

Various Student Camps and Activities

Current & Upcoming Events

Inside this issue:

Various Shibirs	2
Jain Recipe	5
Laws to Become A Successful Student	6

Current Events:

Shibir at Atkot, Gujarat

Date: Feb 19-21st, 2014

Vidhya Vihar and Sanskar Kanya Chhatralay

Talk on Self-Confidence Development

Date: Feb 20th, 2014

Location: Jasdan District Schools

Talk on Vidhyarthi panch Lakshanam (5 Qualities of a Student)

Date: February 27th, 2014

Location: Shri Kanta Vikas Gruh Kanya Vidhyalay

Sanman Smaroh

Date: Feb 28th, 2014

Maha Lakshmi Kanya Vidhyalay

Satsang on Home itself the Haven

Date: Feb 28th, 2014

Location: At Dhyana Kendra – Juvanpar – Kalavad, Gujarat

Upcoming Events:

Talk at Virani High School:

Date: March 3rd, 2014

Talk at Sarojani Naido High School

Date: March 4th, 2014

Meditation Seminar

Date: March 6th, 2014

Location: Sion-Mumbai

Contact: Kiranben (91-9594573173)

Talk at Shri Murlidhar High School

Date: March 8th, 2014

Lecture at Juvanpar, Kalavad, Gujarat

Date: March 19th, 2014

Rajasthan Trip & Camp

Date: April 2-6th, 2014

Trip to USA

Date: April 8th, 2014

Various Student Camps and Activities

Vidhya Vihar and Sanskar Girls Hostel Atkot-Gujarat Shibir

Smart Student and Self Development Camp at Atkot – Gujarat

Shri Shrutpragya Swamiji conducted a 3 day camp from Feb 19 to 21, 2014 at Vidhya Vihar High School and Sanskar Kanya Vidhyalay Atkot – Gujarat. 400 Girls and Boys Participated in Vidhya Vihar and 800 Girls attended at Kanya Chhatralay. There, Swamiji gave an entire course on Smart Students at Vidhya Vihar and Self confidence Development at Kanya Chhatralay. Trustee Shree Babubhai Patel and Arjan bhai Ramani had welcomed Swamiji to their school. The Shibir was a great success and was very positive. Many students shared their experiences of the shibir in front of all the students. Principal Mr. Gajera Sir gave their full support for this shibir.



Shri Kanta Vikas Girls High School

On Feb 28th Shrutpragya Swamiji gave one talk to 500 Girls at Shree Kanta Vikas Gruh Girls School. The program was conducted by Peace of Mind Foundation and Phoolchhab Press Rajkot. Jaishreeben, Principal welcomed Swamiji and Kaushik bhai Mehta, Chief Editor - Phoolchhab press. Swamiji talked on Concentration, Self Confidence and how to do effective study. Swamiji also talked on why do Students do suicide? He also gave lots of tips for develop positive thinking power.



Various Student Camps and Activities

Dhyan Kendra Juvanpar- Rajkot

Swamiji gave one Satsang at Dhyan Kendra – Juvanpar near Kalavad, Rajkot on Home itself is the haven. Prof. Maganbhai Molia invited Swamiji and 200 People attended the Satsang.



Maha Rani Lakshmibai Girls School Rajkot

On March 1, 2014 Shrutpragya Swamiji was invited as a chief guest and speaker by Mahalakshmi Kanya Vidhyalay, Rajkot. Swamiji talked on what are the qualities of the best student and how to develop it.

Rajkot Mayer Rakshaben and Rajubhai Tamboli from Rotary club also invited from the school Management.



Various Student Camps and Activities

Visits to Various School at Atkot and Jasdan - Gujarat

.Shri Shrutpragya Swamiji also visited so many Schools Like – Sakhia Science School, Utar Buniyadi School, Adarsh Vidhyalay. He also visited at Higodhgadh- Jasdan and gave talk on Mind Power in front of 200 100 students who came from Ahmedabad.



Jain Recipe Corner: Lemon Blueberry Sorbet

Ingredients

- 1-1/4 cups boiling water
- 1/2 cup sugar
- 3 cups frozen blueberries*
- 6 Lipton® Tuscan Lemon Flavored Black Pyramid Tea Bags

Preparation

1. Pour boiling water over Lipton® Tuscan Lemon Flavored Black Pyramid Tea Bags; cover and brew 5 minutes. Remove Tea Bags and squeeze. Stir in sugar until dissolved; cool.
2. In blender, process tea mixture with blueberries until almost smooth. Turn into 8 x 8-inch metal pan; freeze 1 hour. With fork, stir to break up ice. Freeze an additional hour or until firm. Stir with fork; serve immediately.



Laws to Become A Successful Student

"I am the creator of my destiny"

I know the meaning of this sentence. I am completely responsible for my work and life; success or failure. I will never consider any individual or circumstances responsible for this. I am the reason for whatever I am. I will never blame my parents, teacher, boss or friends for my problems. If I become a failure in my life, I will try to find reasons behind that and will improve my mistakes.

I will choose my goal to become successful in life. I will divide my goal in small parts-- daily goal, weekly goal, yearly goal and whole life's goal. At different stages I will check how much progress I have made to be successful in that. If I am not doing it well, I will try to do well. Once I have chosen a goal, I will not get tempted towards any other goal/s. Only after achieving the first goal will I choose another one. I will choose an excellent goal and try to achieve it to the best of my ability. To achieve it I will meet today the right people at the right place and right time. Before meeting them I will prepare fully for that subject (work).

I have realized that the best time to meet anyone is in the morning because they are fresh and in a good mood. When any work is started early in the morning, it can be done at proper time and without stress.

I will always keep my thoughts positive. I have confidence that I will be successful. Nothing is impossible for me. Whatever I decide to do, I will be able to do it and whoever I decide to become, I will be able to become that. No one can stop me from being successful. Whenever I have made such resolution, I have succeeded.

I know that it is imperative to work untiringly to be successful. