              | Ashlesha* Until 9:31AM    |  | Ganesha: Blue    | Sunrise: 6:21AM | Parabhava 5128              |
|                           | Family Home Evening                                                               |             | Yama 10:18AM - 11:38AM                                                                               | Indra Until 2:24PM        |  | Munaga: Purple   | Sunset: 4:59PM  | Moon 12 - Phase 31 - 5      |
|                           | Creative Work                                                                     | Siddha Yoga | 741189675 Rahu 7:40AM - 8:59AM                                                                       | Visti Until 12:54PM       |  | Nataraja: Clear  |                 | 1st Phase                   |
|                           | Until 9:31AM                                                                      |             |                                                                                                      | Saptami Until 12:09AM Tue |  | Moon - Blue      |                 | Bhuloka Day                 |
|                           | Then Routine Work - Marana Yoga                                                   |             |                                                                                                      |                           |  | Kartika/Kartika  |                 | Devaloka Time: 6 PM to 9 PM |
|                           |                                                                                   |             |                                                                                                      |                           |  |                  |                 |                             |

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| Tuesday, December 1, 2026 |  | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Virschika Mase Krishna Paksha Mangala Vasara Yuktayam<br>Magha*/Purnvaphalguni Nakshatra Vaidhriti*/Vishkanbha* Yoga Balava/Kaulava Karana Ashtamam Titau |                          |                 |                 |                        | Kathmandu, Nepal |
| Retreat Star              |  |                                                                                                                                                                                                             |                          |                 |                 |                        | Sun 6 Sutra 232  |
| Simha Rasi: 11.4 Tithi 23 |  | Gulika 11:38AM - 12:57PM                                                                                                                                                                                    | Magha* Until 8:56AM      | Ganesha: Red    | Sunrise: 6:22AM | Parabhava 5128         |                  |
| 751189675 Rahu            |  | Yama 9:00AM - 10:19AM                                                                                                                                                                                       | Vaidhriti* Until 12:10PM | Munaga: Purple  | Sunset: 4:59PM  | Moon 12 - Phase 31 - 6 |                  |
| Creative Work Siddha Yoga |  | 2:16PM - 3:35PM                                                                                                                                                                                             | Balava Until 11:36AM     | Nataraja: Clear |                 | Ashtami                |                  |
|                           |  |                                                                                                                                                                                                             | Ashtami* Until 11:10PM   | Moon - Red      |                 | Devaloka Day           |                  |
|                           |  |                                                                                                                                                                                                             |                          | Kartika/Kartika |                 |                        |                  |

|                             |  |                                                                                                                                                                                                         |                             |                 |                 |                        |
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| Wednesday, December 2, 2026 |  | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Virschika Mase Krishna Paksha Budha Vasara Yuktayam<br>Purnvaphalguni/Uttaraphalguni Nakshatra Vishkanbha*/Priti Yoga Taila/Gara Karana Navamam Titau |                             |                 |                 | Kathmandu, Nepal       |
| Retreat Star                |  |                                                                                                                                                                                                         |                             |                 |                 | Sun 7 Sutra 233        |
| Simha Rasi: 25.05 Tithi 24  |  | Gulika 10:19AM - 11:38AM                                                                                                                                                                                | Purnvaphalguni Until 8:50AM | Ganesha: Red    | Sunrise: 6:22AM | Parabhava 5128         |
| 751189675 Rahu              |  | Yama 7:41AM - 9:00AM                                                                                                                                                                                    | Vishkanbha* Until 10:26AM   | Munaga: Purple  | Sunset: 4:59PM  | Moon 12 - Phase 31 - 7 |
| Creative Work Amrita Yoga   |  | 11:38AM - 12:57PM                                                                                                                                                                                       | Taila Until 10:56AM         | Nataraja: Clear |                 | Navami                 |
|                             |  |                                                                                                                                                                                                         | Navami* Until 10:49PM       | Moon - Red      |                 | Devaloka Day           |
|                             |  |                                                                                                                                                                                                         |                             | Kartika/Kartika |                 |                        |

When the soul attains Self-knowledge, then it becomes one with Siva. The malas perish, birth's cycle ends and the lustrous light of wisdom dawns. Tirumantiram 2331

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|-----------------------------------------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------|
| <b>1</b>                                                                          |              | Thursday, December 3, 2026                                                                                                                                                                      |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Guru Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Priti/Ayushman Yoga Vanja/Vasir Karana Dashamyam Titau       |                                                                       | Kathmandu, Nepal<br>Sun 8 Sutra 234  |                                                        |
| Kanya Rasi: 8.11                                                                  | Tithi 25     | Gulika<br>Yama                                                                                                                                                                                  | 9:01AM - 10:20AM<br>6:23AM - 7:42AM<br>12:58PM - 2:17PM  | Uttaraphalguni Until 9:10AM<br>Priti Until 9:12AM<br>Vanija Until 10:52AM<br>Dashami Until 11:02PM                                                                                                  | Ganesha: Red<br>Munuga: Purple<br>Nataraja: Clear<br>Moon - Red       | Sunrise: 6:23AM<br>Sunset: 4:54PM    | Parabhava 5128<br>Moon 12 - Phase 32 - 8<br>2nd Phase  |
| Amrita Yoga                                                                       |              | 761889675                                                                                                                                                                                       | Rahu                                                     |                                                                                                                                                                                                     |                                                                       |                                      | Devaloka Day                                           |
| Until 9:10AM                                                                      |              | Then Routine Work - Marana Yoga                                                                                                                                                                 |                                                          | Kartika/Kartika                                                                                                                                                                                     |                                                                       |                                      |                                                        |
| <b>2</b>                                                                          |              | Friday, December 4, 2026                                                                                                                                                                        |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Sukra Vasara Yuktayam<br>Hasta/Chitra Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Ekadashyam Titau         |                                                                       | Kathmandu, Nepal<br>Sun 9 Sutra 235  |                                                        |
| Kanya Rasi: 21.01                                                                 | Tithi 26     | Gulika<br>Yama                                                                                                                                                                                  | 7:43AM - 9:02AM<br>12:17PM - 3:36PM<br>10:20AM - 11:39AM | Hasta Until 10:21AM<br>Ayushman Until 8:21AM<br>Bava Until 11:22AM<br>Ekadashi* Until 11:45PM                                                                                                       | Ganesha: Green<br>Munuga: Purple<br>Nataraja: Clear<br>Moon - Green   | Sunrise: 6:24AM<br>Sunset: 4:55PM    | Parabhava 5128<br>Moon 12 - Phase 32 - 9<br>2nd Phase  |
| Creative Work Amrita Yoga                                                         |              | 761889675                                                                                                                                                                                       | Rahu                                                     |                                                                                                                                                                                                     |                                                                       |                                      | Bhuloka Day                                            |
| Until 10:21AM                                                                     |              | Then Creative Work - Siddha Yoga                                                                                                                                                                |                                                          | Kartika/Kartika                                                                                                                                                                                     |                                                                       | Devaloka Time: 6PM to 9PM            |                                                        |
| <b>3</b>                                                                          |              | Saturday, December 5, 2026                                                                                                                                                                      |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Manta Vasara Yuktayam<br>Chitra/Svati Nakshatra Saubhagya/Sobhana Yoga Kaulava/Taitila Karana Dvadashtyam Titau     |                                                                       | Kathmandu, Nepal<br>Sun 10 Sutra 236 |                                                        |
| Tula Rasi: 3.38                                                                   | Tithi 27     | Gulika<br>Yama                                                                                                                                                                                  | 6:25AM - 7:43AM<br>12:58PM - 2:17PM<br>9:02AM - 10:21AM  | Chitra Until 11:49AM<br>Saubhagya Until 7:52AM<br>Kaulava Until 12:18PM<br>Dvadashti* Until 12:54AM Sun                                                                                             | Ganesha: Green<br>Munuga: Purple<br>Nataraja: Clear<br>Moon - Green   | Sunrise: 6:25AM<br>Sunset: 4:55PM    | Parabhava 5128<br>Moon 12 - Phase 32 - 10<br>2nd Phase |
| Routine Work Marana Yoga                                                          |              | 761889675                                                                                                                                                                                       | Rahu                                                     |                                                                                                                                                                                                     |                                                                       |                                      | Bhuloka Day                                            |
| Until 11:49AM                                                                     |              | Then Creative Work - Siddha Yoga                                                                                                                                                                |                                                          | Kartika/Kartika                                                                                                                                                                                     |                                                                       | Devaloka Time: 6PM to 9PM            |                                                        |
| <b>4</b>                                                                          |              | Sunday, December 6, 2026                                                                                                                                                                        |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Bharu Vasara Yuktayam<br>Svati/Vishakha Nakshatra Sobhana/Athiganda* Yoga Gara/Vanja Karana Trayodashyam Titau      |                                                                       | Kathmandu, Nepal<br>Sun 11 Sutra 237 |                                                        |
| Tula Rasi: 16.04                                                                  | Tithi 28     | Gulika<br>Yama                                                                                                                                                                                  | 2:17PM - 3:36PM<br>11:40AM - 12:59PM<br>3:36PM - 4:55PM  | Svati Until 1:29PM<br>Sobhana Until 7:42AM<br>Gara Until 1:38PM<br>Trayodashi* Until 2:24AM Mon                                                                                                     | Ganesha: Green<br>Munuga: Purple<br>Nataraja: Clear<br>Moon - Green   | Sunrise: 6:25AM<br>Sunset: 4:55PM    | Parabhava 5128<br>Moon 12 - Phase 32 - 11<br>2nd Phase |
| Creative Work Siddha Yoga                                                         |              | 761889675                                                                                                                                                                                       | Rahu                                                     |                                                                                                                                                                                                     |                                                                       |                                      | Bhuloka Day                                            |
| Until 1:29PM                                                                      |              | Then Routine Work - Marana Yoga                                                                                                                                                                 |                                                          | Kartika/Kartika                                                                                                                                                                                     |                                                                       | Devaloka Time: 6PM to 9PM            |                                                        |
| <b>5</b>                                                                          |              | Monday, December 7, 2026                                                                                                                                                                        |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Indu Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Athiganda*/Sukarma Yoga Vasi/Sakuni* Karana Chaturdashyam Titau |                                                                       | Kathmandu, Nepal<br>Sun 12 Sutra 238 |                                                        |
| Tula Rasi: 28.2                                                                   | Tithi 29     | Gulika<br>Yama                                                                                                                                                                                  | 12:59PM - 2:18PM<br>10:22AM - 11:40AM<br>7:45AM - 9:03AM | Vishakha Until 3:49PM<br>Athiganda* Until 7:47AM<br>Vasi Until 3:18PM<br>Chaturdashi* Until 4:14AM Tue                                                                                              | Ganesha: Yellow<br>Munuga: Purple<br>Nataraja: Clear<br>Moon - Orange | Sunrise: 6:26AM<br>Sunset: 4:55PM    | Parabhava 5128<br>Moon 12 - Phase 32 - 12<br>2nd Phase |
| Family Home Evening                                                               |              | 772889675                                                                                                                                                                                       | Rahu                                                     |                                                                                                                                                                                                     |                                                                       |                                      | Devaloka Day                                           |
| Routine Work Marana Yoga                                                          |              | Until 3:49PM                                                                                                                                                                                    |                                                          | Then Creative Work - Siddha Yoga                                                                                                                                                                    |                                                                       |                                      |                                                        |
|  |              | <b>Tuesday, December 8, 2026</b>                                                                                                                                                                |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Mangala Vasara Yuktayam<br>Anuradha Nakshatra Dhriti/Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau          |                                                                       | Kathmandu, Nepal<br>Sun 13 Sutra 239 |                                                        |
| Retreat Star                                                                      |              | Gulika                                                                                                                                                                                          | 11:41AM - 12:59PM                                        | Anuradha Until 6:16PM                                                                                                                                                                               | Ganesha: Yellow                                                       | Sunrise: 6:27AM                      | Parabhava 5128                                         |
| Vishchika Rasi: 10.29                                                             | Tithi 30     | Yama                                                                                                                                                                                            | 9:04AM - 10:22AM                                         | Sukarma Until 8:06AM                                                                                                                                                                                | Munuga: Purple                                                        | Sunrise: 4:55PM                      | Moon 12 - Phase 32 - 13                                |
| Creative Work Siddha Yoga                                                         |              | 772889675                                                                                                                                                                                       | Rahu                                                     | Catuspada Until 5:17PM                                                                                                                                                                              | Nataraja: Clear                                                       |                                      | Amavasya                                               |
| Until 6:16PM                                                                      |              | Then Routine Work - Marana Yoga                                                                                                                                                                 |                                                          | Amavasya* Until 6:22AM Wed                                                                                                                                                                          |                                                                       | Devaloka Day                         |                                                        |
| <b>Wednesday, December 9, 2026</b>                                                |              | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sukla Paksha Budha Vasara Yuktayam<br>Jyeshtha* Nakshatra Dhriti/Shula* Yoga Naga/Kirtughna* Karana Amavasya/Prathamayam Titau |                                                          | Kathmandu, Nepal<br>Sun 14 Sutra 240                                                                                                                                                                |                                                                       |                                      |                                                        |
| Retreat Star                                                                      |              | Gulika                                                                                                                                                                                          | 10:23AM - 11:41AM                                        | Jyeshtha* Until 8:49PM                                                                                                                                                                              | Ganesha: Yellow                                                       | Sunrise: 6:27AM                      | Parabhava 5128                                         |
| Vishchika Rasi: 22.32                                                             | Tithi 30 - 1 | Yama                                                                                                                                                                                            | 7:46AM - 9:04AM                                          | Dhriti Until 8:39AM                                                                                                                                                                                 | Munuga: Purple                                                        | Sunrise: 4:55PM                      | Moon 12 - Phase 32 - 14                                |
| Creative Work Siddha Yoga                                                         |              | 772889675                                                                                                                                                                                       | Rahu                                                     | Kirtughna Until 7:33PM                                                                                                                                                                              | Nataraja: Clear                                                       |                                      | Prathama                                               |
| Until 8:49PM                                                                      |              | Then Routine Work - Marana Yoga                                                                                                                                                                 |                                                          | Amavasya* Until 6:22AM                                                                                                                                                                              |                                                                       | Devaloka Day                         |                                                        |
|                                                                                   |              |                                                                                                                                                                                                 |                                                          | Mangalini/Kartika                                                                                                                                                                                   |                                                                       |                                      |                                                        |

The one controller, the inner Self of all things, who makes His one form manifold, to the wise who perceive Him as abiding in the soul, to them is eternal bliss—to no others. Krishna Yajur Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                     |                    |                              |                                                          |                                                                                                                                                                                                                |                                                                        |                                      |                                                        |
|---------------------|--------------------|------------------------------|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------|
| <b>1</b>            |                    | Thursday, December 10, 2026  |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Paksha Genu Vasara Yukhtayam<br>Mula* Nakshatra Shula*Gandha* Yoga Bava/Balava Karana Prathama/Dvitiya/Sam                              |                                                                        | Kathmandu, Nepal<br>Sun 15 Sutra 241 |                                                        |
| Dhanus Rasi: 4.28   | Tithi 1 – 2        | Gulika<br>Yama<br>Rahu       | 9:05AM – 10:23AM<br>6:28AM – 7:44AM<br>1:00PM – 2:19PM   | Mula* Until 11:56PM<br>Shula* Until 9:22AM<br>Balava Until 10:03PM<br>Prathama* Until 8:45AM                                                                                                                   | Ganesha: Red<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Light Blue | Sunrise: 6:28AM<br>Sunset: 4:59PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 16<br>3rd Phase |
| Creative Work       | Siddha Yoga        | 782889675                    |                                                          |                                                                                                                                                                                                                | Devaloka Day                                                           |                                      |                                                        |
| <b>2</b>            |                    | Friday, December 11, 2026    |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Paksha Sula Vasara Yukhtayam<br>Purvashadha* Nakshatra Gandha*Vridhi* Yoga Kaulava/Taitila Karana Dvitiya/Tritiya/Sam                   |                                                                        | Kathmandu, Nepal<br>Sun 16 Sutra 242 |                                                        |
| Dhanus Rasi: 16.19  | Tithi 2 – 3        | Gulika<br>Yama<br>Rahu       | 7:47AM – 9:05AM<br>2:19PM – 3:37PM<br>10:24AM – 11:42AM  | Purvashadha* Until 3:02AM Sat<br>Gandha* Until 10:15AM<br>Taitila Until 12:44AM Sat<br>Dvitiya Until 11:21AM                                                                                                   | Ganesha: Red<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Light Blue | Sunrise: 6:29AM<br>Sunset: 4:59PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 16<br>3rd Phase |
| Routine Work        | Prabalarishta Yoga | 782889675                    |                                                          |                                                                                                                                                                                                                | Devaloka Day                                                           |                                      |                                                        |
| <b>3</b>            |                    | Saturday, December 12, 2026  |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Paksha Manta Vasara Yukhtayam<br>Uttarashadha* Nakshatra Dhanu/Dhruva Yoga Gara/Vanija Karana Tritiya/Chaturthi/Sam                     |                                                                        | Kathmandu, Nepal<br>Sun 17 Sutra 243 |                                                        |
| Dhanus Rasi: 28.07  | Tithi 3 – 4        | Gulika<br>Yama<br>Rahu       | 6:29AM – 7:48AM<br>1:01PM – 2:19PM<br>9:06AM – 10:24AM   | Uttarashadha Until 6:00AM Sun<br>Vridhi Until 11:15AM<br>Vanija Until 3:29AM Sun<br>Tritiya Until 2:05PM                                                                                                       | Ganesha: Red<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Light Blue | Sunrise: 6:29AM<br>Sunset: 4:59PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 17<br>3rd Phase |
| Routine Work        | Marana Yoga        | 782889675                    |                                                          |                                                                                                                                                                                                                | Devaloka Day                                                           |                                      |                                                        |
| <b>4</b>            |                    | Sunday, December 13, 2026    |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Paksha Bharu Vasara Yukhtayam<br>Uttarashadha/Shravana Nakshatra Dhanu/Vyaghat* Yoga Vridi/Bava Karana Chaturthi/Panchamya/Sam          |                                                                        | Kathmandu, Nepal<br>Sun 18 Sutra 244 |                                                        |
| Makara Rasi: 9.54   | Tithi 4 – 5        | Gulika<br>Yama<br>Rahu       | 2:20PM – 3:38PM<br>11:43AM – 1:01PM<br>3:38PM – 4:56PM   | Uttarashadha Until 6:00AM<br>Dhruva Until 12:13PM<br>Bava Until 6:07AM Mon<br>Chaturthi* Until 4:48PM                                                                                                          | Ganesha: Red<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Light Blue | Sunrise: 6:30AM<br>Sunset: 4:59PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 18<br>3rd Phase |
| Creative Work       | Amrita Yoga        | 782889675                    |                                                          |                                                                                                                                                                                                                | Devaloka Day                                                           |                                      |                                                        |
| <b>5</b>            |                    | Monday, December 14, 2026    |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Paksha Indu Vasara Yukhtayam<br>Shravani/Dhanishtha Nakshatra Vyaghat*Harshana Yoga Bava/Balava Karana Panchamya/Sam                    |                                                                        | Kathmandu, Nepal<br>Sun 19 Sutra 245 |                                                        |
| Makara Rasi: 21.44  | Tithi 5            | Gulika<br>Yama<br>Rahu       | 1:02PM – 2:20PM<br>10:25AM – 11:44AM<br>7:49AM – 9:07AM  | Shravana Until 9:12AM<br>Vyaghat* Until 1:04PM<br>Bava Until 6:07AM<br>Panchami Until 7:18PM                                                                                                                   | Ganesha: Blue<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Purple    | Sunrise: 6:31AM<br>Sunset: 4:57PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 21<br>3rd Phase |
| Family Home Evening | Amrita Yoga        | 792889675                    |                                                          |                                                                                                                                                                                                                | Sivaloka Day                                                           |                                      |                                                        |
| <b>6</b>            |                    | Tuesday, December 15, 2026   |                                                          | Parabhava Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Paksha Mangala Vasara Yukhtayam<br>Shatabhishak/Shatabhishak Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Shodhityam/Sam       |                                                                        | Kathmandu, Nepal<br>Sun 20 Sutra 246 |                                                        |
| Kumbha Rasi: 3.41   | Tithi 6            | Gulika<br>Yama<br>Rahu       | 11:44AM – 1:02PM<br>9:08AM – 10:26AM<br>2:21PM – 3:39PM  | Dhanishtha Until 11:55AM<br>Harshana Until 1:40PM<br>Kaulava Until 8:26AM<br>Shashthi* Until 9:24PM                                                                                                            | Ganesha: Blue<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Purple    | Sunrise: 6:31AM<br>Sunset: 4:57PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 20<br>3rd Phase |
| Creative Work       | Siddha Yoga        | 792889675                    |                                                          |                                                                                                                                                                                                                | Sivaloka Day                                                           |                                      |                                                        |
| <b>7</b>            |                    | Wednesday, December 16, 2026 |                                                          | Parabhava Nama Samvatsare Dakshinaya Moloka Ritau Dhanus Mase Sukla Paksha Budha Vasara Yukhtayam<br>Shatabhishak/Purvaprosarthapada* Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Saptamya/Sam             |                                                                        | Kathmandu, Nepal<br>Sun 21 Sutra 247 |                                                        |
| Kumbha Rasi: 15.5   | Tithi 7            | Gulika<br>Yama<br>Rahu       | 10:26AM – 11:45AM<br>7:50AM – 9:08AM<br>11:45AM – 1:03PM | Shatabhishak Until 1:56PM<br>Vajra* Until 1:49PM<br>Gara Until 10:14AM<br>Saptami Until 10:51PM                                                                                                                | Ganesha: Blue<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Purple    | Sunrise: 6:32AM<br>Sunset: 4:57PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 21<br>3rd Phase |
| Creative Work       | Siddha Yoga        | 792889675                    |                                                          |                                                                                                                                                                                                                | Sivaloka Day                                                           |                                      |                                                        |
| <b>8</b>            |                    | Thursday, December 17, 2026  |                                                          | Parabhava Nama Samvatsare Dakshinaya Moloka Ritau Dhanus Mase Sukla Paksha Guru Vasara Yukhtayam<br>Uttaraprosarthapada*/Uttaraprosarthapada Nakshatra Siddhi/Vyapata* Yoga Visti/Bava Karana Navamya/Sam      |                                                                        | Kathmandu, Nepal<br>Sun 22 Sutra 248 |                                                        |
| Kumbha Rasi: 28.16  | Tithi 8            | Gulika<br>Yama<br>Rahu       | 9:09AM – 10:27AM<br>6:33AM – 7:51AM<br>1:03PM – 2:21PM   | Purvaprosarthapada* Until 3:34PM<br>Siddhi Until 1:25PM<br>Visi Until 11:19AM<br>Ashtami* Until 11:31PM                                                                                                        | Ganesha: Blue<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Clear     | Sunrise: 6:33AM<br>Sunset: 4:58PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 22<br>Ashtami   |
| Creative Work       | Siddha Yoga        | 812889675                    |                                                          |                                                                                                                                                                                                                | Devaloka Day                                                           |                                      |                                                        |
| <b>9</b>            |                    | Friday, December 18, 2026    |                                                          | Parabhava Nama Samvatsare Dakshinaya Moloka Ritau Dhanus Mase Sukla Paksha Kuru Vasara Yukhtayam<br>Uttaraprosarthapada*/Uttaraprosarthapada Nakshatra Vyapata*/Varjany Yoga Balava/Kaulava Karana Navamya/Sam |                                                                        | Kathmandu, Nepal<br>Sun 23 Sutra 249 |                                                        |
| Meena Rasi: 11.04   | Tithi 9            | Gulika<br>Yama<br>Rahu       | 7:51AM – 9:09AM<br>2:22PM – 3:40PM<br>10:27AM – 11:46AM  | Uttaraprosarthapada Until 4:13PM<br>Vyapata* Until 12:22PM<br>Balava Until 11:32AM<br>Navami* Until 11:17PM                                                                                                    | Ganesha: Clear<br>Munuga: Purple<br>Nataraja: Clear<br>Moon – Clear    | Sunrise: 6:33AM<br>Sunset: 4:58PM    | Parabhava 5128<br>Moon 12 - Phase 33 - 23<br>Navami    |
| Creative Work       | Siddha Yoga        | 812889675                    |                                                          |                                                                                                                                                                                                                | Devaloka Day                                                           |                                      |                                                        |

As oil in sesame seeds, as butter in cream, as water in river beds, as fire in friction sticks, so is the atman grasped in one's own self when one searches for Him with truthfulness and austerity. Krishna Yajur Veda

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|                                                                                                     |               |                                                                                     |                                                                                                    |                                                                                                                                                                                                                                    |                                                                           |
|-----------------------------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>1</b>                                                                                            |               | <b>Saturday, December 19, 2026</b>                                                  |                                                                                                    | Parabhava Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Manta Vasara Yuktayam Kathmandu, Nepal<br>Revati/Ashvini Nakshatra Varjyan/Panghar* Yoga Tailla/Gera Karana Dashamyam Titau Sun 24 Sutra 250            |                                                                           |
| Meena Rasi: 24.2                                                                                    | Tithi 10      | Gulika 6:34AM – 7:52AM<br>Yama 1:04PM – 2:22PM<br>812889675 Rahu 9:10AM – 10:28AM   | Revati Until 3:50PM<br>Varjyan Until 10:35AM<br>Tailla Until 10:51AM<br>Dashami Until 10:10PM      | Ganesha: Clear<br>Muruga: Purple<br>Nataraja: Clear<br>Moon – Clear                                                                                                                                                                | Sunrise: 6:34AM<br>Sunset: 4:59PM<br>Moon 12 - Phase 34 - 24<br>4th Phase |
| Routine Work Prabalashita Yoga<br>Until 3:50PM<br>Then Creative Work - Siddha Yoga                  |               |                                                                                     |                                                                                                    | Devaloka Day                                                                                                                                                                                                                       |                                                                           |
| <b>2</b>                                                                                            |               | <b>Sunday, December 20, 2026</b>                                                    |                                                                                                    | Parabhava Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Bhanu Vasara Yuktayam Kathmandu, Nepal<br>Ashvini/Bharani Nakshatra Parigra*Shiva Yoga Vanja/Visti* Karana Ekadashyam Titau Sun 25 Sutra 251            |                                                                           |
| Mesha Rasi: 8.05                                                                                    | Tithi 11      | Gulika 2:23PM – 3:41PM<br>Yama 11:47AM – 1:05PM<br>823889675 Rahu 3:41PM – 4:59PM   | Ashvini Until 2:54PM<br>Parigra* Until 8:09AM<br>Vanja Until 9:19AM<br>Ekadashi Until 8:14PM       | Ganesha: Clear<br>Muruga: Purple<br>Nataraja: Clear<br>Moon – White                                                                                                                                                                | Sunrise: 6:34AM<br>Sunset: 4:59PM<br>Moon 12 - Phase 34 - 25<br>4th Phase |
| Creative Work Siddha Yoga<br>Until 2:54PM<br>Then Routine Work - Prabalashita Yoga                  |               | Gita Jayanthi<br>Valkuntha Ekadasi                                                  |                                                                                                    | Devaloka Day                                                                                                                                                                                                                       |                                                                           |
| <b>3</b>                                                                                            |               | <b>Monday, December 21, 2026</b>                                                    |                                                                                                    | Parabhava Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Indu Vasara Yuktayam Kathmandu, Nepal<br>Bharani/Krittika Nakshatra Siddha Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau Sun 26 Sutra 252        |                                                                           |
| Mesha Rasi: 22.2                                                                                    | Tithi 12 – 13 | Gulika 1:05PM – 2:23PM<br>Yama 10:29AM – 11:47AM<br>823889675 Rahu 7:53AM – 9:11AM  | Bharani Until 1:07PM<br>Siddha Until 1:30AM Tue<br>Bava Until 7:00AM<br>Dvadashi Until 5:35PM      | Ganesha: Clear<br>Muruga: Purple<br>Nataraja: Clear<br>Moon – White                                                                                                                                                                | Sunrise: 6:35AM<br>Sunset: 4:59PM<br>Moon 12 - Phase 34 - 26<br>4th Phase |
| Family Home Evening<br>Creative Work Siddha Yoga<br>Until 1:07PM<br>Then Routine Work - Marana Yoga |               | Day 1 of Pancha Ganapati                                                            |                                                                                                    | Devaloka Day                                                                                                                                                                                                                       |                                                                           |
| <b>4</b>                                                                                            |               | <b>Tuesday, December 22, 2026</b>                                                   |                                                                                                    | Parabhava Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksha Mangala Vasara Yuktayam Kathmandu, Nepal<br>Krittika/Rohini Nakshatra Sadhya Yoga Tailla/Gera Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutra 253    |                                                                           |
| Wishabha Rasi: 7.02                                                                                 | Tithi 13 – 14 | Gulika 11:48AM – 1:06PM<br>Yama 9:11AM – 10:30AM<br>823999675 Rahu 2:24PM – 3:42PM  | Krittika Until 10:36AM<br>Sadhya Until 9:31PM<br>Gera Until 12:40AM Wed<br>Trayodashi Until 2:24PM | Ganesha: Purple<br>Muruga: Light Blue<br>Nataraja: Clear<br>Moon – White                                                                                                                                                           | Sunrise: 6:35AM<br>Sunset: 5:00PM<br>Moon 12 - Phase 34 - 27<br>4th Phase |
| Creative Work Siddha Yoga<br>Until 10:36AM<br>Then Creative Work - Amrita Yoga                      |               | Day 2 of Pancha Ganapati                                                            |                                                                                                    | Sivaloka Day                                                                                                                                                                                                                       |                                                                           |
| <b>○</b>                                                                                            |               | <b>Wednesday, December 23, 2026</b>                                                 |                                                                                                    | Parabhava Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Sukla Paksha Budha Vasara Yuktayam Kathmandu, Nepal<br>Rohini/Megashira Nakshatra Subha/Sukla Yoga Vanja/Visti* Karana Chaturdashi/Purnimayam Titau Sun 28 Sutra 254 |                                                                           |
| <b>Copper Retreat Star</b>                                                                          |               | Gulika 10:30AM – 11:48AM<br>Yama 7:54AM – 9:12AM<br>833999675 Rahu 11:48AM – 1:06PM | Rohini Until 7:57AM<br>Subha Until 5:17PM<br>Visti Until 8:58PM<br>Chaturdashi* Until 10:50AM      | Ganesha: Clear<br>Muruga: Light Blue<br>Nataraja: Clear<br>Moon – Yellow                                                                                                                                                           | Sunrise: 6:36AM<br>Sunset: 5:00PM<br>Moon 12 - Phase 34 - Purnima         |
| Wishabha Rasi: 22.05                                                                                |               | Tithi 14 – 15                                                                       |                                                                                                    | Devaloka Day                                                                                                                                                                                                                       |                                                                           |
| Creative Work Siddha Yoga                                                                           |               | Day 3 of Pancha Ganapati                                                            |                                                                                                    |                                                                                                                                                                                                                                    |                                                                           |
| <b>Thursday, December 24, 2026</b>                                                                  |               | <b>Silver Retreat Star</b>                                                          |                                                                                                    | Parabhava Nama Samvatsare Uttarayane Moksha Ritau Dhanus Mase Krishna Paksha Guru Vasara Yuktayam Kathmandu, Nepal<br>Ardra Nakshatra Sukla/Brahma Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau Sun 29 Sutra 255             |                                                                           |
| Mithuna Rasi: 7.2                                                                                   | Tithi 15 – 16 | Gulika 9:12AM – 10:31AM<br>Yama 6:36AM – 7:54AM<br>833999675 Rahu 1:07PM – 2:25PM   | Ardra Until 1:44AM Fri<br>Sukla Until 12:54PM<br>Kaulava Until 3:14AM Fri<br>Purnima* Until 7:03AM | Ganesha: Clear<br>Muruga: Light Blue<br>Nataraja: Clear<br>Moon – Yellow                                                                                                                                                           | Sunrise: 6:36AM<br>Sunset: 5:01PM<br>Moon 12 - Phase 34 - Prathama        |
| Routine Work Marana Yoga<br>Until 1:44AM Fri<br>Then Creative Work - Siddha Yoga                    |               | Day 4 of Pancha Ganapati<br>Ardra Darshanam                                         |                                                                                                    | Devaloka Day                                                                                                                                                                                                                       |                                                                           |

The soul is born and unfolds in a body, with dreams and desires and the food of life. And then it is reborn in new bodies, in accordance with its former works. The quality of the soul determines its future body; earthly or airy, heavy or light. Krishna Yajur Veda

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Friday, December 25, 2026

Gold Retreat Star

Mithuna Rasi: 22.37 Tithi 17

Creative Work Siddha Yoga

Until 10:56PM

Then Routine Work - Marana Yoga

Parabhava Nama Samvatsara Uтарыяне Moksha Ritau Ohanus Mase Krishna Pakshhe Sukra Vasara Yuktayam  
Punarvasu Nakshatra Brahma/Indra Yoga Taillia/Gara Karana Dvityayam TitauGulika 7:55AM - 9:13AM  
Yama 2:25PM - 3:43PM  
Rahu 10:31AM - 11:49AM

Day 5 of Pancha Ganapati

Punarvasu Until 10:56PM

Brahma Until 8:33AM

Taillia Until 1:23PM

Dvitya Until 11:33PM

Ganesha: White

Muruga: Light Blue

Nataraja: Clear

Moon - Blue

Sunrise: 6:37AM

Sunset: 5:02PM

Kathmandu, Nepal

Sutra 256

Parabhava 5128

Moon 13 - Phase 35 - 1st Phase

Sivaloka Day

1

Saturday, December 26, 2026

Kalka Rasi: 7.46 Tithi 18

Creative Work Siddha Yoga

Until 8:17PM

Then Routine Work - Marana Yoga

Parabhava Nama Samvatsara Uтарыяне Moksha Ritau Ohanus Mase Krishna Pakshhe Manta Vasara Yuktayam  
Pushya Nakshatra Vaidhriti\* Yoga Vanija/Visi\* Karana Trityayam TitauGulika 6:37AM - 7:55AM  
Yama 1:08PM - 2:26PM  
Rahu 9:13AM - 10:32AM

Pushya Until 8:17PM

Vaidhriti\* Until 12:26AM Sun

Vanija Until 9:50AM

Tritya Until 8:11PM

Ganesha: White

Muruga: Light Blue

Nataraja: Clear

Moon - Blue

Sunrise: 6:37AM

Sunset: 5:02PM

Kathmandu, Nepal

Sun 1 Sutra 257

Parabhava 5128

Moon 13 - Phase 35 - 1st Phase

Sivaloka Day

2

Sunday, December 27, 2026

Kalka Rasi: 22.38 Tithi 19 - 20

Creative Work Siddha Yoga

Until 5:58PM

Then Routine Work - Marana Yoga

Parabhava Nama Samvatsara Uтарыяне Moksha Ritau Ohanus Mase Krishna Pakshhe Bharu Vasara Yuktayam  
Ashlesha/Magha\* Nakshatra Vishkambha\* Yoga Bava/Kaulava Karana Chaturthi/Panchamam TitauGulika 2:28PM - 3:45PM  
Yama 11:50AM - 1:08PM  
Rahu 3:45PM - 5:03PM

Ashlesha\* Until 5:58PM

Vishkambha\* Until 8:54PM

Bava Until 6:41AM

Chaturthi\* Until 5:17PM

Ganesha: White

Muruga: Light Blue

Nataraja: Purple

Moon - Blue

Sunrise: 6:38AM

Sunset: 5:03PM

Kathmandu, Nepal

Sun 2 Sutra 258

Parabhava 5128

Moon 13 - Phase 35 - 2nd Phase

Devaloka Day

3

Monday, December 28, 2026

Simha Rasi: 7.07 Tithi 20 - 21

Family Home Evening

Routine Work Marana Yoga

Until 4:32PM

Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsara Uтарыяне Moksha Ritau Ohanus Mase Krishna Pakshhe Indu Vasara Yuktayam  
Magha/Purvaphalguni Nakshatra Priti/Ayushman Yoga Taillia/Gara Karana Panchami/Shashthiyam TitauGulika 1:09PM - 2:27PM  
Yama 10:32AM - 11:51AM  
Rahu 7:56AM - 9:14AM

Magha\* Until 4:32PM

Priti Until 5:54PM

Gara Until 2:06AM Tue

Panchami Until 2:58PM

Ganesha: Yellow

Muruga: Light Blue

Nataraja: Purple

Moon - Red

Sunrise: 6:38AM

Sunset: 5:03PM

Kathmandu, Nepal

Sun 3 Sutra 259

Parabhava 5128

Moon 13 - Phase 35 - 3rd Phase

Bhuloka Day

Devaloka Time: 9AM to 12:2PM

4

Tuesday, December 29, 2026

Simha Rasi: 21.08 Tithi 21 - 22

Creative Work Siddha Yoga

Until 3:39PM

Then Creative Work - Amrita Yoga

Parabhava Nama Samvatsara Uтарыяне Moksha Ritau Ohanus Mase Krishna Pakshhe Mangala Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Ayushman Yoga Bava/Balava Karana Saptami/Ashtamam TitauGulika 11:51AM - 1:09PM  
Yama 9:15AM - 10:33AM  
Rahu 2:27PM - 3:46PM

Purvaphalguni Until 3:39PM

Ayushman Until 3:26PM

Visi Until 12:53AM Wed

Shashthi\* Until 1:23PM

Ganesha: Yellow

Muruga: Light Blue

Nataraja: Purple

Moon - Red

Sunrise: 6:38AM

Sunset: 5:04PM

Kathmandu, Nepal

Sun 4 Sutra 260

Parabhava 5128

Moon 13 - Phase 35 - 4th Phase

Bhuloka Day

Devaloka Time: 9AM to 12:2PM

D

Wednesday, December 30, 2026

Retreat Star

Kanya Rasi: 4.43 Tithi 22 - 23

Creative Work Amrita Yoga

Until 3:23PM

Then Routine Work - Marana Yoga

Parabhava Nama Samvatsara Uтарыяне Moksha Ritau Ohanus Mase Krishna Pakshhe Budha Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Saptami/Ashtamam TitauGulika 10:33AM - 11:52AM  
Yama 7:57AM - 9:15AM  
Rahu 11:52AM - 1:10PM

Uttaraphalguni Until 3:23PM

Saubhagya Until 1:36PM

Balava Until 12:26AM Thu

Saptami Until 12:33PM

Ganesha: Yellow

Muruga: Light Blue

Nataraja: Purple

Moon - Red

Sunrise: 6:39AM

Sunset: 5:05PM

Kathmandu, Nepal

Sun 5 Sutra 261

Parabhava 5128

Moon 13 - Phase 35 - 5th Phase

Ashtami

Bhuloka Day

Devaloka Time: 9AM to 12:2PM

Thursday, December 31, 2026

Retreat Star

Kanya Rasi: 17.52 Tithi 23 - 24

Routine Work Marana Yoga

Until 4:09PM

Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsara Uтарыяне Moksha Ritau Ohanus Mase Krishna Pakshhe Guru Vasara Yuktayam  
Hasta/Chitra Nakshatra Sobhana/Ahiganga\* Yoga Kaulava/Taillia Karana Ashtami/Navamam TitauGulika 9:16AM - 10:34AM  
Yama 6:39AM - 7:57AM  
Rahu 1:10PM - 2:29PM

Hasta Until 4:09PM

Sobhana Until 12:22PM

Taillia Until 12:45AM Fri

Ashtami\* Until 12:29PM

Ganesha: Blue

Muruga: Light Blue

Nataraja: Purple

Moon - Green

Sunrise: 6:39AM

Sunset: 5:05PM

Kathmandu, Nepal

Sun 6 Sutra 262

Parabhava 5128

Moon 13 - Phase 35 - 6th Phase

Navami

Devaloka Day

In the gloom of fear, His six-fold face gleams. In perils unbounded, His vel betokens, "Fear not." Tirumurai 11

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
|--------------------------------|----------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------|---------------------------|
| 1                              | Friday, January 1, 2027    |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Krishna Paksha Sukra Vasara Yuktayam Kathmandu, Nepal<br>Chitra/Svati Nakshatra Athiganda/Sukama Yoga Gara/Vanija Karana Navami/Dashmyam Titau Sun 7 Sutra 253               |                                       |                 |                           |
|                                | Gulika                     | 7:58AM - 9:16AM   | Chitra Until 5:27PM                                                                                                                                                                                                                       | Ganesha: Blue                         | Sunrise: 6:38AM | Parabhava 5128            |
|                                | Yama                       | 2:29PM - 3:48PM   | Athiganda* Until 11:40AM                                                                                                                                                                                                                  | Munuga: Light Blue                    | Sunset: 5:09PM  | Moon 13 - Phase 36 - 7    |
|                                | 863999676 Rahu             | 10:34AM - 11:53AM | Vanija Until 1:43AM Sat<br>Navami* Until 1:08PM                                                                                                                                                                                           | Nataraja: Purple<br>Moon - Green      |                 | 2nd Phase<br>Devaloka Day |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| 2                              | Saturday, January 2, 2027  |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Krishna Paksha Manta Vasara Yuktayam Kathmandu, Nepal<br>Svati Nakshatra Sukama/Dhrii Yoga Visti/Bava Karana Dashami/Ekadashyam Titau Sun 8 Sutra 254                        |                                       |                 |                           |
|                                | Gulika                     | 6:40AM - 7:58AM   | Svati Until 7:08PM                                                                                                                                                                                                                        | Ganesha: Blue                         | Sunrise: 6:40AM | Parabhava 5128            |
|                                | Yama                       | 1:11PM - 2:30PM   | Sukama Until 11:26AM                                                                                                                                                                                                                      | Munuga: Light Blue                    | Sunset: 5:07PM  | Moon 13 - Phase 36 - 8    |
|                                | 863999676 Rahu             | 9:16AM - 10:35AM  | Bava Until 3:15AM Sun<br>Dashami Until 2:24PM                                                                                                                                                                                             | Nataraja: Purple<br>Moon - Green      |                 | 2nd Phase<br>Devaloka Day |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| 3                              | Sunday, January 3, 2027    |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Krishna Paksha Bhanu Vasara Yuktayam Kathmandu, Nepal<br>Vishakha Nakshatra Dhrii/Shula* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau Sun 9 Sutra 255                |                                       |                 |                           |
|                                | Gulika                     | 2:30PM - 3:49PM   | Vishakha Until 9:36PM                                                                                                                                                                                                                     | Ganesha: Blue                         | Sunrise: 6:40AM | Parabhava 5128            |
|                                | Yama                       | 11:54AM - 1:12PM  | Dhrii Until 11:36AM                                                                                                                                                                                                                       | Munuga: Light Blue                    | Sunset: 5:07PM  | Moon 13 - Phase 36 - 9    |
|                                | 874999676 Rahu             | 3:49PM - 5:07PM   | Kaulava Until 5:12AM Mon<br>Ekadashi* Until 4:09PM                                                                                                                                                                                        | Nataraja: Purple<br>Moon - Orange     |                 | 2nd Phase<br>Bhuloka Day  |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| 4                              | Monday, January 4, 2027    |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Krishna Paksha Indu Vasara Yuktayam Kathmandu, Nepal<br>Anuradha Nakshatra Shula/Ganda* Yoga Talila Karana Dvadashyam Titau Sun 10 Sutra 256                                 |                                       |                 |                           |
|                                | Gulika                     | 1:12PM - 2:31PM   | Anuradha Until 12:14AM Tue                                                                                                                                                                                                                | Ganesha: Blue                         | Sunrise: 6:40AM | Parabhava 5128            |
|                                | Yama                       | 10:35AM - 11:54AM | Shula* Until 12:02PM                                                                                                                                                                                                                      | Munuga: Light Blue                    | Sunset: 5:08PM  | Moon 13 - Phase 36 - 10   |
|                                | 874999676 Rahu             | 7:59AM - 9:17AM   | Talila Until 6:16PM<br>Dvadashi* Until 6:16PM                                                                                                                                                                                             | Nataraja: Purple<br>Moon - Orange     |                 | 2nd Phase<br>Bhuloka Day  |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| 5                              | Tuesday, January 5, 2027   |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Krishna Paksha Mangala Vasara Yuktayam Kathmandu, Nepal<br>Jyeshtha* Nakshatra Ganda*/Viddhi Yoga Gara/Vanija Karana Trayodashyam Titau Sun 11 Sutra 257                     |                                       |                 |                           |
|                                | Gulika                     | 11:54AM - 1:13PM  | Jyeshtha* Until 2:55AM Wed                                                                                                                                                                                                                | Ganesha: Blue                         | Sunrise: 6:40AM | Parabhava 5128            |
|                                | Yama                       | 9:17AM - 10:36AM  | Ganda* Until 12:41PM                                                                                                                                                                                                                      | Munuga: Light Blue                    | Sunset: 5:09PM  | Moon 13 - Phase 36 - 11   |
|                                | 874999676 Rahu             | 2:32PM - 3:50PM   | Gara Until 7:27AM<br>Trayodashi* Until 8:39PM                                                                                                                                                                                             | Nataraja: Purple<br>Moon - Orange     |                 | 2nd Phase<br>Bhuloka Day  |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| Pradosha Vrata (Fasting)       |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| 6                              | Wednesday, January 6, 2027 |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Krishna Paksha Budha Vasara Yuktayam Kathmandu, Nepal<br>Mula* Nakshatra Viddhi/Dhruva Yoga Visti/Sakuni* Karana Chaturdashyam Titau Sun 12 Sutra 258                        |                                       |                 |                           |
|                                | Gulika                     | 10:36AM - 11:55AM | Mula* Until 6:05AM Thu                                                                                                                                                                                                                    | Ganesha: Blue                         | Sunrise: 6:40AM | Parabhava 5128            |
|                                | Yama                       | 7:59AM - 9:18AM   | Viddhi Until 1:30PM                                                                                                                                                                                                                       | Munuga: Light Blue                    | Sunset: 5:09PM  | Moon 13 - Phase 36 - 12   |
|                                | 884999676 Rahu             | 11:55AM - 1:14PM  | Visti Until 9:56AM<br>Chaturdashi* Until 11:13PM                                                                                                                                                                                          | Nataraja: Purple<br>Moon - Light Blue |                 | 2nd Phase<br>Bhuloka Day  |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| ●                              | Thursday, January 7, 2027  |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Krishna Paksha Guru Vasara Yuktayam Kathmandu, Nepal<br>Mula*/Purvashadha* Nakshatra Dhruva/Vyaghata* Yoga Catuspada*/Naga* Karana Amavasyam Titau Sun 13 Sutra 259          |                                       |                 |                           |
|                                | Gulika                     | 9:18AM - 10:37AM  | Mula* Until 6:05AM                                                                                                                                                                                                                        | Ganesha: Blue                         | Sunrise: 6:41AM | Parabhava 5128            |
|                                | Yama                       | 6:41AM - 7:59AM   | Dhruva Until 2:22PM                                                                                                                                                                                                                       | Munuga: Light Blue                    | Sunset: 5:10PM  | Moon 13 - Phase 36 - 13   |
|                                | 884999676 Rahu             | 1:14PM - 2:33PM   | Catuspada Until 12:33PM<br>Amavasya* Until 1:52AM Fri                                                                                                                                                                                     | Nataraja: Purple<br>Moon - Light Blue |                 | Amavasya<br>Bhuloka Day   |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| Hanumath Jayanthi (Tamil Nadu) |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
|                                | Friday, January 8, 2027    |                   | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Dhanus Mase Sukla Paksha Sukra Vasara Yuktayam Kathmandu, Nepal<br>Purvashadha*/Uttarashadha Nakshatra Vyaghata*/Harshana Yoga Kintughna*/Bava Karana Prathamayam Titau Sun 14 Sutra 270 |                                       |                 |                           |
|                                | Gulika                     | 7:59AM - 9:18AM   | Purvashadha* Until 9:10AM                                                                                                                                                                                                                 | Ganesha: Blue                         | Sunrise: 6:41AM | Parabhava 5128            |
|                                | Yama                       | 2:33PM - 3:52PM   | Vyaghata* Until 3:18PM                                                                                                                                                                                                                    | Munuga: Light Blue                    | Sunset: 5:11PM  | Moon 13 - Phase 36 - 14   |
|                                | 884999676 Rahu             | 10:37AM - 11:56AM | Kintughna Until 3:14PM<br>Prathama* Until 4:32AM Sat                                                                                                                                                                                      | Nataraja: Purple<br>Moon - Light Blue |                 | Prathama<br>Bhuloka Day   |
| Waganesa*Markul                |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |
| Pradosha Vrata (Fasting)       |                            |                   |                                                                                                                                                                                                                                           |                                       |                 |                           |

To such a one who has his stains wiped away, the venerable Sanatkumara shows the further shore of darkness. Him they call Skanda. Sama Veda Chandu

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                                                                                |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       |                                                                           |
|--------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>1</b>                                                                       |             | <b>Saturday, January 9, 2027</b>                                                    |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Chанус Mase Sukla Paksha Manita Vesarā Yuktayam<br>Uttarashadha/Shravana Nakshatra Harishana/Vajra* Yoga Balava/Kaulava Karana Divyitayam Titau        | Kathmandu, Nepal<br>Sun 15 Sutra 271                                      |
| Makara Rasi: 6.55                                                              | Tithi 2     | Gulika 6:41AM – 8:00AM<br>Yama 1:15PM – 2:34PM<br>884999676 Rahu 9:18AM – 10:37AM   | Uttarashadha Until 12:03PM<br>Harshana Until 4:14PM<br>Balava Until 5:52PM<br>Dvitiya Until 7:07AM Sun         | Ganesha: Blue<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Light Blue                                                                                                                          | Sunrise: 6:41AM<br>Sunset: 5:12PM<br>Moon 13 - Phase 37 - 15<br>3rd Phase |
| Routine Work Marana Yoga<br>Until 3:11PM<br>Then Creative Work - Siddha Yoga   |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Bhuloka Day                                                               |
| <b>2</b>                                                                       |             | <b>Sunday, January 10, 2027</b>                                                     |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Chанус Mase Sukla Paksha Bharu Vesarā Yuktayam<br>Shravana/Chandricha Nakshatra Vajra/Siddhi Yoga Kaulava/Taitila Karana Divyitayam Titau              | Kathmandu, Nepal<br>Sun 16 Sutra 272                                      |
| Makara Rasi: 18.46                                                             | Tithi 2 – 3 | Gulika 2:34PM – 3:53PM<br>Yama 11:57AM – 1:16PM<br>894999676 Rahu 3:53PM – 5:12PM   | Shravana Until 3:11PM<br>Vajra* Until 5:01PM<br>Taitila Until 8:22PM<br>Dvitiya Until 7:07AM                   | Ganesha: Blue<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Purple                                                                                                                              | Sunrise: 6:41AM<br>Sunset: 5:12PM<br>Moon 13 - Phase 37 - 16<br>3rd Phase |
| Creative Work Amrita Yoga<br>Until 3:11PM<br>Then Routine Work - Marana Yoga   |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Bhuloka Day                                                               |
| <b>3</b>                                                                       |             | <b>Monday, January 11, 2027</b>                                                     |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Chанус Mase Sukla Paksha Indu Vesarā Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Siddhi/Vyapata* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau    | Kathmandu, Nepal<br>Sun 17 Sutra 273                                      |
| Kumbha Rasi: 0.41                                                              | Tithi 3 – 4 | Gulika 1:16PM – 2:35PM<br>Yama 10:38AM – 11:57AM<br>894999676 Rahu 8:00AM – 9:19AM  | Dhanishtha Until 5:55PM<br>Siddhi Until 5:39PM<br>Vanija Until 10:36PM<br>Tritiya Until 9:30AM                 | Ganesha: Blue<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Purple                                                                                                                              | Sunrise: 6:41AM<br>Sunset: 5:13PM<br>Moon 13 - Phase 37 - 17<br>3rd Phase |
| Family Home Evening<br>Creative Work Siddha Yoga                               |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Bhuloka Day                                                               |
| <b>4</b>                                                                       |             | <b>Tuesday, January 12, 2027</b>                                                    |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Chанус Mase Sukla Paksha Mangala Vesarā Yuktayam<br>Shatabhishak Nakshatra Vyapata* Yoga Vishi/Bava Karana Chaturthi/Panchamam Titau                   | Kathmandu, Nepal<br>Sun 18 Sutra 274                                      |
| Kumbha Rasi: 12.44                                                             | Tithi 4 – 5 | Gulika 11:57AM – 1:17PM<br>Yama 9:19AM – 10:38AM<br>894999676 Rahu 2:36PM – 3:55PM  | Shatabhishak Until 8:07PM<br>Vyapata* Until 6:00PM<br>Bava Until 12:25AM Wed<br>Chaturthi* Until 11:33AM       | Ganesha: Blue<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Purple                                                                                                                              | Sunrise: 6:41AM<br>Sunset: 5:14PM<br>Moon 13 - Phase 37 - 18<br>3rd Phase |
| Routine Work Marana Yoga                                                       |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Bhuloka Day                                                               |
| <b>5</b>                                                                       |             | <b>Wednesday, January 13, 2027</b>                                                  |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Chанус Mase Sukla Paksha Budha Vesarā Yuktayam<br>Purvaphroshthapada* Nakshatra Varjyan/Pargith* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau | Kathmandu, Nepal<br>Sun 19 Sutra 275                                      |
| Kumbha Rasi: 24.58                                                             | Tithi 5 – 6 | Gulika 10:39AM – 11:58AM<br>Yama 8:00AM – 9:19AM<br>814999676 Rahu 11:58AM – 1:17PM | Purvaphroshthapada* Until 10:09PM<br>Varjyan Until 5:57PM<br>Kaulava Until 1:42AM Thu<br>Panchami Until 1:07PM | Ganesha: White<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Clear                                                                                                                              | Sunrise: 6:41AM<br>Sunset: 5:15PM<br>Moon 13 - Phase 37 - 19<br>3rd Phase |
| Creative Work Amrita Yoga<br>Until 10:09PM<br>Then Creative Work - Siddha Yoga |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Bhuloka Day                                                               |
| <b>6</b>                                                                       |             | <b>Thursday, January 14, 2027</b>                                                   |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Paksha Guru Vesarā Yuktayam<br>Uttaraphroshthapada Nakshatra Pargith/Shiva Yoga Taitila/Gara Karana Shashthi/Saptamam Titau          | Kathmandu, Nepal<br>Sun 20 Sutra 276                                      |
| Meena Rasi: 7.26                                                               | Tithi 6 – 7 | Gulika 9:20AM – 10:39AM<br>Yama 6:41AM – 8:00AM<br>814999676 Rahu 1:18PM – 2:37PM   | Uttaraphroshthapada Until 11:23PM<br>Pargith* Until 5:26PM<br>Gara Until 2:19AM Fri<br>Shashthi* Until 2:05PM  | Ganesha: White<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Clear                                                                                                                              | Sunrise: 6:41AM<br>Sunset: 5:16PM<br>Moon 13 - Phase 37 - 20<br>3rd Phase |
| Creative Work Siddha Yoga<br>Thai Pongal                                       |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Bhuloka Day                                                               |
| <b>7</b>                                                                       |             | <b>Friday, January 15, 2027</b>                                                     |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Paksha Sukra Vesarā Yuktayam<br>Revati Nakshatra Shiva/Siddha Yoga Vanija/Vishi* Karana Saptami/Ashtamam Titau                       | Kathmandu, Nepal<br>Sun 21 Sutra 277                                      |
| Meena Rasi: 20.13                                                              | Tithi 7 – 8 | Gulika 8:00AM – 9:20AM<br>Yama 2:37PM – 3:57PM<br>814199676 Rahu 10:39AM – 11:59AM  | Revati Until 11:46PM<br>Shiva Until 4:22PM<br>Vishi Until 2:10AM Sat<br>Saptami Until 2:19PM                   | Ganesha: Blue<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Clear                                                                                                                               | Sunrise: 6:41AM<br>Sunset: 5:16PM<br>Moon 13 - Phase 37 - 21<br>Ashtami   |
| Creative Work Siddha Yoga<br>Until 11:46PM<br>Then Creative Work - Amrita Yoga |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Bhuloka Day                                                               |
| <b>8</b>                                                                       |             | <b>Saturday, January 16, 2027</b>                                                   |                                                                                                                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Paksha Manita Vesarā Yuktayam<br>Ashvini Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Ashtami/Navamam Titau                       | Kathmandu, Nepal<br>Sun 22 Sutra 278                                      |
| Mesha Rasi: 3.22                                                               | Tithi 8 – 9 | Gulika 6:41AM – 8:00AM<br>Yama 1:18PM – 2:38PM<br>825199676 Rahu 9:20AM – 10:39AM   | Ashvini Until 11:41PM<br>Siddha Until 2:41PM<br>Balava Until 1:15AM Sun<br>Ashtami* Until 1:47PM               | Ganesha: White<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – White                                                                                                                              | Sunrise: 6:41AM<br>Sunset: 5:17PM<br>Moon 13 - Phase 37 - 22<br>Navami    |
| Creative Work Siddha Yoga                                                      |             |                                                                                     |                                                                                                                |                                                                                                                                                                                                       | Devaloka Day                                                              |

These Lords who, it is said, on the pure path, attend to the various duties deriving from a higher realm of maya are at the prow of the effects of the higher realm of maya.  
Mrigendra Agama Jnana Pada

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|-------------------------------------------------------------------------------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>1 Sunday, January 17, 2027</b>                                                   |               | Parabhava Nama Samvatsare Uтарыने Moksha Ritau Makara Mase Sukla Paksha Bharu Vasara Yukhtayam Kathmandu, Nepal<br>Bharani Nakshatra Sadhya/Subha Yoga Kaulava/Taila Karana Navami/Dashamyan Titau Sun 23 Sutra 279                |                                                                                                       |                                                                           |                                                                           |
| Mesha Rasi: 16.56                                                                   | Tithi 9 – 10  | Gulika 2:39PM – 3:58PM<br>Yama 11:59AM – 1:19PM<br>Rahu 3:58PM – 5:18PM                                                                                                                                                            | Bharani Until 10:43PM<br>Sadhya Until 12:24PM<br>Taila Until 11:34PM<br>Navami* Until 12:29PM         | Ganesha: White<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – White  | Sunrise: 6:41AM<br>Sunset: 5:18PM<br>Moon 13 - Phase 38 - 23<br>4th Phase |
| Routine Work Prabalashita Yoga<br>Until 10:43PM<br>Then Creative Work - Siddha Yoga |               | Devaloka Day                                                                                                                                                                                                                       |                                                                                                       |                                                                           |                                                                           |
| <b>2 Monday, January 18, 2027</b>                                                   |               | Parabhava Nama Samvatsare Uтарыने Moksha Ritau Makara Mase Sukla Paksha Indu Vasara Yukhtayam Kathmandu, Nepal<br>Kritika Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Dashami/Ekadashtyan Titau Sun 24 Sutra 280                 |                                                                                                       |                                                                           |                                                                           |
| Vrisabha Rasi: 0.58                                                                 | Tithi 10 – 11 | Gulika 1:19PM – 2:39PM<br>Yama 10:40AM – 12:00PM<br>Rahu 8:00AM – 9:20AM                                                                                                                                                           | Kritika Until 8:56PM<br>Subha Until 9:33AM<br>Vanija Until 9:13PM<br>Dashami Until 10:28AM            | Ganesha: White<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – White  | Sunrise: 6:41AM<br>Sunset: 5:19PM<br>Moon 13 - Phase 38 - 24<br>4th Phase |
| Routine Work Marana Yoga<br>Until 8:56PM<br>Then Creative Work - Amrita Yoga        |               | Devaloka Day                                                                                                                                                                                                                       |                                                                                                       |                                                                           |                                                                           |
| <b>3 Tuesday, January 19, 2027</b>                                                  |               | Parabhava Nama Samvatsare Uтарыने Moksha Ritau Makara Mase Sukla Paksha Mangala Vasara Yukhtayam Kathmandu, Nepal<br>Rohini Nakshatra Sukla/Brahma Yoga Vasi/Bava Karana Ekadashi/Dvadashtyan Titau Sun 25 Sutra 281               |                                                                                                       |                                                                           |                                                                           |
| Vrisabha Rasi: 15.25                                                                | Tithi 11 – 12 | Gulika 12:00PM – 1:20PM<br>Yama 9:20AM – 10:40AM<br>Rahu 2:40PM – 4:00PM                                                                                                                                                           | Rohini Until 6:52PM<br>Sukla Until 6:11AM<br>Bava Until 6:19PM<br>Ekadashi Until 7:49AM               | Ganesha: Clear<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Yellow | Sunrise: 6:40AM<br>Sunset: 5:19PM<br>Moon 13 - Phase 38 - 25<br>4th Phase |
| Creative Work Amrita Yoga<br>Until 6:52PM<br>Then Creative Work - Siddha Yoga       |               | Bhuloka Day<br>Devaloka Time: 9AM to 12:2PM                                                                                                                                                                                        |                                                                                                       |                                                                           |                                                                           |
| <b>4 Wednesday, January 20, 2027</b>                                                |               | Parabhava Nama Samvatsare Uтарыने Moksha Ritau Makara Mase Sukla Paksha Budha Vasara Yukhtayam Kathmandu, Nepal<br>Mrigashira/Andra Nakshatra Indra Yoga Kaulava/Taila Karana Trayodashyan Titau Sun 26 Sutra 282                  |                                                                                                       |                                                                           |                                                                           |
| Mithuna Rasi: 0.14                                                                  | Tithi 13      | Gulika 10:40AM – 12:00PM<br>Yama 8:00AM – 9:20AM<br>Rahu 12:00PM – 1:20PM                                                                                                                                                          | Mrigashira Until 4:15PM<br>Indra Until 10:22PM<br>Kaulava Until 2:59PM<br>Trayodashi Until 1:11AM Thu | Ganesha: Clear<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Yellow | Sunrise: 6:40AM<br>Sunset: 5:20PM<br>Moon 13 - Phase 38 - 26<br>4th Phase |
| Creative Work Siddha Yoga                                                           |               | Bhuloka Day<br>Devaloka Time: 9AM to 12:2PM                                                                                                                                                                                        |                                                                                                       |                                                                           |                                                                           |
| <b>5 Thursday, January 21, 2027</b>                                                 |               | Parabhava Nama Samvatsare Uтарыने Moksha Ritau Makara Mase Sukla Paksha Guru Vasara Yukhtayam Kathmandu, Nepal<br>Andra/Punarvasu Nakshatra Vaidhriti* Yoga Gara/Vanija Karana Chaturdashyan Titau Sun 27 Sutra 283                |                                                                                                       |                                                                           |                                                                           |
| Mithuna Rasi: 15.19                                                                 | Tithi 14      | Gulika 9:20AM – 10:40AM<br>Yama 6:40AM – 8:00AM<br>Rahu 1:21PM – 2:41PM                                                                                                                                                            | Andra Until 1:15PM<br>Vaidhriti* Until 6:07PM<br>Gara Until 11:22AM<br>Chaturdashi* Until 9:30PM      | Ganesha: Clear<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Yellow | Sunrise: 6:40AM<br>Sunset: 5:21PM<br>Moon 13 - Phase 38 - 27<br>4th Phase |
| Routine Work Marana Yoga<br>Until 1:15PM<br>Then Creative Work - Amrita Yoga        |               | Bhuloka Day<br>Devaloka Time: 9AM to 12:2PM                                                                                                                                                                                        |                                                                                                       |                                                                           |                                                                           |
| <b>Friday, January 22, 2027</b>                                                     |               | Parabhava Nama Samvatsare Uтарыने Moksha Ritau Makara Mase Krishna Paksha Sukra Vasara Yukhtayam Kathmandu, Nepal<br>Punarvasu/Pushya Nakshatra Vishkambha* Priti Yoga Vasi/Bava Karana Purnima/Prathamyan Titau Sun 28 Sutra 284  |                                                                                                       |                                                                           |                                                                           |
| Kataka Rasi: 0.31                                                                   | Tithi 15 – 16 | Gulika 8:00AM – 9:20AM<br>Yama 2:41PM – 4:02PM<br>Rahu 10:41AM – 12:01PM                                                                                                                                                           | Punarvasu Until 10:25AM<br>Vishkambha* Until 1:50PM<br>Vasi Until 7:40AM<br>Purnima* Until 5:48PM     | Ganesha: Purple<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Blue  | Sunrise: 6:40AM<br>Sunset: 5:22PM<br>Moon 13 - Phase 38 - Purnima         |
| Creative Work Siddha Yoga<br>Until 10:25AM<br>Then Routine Work - Marana Yoga       |               | Devaloka Day                                                                                                                                                                                                                       |                                                                                                       |                                                                           |                                                                           |
| <b>Saturday, January 23, 2027</b>                                                   |               | Parabhava Nama Samvatsare Uтарыने Moksha Ritau Makara Mase Krishna Paksha Manva Vasara Yukhtayam Kathmandu, Nepal<br>Pushya/Kethisha* Nakshatra Priti/Ayushman Yoga Kaulava/Taila Karana Prathama/Dvityayam Titau Sun 29 Sutra 285 |                                                                                                       |                                                                           |                                                                           |
| Kataka Rasi: 15.41                                                                  | Tithi 16 – 17 | Gulika 6:39AM – 8:00AM<br>Yama 1:21PM – 2:42PM<br>Rahu 9:20AM – 10:41AM                                                                                                                                                            | Pushya Until 7:32AM<br>Priti Until 9:39AM<br>Taila Until 12:35AM Sun<br>Prathama* Until 2:14PM        | Ganesha: Purple<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Blue  | Sunrise: 6:39AM<br>Sunset: 5:23PM<br>Moon 13 - Phase 38 - Prathama        |
| Creative Work Siddha Yoga<br>Until 7:32AM<br>Then Routine Work - Marana Yoga        |               | Devaloka Day                                                                                                                                                                                                                       |                                                                                                       |                                                                           |                                                                           |

Five-armed is He, elephant-faced with tusks protruding, crescent-shaped, son of Siva, wisdom's flower, in heart enshrined, His feet I praise. Tirumantiram Invocation to Vinayaka

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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**Sunday, January 24, 2027**

**Gold Retreat Star**

Simha Rasi: 0.4 Tithi 17 - 18  
855199676 Rahu

Routine Work Marana Yoga  
Until 2:40AM Mon  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяе Moksha Ritau Makara Mase Krishna Pakshе Bhanu Vasara Yuktayam  
Magha\* Nakshatra Saubhagya Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Gulika 2:42PM - 4:03PM  
Yama 12:01PM - 1:22PM  
855199676 Rahu 4:03PM - 5:23PM

**Magha\* Until 2:40AM Mon**  
**Saubhagya Until 2:02AM Mon**  
**Vanija Until 9:32PM**  
**Dvitiya Until 10:59AM**

Ganesha: Clear  
Muruga: Light Blue  
Nataraja: Purple  
Moon - Red

Sunrise: 6:39AM  
Sunset: 5:29PM

Kathmandu, Nepal  
Sun 1 Sutra 296  
Parabhava 5128  
Moon 14 - Phase 39 - 1  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9AM to 12PM

**Monday, January 25, 2027**

**1**  
Simha Rasi: 15.2 Tithi 18 - 19  
Family Home Evening  
Creative Work Siddha Yoga  
Until 1:01AM Tue

855199676 Rahu  
Then Creative Work - Amrita Yoga

Parabhava Nama Samvatsare Uтарыяе Moksha Ritau Makara Mase Krishna Pakshе Indu Vasara Yuktayam  
Purvaphalguni Nakshatra Sobhana Yoga Visti\* Bava Karana Tritiya/Chaturthiyam Titau

Gulika 1:22PM - 2:43PM  
Yama 10:41AM - 12:02PM  
855199676 Rahu 8:00AM - 9:20AM

**Purvaphalguni Until 1:01AM Tue**  
**Sobhana Until 10:52PM**  
**Bava Until 7:01PM**  
**Tritiya Until 8:11AM**

Ganesha: Clear  
Muruga: Light Blue  
Nataraja: Purple  
Moon - Red

Sunrise: 6:39AM  
Sunset: 5:29PM

Kathmandu, Nepal  
Sun 2 Sutra 287  
Parabhava 5128  
Moon 14 - Phase 39 - 1  
1st Phase

**Bhuloka Day**  
Devaloka Time: 6AM to 9AM

**Tuesday, January 26, 2027**

**2**  
Simha Rasi: 29.34 Tithi 20  
Creative Work Amrita Yoga  
Until 11:55PM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяе Moksha Ritau Makara Mase Krishna Pakshе Mangala Vasara Yuktayam  
Uttaraphalguni Nakshatra Ahi Gandas\* Yoga Kaulave/Taila Karana Panchamiam Titau

Gulika 12:02PM - 1:23PM  
Yama 9:20AM - 10:41AM  
855199676 Rahu 2:43PM - 4:04PM

**Uttaraphalguni Until 11:55PM**  
**Ahi Gandas\* Until 8:15PM**  
**Taila Until 5:11PM**  
**Panchami Until 4:32AM Wed**

Ganesha: Clear  
Muruga: Light Blue  
Nataraja: Purple  
Moon - Red

Sunrise: 6:39AM  
Sunset: 5:29PM

Kathmandu, Nepal  
Sun 3 Sutra 288  
Parabhava 5128  
Moon 14 - Phase 39 - 3  
1st Phase

**Bhuloka Day**  
Devaloka Time: 6AM to 9AM

**Wednesday, January 27, 2027**

**3**  
Kanya Rasi: 13.21 Tithi 21  
Routine Work Marana Yoga  
Until 11:53PM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяе Moksha Ritau Makara Mase Krishna Pakshе Budha Vasara Yuktayam  
Hasta Nakshatra Sukarma Yoga Gara/Vanija Karana Shashthiyam Titau

Gulika 10:41AM - 12:02PM  
Yama 7:59AM - 9:20AM  
855199676 Rahu 12:02PM - 1:23PM

**Hasta Until 11:53PM**  
**Sukarma Until 6:15PM**  
**Gara Until 4:07PM**  
**Shashthi\* Until 3:52AM Thu**

Ganesha: White  
Muruga: Light Blue  
Nataraja: Purple  
Moon - Green

Sunrise: 6:38AM  
Sunset: 5:29PM

Kathmandu, Nepal  
Sun 4 Sutra 289  
Parabhava 5128  
Moon 14 - Phase 39 - 4  
1st Phase

**Bhuloka Day**

**Thursday, January 28, 2027**

**4**  
Kanya Rasi: 26.4 Tithi 22  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяе Moksha Ritau Makara Mase Krishna Pakshе Guru Vasara Yuktayam  
Chitra Nakshatra Dhriti/Shula\* Yoga Visti\* Bava Karana Saptamiam Titau

Gulika 9:20AM - 10:41AM  
Yama 6:38AM - 7:59AM  
855199676 Rahu 1:23PM - 2:44PM

**Chitra Until 12:30AM Fri**  
**Dhriti Until 4:55PM**  
**Visti Until 3:52PM**  
**Saptami Until 4:02AM Fri**

Ganesha: White  
Muruga: Light Blue  
Nataraja: Purple  
Moon - Green

Sunrise: 6:38AM  
Sunset: 5:27PM

Kathmandu, Nepal  
Sun 5 Sutra 290  
Parabhava 5128  
Moon 14 - Phase 39 - 5  
1st Phase

**Bhuloka Day**

**Friday, January 29, 2027**

**Retreat Star**

Tula Rasi: 9.35 Tithi 23  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяе Moksha Ritau Makara Mase Krishna Pakshе Sukra Vasara Yuktayam  
Svati Nakshatra Shula\*Gandas\* Yoga Balava/Kaulava Karana Ashtamiam Titau

Gulika 7:59AM - 9:20AM  
Yama 2:45PM - 4:06PM  
855199676 Rahu 10:41AM - 12:02PM

**Svati Until 1:43AM Sat**  
**Shula\* Until 4:10PM**  
**Balava Until 4:25PM**  
**Ashtami\* Until 4:58AM Sat**

Ganesha: White  
Muruga: Light Blue  
Nataraja: Purple  
Moon - Green

Sunrise: 6:37AM  
Sunset: 5:27PM

Kathmandu, Nepal  
Sun 6 Sutra 291  
Parabhava 5128  
Moon 14 - Phase 39 - 6  
Ashtami

**Bhuloka Day**

**Saturday, January 30, 2027**

**Retreat Star**

Tula Rasi: 22.07 Tithi 24  
Creative Work Siddha Yoga  
Until 3:54AM Sun  
Then Routine Work - Marana Yoga

Parabhava Nama Samvatsare Uтарыяе Moksha Ritau Makara Mase Krishna Pakshе Marta Vasara Yuktayam  
Vishakha Nakshatra Ganda\*Viddhi Yoga Taila/Gara Karana Navamiam Titau

Gulika 6:37AM - 7:58AM  
Yama 1:24PM - 2:45PM  
855199676 Rahu 9:20AM - 10:41AM

**Vishakha Until 3:54AM Sun**  
**Ganda\* Until 3:59PM**  
**Taila Until 5:42PM**  
**Navami\* Until 6:34AM Sun**

Ganesha: Yellow  
Muruga: Light Blue  
Nataraja: Purple  
Moon - Orange

Sunrise: 6:37AM  
Sunset: 5:28PM

Kathmandu, Nepal  
Sun 7 Sutra 292  
Parabhava 5128  
Moon 14 - Phase 39 - 7  
Navami

**Bhuloka Day**  
Devaloka Time: 6AM to 9AM

From Him, also, are born the Gods, in manifold ways, the celestials, men, cattle, birds, the in-breath and the out-breath, rice and barley, austerity, faith, truth, chastity and the law: Atharva Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|--------------------------------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------|----------------------------------------|
| <b>1 Sunday, January 31, 2027</b>    |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Bhanu Vassara Yuktayam Kathmandu, Nepal<br>Anuradha Nakshatra Viddhi/Dhruva Yoga Gara/Vanija Karana Navami/Dashamyan Titau Sun 8 Sutra 293                    |                           |                          |                                        |
| Vischika Rasi: 4.23                  | Tithi 24 – 25 | Gulika 2:46PM – 4:07PM                                                                                                                                                                                                                   | Anuradha Until 6:26AM Mon | Ganesha: Yellow          | Sunrise: 6:36AM Parabhava 5128         |
|                                      |               | Yama 12:03PM – 1:24PM                                                                                                                                                                                                                    | Viddhi Until 4:17PM       | Munuga: Light Blue       | Sunset: 5:29PM Moon 14 - Phase 40 - 8  |
| Routine Work                         | Marana Yoga   | 976199676 Rahu 4:07PM – 5:29PM                                                                                                                                                                                                           | Vanija Until 7:35PM       | Nataraja: Purple         | 2nd Phase                              |
| Until 6:26AM Mon                     |               |                                                                                                                                                                                                                                          | Navami* Until 6:34AM      | Moon – Orange            | Bhuloka Day                            |
| Then Creative Work - Siddha Yoga     |               |                                                                                                                                                                                                                                          |                           | Pradosha*Thai            | Devaloka Time: 6AM to 9AM              |
| <b>2 Monday, February 1, 2027</b>    |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Indu Vassara Yuktayam Kathmandu, Nepal<br>Anuradha Nakshatra Viddhi/Dhruva Yaghat* Yoga Visti/Bava Karana Dashami/Ekadeshyam Titau Sun 9 Sutra 294            |                           |                          |                                        |
| Vischika Rasi: 16.26                 | Tithi 25 – 26 | Gulika 1:24PM – 2:46PM                                                                                                                                                                                                                   | Anuradha Until 6:26AM     | Ganesha: Blue            | Sunrise: 6:36AM Parabhava 5128         |
| Family Home Evening                  |               | Yama 10:41AM – 12:03PM                                                                                                                                                                                                                   | Dhruva Until 4:53PM       | Munuga: Light Blue       | Sunset: 5:29PM Moon 14 - Phase 40 - 9  |
| Creative Work                        | Siddha Yoga   | 977199676 Rahu 7:58AM – 9:20AM                                                                                                                                                                                                           | Bava Until 9:54PM         | Nataraja: Purple         | 2nd Phase                              |
|                                      |               |                                                                                                                                                                                                                                          | Dashami Until 8:41AM      | Moon – Orange            | Devaloka Day                           |
|                                      |               |                                                                                                                                                                                                                                          |                           | Pradosha*Thai            |                                        |
| <b>3 Tuesday, February 2, 2027</b>   |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Mangala Vassara Yuktayam Kathmandu, Nepal<br>Anuradha Nakshatra Viddhi/Dhruva Yaghat* Yoga Visti/Bava Karana Dashami/Ekadeshyam Titau Sun 10 Sutra 295        |                           |                          |                                        |
| Vischika Rasi: 28.21                 | Tithi 26 – 27 | Gulika 12:03PM – 1:25PM                                                                                                                                                                                                                  | Jyeshtha* Until 9:08AM    | Ganesha: Blue            | Sunrise: 6:36AM Parabhava 5128         |
|                                      |               | Yama 9:15AM – 10:41AM                                                                                                                                                                                                                    | Vyaghata* Until 5:43PM    | Munuga: Light Blue       | Sunset: 5:30PM Moon 14 - Phase 40 - 10 |
| Routine Work                         | Marana Yoga   | 977199676 Rahu 2:46PM – 4:08PM                                                                                                                                                                                                           | Kaulava Until 12:29AM Wed | Nataraja: Purple         | 2nd Phase                              |
| Until 9:08AM                         |               |                                                                                                                                                                                                                                          | Ekadashi* Until 11:09AM   | Moon – Orange            | Devaloka Day                           |
| Then Creative Work - Amrita Yoga     |               |                                                                                                                                                                                                                                          |                           | Pradosha*Thai            |                                        |
| <b>4 Wednesday, February 3, 2027</b> |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Budha Vassara Yuktayam Kathmandu, Nepal<br>Mula*Purvashadha* Nakshatra Harshana Yoga Tailla/Gara Karana Dvadashi/Trayodashyam Titau Sun 11 Sutra 296          |                           |                          |                                        |
| Dhanus Rasi: 10.11                   | Tithi 27 – 28 | Gulika 10:41AM – 12:03PM                                                                                                                                                                                                                 | Mula* Until 12:22PM       | Ganesha: Red             | Sunrise: 6:35AM Parabhava 5128         |
|                                      |               | Yama 7:57AM – 9:19AM                                                                                                                                                                                                                     | Harshana Until 6:41PM     | Munuga: Light Blue       | Sunset: 5:31PM Moon 14 - Phase 40 - 11 |
| Routine Work                         | Marana Yoga   | 987199676 Rahu 12:03PM – 1:25PM                                                                                                                                                                                                          | Gara Until 3:10AM Thu     | Nataraja: Purple         | 2nd Phase                              |
| Until 12:22PM                        |               |                                                                                                                                                                                                                                          | Dvadashi* Until 1:48PM    | Moon – Light Blue        | Bhuloka Day                            |
| Then Creative Work - Amrita Yoga     |               |                                                                                                                                                                                                                                          |                           | Pradosha*Thai            | Devaloka Time: 9AM to 12:2PM           |
|                                      |               |                                                                                                                                                                                                                                          |                           | Pradosha Vrata (Fasting) |                                        |
| <b>5 Thursday, February 4, 2027</b>  |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Guru Vassara Yuktayam Kathmandu, Nepal<br>Purvashadha*Uttarashadha Nakshatra Vajra* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau Sun 12 Sutra 297 |                           |                          |                                        |
| Dhanus Rasi: 21.59                   | Tithi 28 – 29 | Gulika 9:19AM – 10:41AM                                                                                                                                                                                                                  | Purvashadha* Until 3:28PM | Ganesha: Red             | Sunrise: 6:35AM Parabhava 5128         |
|                                      |               | Yama 6:35AM – 7:57AM                                                                                                                                                                                                                     | Vajra* Until 7:37PM       | Munuga: Light Blue       | Sunset: 5:31PM Moon 14 - Phase 40 - 12 |
| Creative Work                        | Siddha Yoga   | 987199677 Rahu 1:25PM – 2:47PM                                                                                                                                                                                                           | Visti Until 5:49AM Fri    | Nataraja: Light Blue     | 2nd Phase                              |
| Until 3:28PM                         |               |                                                                                                                                                                                                                                          | Trayodashi* Until 4:29PM  | Moon – Light Blue        | Bhuloka Day                            |
| Then Routine Work - Marana Yoga      |               |                                                                                                                                                                                                                                          |                           | Pradosha*Thai            | Devaloka Time: 9AM to 12:2PM           |
| <b>6 Friday, February 5, 2027</b>    |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Sukra Vassara Yuktayam Kathmandu, Nepal<br>Uttarashadha Nakshatra Siddhi Yoga Sakuni* Karana Chaturdashyam Titau Sun 13 Sutra 298                             |                           |                          |                                        |
| Makara Rasi: 3.49                    | Tithi 29      | Gulika 7:57AM – 9:19AM                                                                                                                                                                                                                   | Uttarashadha Until 6:19PM | Ganesha: Red             | Sunrise: 6:34AM Parabhava 5128         |
|                                      |               | Yama 2:48PM – 4:10PM                                                                                                                                                                                                                     | Siddhi Until 8:29PM       | Munuga: Light Blue       | Sunset: 5:32PM Moon 14 - Phase 40 - 13 |
| Routine Work                         | Marana Yoga   | 987199677 Rahu 10:41AM – 12:03PM                                                                                                                                                                                                         | Sakuni Until 7:04PM       | Nataraja: Light Blue     | 2nd Phase                              |
|                                      |               |                                                                                                                                                                                                                                          | Chaturdashi* Until 7:04PM | Moon – Light Blue        | Bhuloka Day                            |
|                                      |               |                                                                                                                                                                                                                                          |                           | Pradosha*Thai            | Devaloka Time: 9AM to 12:2PM           |
| <b>● Saturday, February 6, 2027</b>  |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Meru Vassara Yuktayam Kathmandu, Nepal<br>Shravana Nakshatra Vyatipata* Yoga Catuspada* Naga* Karana Amavasyayam Titau Sun 14 Sutra 299                       |                           |                          |                                        |
| Retreat Star                         |               | Gulika 6:34AM – 7:56AM                                                                                                                                                                                                                   | Shravana Until 9:18PM     | Ganesha: Yellow          | Sunrise: 6:34AM Parabhava 5128         |
| Makara Rasi: 15.42                   | Tithi 30      | Yama 1:26PM – 2:48PM                                                                                                                                                                                                                     | Vyatipata* Until 9:12PM   | Munuga: Light Blue       | Sunset: 5:33PM Moon 14 - Phase 40 - 14 |
|                                      |               | 997199677 Rahu 9:19AM – 10:41AM                                                                                                                                                                                                          | Catuspada Until 8:18AM    | Nataraja: Light Blue     | Amavasya                               |
| Creative Work                        | Siddha Yoga   |                                                                                                                                                                                                                                          | Amavasya* Until 9:25PM    | Moon – Purple            | Bhuloka Day                            |
|                                      |               |                                                                                                                                                                                                                                          |                           | Pradosha*Thai            | Devaloka Time: 9AM to 12:2PM           |
| <b>Sunday, February 7, 2027</b>      |               | Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Makara Mase Sukla Paksha Bhanu Vassara Yuktayam Kathmandu, Nepal<br>Dhanishtha Nakshatra Varayan Yoga Kintughna* Bava Karana Prathamayam Titau Sun 15 Sutra 300                          |                           |                          |                                        |
| Retreat Star                         |               | Gulika 2:49PM – 4:11PM                                                                                                                                                                                                                   | Dhanishtha Until 11:49PM  | Ganesha: Yellow          | Sunrise: 6:33AM Parabhava 5128         |
| Makara Rasi: 27.41                   | Tithi 1       | Yama 12:03PM – 1:26PM                                                                                                                                                                                                                    | Varayan Until 9:40PM      | Munuga: Light Blue       | Sunset: 5:34PM Moon 14 - Phase 40 - 15 |
|                                      |               | 997199677 Rahu 4:11PM – 5:34PM                                                                                                                                                                                                           | Kintughna Until 10:31AM   | Nataraja: Light Blue     | Prathama                               |
| Routine Work                         | Marana Yoga   |                                                                                                                                                                                                                                          | Prathama* Until 11:28PM   | Moon – Purple            | Bhuloka Day                            |
| Until 11:49PM                        |               |                                                                                                                                                                                                                                          |                           | Magha*Thai               | Devaloka Time: 9AM to 12:2PM           |
| Then Creative Work - Siddha Yoga     |               |                                                                                                                                                                                                                                          |                           |                          |                                        |

Everywhere is the Holy Form. Everywhere is Siva-Shakti. Everywhere is Chidanbaram; Everywhere is Divine Dance. Tirumantiram 2722

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                           |                                  |                |                                                                                                                                                                                  |                                    |  |                      |                 |                                                        |
|---------------------------|----------------------------------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|--|----------------------|-----------------|--------------------------------------------------------|
| 1                         | Monday, February 8, 2027         |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Pakshе Indu Vasara Yuktayam<br>Shatabhishak Nakshatra Parigraha* Yoga Balava/Kaulava Karana Dvitiyayam Titau    |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 16 Sutra 301<br>Parabhava 5128 |
|                           | Kumbha Rasi: 9.47                | Tithi 2        | Gulika 1:26PM - 2:49PM                                                                                                                                                           | Shatabhishak Until 1:48AM Tue      |  | Ganesha: White       | Sunrise: 6:33AM |                                                        |
|                           | Family Home Evening              |                | Yama 10:41AM - 12:04PM                                                                                                                                                           | Parigraha* Until 9:51PM            |  | Munuga: Light Blue   | Sunset: 5:34PM  | Moon 14 - Phase 41 - 16                                |
|                           | Creative Work Siddha Yoga        | 998199677 Rahu | 7:55AM - 9:18AM                                                                                                                                                                  | Balava Until 12:23PM               |  | Nataraja: Light Blue |                 | 3rd Phase                                              |
|                           | Until 1:48AM Tue                 |                |                                                                                                                                                                                  | Dvitiya Until 1:09AM Tue           |  | Moon - Purple        |                 |                                                        |
|                           | Then Routine Work - Marana Yoga  |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Bhuloka Day                                            |
| 2                         | Tuesday, February 9, 2027        |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Pakshе Mangala Vasara Yuktayam<br>Purvashrothapada* Nakshatra Shiva Yoga Talila/Gara Karana Tritiyayam Titau    |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 17 Sutra 302<br>Parabhava 5128 |
|                           | Kumbha Rasi: 22.04               | Tithi 3        | Gulika 12:04PM - 1:26PM                                                                                                                                                          | Purvashrothapada* Until 3:41AM Wed |  | Ganesha: White       | Sunrise: 6:32AM |                                                        |
|                           |                                  |                | Yama 9:18AM - 10:41AM                                                                                                                                                            | Shiva Until 9:44PM                 |  | Munuga: Light Blue   | Sunset: 5:35PM  | Moon 14 - Phase 41 - 17                                |
|                           | Routine Work Marana Yoga         | 918299677 Rahu | 2:49PM - 4:12PM                                                                                                                                                                  | Talila Until 1:50PM                |  | Nataraja: Light Blue |                 | 3rd Phase                                              |
|                           | Until 3:41AM Wed                 |                |                                                                                                                                                                                  | Tritiya Until 2:22AM Wed           |  | Moon - Clear         |                 |                                                        |
|                           | Then Creative Work - Siddha Yoga |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Devaloka Day                                           |
| 3                         | Wednesday, February 10, 2027     |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Pakshе Budha Vasara Yuktayam<br>Uttarashrothapada* Nakshatra Siddha Yoga Vanja/Visti* Karana Chaturthayam Titau |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 18 Sutra 303<br>Parabhava 5128 |
|                           | Meena Rasi: 4.32                 | Tithi 4        | Gulika 10:41AM - 12:04PM                                                                                                                                                         | Uttarashrothapada Until 4:58AM Thu |  | Ganesha: White       | Sunrise: 6:31AM |                                                        |
|                           |                                  |                | Yama 7:54AM - 9:17AM                                                                                                                                                             | Siddha Until 9:14PM                |  | Munuga: Light Blue   | Sunset: 5:36PM  | Moon 14 - Phase 41 - 18                                |
|                           | Creative Work Siddha Yoga        | 918299677 Rahu | 12:04PM - 1:27PM                                                                                                                                                                 | Vanija Until 2:50PM                |  | Nataraja: Light Blue |                 | 3rd Phase                                              |
|                           |                                  |                |                                                                                                                                                                                  | Chaturthi* Until 3:07AM Thu        |  | Moon - Clear         |                 |                                                        |
|                           |                                  |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Devaloka Day                                           |
| 4                         | Thursday, February 11, 2027      |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Pakshе Guru Vasara Yuktayam<br>Revati Nakshatra Sadhya Yoga Bava/Balava Karana Panchmayam Titau                 |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 19 Sutra 304<br>Parabhava 5128 |
|                           | Meena Rasi: 17.13                | Tithi 5        | Gulika 9:17AM - 10:40AM                                                                                                                                                          | Revati Until 5:35AM Fri            |  | Ganesha: White       | Sunrise: 6:31AM |                                                        |
|                           |                                  |                | Yama 6:31AM - 7:54AM                                                                                                                                                             | Sadhya Until 8:22PM                |  | Munuga: Light Blue   | Sunset: 5:37PM  | Moon 14 - Phase 41 - 19                                |
|                           | Creative Work Siddha Yoga        | 918299677 Rahu | 1:27PM - 2:50PM                                                                                                                                                                  | Bava Until 3:20PM                  |  | Nataraja: Light Blue |                 | 3rd Phase                                              |
|                           | Until 5:35AM Fri                 |                |                                                                                                                                                                                  | Panchami Until 3:22AM Fri          |  | Moon - Clear         |                 |                                                        |
|                           | Then Creative Work - Amrita Yoga |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Devaloka Day                                           |
| 5                         | Friday, February 12, 2027        |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Makara Mase Sukla Pakshе Sukra Vasara Yuktayam<br>Ashvini Nakshatra Subha Yoga Kaulava/Talila Karana Shashthayam Titau            |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 20 Sutra 305<br>Parabhava 5128 |
|                           | Mesha Rasi: 0.08                 | Tithi 6        | Gulika 7:53AM - 9:17AM                                                                                                                                                           | Ashvini Until 5:59AM Sat           |  | Ganesha: Clear       | Sunrise: 6:30AM |                                                        |
|                           |                                  |                | Yama 2:51PM - 4:14PM                                                                                                                                                             | Subha Until 7:05PM                 |  | Munuga: Light Blue   | Sunset: 5:37PM  | Moon 14 - Phase 41 - 20                                |
|                           | Creative Work Amrita Yoga        | 928299677 Rahu | 10:40AM - 12:04PM                                                                                                                                                                | Kaulava Until 3:18PM               |  | Nataraja: Light Blue |                 | 3rd Phase                                              |
|                           | Until 5:59AM Sat                 |                |                                                                                                                                                                                  | Shashthi* Until 3:03AM Sat         |  | Moon - White         |                 |                                                        |
|                           | Then Creative Work - Siddha Yoga |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Bhuloka Day<br>Devaloka Time: 9AM to 12:2PM            |
| 6                         | Saturday, February 13, 2027      |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Kumbha Mase Sukla Pakshе Mantra Vasara Yuktayam<br>Bharani Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Saptamayam Titau        |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 21 Sutra 306<br>Parabhava 5128 |
|                           | Mesha Rasi: 13.2                 | Tithi 7        | Gulika 6:29AM - 7:53AM                                                                                                                                                           | Bharani Until 5:41AM Sun           |  | Ganesha: Clear       | Sunrise: 6:29AM |                                                        |
|                           |                                  |                | Yama 1:27PM - 2:51PM                                                                                                                                                             | Sukla Until 5:21PM                 |  | Munuga: Light Blue   | Sunset: 5:38PM  | Moon 14 - Phase 41 - 21                                |
|                           | Creative Work Siddha Yoga        | 928299677 Rahu | 9:16AM - 10:40AM                                                                                                                                                                 | Gara Until 2:43PM                  |  | Nataraja: Light Blue |                 | 3rd Phase                                              |
|                           |                                  |                |                                                                                                                                                                                  | Saptami Until 2:11AM Sun           |  | Moon - White         |                 |                                                        |
|                           |                                  |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Bhuloka Day<br>Devaloka Time: 9AM to 12:2PM            |
| D                         | Sunday, February 14, 2027        |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Kumbha Mase Sukla Pakshе Bhanu Vasara Yuktayam<br>Krittika Nakshatra Brahma/Indra Yoga Visti* Bava Karana Ashtamayam Titau        |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 22 Sutra 307<br>Parabhava 5128 |
|                           | Retreat Star                     |                | Gulika 2:51PM - 4:15PM                                                                                                                                                           | Krittika Until 4:41AM Mon          |  | Ganesha: Purple      | Sunrise: 6:28AM |                                                        |
|                           | Mesha Rasi: 26.5                 | Tithi 8        | Yama 12:04PM - 1:27PM                                                                                                                                                            | Brahma Until 3:11PM                |  | Munuga: Light Blue   | Sunset: 5:39PM  | Moon 14 - Phase 41 - 22                                |
|                           | Creative Work Siddha Yoga        | 929299677 Rahu | 4:15PM - 5:39PM                                                                                                                                                                  | Visti Until 1:34PM                 |  | Nataraja: Light Blue |                 | Ashtami                                                |
|                           | Until 4:41AM Mon                 |                |                                                                                                                                                                                  | Ashtami* Until 12:46AM Mon         |  | Moon - White         |                 |                                                        |
|                           | Then Creative Work - Amrita Yoga |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Bhuloka Day                                            |
| Monday, February 15, 2027 | Retreat Star                     |                | Parabhava Nama Samvatsare Uтарыяне Mокша Ritaу Kumbha Mase Sukla Pakshе Indu Vasara Yuktayam<br>Rohini Nakshatra Indra/Vaidhiti* Yoga Balava/Kaulava Karana Navamyam Titau       |                                    |  |                      |                 | Kathmandu, Nepal<br>Sun 23 Sutra 308<br>Parabhava 5128 |
|                           | Vishabha Rasi: 10.4              | Tithi 9        | Gulika 1:28PM - 2:52PM                                                                                                                                                           | Rohini Until 3:28AM Tue            |  | Ganesha: Clear       | Sunrise: 6:28AM |                                                        |
|                           | Family Home Evening              |                | Yama 10:40AM - 12:04PM                                                                                                                                                           | Indra Until 12:36PM                |  | Munuga: Light Blue   | Sunset: 5:40PM  | Moon 14 - Phase 41 - 23                                |
|                           | Creative Work Amrita Yoga        | 939299677 Rahu | 7:52AM - 9:16AM                                                                                                                                                                  | Balava Until 11:52AM               |  | Nataraja: Light Blue |                 | Navami                                                 |
|                           | Until 3:28AM Tue                 |                |                                                                                                                                                                                  | Navami* Until 10:48PM              |  | Moon - Yellow        |                 |                                                        |
|                           | Then Creative Work - Siddha Yoga |                |                                                                                                                                                                                  |                                    |  | Maghar Thai          |                 | Bhuloka Day<br>Devaloka Time: 6AM to 9AM               |

Parameshvara is the cause of the five manifest aspects: emanation, srishiti; preservation, sthiti; dissolution, samhara; concealment, tirobhava; and revelation, anugraha.  
Raurava Agama Kriya Pada

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|                                  |                              |                   |                                                                                                                                                                                                                                                               |                      |                                          |                               |  |
|----------------------------------|------------------------------|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|------------------------------------------|-------------------------------|--|
| 1                                | Tuesday, February 16, 2027   |                   | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Paksha Mangala Vasara Yukhtayam Kathmandu, Nepal<br>Mrigashira Nakshatra Vaichriti/Vishkambha* Yoga Talila/Gara Karana Dashamnam Titau Sun 24 Sutra 309                                     |                      |                                          |                               |  |
|                                  | Gulika                       | 12:04PM - 1:28PM  | Mrigashira Until 1:30AM Wed                                                                                                                                                                                                                                   | Ganesha: Clear       | Sunrise: 6:27AM                          | Parabhava 5128                |  |
|                                  | Yama                         | 9:15AM - 10:39AM  | Vaidhriti* Until 9:36AM                                                                                                                                                                                                                                       | Munaga: Light Blue   | Sunset: 5:40PM                           | Moon 14 - Phase 42 - 24       |  |
|                                  | 939299677 Rahu               | 2:52PM - 4:16PM   | Tailita Until 9:40AM                                                                                                                                                                                                                                          | Nataraja: Light Blue |                                          | 4th Phase                     |  |
|                                  | Creative Work                | Siddha Yoga       | Dashami Until 8:23PM                                                                                                                                                                                                                                          | Moon - Yellow        | Bhuloka Day<br>Devaloka Time: 6AM to 9AM |                               |  |
| 2                                | Wednesday, February 17, 2027 |                   | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Paksha Budha Vasara Yukhtayam Kathmandu, Nepal<br>Andra Nakshatra Vishkambha*Priti Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau Sun 25 Sutra 310                                       |                      |                                          |                               |  |
|                                  | Gulika                       | 10:39AM - 12:04PM | Andra Until 11:21PM                                                                                                                                                                                                                                           | Ganesha: Clear       | Sunrise: 6:26AM                          | Parabhava 5128                |  |
|                                  | Yama                         | 7:51AM - 9:15AM   | Vishkambha* Until 6:15AM                                                                                                                                                                                                                                      | Munaga: Light Blue   | Sunset: 5:42PM                           | Moon 14 - Phase 42 - 25       |  |
|                                  | 939299677 Rahu               | 12:04PM - 1:28PM  | Vanija Until 7:02AM                                                                                                                                                                                                                                           | Nataraja: Light Blue |                                          | 4th Phase                     |  |
|                                  | Creative Work                | Siddha Yoga       | Ekadashi Until 5:34PM                                                                                                                                                                                                                                         | Moon - Yellow        | Bhuloka Day<br>Devaloka Time: 6AM to 9AM |                               |  |
| 3                                | Thursday, February 18, 2027  |                   | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Paksha Guru Vatsara Yukhtayam Kathmandu, Nepal<br>Punarvasu Nakshatra Ayushman Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau Sun 26 Sutra 311                                      |                      |                                          |                               |  |
|                                  | Gulika                       | 9:14AM - 10:39AM  | Punarvasu Until 9:04PM                                                                                                                                                                                                                                        | Ganesha: White       | Sunrise: 6:25AM                          | Parabhava 5128                |  |
|                                  | Yama                         | 6:25AM - 7:50AM   | Ayushman Until 10:49PM                                                                                                                                                                                                                                        | Munaga: Light Blue   | Sunset: 5:42PM                           | Moon 14 - Phase 42 - 26       |  |
|                                  | 949299677 Rahu               | 1:28PM - 2:53PM   | Kaulava Until 12:52AM Fri                                                                                                                                                                                                                                     | Nataraja: Light Blue |                                          | 4th Phase                     |  |
|                                  | Creative Work                | Amrita Yoga       | Dvadashi Until 2:28PM                                                                                                                                                                                                                                         | Moon - Blue          | Bhuloka Day                              |                               |  |
| 4                                | Friday, February 19, 2027    |                   | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Paksha Sukra Vasara Yukhtayam Kathmandu, Nepal<br>Pushya Nakshatra Saubhagya Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutra 312                                        |                      |                                          |                               |  |
|                                  | Gulika                       | 7:49AM - 9:14AM   | Pushya Until 6:33PM                                                                                                                                                                                                                                           | Ganesha: White       | Sunrise: 6:25AM                          | Parabhava 5128                |  |
|                                  | Yama                         | 2:53PM - 4:18PM   | Saubhagya Until 6:56PM                                                                                                                                                                                                                                        | Munaga: Light Blue   | Sunset: 5:42PM                           | Moon 14 - Phase 42 - 27       |  |
|                                  | 949299677 Rahu               | 10:39AM - 12:03PM | Gara Until 9:36PM                                                                                                                                                                                                                                             | Nataraja: Light Blue |                                          | 4th Phase                     |  |
|                                  | Routine Work                 | Marana Yoga       | Trayodashi Until 11:13AM                                                                                                                                                                                                                                      | Moon - Blue          | Bhuloka Day                              |                               |  |
| ○                                | Saturday, February 20, 2027  |                   | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Sukla Paksha Mani Vasara Yukhtayam Kathmandu, Nepal<br>Copper Retreat Star<br>Ashlesha*/Magha* Nakshatra Sobhana/Ahiganda* Yoga Vanija/Visi* Karana Chaturdashi/Purnimayam Titau Sun 28 Sutra 313 |                      |                                          |                               |  |
|                                  | Gulika                       | 6:24AM - 7:49AM   | Ashlesha* Until 3:56PM                                                                                                                                                                                                                                        | Ganesha: White       | Sunrise: 6:24AM                          | Parabhava 5128                |  |
|                                  | Yama                         | 1:28PM - 2:53PM   | Sobhana Until 3:05PM                                                                                                                                                                                                                                          | Munaga: Light Blue   | Sunset: 5:43PM                           | Moon 14 - Phase 42 - Purnima  |  |
|                                  | 949299677 Rahu               | 9:14AM - 10:38AM  | Visi Until 6:23PM                                                                                                                                                                                                                                             | Nataraja: Light Blue |                                          |                               |  |
|                                  | Routine Work                 | Marana Yoga       | Chaturdashi* Until 7:58AM                                                                                                                                                                                                                                     | Moon - Blue          | Bhuloka Day                              |                               |  |
| Until 3:56PM                     |                              |                   |                                                                                                                                                                                                                                                               |                      |                                          |                               |  |
| Then Creative Work - Amrita Yoga |                              |                   |                                                                                                                                                                                                                                                               |                      |                                          |                               |  |
|                                  | Sunday, February 21, 2027    |                   | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Kumbha Mase Krishna Paksha Bharu Vasara Yukhtayam Kathmandu, Nepal<br>Silver Retreat Star<br>Magha*/Purnaphalguni Nakshatra Ahiganda*/Sukama Yoga Balava/Kaulava Karana Prathamayam Titau Sun 29 Sutra 314    |                      |                                          |                               |  |
|                                  | Gulika                       | 2:53PM - 4:19PM   | Magha* Until 1:47PM                                                                                                                                                                                                                                           | Ganesha: Yellow      | Sunrise: 6:23AM                          | Parabhava 5128                |  |
|                                  | Yama                         | 12:03PM - 1:28PM  | Ahiganda* Until 11:23AM                                                                                                                                                                                                                                       | Munaga: Light Blue   | Sunset: 5:44PM                           | Moon 14 - Phase 42 - Prathama |  |
|                                  | 959299677 Rahu               | 4:19PM - 5:44PM   | Balava Until 3:23PM                                                                                                                                                                                                                                           | Nataraja: Light Blue |                                          |                               |  |
|                                  | Routine Work                 | Marana Yoga       | Prathama* Until 2:00AM Mon                                                                                                                                                                                                                                    | Moon - Red           | Bhuloka Day<br>Devaloka Time: 6AM to 9AM |                               |  |
| Until 1:47PM                     |                              |                   |                                                                                                                                                                                                                                                               |                      |                                          |                               |  |
| Then Creative Work - Siddha Yoga |                              |                   |                                                                                                                                                                                                                                                               |                      |                                          |                               |  |

He is God, hidden in all beings, their inmost soul who is in all. He watches the works of creation, lives in all things, watches all things. He is pure consciousness, beyond the three conditions of nature. Krishna Yajur Veda

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Monday, February 22, 2027

Gold Retreat Star

Simha Rasi: 23.09 Tithi 17  
Family Home Evening  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Інду Васара Уктыям  
Purvaphalguni/Uтарыялгуни Nakshatra Sukarma/Dhriti Yoga Talila/Gara Karana Dvitiyayam Titau  
Gulika 1:28PM - 2:54PM  
Yama 10:38AM - 10:38PM  
Rahu 7:47AM - 9:13AM  
Purvaphalguni Until 11:51AM  
Sukarma Until 7:57AM  
Talila Until 12:45PM  
Dvitiya Until 11:36PM

Kathmandu, Nepal  
Sutra 315  
Parabhava 5128  
Moon 1 - Phase 43 - 1st Phase  
Bhuloka Day  
Devaloka Time: 6AM to 9AM

Tuesday, February 23, 2027

1  
Kanya Rasi: 7.25 Tithi 18  
Creative Work Amrita Yoga  
Until 10:16AM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Mangala Vasara Uктыям  
Uttaraphalguni/Hasta Nakshatra Shula\* Yoga Vanija/Veiv\* Karana Tritiyayam Titau  
Gulika 12:03PM - 1:29PM  
Yama 9:12AM - 10:38AM  
Rahu 2:54PM - 4:20PM  
Uttaraphalguni Until 10:16AM  
Shula\* Until 2:22AM Wed  
Vanija Until 10:38AM  
Tritiya Until 9:47PM

Kathmandu, Nepal  
Sun 1 Sutra 316  
Parabhava 5128  
Moon 1 - Phase 43 - 1st Phase  
Bhuloka Day  
Devaloka Time: 6AM to 9AM

Wednesday, February 24, 2027

2  
Kanya Rasi: 21.17 Tithi 19  
Routine Work Marana Yoga  
Until 9:36AM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Budha Vasara Uктыям  
Hasta/Chitra Nakshatra Ganda\* Yoga Bava/Balava Karana Chaturthyam Titau  
Gulika 10:37AM - 12:03PM  
Yama 7:46AM - 9:12AM  
Rahu 12:03PM - 1:29PM  
Hasta Until 9:36AM  
Ganda\* Until 12:24AM Thu  
Bava Until 9:08AM  
Chaturthi\* Until 8:39PM

Kathmandu, Nepal  
Sun 2 Sutra 317  
Parabhava 5128  
Moon 1 - Phase 43 - 2 1st Phase  
Bhuloka Day

Thursday, February 25, 2027

3  
Tula Rasi: 4.43 Tithi 20  
Creative Work Siddha Yoga  
Until 9:31AM  
Then Creative Work - Amrita Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Guru Vasara Uктыям  
Chitra/Svati Nakshatra Viddhi Yoga Kaulava/Talila Karana Panchamyam Titau  
Gulika 9:11AM - 10:37AM  
Yama 6:19AM - 7:45AM  
Rahu 1:29PM - 2:55PM  
Chitra Until 9:31AM  
Viddhi Until 11:03PM  
Kaulava Until 8:23AM  
Panchami Until 8:17PM

Kathmandu, Nepal  
Sun 3 Sutra 318  
Parabhava 5128  
Moon 1 - Phase 43 - 3 1st Phase  
Bhuloka Day

Friday, February 26, 2027

4  
Tula Rasi: 17.45 Tithi 21  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Sukra Vasara Uктыям  
Svati/Vishakha Nakshatra Dhruva Yoga Gara/Vanija Karana Shashthyam Titau  
Gulika 7:44AM - 9:10AM  
Yama 2:55PM - 4:21PM  
Rahu 10:37AM - 12:03PM  
Svati Until 10:03AM  
Dhruva Until 10:17PM  
Gara Until 8:25AM  
Shashthi\* Until 8:43PM

Kathmandu, Nepal  
Sun 4 Sutra 319  
Parabhava 5128  
Moon 1 - Phase 43 - 4 1st Phase  
Bhuloka Day

Saturday, February 27, 2027

5  
Vischika Rasi: 0.23 Tithi 22  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Manta Vasara Uктыям  
Vishakha/Anuradha Nakshatra Vyaghat\* Yoga Visi\*/Bava Karana Saptamyam Titau  
Gulika 6:17AM - 7:44AM  
Yama 1:29PM - 2:55PM  
Rahu 9:10AM - 10:36AM  
Vishakha Until 11:39AM  
Vyaghat\* Until 10:07PM  
Visi Until 9:15AM  
Saptami Until 9:55PM

Kathmandu, Nepal  
Sun 5 Sutra 320  
Parabhava 5128  
Moon 1 - Phase 43 - 5 1st Phase  
Bhuloka Day  
Devaloka Time: 6AM to 9AM

Sunday, February 28, 2027

Retreat Star  
Vischika Rasi: 12.43 Tithi 23  
Routine Work Marana Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Bhanu Vasara Uктыям  
Anuradha/Jyeshtha\* Nakshatra Harshana Yoga Balava/Kaulava Karana Ashtamyam Titau  
Gulika 2:55PM - 4:22PM  
Yama 12:02PM - 1:29PM  
Rahu 4:22PM - 5:48PM  
Anuradha Until 1:46PM  
Harshana Until 10:27PM  
Balava Until 10:47AM  
Ashtami\* Until 11:46PM

Kathmandu, Nepal  
Sun 6 Sutra 321  
Parabhava 5128  
Moon 1 - Phase 43 - 6 Ashtami  
Bhuloka Day  
Devaloka Time: 6AM to 9AM

Monday, March 1, 2027

Retreat Star  
Vischika Rasi: 24.49 Tithi 24  
Family Home Evening  
Creative Work Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Крішна Пакше Indu Vajra Uктыям  
Jyeshtha/Mula\* Nakshatra Vajra\* Yoga Talila/Gara Karana Navamyam Titau  
Gulika 1:29PM - 2:56PM  
Yama 10:35AM - 12:02PM  
Rahu 7:41AM - 9:08AM  
Jyeshtha\* Until 4:14PM  
Vajra\* Until 11:07PM  
Talila Until 12:54PM  
Navami\* Until 2:05AM Tue

Kathmandu, Nepal  
Sun 7 Sutra 322  
Parabhava 5128  
Moon 1 - Phase 43 - 7 Navami  
Bhuloka Day  
Devaloka Time: 6AM to 9AM

Self-respendent, formless, unoriginated and pure, that all-pervading being is both within and without. He transcends even the transcendent, unmanifest, causal state of the universe. Atharva Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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|                                  |                |                                 |                               |                                                                                                                                                                                                                                                     |                          |
|----------------------------------|----------------|---------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| <b>1</b>                         |                | <b>Tuesday, March 2, 2027</b>   |                               | Parabhava Nama Samvatsare Uтарыане Moksha Ritau Kumbha Mase Krishna Pakshе Mangala Vasara Yuktyam Kathmandu, Nepal<br>Mula* Nakshatra Siddhi Yoga Vanja/Visti* Karana Dashamyam Titau Sun 8 Sutra 323                                               |                          |
| Dhanus Rasi: 6.43                | Tithi 25       | Gulika 12:02PM - 1:29PM         | Mula* Until 7:23PM            | Ganesha: Purple Sunrise: 6:13AM                                                                                                                                                                                                                     | Parabhava 5128           |
|                                  |                | Yama 9:08AM - 10:35AM           | Siddhi* Until 12:02AM Wed     | Munuga: Light Blue Sunset: 5:50PM                                                                                                                                                                                                                   | Moon 1 - Phase 44 - 8    |
| Creative Work Amrita Yoga        | 981299677 Rahu | 2:56PM - 4:23PM                 | Vanija Until 3:23PM           | Nataraja: Light Blue                                                                                                                                                                                                                                | 2nd Phase                |
| Until 7:23PM                     |                |                                 | Dashami Until 4:41AM Wed      | Moon - Light Blue                                                                                                                                                                                                                                   |                          |
| Then Creative Work - Siddha Yoga |                |                                 |                               |                                                                                                                                                                                                                                                     | Bhuloka Day              |
| <b>2</b>                         |                | <b>Wednesday, March 3, 2027</b> |                               | Parabhava Nama Samvatsare Uтарыане Moksha Ritau Kumbha Mase Krishna Pakshе Budha Vasara Yuktyam Kathmandu, Nepal<br>Uttarashadha* Nakshatra Vyatipata* Yoga Bava Karana Ekadashyam Titau Sun 9 Sutra 324                                            |                          |
| Dhanus Rasi: 18.32               | Tithi 26       | Gulika 10:34AM - 12:02PM        | Purvashadha* Until 10:30PM    | Ganesha: Purple Sunrise: 6:12AM                                                                                                                                                                                                                     | Parabhava 5128           |
|                                  |                | Yama 7:40AM - 9:07AM            | Vyatipata* Until 1:02AM Thu   | Munuga: Light Blue Sunset: 5:52PM                                                                                                                                                                                                                   | Moon 1 - Phase 44 - 9    |
| Creative Work Amrita Yoga        | 981299677 Rahu | 12:02PM - 1:29PM                | Bava Until 6:03PM             | Nataraja: Light Blue                                                                                                                                                                                                                                | 2nd Phase                |
|                                  |                |                                 | Ekadashi* Until 7:21AM Thu    | Moon - Light Blue                                                                                                                                                                                                                                   |                          |
|                                  |                |                                 |                               |                                                                                                                                                                                                                                                     | Bhuloka Day              |
| <b>3</b>                         |                | <b>Thursday, March 4, 2027</b>  |                               | Parabhava Nama Samvatsare Uтарыане Moksha Ritau Kumbha Mase Krishna Pakshе Guru Vasara Yuktyam Kathmandu, Nepal<br>Uttarashadha Nakshatra Varjyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau Sun 10 Sutra 325                             |                          |
| Makara Rasi: 0.21                | Tithi 26 - 27  | Gulika 9:06AM - 10:34AM         | Uttarashadha Until 1:22AM Fri | Ganesha: Purple Sunrise: 6:11AM                                                                                                                                                                                                                     | Parabhava 5128           |
|                                  |                | Yama 6:11AM - 7:39AM            | Varjyan Until 1:57AM Fri      | Munuga: Light Blue Sunset: 5:51PM                                                                                                                                                                                                                   | Moon 1 - Phase 44 - 10   |
| Routine Work Marana Yoga         | 981299677 Rahu | 1:29PM - 2:56PM                 | Kaulava Until 8:40PM          | Nataraja: Light Blue                                                                                                                                                                                                                                | 2nd Phase                |
|                                  |                |                                 | Ekadashi* Until 7:21AM        | Moon - Light Blue                                                                                                                                                                                                                                   |                          |
|                                  |                |                                 |                               |                                                                                                                                                                                                                                                     | Bhuloka Day              |
| <b>4</b>                         |                | <b>Friday, March 5, 2027</b>    |                               | Parabhava Nama Samvatsare Uтарыане Moksha Ritau Kumbha Mase Krishna Pakshе Sukra Vasara Yuktyam Kathmandu, Nepal<br>Shravana Nakshatra Parigha* Yoga Talita/Gara Karana Dvadashi/Trayodashyam Titau Sun 11 Sutra 326                                |                          |
| Makara Rasi: 12.12               | Tithi 27 - 28  | Gulika 7:38AM - 9:06AM          | Shravana Until 4:19AM Sat     | Ganesha: Purple Sunrise: 6:10AM                                                                                                                                                                                                                     | Parabhava 5128           |
|                                  |                | Yama 2:56PM - 4:24PM            | Parigha* Until 2:40AM Sat     | Munuga: Light Blue Sunset: 5:52PM                                                                                                                                                                                                                   | Moon 1 - Phase 44 - 11   |
| Routine Work Marana Yoga         | 992299677 Rahu | 10:33AM - 12:01PM               | Gara Until 11:02PM            | Nataraja: Light Blue                                                                                                                                                                                                                                | 2nd Phase                |
| Until 4:19AM Sat                 |                |                                 | Dvadashi* Until 9:52AM        | Moon - Purple                                                                                                                                                                                                                                       |                          |
| Then Creative Work - Siddha Yoga |                |                                 |                               |                                                                                                                                                                                                                                                     | Bhuloka Day              |
| <b>5</b>                         |                | <b>Saturday, March 6, 2027</b>  |                               | Parabhava Nama Samvatsare Uтарыане Moksha Ritau Kumbha Mase Krishna Pakshе Manta Vasara Yuktyam Kathmandu, Nepal<br>Dhanishtha Nakshatra Shiva Yoga Vanja/Visti* Karana Trayodashi/Chaturdashyam Titau Sun 12 Sutra 327                             |                          |
| Makara Rasi: 24.1                | Tithi 28 - 29  | Gulika 6:09AM - 7:37AM          | Dhanishtha Until 6:42AM Sun   | Ganesha: Orange Sunrise: 6:09AM                                                                                                                                                                                                                     | Parabhava 5128           |
|                                  |                | Yama 1:29PM - 2:57PM            | Shiva Until 3:05AM Sun        | Munuga: Light Blue Sunset: 5:52PM                                                                                                                                                                                                                   | Moon 1 - Phase 44 - 12   |
| Creative Work Siddha Yoga        | 192399677 Rahu | 9:05AM - 10:33AM                | Visti Until 1:01AM Sun        | Nataraja: Light Blue                                                                                                                                                                                                                                | 2nd Phase                |
|                                  |                |                                 | Trayodashi* Until 12:04PM     | Moon - Purple                                                                                                                                                                                                                                       |                          |
|                                  |                |                                 |                               |                                                                                                                                                                                                                                                     | Bhuloka Day              |
|                                  |                |                                 |                               |                                                                                                                                                                                                                                                     | Devalka Time: 6AM to 9AM |
| <b>●</b>                         |                | <b>Sunday, March 7, 2027</b>    |                               | Parabhava Nama Samvatsare Uтарыане Moksha Ritau Kumbha Mase Krishna Pakshе Bhau Vasara Yuktyam Kathmandu, Nepal<br>Retreat Star Dhanishtha/Shatabhishak Nakshatra Siddhi Yoga Sakuni/Catuspada* Karana Chaturdashi/Amavasyam Titau Sun 13 Sutra 328 |                          |
| Kumbha Rasi: 6.18                | Tithi 29 - 30  | Gulika 2:57PM - 4:25PM          | Dhanishtha Until 6:42AM       | Ganesha: Orange Sunrise: 6:08AM                                                                                                                                                                                                                     | Parabhava 5128           |
|                                  |                | Yama 12:01PM - 1:29PM           | Siddhi Until 3:06AM Mon       | Munuga: Light Blue Sunset: 5:53PM                                                                                                                                                                                                                   | Moon 1 - Phase 44 - 13   |
| Routine Work Marana Yoga         | 192399677 Rahu | 4:25PM - 5:53PM                 | Catuspada Until 2:30AM Mon    | Nataraja: Light Blue                                                                                                                                                                                                                                | Amavasya                 |
| Until 6:42AM                     |                |                                 | Chaturdashi* Until 1:48PM     | Moon - Purple                                                                                                                                                                                                                                       |                          |
| Then Creative Work - Siddha Yoga |                |                                 |                               |                                                                                                                                                                                                                                                     | Bhuloka Day              |
|                                  |                |                                 |                               |                                                                                                                                                                                                                                                     | Devalka Time: 6AM to 9AM |
| <b>Monday, March 8, 2027</b>     |                | <b>Retreat Star</b>             |                               | Parabhava Nama Samvatsare Uтарыане Moksha Ritau Kumbha Mase Sukla Pakshе Indu Vasara Yuktyam Kathmandu, Nepal<br>Shatabhishak/Purvaprosthipada* Nakshatra Sadhya Yoga Naga/Kirtughna* Karana Amavasya/Prathamam Titau Sun 14 Sutra 329              |                          |
| Kumbha Rasi: 18.38               | Tithi 30 - 1   | Gulika 1:29PM - 2:57PM          | Shatabhishak Until 8:26AM     | Ganesha: Orange Sunrise: 6:07AM                                                                                                                                                                                                                     | Parabhava 5128           |
| Family Home Evening              |                | Yama 10:32AM - 12:00PM          | Sadya Until 2:44AM Tue        | Munuga: Light Blue Sunset: 5:54PM                                                                                                                                                                                                                   | Moon 1 - Phase 44 - 14   |
| Creative Work Siddha Yoga        | 192399677 Rahu | 7:36AM - 9:04AM                 | Kirtughna Until 3:27AM Tue    | Nataraja: Light Blue                                                                                                                                                                                                                                | Prathama                 |
| Until 8:26AM                     |                |                                 | Amavasya* Until 3:02PM        | Moon - Purple                                                                                                                                                                                                                                       |                          |
| Then Routine Work - Marana Yoga  |                |                                 |                               |                                                                                                                                                                                                                                                     | Bhuloka Day              |
|                                  |                |                                 |                               |                                                                                                                                                                                                                                                     | Devalka Time: 6AM to 9AM |

That part of Him which is characterized by tamas is called Rudra. That part of Him which belongs to rajās is Brahma. That part of Him which belongs to sattva is Vishnu. Krishna Yajur Veda

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|--------------------------------------------------------------------------------|-------------|-----------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------|
| <b>1</b>                                                                       |             | Tuesday, March 9, 2027            |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Суліа Пакше Мала Вісаро Якутйам<br>Punvaproshtapada* Uтарыяproshthapada Nakshatra Sukla Yoga Bava/Balava Karana Prathama/Dvityayam Titau |                                                                                   | Kathmandu, Nepal<br>Sun 15 Sutra 330     |                                                       |
| Meena Rasi: 1.13                                                               | Tithi 1 – 2 | Gulika<br>Yama<br>112399677 Rahu  | 12:00PM – 1:29PM<br>9:03AM – 10:32AM<br>2:57PM – 4:26PM  | Punvaproshtapada* Until 9:58AM<br>Subha Until 1:59AM Wed<br>Balava Until 3:53AM Wed<br>Prathama* Until 3:43PM                                                                                       | Ganesha: Light Blue<br>Muruga: Light Blue<br>Nataraja: Light Blue<br>Moon – Clear | Sunrise: 6:06AM<br>Sunset: 5:54PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 15<br>3rd Phase |
| Routine Work Marana Yoga<br>Until 9:58AM<br>Then Creative Work - Amrita Yoga   |             |                                   |                                                          | Phalguna/Masi                                                                                                                                                                                       |                                                                                   | Bhuloka Day                              |                                                       |
| <b>2</b>                                                                       |             | Wednesday, March 10, 2027         |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Суліа Пакше Бадха Вісаро Якутйам<br>Uтарыproshthapada/Revati Nakshatra Sukla Yoga Kaulava/Taila Karana Dvitya/Tritiyayam Titau           |                                                                                   | Kathmandu, Nepal<br>Sun 16 Sutra 331     |                                                       |
| Meena Rasi: 14.01                                                              | Tithi 2 – 3 | Gulika<br>Yama<br>112399677 Rahu  | 10:31AM – 12:00PM<br>7:34AM – 9:03AM<br>12:00PM – 1:29PM | Uтарыproshthapada Until 10:53AM<br>Sukla Until 12:49AM Thu<br>Taila Until 3:50AM Thu<br>Dvitya Until 3:54PM                                                                                         | Ganesha: Light Blue<br>Muruga: Light Blue<br>Nataraja: Light Blue<br>Moon – Clear | Sunrise: 6:05AM<br>Sunset: 5:55PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 16<br>3rd Phase |
| Creative Work Siddha Yoga<br>Until 10:53AM<br>Then Routine Work - Marana Yoga  |             |                                   |                                                          | Phalguna/Masi                                                                                                                                                                                       |                                                                                   | Bhuloka Day                              |                                                       |
| <b>3</b>                                                                       |             | Thursday, March 11, 2027          |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Суліа Пакше Гуну Вісаро Якутйам<br>Revati/Ashvini Nakshatra Brahma Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau                    |                                                                                   | Kathmandu, Nepal<br>Sun 17 Sutra 332     |                                                       |
| Meena Rasi: 27.04                                                              | Tithi 3 – 4 | Gulika<br>Yama<br>112399677 Rahu  | 9:02AM – 10:31AM<br>6:04AM – 7:33AM<br>1:29PM – 2:57PM   | Revati Until 11:10AM<br>Brahma Until 11:20PM<br>Vanija Until 3:21AM Fri<br>Tritiya Until 3:38PM                                                                                                     | Ganesha: Light Blue<br>Muruga: Light Blue<br>Nataraja: Light Blue<br>Moon – Clear | Sunrise: 6:04AM<br>Sunset: 5:55PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 17<br>3rd Phase |
| Creative Work Siddha Yoga<br>Until 11:10AM<br>Then Creative Work - Amrita Yoga |             | Subramuniyaswami Silva Vision Day |                                                          | Phalguna/Masi                                                                                                                                                                                       |                                                                                   | Bhuloka Day                              |                                                       |
| <b>4</b>                                                                       |             | Friday, March 12, 2027            |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Суліа Пакше Сукра Вісаро Якутйам<br>Ashvini/Bharani Nakshatra Indra Yoga Visi* Bava Karana Chaturthi/Panchamyam Titau                    |                                                                                   | Kathmandu, Nepal<br>Sun 18 Sutra 333     |                                                       |
| Meena Rasi: 10.2                                                               | Tithi 4 – 5 | Gulika<br>Yama<br>112399677 Rahu  | 7:32AM – 9:01AM<br>6:04AM – 7:33AM<br>10:30AM – 11:59AM  | Ashvini Until 11:21AM<br>Indra Until 9:34PM<br>Bava Until 2:30AM Sat<br>Chaturthi* Until 2:57PM                                                                                                     | Ganesha: Purple<br>Muruga: Light Blue<br>Nataraja: Light Blue<br>Moon – White     | Sunrise: 6:03AM<br>Sunset: 5:56PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 18<br>3rd Phase |
| Creative Work Amrita Yoga<br>Until 11:21AM<br>Then Creative Work - Siddha Yoga |             |                                   |                                                          | Phalguna/Masi                                                                                                                                                                                       |                                                                                   | Bhuloka Day                              |                                                       |
| <b>5</b>                                                                       |             | Saturday, March 13, 2027          |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Суліа Пакше Маніа Вісаро Якутйам<br>Bharani/Kritika Nakshatra Vaidhiti* Yoga Balava/Kaulava Karana Pancham/Shashthiyam Titau             |                                                                                   | Kathmandu, Nepal<br>Sun 19 Sutra 334     |                                                       |
| Meena Rasi: 23.48                                                              | Tithi 5 – 6 | Gulika<br>Yama<br>112399677 Rahu  | 6:02AM – 7:31AM<br>1:28PM – 2:58PM<br>9:01AM – 10:30AM   | Bharani Until 11:03AM<br>Vaidhiti* Until 7:30PM<br>Kaulava Until 1:18AM Sun<br>Panchami Until 1:55PM                                                                                                | Ganesha: Purple<br>Muruga: Light Blue<br>Nataraja: Light Blue<br>Moon – White     | Sunrise: 6:02AM<br>Sunset: 5:56PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 19<br>3rd Phase |
| Creative Work Siddha Yoga<br>Until 11:03AM<br>Then Creative Work - Amrita Yoga |             |                                   |                                                          | Phalguna/Masi                                                                                                                                                                                       |                                                                                   | Bhuloka Day                              |                                                       |
| <b>6</b>                                                                       |             | Sunday, March 14, 2027            |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Кумбха Мазе Суліа Пакше Бхару Вісаро Якутйам<br>Kritika/Rohini Nakshatra Vishkambha* Priti Yoga Taila/Gara Karana Shashthi/Saptamyam Titau           |                                                                                   | Kathmandu, Nepal<br>Sun 20 Sutra 335     |                                                       |
| Wishabha Rasi: 7.28                                                            | Tithi 6 – 7 | Gulika<br>Yama<br>112399677 Rahu  | 2:58PM – 4:27PM<br>11:59AM – 1:28PM<br>4:27PM – 5:57PM   | Kritika Until 10:16AM<br>Vishkambha* Until 5:12PM<br>Gara Until 11:48PM<br>Shashthi* Until 12:34PM                                                                                                  | Ganesha: Purple<br>Muruga: Light Blue<br>Nataraja: Light Blue<br>Moon – White     | Sunrise: 6:01AM<br>Sunset: 5:57PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 20<br>3rd Phase |
| Creative Work Siddha Yoga                                                      |             |                                   |                                                          | Phalguna/Masi                                                                                                                                                                                       |                                                                                   | Bhuloka Day                              |                                                       |
| <b>7</b>                                                                       |             | Monday, March 15, 2027            |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Meena Mase Суліа Пакше Інду Вісаро Якутйам<br>Rohini/Mrigashira Nakshatra Priti/Ayushman Yoga Vanija/Visi* Karana Saptami/Ashtamyam Titau            |                                                                                   | Kathmandu, Nepal<br>Sun 21 Sutra 336     |                                                       |
| Wishabha Rasi: 21.18                                                           | Tithi 7 – 8 | Gulika<br>Yama<br>132399677 Rahu  | 1:28PM – 2:58PM<br>10:29AM – 11:59AM<br>7:29AM – 8:59AM  | Rohini Until 9:29AM<br>Priti Until 2:40PM<br>Visi Until 10:01PM<br>Saptami Until 10:55AM                                                                                                            | Ganesha: Clear<br>Muruga: Light Blue<br>Nataraja: Light Blue<br>Moon – Yellow     | Sunrise: 6:00AM<br>Sunset: 5:57PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 21<br>Ashtami   |
| Family Home Evening<br>Creative Work Amrita Yoga                               |             | Karadalyan Nombu (Tamil Nadu)     |                                                          | Phalguna/Panguni                                                                                                                                                                                    |                                                                                   | Bhuloka Day<br>Devoloka Time: 6AM to 9AM |                                                       |
| <b>8</b>                                                                       |             | Tuesday, March 16, 2027           |                                                          | Parabhava Nama Samvatsare Uтарыяне Мокша Рітау Meena Mase Суліа Пакше Мала Вісаро Якутйам<br>Mrigashira/Andra Nakshatra Ayushman/Saubhagya Yoga Bava/Balava Karana Ashtami/Navamyam Titau           |                                                                                   | Kathmandu, Nepal<br>Sun 22 Sutra 337     |                                                       |
| Mithuna Rasi: 5.19                                                             | Tithi 8 – 9 | Gulika<br>Yama<br>132399678 Rahu  | 11:58AM – 1:28PM<br>8:58AM – 10:28AM<br>2:58PM – 4:28PM  | Mrigashira Until 8:17AM<br>Ayushman Until 11:54AM<br>Balava Until 7:58PM<br>Ashtami* Until 9:00AM                                                                                                   | Ganesha: Clear<br>Muruga: Light Blue<br>Nataraja: Purple<br>Moon – Yellow         | Sunrise: 5:59AM<br>Sunset: 5:58PM        | Parabhava 5128<br>Moon 1 - Phase 45 - 22<br>Navami    |
| Creative Work Siddha Yoga<br>Until 8:17AM<br>Then Routine Work - Marana Yoga   |             |                                   |                                                          | Phalguna/Panguni                                                                                                                                                                                    |                                                                                   | Bhuloka Day<br>Devoloka Time: 6AM to 9AM |                                                       |

The birth of the world, its maintenance, its destruction, the soul's obscuration and liberation are the five acts of His dance. Mrigendra Agama Jnana Pada

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| <b>1</b>                         |                | <b>Wednesday, March 17, 2027</b>                                                                                                                                                                                             |                             | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshhe Budha Vasara Yuktayam Kathmandu, Nepal<br>Ardra/Punर्वसु Nakshatra Sautbhagya/Sobhana Yoga Kaulava/Gara Karana Navami/Dashmyam Titau Sun 23 Sutra 338 |                                           |
| Mithuna Rasi: 19.29              | Tithi 9 – 10   | Gulika 10:28AM – 11:58AM                                                                                                                                                                                                     | Ardra Until 6:42AM          | Ganesha: Clear Sunrise: 5:58AM                                                                                                                                                                                                 | Parabhava 5128                            |
|                                  |                | Yama 7:28AM – 8:58AM                                                                                                                                                                                                         | Saubhagya Until 8:57AM      | Muruga: Light Blue Sunset: 5:58PM                                                                                                                                                                                              | Moon 1 - Phase 46 - 23                    |
|                                  | 132399678 Rahu | 11:58AM – 1:28PM                                                                                                                                                                                                             | Gara Until 4:27AM Thu       | Nataraja: Purple                                                                                                                                                                                                               | 4th Phase                                 |
| Creative Work                    | Siddha Yoga    |                                                                                                                                                                                                                              | Navami* Until 6:50AM        | Moon – Yellow<br>Phalguna/Panguni                                                                                                                                                                                              | Bhuloka Day<br>Devaloka Time: 6AM to 9AM  |
| <b>2</b>                         |                | <b>Thursday, March 18, 2027</b>                                                                                                                                                                                              |                             | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshhe Guru Vasara Yuktayam Kathmandu, Nepal<br>Pushya Nakshatra Athiganda* Yoga Vanija/Visri* Karana Ekadashyam Titau Sun 24 Sutra 339                      |                                           |
| Kalka Rasi: 3.49                 | Tithi 11       | Gulika 8:57AM – 10:27AM                                                                                                                                                                                                      | Pushya Until 3:23AM Fri     | Ganesha: Green Sunrise: 5:56AM                                                                                                                                                                                                 | Parabhava 5128                            |
|                                  |                | Yama 5:56AM – 7:27AM                                                                                                                                                                                                         | Athiganda* Until 2:36AM Fri | Muruga: Light Blue Sunset: 5:59PM                                                                                                                                                                                              | Moon 1 - Phase 46 - 24                    |
|                                  | 143399678 Rahu | 1:28PM – 2:58PM                                                                                                                                                                                                              | Vanija Until 3:13PM         | Nataraja: Purple                                                                                                                                                                                                               | 4th Phase                                 |
| Creative Work                    | Amrita Yoga    |                                                                                                                                                                                                                              | Ekadashi Until 1:55AM Fri   | Moon – Blue<br>Phalguna/Panguni                                                                                                                                                                                                | Bhuloka Day                               |
| Until 3:23AM Fri                 |                |                                                                                                                                                                                                                              |                             |                                                                                                                                                                                                                                |                                           |
| Then Routine Work – Marana Yoga  |                |                                                                                                                                                                                                                              |                             |                                                                                                                                                                                                                                |                                           |
| <b>3</b>                         |                | <b>Friday, March 19, 2027</b>                                                                                                                                                                                                |                             | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshhe Sukra Vasara Yuktayam Kathmandu, Nepal<br>Ashlesha* Nakshatra Sukarna Yoga Bava/Balava Karana Dvadashyam Titau Sun 25 Sutra 340                       |                                           |
| Kalka Rasi: 18.14                | Tithi 12       | Gulika 7:26AM – 8:56AM                                                                                                                                                                                                       | Ashlesha* Until 1:23AM Sat  | Ganesha: Green Sunrise: 5:55AM                                                                                                                                                                                                 | Parabhava 5128                            |
|                                  |                | Yama 2:58PM – 4:29PM                                                                                                                                                                                                         | Sukarna Until 11:19PM       | Muruga: Light Blue Sunset: 6:00PM                                                                                                                                                                                              | Moon 1 - Phase 46 - 25                    |
|                                  | 143399678 Rahu | 10:27AM – 11:57AM                                                                                                                                                                                                            | Bava Until 12:38PM          | Nataraja: Purple                                                                                                                                                                                                               | 4th Phase                                 |
| Routine Work                     | Marana Yoga    |                                                                                                                                                                                                                              | Dvadashi Until 11:19PM      | Moon – Blue<br>Phalguna/Panguni                                                                                                                                                                                                | Bhuloka Day                               |
| Until 1:23AM Sat                 |                | Yogaswami Mahasamadhini                                                                                                                                                                                                      |                             |                                                                                                                                                                                                                                |                                           |
| Then Creative Work – Amrita Yoga |                |                                                                                                                                                                                                                              |                             |                                                                                                                                                                                                                                |                                           |
| <b>4</b>                         |                | <b>Saturday, March 20, 2027</b>                                                                                                                                                                                              |                             | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshhe Manita Vasara Yuktayam Kathmandu, Nepal<br>Magha* Nakshatra Dhriti Yoga Kaulava/Tailita Karana Trayodashyam Titau Sun 26 Sutra 341                    |                                           |
| Simha Rasi: 2.41                 | Tithi 13       | Gulika 5:54AM – 7:25AM                                                                                                                                                                                                       | Magha* Until 11:42PM        | Ganesha: Red Sunrise: 5:54AM                                                                                                                                                                                                   | Parabhava 5128                            |
|                                  |                | Yama 1:28PM – 2:59PM                                                                                                                                                                                                         | Dhriti Until 8:04PM         | Muruga: Light Blue Sunset: 6:00PM                                                                                                                                                                                              | Moon 1 - Phase 46 - 26                    |
|                                  | 153399678 Rahu | 8:56AM – 10:26AM                                                                                                                                                                                                             | Kaulava Until 10:02AM       | Nataraja: Purple                                                                                                                                                                                                               | 4th Phase                                 |
| Creative Work                    | Amrita Yoga    |                                                                                                                                                                                                                              | Trayodashi Until 8:44PM     | Moon – Red<br>Phalguna/Panguni                                                                                                                                                                                                 | Bhuloka Day<br>Devaloka Time: 6AM to 9AM  |
| Until 11:42PM                    |                |                                                                                                                                                                                                                              |                             |                                                                                                                                                                                                                                |                                           |
| Then Creative Work – Siddha Yoga |                |                                                                                                                                                                                                                              |                             |                                                                                                                                                                                                                                |                                           |
| <b>5</b>                         |                | <b>Sunday, March 21, 2027</b>                                                                                                                                                                                                |                             | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshhe Shanu Vasara Yuktayam Kathmandu, Nepal<br>Purvaphalguni Nakshatra Shula*Ganda* Yoga Gara/Vanija Karana Chaturdashyam Titau Sun 27 Sutra 342           |                                           |
| Simha Rasi: 17.05                | Tithi 14       | Gulika 2:59PM – 4:30PM                                                                                                                                                                                                       | Purvaphalguni Until 10:03PM | Ganesha: Red Sunrise: 5:53AM                                                                                                                                                                                                   | Parabhava 5128                            |
|                                  |                | Yama 11:57AM – 1:28PM                                                                                                                                                                                                        | Shula* Until 4:55PM         | Muruga: Light Blue Sunset: 6:01PM                                                                                                                                                                                              | Moon 1 - Phase 46 - 27                    |
|                                  | 153399678 Rahu | 4:30PM – 6:01PM                                                                                                                                                                                                              | Gara Until 7:31AM           | Nataraja: Purple                                                                                                                                                                                                               | 4th Phase                                 |
| Creative Work                    | Siddha Yoga    |                                                                                                                                                                                                                              | Chaturdashi* Until 6:19PM   | Moon – Red<br>Phalguna/Panguni                                                                                                                                                                                                 | Bhuloka Day<br>Devaloka Time: 6AM to 9AM  |
| Until 10:03PM                    |                |                                                                                                                                                                                                                              |                             |                                                                                                                                                                                                                                |                                           |
| Then Creative Work – Amrita Yoga |                |                                                                                                                                                                                                                              |                             |                                                                                                                                                                                                                                |                                           |
| <b>Monday, March 22, 2027</b>    |                | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshhe Indu Vasara Yuktayam Kathmandu, Nepal<br>Uttaraphalguni Nakshatra Ganda*Viddhi Yoga Bava/Balava Karana Purnima/Prathamayam Titau Sun 28 Sutra 343 |                             |                                                                                                                                                                                                                                |                                           |
| <b>Copper Retreat Star</b>       |                | Gulika 1:28PM – 2:59PM                                                                                                                                                                                                       | Uttaraphalguni Until 8:33PM | Ganesha: Red Sunrise: 5:52AM                                                                                                                                                                                                   | Parabhava 5128                            |
| Kanya Rasi: 1.22                 | Tithi 15 – 16  | Yama 10:25AM – 11:57AM                                                                                                                                                                                                       | Ganda* Until 1:59PM         | Muruga: Light Blue Sunset: 6:02PM                                                                                                                                                                                              | Moon 1 - Phase 46 -                       |
| Family Home Evening              |                | 153399678 Rahu                                                                                                                                                                                                               | Balava Until 3:15AM Tue     | Nataraja: Purple                                                                                                                                                                                                               | Purnima                                   |
| Creative Work                    | Siddha Yoga    |                                                                                                                                                                                                                              | Purnima* Until 4:10PM       | Moon – Red<br>Phalguna/Panguni                                                                                                                                                                                                 | Bhuloka Day<br>Devaloka Time: 6AM to 9AM  |
|                                  |                | Panguni Uttarim<br>Holi                                                                                                                                                                                                      |                             |                                                                                                                                                                                                                                |                                           |
| <b>Tuesday, March 23, 2027</b>   |                | Parabhava Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshhe Mangala Vasara Yuktayam Kathmandu, Nepal<br>Hasta Nakshatra Viddhi/Dhruva Yoga Kaulava/Tailita Karana Prathama/Dvityayam Titau Sun 29 Sutra 344   |                             |                                                                                                                                                                                                                                |                                           |
| <b>Silver Retreat Star</b>       |                | Gulika 11:56AM – 1:28PM                                                                                                                                                                                                      | Hasta Until 7:46PM          | Ganesha: Blue Sunrise: 5:51AM                                                                                                                                                                                                  | Parabhava 5128                            |
| Kanya Rasi: 15.24                | Tithi 16 – 17  | Yama 8:54AM – 10:25AM                                                                                                                                                                                                        | Viddhi Until 11:24AM        | Muruga: Orange Sunset: 6:02PM                                                                                                                                                                                                  | Moon 1 - Phase 46 -                       |
|                                  |                | 163319678 Rahu                                                                                                                                                                                                               | Tailita Until 1:45AM Wed    | Nataraja: Purple                                                                                                                                                                                                               | Prathama                                  |
| Creative Work                    | Siddha Yoga    |                                                                                                                                                                                                                              | Prathama* Until 2:25PM      | Moon – Green<br>Phalguna/Panguni                                                                                                                                                                                               | Bhuloka Day<br>Devaloka Time: 12PM to 3PM |

O learned people, may we with our ears listen to what is beneficial, may we see with our eyes what is beneficial. May we, engaged in your praises, enjoy with firm limbs and sound bodies, a full term of life dedicated to God. Rig Veda

All times are standard time. Calculated for Kathmandu, Nepal on 7/11/25

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Wednesday, March 24, 2027

Gold Retreat Star

Kanya Rasi: 29.08 Tithi 17 - 18  
Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Budha Vasara Yuktayam  
Chitra Nakshatra Dhriva/Vyaghata\* Yoga Gara/Venja Karana Dvitiya/Trityayam Titau

Gulika 10:24AM - 11:56AM  
Yama 7:21AM - 8:53AM  
Rahu 11:56AM - 1:28PM

Chitra Until 7:23PM  
Dhriva Until 9:11AM  
Vanija Until 12:50AM Thu  
Dvitiya Until 1:12PM

Ganesha: Blue  
Munuga: Orange  
Nataraja: Purple  
Moon - Green

Sunrise: 5:50AM  
Sunset: 6:02PM  
Moon 2 - Phase 47 - 1  
1st Phase

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

Thursday, March 25, 2027

1  
Tula Rasi: 12.32 Tithi 18 - 19  
Amrita Yoga  
Until 7:28PM  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Guru Vasara Yuktayam

Gulika 8:52AM - 10:24AM  
Yama 5:49AM - 7:20AM  
Rahu 1:27PM - 2:59PM

Svati Until 7:28PM  
Vyaghata\* Until 7:29AM  
Bava Until 12:36AM Fri  
Tritiya Until 12:37PM

Ganesha: Blue  
Munuga: Orange  
Nataraja: Purple  
Moon - Green

Sunrise: 5:49AM  
Sunset: 6:03PM  
Moon 2 - Phase 47 - 2  
1st Phase

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

Friday, March 26, 2027

2  
Tula Rasi: 25.35 Tithi 19 - 20  
Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Sukra Vasara Yuktayam

Gulika 7:19AM - 8:51AM  
Yama 5:49AM - 7:20AM  
Rahu 10:23AM - 11:55AM

Vishakha Until 8:35PM  
Harshana Until 6:20AM  
Kaulava Until 1:05AM Sat  
Chaturthi\* Until 12:43PM

Ganesha: Yellow  
Munuga: Orange  
Nataraja: Purple  
Moon - Orange

Sunrise: 5:48AM  
Sunset: 6:04PM  
Moon 2 - Phase 47 - 3  
1st Phase

**Devaloka Day**

Saturday, March 27, 2027

3  
Vischika Rasi: 8.16 Tithi 20 - 21  
Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Marti Vasara Yuktayam

Gulika 5:46AM - 7:19AM  
Yama 1:27PM - 2:59PM  
Rahu 8:51AM - 10:23AM

Anuradha Until 10:14PM  
Siddhi Until 5:40AM Sun  
Gara Until 2:16AM Sun  
Panchami Until 1:34PM

Ganesha: Yellow  
Munuga: Orange  
Nataraja: Purple  
Moon - Orange

Sunrise: 5:46AM  
Sunset: 6:04PM  
Moon 2 - Phase 47 - 4  
1st Phase

**Devaloka Day**

Sunday, March 28, 2027

4  
Vischika Rasi: 20.38 Tithi 21 - 22  
Marana Yoga  
Until 12:20AM Mon  
Then Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Bharu Vasara Yuktayam

Gulika 2:59PM - 4:32PM  
Yama 11:55AM - 1:27PM  
Rahu 4:32PM - 6:04PM

Jyeshtha\* Until 12:20AM Mon  
Vyatipata\* Until 6:06AM Mon  
Visi Until 4:05AM Mon  
Shashthi\* Until 3:05PM

Ganesha: Yellow  
Munuga: Orange  
Nataraja: Purple  
Moon - Orange

Sunrise: 5:45AM  
Sunset: 6:04PM  
Moon 2 - Phase 47 - 5  
1st Phase

**Devaloka Day**

Monday, March 29, 2027

5  
Dhanus Rasi: 2.45 Tithi 22 - 23  
Family Home Evening  
Creative Work - Siddha Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Indu Vasara Yuktayam

Gulika 1:27PM - 3:00PM  
Yama 10:22AM - 11:54AM  
Rahu 7:17AM - 8:49AM

Mula\* Until 3:15AM Tue  
Vyatipata\* Until 6:06AM  
Balava Until 6:23AM Tue  
Saptami Until 5:10PM

Ganesha: White  
Munuga: Orange  
Nataraja: Purple  
Moon - Light Blue

Sunrise: 5:44AM  
Sunset: 6:05PM  
Moon 2 - Phase 47 - 6  
1st Phase

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

Tuesday, March 30, 2027

Retreat Star

Dhanus Rasi: 14.41 Tithi 23  
Siddha Yoga  
Until 6:17AM Wed  
Then Creative Work - Amrita Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Mangala Vasara Yuktayam

Gulika 11:54AM - 1:27PM  
Yama 8:49AM - 10:21AM  
Rahu 3:00PM - 4:32PM

Purvashadha\* Until 6:17AM Wed  
Variyan Until 6:50AM  
Balava Until 6:23AM  
Ashtami\* Until 7:37PM

Ganesha: White  
Munuga: Orange  
Nataraja: Purple  
Moon - Light Blue

Sunrise: 5:43AM  
Sunset: 6:05PM  
Moon 2 - Phase 47 - 7  
Ashtami

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

Wednesday, March 31, 2027

Retreat Star

Dhanus Rasi: 26.31 Tithi 24  
Amrita Yoga

Parabhava Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Budha Vasara Yuktayam

Gulika 10:21AM - 11:54AM  
Yama 7:15AM - 8:48AM  
Rahu 11:54AM - 1:27PM

Purvashadha\* Until 6:17AM  
Parigra\* Until 7:48AM  
Tailla Until 8:57AM  
Navami\* Until 10:14PM

Ganesha: Green  
Munuga: Orange  
Nataraja: Purple  
Moon - Light Blue

Sunrise: 5:42AM  
Sunset: 6:06PM  
Moon 2 - Phase 47 - 8  
Navami

**Bhuloka Day**  
Devaloka Time: 12:PM to 3:PM

O self-luminous Divine, remove the veil of ignorance from before me, that I may behold your light. Reveal to me the spirit of the scriptures. May the truth of the scriptures be ever present to me. May I seek day and night to realize what I learn from the sages. Rig Veda

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|                                  |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
|----------------------------------|--------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------------------------|--|
| <b>1</b>                         |              | <b>Thursday, April 8, 2027</b>                                            |                                                                                                         | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Meena Mase Sukla Paksha Guru Vessara Yuktayam<br>Ashvini/Bharani Nakshatra Veshkambha* Yoga Balava/Kaulava Karana Dvityayam Titau             |                                   | Kathmandu, Nepal<br>Sun 16 Sutra 360                  |  |
| Mesha Rasi: 6.3                  | Tithi 2      | Gulika 8:43AM - 10:17AM<br>Yama 5:34AM - 7:09AM<br>Rahu 1:26PM - 3:01PM   | Ashvini Until 5:59PM<br>Vishkambha* Until 3:24AM Fri<br>Balava Until 3:54PM<br>Dvitiya Until 3:11AM Fri | Ganesha: Light Blue<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - White                                                                                                                      | Sunrise: 5:34AM<br>Sunset: 6:09PM | Parabhava 5128<br>Moon 2 - Phase 49 - 16<br>3rd Phase |  |
| Creative Work                    | Amrita Yoga  | Chellappaswami Mahasamadhi                                                |                                                                                                         | Chaitra-Panguni                                                                                                                                                                                |                                   | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM           |  |
| Until 5:59PM                     |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| Then Creative Work - Siddha Yoga |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| <b>2</b>                         |              | <b>Friday, April 9, 2027</b>                                              |                                                                                                         | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Meena Mase Sukla Paksha Sukra Vessara Yuktayam<br>Bharani/Kritika Nakshatra Prithi Yoga Talita/Gara Karana Tritiyayam Titau                   |                                   | Kathmandu, Nepal<br>Sun 17 Sutra 361                  |  |
| Mesha Rasi: 20.13                | Tithi 3      | Gulika 7:08AM - 8:42AM<br>Yama 3:01PM - 4:35PM<br>Rahu 10:17AM - 11:51AM  | Bharani Until 5:10PM<br>Prithi Until 12:58AM Sat<br>Talita Until 2:24PM<br>Tritiya Until 1:32AM Sat     | Ganesha: Light Blue<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - White                                                                                                                      | Sunrise: 5:33AM<br>Sunset: 6:10PM | Parabhava 5128<br>Moon 2 - Phase 49 - 17<br>3rd Phase |  |
| Creative Work                    | Siddha Yoga  |                                                                           |                                                                                                         | Chaitra-Panguni                                                                                                                                                                                |                                   | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM           |  |
| <b>3</b>                         |              | <b>Saturday, April 10, 2027</b>                                           |                                                                                                         | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Meena Mase Sukla Paksha Manita Vessara Yuktayam<br>Kritika/Rohini Nakshatra Ayushman Yoga Vanja/Visti* Karana Chaturthayam Titau              |                                   | Kathmandu, Nepal<br>Sun 18 Sutra 362                  |  |
| Vishabha Rasi: 4.06              | Tithi 4      | Gulika 5:32AM - 7:07AM<br>Yama 1:26PM - 3:01PM<br>Rahu 8:42AM - 10:16AM   | Kritika Until 3:57PM<br>Ayushman Until 10:20PM<br>Vanija Until 12:38PM<br>Chaturthi* Until 11:40PM      | Ganesha: Light Blue<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - White                                                                                                                      | Sunrise: 5:32AM<br>Sunset: 6:10PM | Parabhava 5128<br>Moon 2 - Phase 49 - 18<br>3rd Phase |  |
| Creative Work                    | Amrita Yoga  |                                                                           |                                                                                                         | Chaitra-Panguni                                                                                                                                                                                |                                   | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM           |  |
| <b>4</b>                         |              | <b>Sunday, April 11, 2027</b>                                             |                                                                                                         | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Meena Mase Sukla Paksha Bhanu Vessara Yuktayam<br>Rohini/Mrigashira Nakshatra Saubhagya Yoga Bava/Balava Karana Panchamayam Titau             |                                   | Kathmandu, Nepal<br>Sun 19 Sutra 363                  |  |
| Vishabha Rasi: 18.07             | Tithi 5      | Gulika 3:01PM - 4:36PM<br>Yama 11:51AM - 1:26PM<br>Rahu 4:36PM - 6:11PM   | Rohini Until 2:52PM<br>Saubhagya Until 7:36PM<br>Bava Until 10:42AM<br>Panchami Until 9:40PM            | Ganesha: Orange<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - Yellow                                                                                                                         | Sunrise: 5:31AM<br>Sunset: 6:11PM | Parabhava 5128<br>Moon 2 - Phase 49 - 19<br>3rd Phase |  |
| Creative Work                    | Siddha Yoga  |                                                                           |                                                                                                         | Chaitra-Panguni                                                                                                                                                                                |                                   | Devaloka Day                                          |  |
| <b>5</b>                         |              | <b>Monday, April 12, 2027</b>                                             |                                                                                                         | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Meena Mase Sukla Paksha Indu Vessara Yuktayam<br>Mrigashira/Andra Nakshatra Sobhana/Ahiganda* Yoga Kaulava/Tailita Karana Shashthayam Titau   |                                   | Kathmandu, Nepal<br>Sun 20 Sutra 364                  |  |
| Mithuna Rasi: 2.12               | Tithi 6      | Gulika 1:26PM - 3:01PM<br>Yama 10:15AM - 11:51AM<br>Rahu 7:05AM - 8:40AM  | Mrigashira Until 1:34PM<br>Sobhana Until 4:49PM<br>Kaulava Until 8:40AM<br>Shashthi* Until 7:37PM       | Ganesha: Orange<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - Yellow                                                                                                                         | Sunrise: 5:30AM<br>Sunset: 6:11PM | Parabhava 5128<br>Moon 2 - Phase 49 - 20<br>3rd Phase |  |
| Family Home Evening              |              |                                                                           |                                                                                                         | Chaitra-Panguni                                                                                                                                                                                |                                   | Devaloka Day                                          |  |
| Creative Work                    | Amrita Yoga  |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| Until 1:34PM                     |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| Then Creative Work - Siddha Yoga |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| <b>6</b>                         |              | <b>Tuesday, April 13, 2027</b>                                            |                                                                                                         | Parabhava Nama Samvatsare Uтарыяне Mokshta Ritau Meena Mase Sukla Paksha Mangala Vessara Yuktayam<br>Andra/Punarvasu Nakshatra Ahiganda/Sukarma Yoga Gara/Visti* Karana Saptami/Ashmayam Titau |                                   | Kathmandu, Nepal<br>Sun 21 Sutra 361                  |  |
| Mithuna Rasi: 16.19              | Tithi 7 - 8  | Gulika 11:50AM - 1:26PM<br>Yama 8:40AM - 10:15AM<br>Rahu 3:01PM - 4:37PM  | Andra Until 12:06PM<br>Ahiganda* Until 2:00PM<br>Gara Until 6:35AM<br>Saptami Until 5:32PM              | Ganesha: Orange<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - Yellow                                                                                                                         | Sunrise: 5:29AM<br>Sunset: 6:12PM | Parabhava 5128<br>Moon 2 - Phase 49 - 21<br>3rd Phase |  |
| Routine Work                     | Marana Yoga  |                                                                           |                                                                                                         | Chaitra-Panguni                                                                                                                                                                                |                                   | Devaloka Day                                          |  |
| Until 12:06PM                    |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| Then Creative Work - Siddha Yoga |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| <b>D</b>                         |              | <b>Wednesday, April 14, 2027</b>                                          |                                                                                                         | Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Sukla Paksha Budha Vessara Yuktayam<br>Punarvasu/Pushya Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Ashtami/Navamam Titau     |                                   | Kathmandu, Nepal<br>Sun 22 Sutra 2                    |  |
| Kataka Rasi: 0.26                | Tithi 8 - 9  | Gulika 10:15AM - 11:50AM<br>Yama 7:03AM - 8:39AM<br>Rahu 11:50AM - 1:26PM | Punarvasu Until 10:55AM<br>Sukarma Until 11:12AM<br>Balava Until 2:28AM Thu<br>Ashtami* Until 3:28PM    | Ganesha: White<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - Blue                                                                                                                            | Sunrise: 5:28AM<br>Sunset: 6:12PM | Parabhava 5128<br>Moon 2 - Phase 49 - 22<br>Ashtami   |  |
| Creative Work                    | Siddha Yoga  |                                                                           |                                                                                                         | Chaitra-Chaitra                                                                                                                                                                                |                                   | Bhuloka Day<br>Devaloka Time: 12:PM to 3:PM           |  |
| <b>Retreat Star</b>              |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| <b>Thursday, April 15, 2027</b>  |              | <b>Retreat Star</b>                                                       |                                                                                                         | Palavanga Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Sukla Paksha Guru Vessara Yuktayam<br>Pushya/Ashlesha* Nakshatra Dhriti/Shula* Yoga Kaulava/Tailita Karana Navami/Navamam Titau    |                                   | Kathmandu, Nepal<br>Sun 23 Sutra 3                    |  |
| Kataka Rasi: 14.32               | Tithi 9 - 10 | Gulika 8:38AM - 10:14AM<br>Yama 5:27AM - 7:03AM<br>Rahu 1:26PM - 3:01PM   | Pushya Until 9:37AM<br>Dhriti Until 8:26AM<br>Tailita Until 12:26AM Fri<br>Navami* Until 1:26PM         | Ganesha: Clear<br>Muruga: Orange<br>Nataraja: Purple<br>Moon - Blue                                                                                                                            | Sunrise: 5:27AM<br>Sunset: 6:13PM | Palavanga 5129<br>Moon 2 - Phase 49 - 23<br>Navami    |  |
| Creative Work                    | Amrita Yoga  | Tamil New Year<br>Sri Rama Navami                                         |                                                                                                         | Chaitra-Chaitra                                                                                                                                                                                |                                   | Devaloka Day                                          |  |
| Until 9:37AM                     |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |
| Then Creative Work - Siddha Yoga |              |                                                                           |                                                                                                         |                                                                                                                                                                                                |                                   |                                                       |  |

Shuddha Saivas meditate on these as their religious path: Oneself, Absolute Reality and the Primal Soul; the categories three: God, soul and bonds; immaculate liberation and all that fetters the soul. Tirumantiram 1432

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|-----------------------------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------------|------------------------------|
| <b>1 Friday, April 16, 2027</b>   |               | Palavanga Nama Samvatsare Uтарыяне Нартаи Рітау Меша Масе Суліа Пакше Сука Васара Yuktayam Kathmandu, Nepal<br>Ashlesha* Magha* Nakshatra Ganda* Yoga Gara/Vanija Karana Dashami/Ekadashtyam Titau Sun 24 Sutta 4                  |                            |                                 |                              |
| Kataka Rasi: 28.37                | Tithi 10 - 11 | Gulika 7:02AM - 8:38AM                                                                                                                                                                                                             | Ashlesha* Until 8:13AM     | Ganesha: Clear Sunrise: 5:26AM  | Palavanga 5129               |
|                                   |               | Yama 3:02PM - 4:38PM                                                                                                                                                                                                               | Ganda* Until 3:00AM Sat    | Munuga: Orange Sunset: 6:19PM   | Moon 2 - Phase 1 - 24        |
| Routine Work                      | Marana Yoga   | 245419678 Rahu 10:14AM - 11:50AM                                                                                                                                                                                                   | Vanija Until 10:29PM       | Nataraja: Purple                | 4th Phase                    |
|                                   |               |                                                                                                                                                                                                                                    | Dashami Until 11:26AM      | Moon - Blue                     | Devaloka Day                 |
|                                   |               |                                                                                                                                                                                                                                    |                            | Chaitra-Chaitra                 |                              |
| <b>2 Saturday, April 17, 2027</b> |               | Palavanga Nama Samvatsare Uтарыяне Нартаи Рітау Меша Масе Суліа Пакше Манта Васара Yuktayam Kathmandu, Nepal<br>Magha*Purvaphalguni Nakshatra Viddhi* Yoga Visti*Bava Karana Ekadashi/Dvadashyam Titau Sun 25 Sutta 5              |                            |                                 |                              |
| Simha Rasi: 12.38                 | Tithi 11 - 12 | Gulika 5:25AM - 7:01AM                                                                                                                                                                                                             | Magha* Until 7:10AM        | Ganesha: White Sunrise: 5:25AM  | Palavanga 5129               |
|                                   |               | Yama 1:26PM - 3:02PM                                                                                                                                                                                                               | Viddhi Until 12:25AM Sun   | Munuga: Orange Sunset: 6:14PM   | Moon 2 - Phase 1 - 25        |
| Creative Work                     | Amrita Yoga   | 255419678 Rahu 8:37AM - 10:13AM                                                                                                                                                                                                    | Bava Until 8:37PM          | Nataraja: Purple                | 4th Phase                    |
| Until 7:10AM                      |               |                                                                                                                                                                                                                                    | Ekadashi Until 9:31AM      | Moon - Red                      | Bhuloka Day                  |
| Then Creative Work - Siddha Yoga  |               |                                                                                                                                                                                                                                    |                            | Chaitra-Chaitra                 | Devaloka Time: 12:PM to 3:PM |
| <b>3 Sunday, April 18, 2027</b>   |               | Palavanga Nama Samvatsare Uтарыяне Нартаи Рітау Меша Масе Суліа Пакше Бхана Васара Yuktayam Kathmandu, Nepal<br>Purvaphalguni/Uttaraphalguni Nakshatra Dhruva Yoga Balava/Kaulava Karana Dvadashi/Trayodshyam Titau Sun 26 Sutta 6 |                            |                                 |                              |
| Simha Rasi: 26.35                 | Tithi 12 - 13 | Gulika 3:02PM - 4:38PM                                                                                                                                                                                                             | Purvaphalguni Until 6:06AM | Ganesha: White Sunrise: 5:24AM  | Palavanga 5129               |
|                                   |               | Yama 11:49AM - 1:25PM                                                                                                                                                                                                              | Dhruva Until 9:57PM        | Munuga: Orange Sunset: 6:19PM   | Moon 2 - Phase 1 - 26        |
| Creative Work                     | Siddha Yoga   | 255419678 Rahu 4:38PM - 6:15PM                                                                                                                                                                                                     | Kaulava Until 6:56PM       | Nataraja: Purple                | 4th Phase                    |
| Until 6:06AM                      |               |                                                                                                                                                                                                                                    | Dvadashi Until 7:44AM      | Moon - Red                      | Bhuloka Day                  |
| Then Creative Work - Amrita Yoga  |               |                                                                                                                                                                                                                                    |                            | Chaitra-Chaitra                 | Devaloka Time: 12:PM to 3:PM |
|                                   |               |                                                                                                                                                                                                                                    |                            | Pradosha Vrata                  |                              |
| <b>4 Monday, April 19, 2027</b>   |               | Palavanga Nama Samvatsare Uтарыяне Нартаи Рітау Меша Масе Суліа Пакше Инду Васара Yuktayam Kathmandu, Nepal<br>Hasta Nakshatra Vyaghata* Yoga Taila/Vanija Karana Trayodashi/Chaturdashyam Titau Sun 27 Sutta 7                    |                            |                                 |                              |
| Kanya Rasi: 10.25                 | Tithi 13 - 14 | Gulika 1:25PM - 3:02PM                                                                                                                                                                                                             | Hasta Until 4:39AM Tue     | Ganesha: Yellow Sunrise: 5:23AM | Palavanga 5129               |
| Family Home Evening               |               | Yama 10:12AM - 11:49AM                                                                                                                                                                                                             | Vyaghata* Until 7:42PM     | Munuga: Orange Sunset: 6:19PM   | Moon 2 - Phase 1 - 27        |
| Creative Work                     | Siddha Yoga   | 265419678 Rahu 6:59AM - 8:36AM                                                                                                                                                                                                     | Vanija Until 4:51AM Tue    | Nataraja: Purple                | 4th Phase                    |
|                                   |               |                                                                                                                                                                                                                                    | Trayodashi Until 6:09AM    | Moon - Green                    | Devaloka Day                 |
|                                   |               |                                                                                                                                                                                                                                    |                            | Chaitra-Chaitra                 |                              |
| <b>○ Tuesday, April 20, 2027</b>  |               | Palavanga Nama Samvatsare Uтарыяне Нартаи Рітау Меша Масе Суліа Пакше Mangala Vasara Yuktayam Kathmandu, Nepal<br>Chitra Nakshatra Harshana/Vajra* Yoga Visti*Bava Karana Purnimayam Titau Sun 28 Sutta 8                          |                            |                                 |                              |
| Copper Retreat Star               |               | Gulika 11:49AM - 1:25PM                                                                                                                                                                                                            | Chitra Until 4:26AM Wed    | Ganesha: Yellow Sunrise: 5:22AM | Palavanga 5129               |
| Kanya Rasi: 24.05                 | Tithi 15      | Yama 8:35AM - 10:12AM                                                                                                                                                                                                              | Harshana Until 5:45PM      | Munuga: Orange Sunset: 6:16PM   | Moon 2 - Phase 1 - 28        |
|                                   |               | 265419678 Rahu 3:02PM - 4:39PM                                                                                                                                                                                                     | Visti Until 4:21PM         | Nataraja: Purple                | Purnima                      |
| Creative Work                     | Siddha Yoga   |                                                                                                                                                                                                                                    | Purnima* Until 3:55AM Wed  | Moon - Green                    | Devaloka Day                 |
|                                   |               | Chitra Purnima (Tamil Nadu)                                                                                                                                                                                                        |                            | Chaitra-Chaitra                 |                              |
|                                   |               | Hanuman Jayanti                                                                                                                                                                                                                    |                            |                                 |                              |
| <b>Wednesday, April 21, 2027</b>  |               | Palavanga Nama Samvatsare Uтарыяне Нартаи Рітау Меша Масе Суліа Пакше Budha Vasara Yuktayam Kathmandu, Nepal<br>Svati Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Prathamayam Titau Sun 29 Sutta 9                          |                            |                                 |                              |
| Silver Retreat Star               |               | Gulika 10:12AM - 11:48AM                                                                                                                                                                                                           | Svati Until 4:32AM Thu     | Ganesha: Yellow Sunrise: 5:21AM | Palavanga 5129               |
| Tula Rasi: 7.31                   | Tithi 16      | Yama 6:58AM - 8:35AM                                                                                                                                                                                                               | Vajra* Until 4:07PM        | Munuga: Orange Sunset: 6:16PM   | Moon 2 - Phase 1 - 29        |
|                                   |               | 265419678 Rahu 11:48AM - 1:25PM                                                                                                                                                                                                    | Balava Until 3:39PM        | Nataraja: Purple                | Prathama                     |
| Creative Work                     | Siddha Yoga   |                                                                                                                                                                                                                                    | Prathama* Until 3:29AM Thu | Moon - Green                    | Devaloka Day                 |
|                                   |               |                                                                                                                                                                                                                                    |                            | Chaitra-Chaitra                 |                              |

There is nothing higher than dharma. Verily, that which is dharma is truth. Shukla Yajur Veda

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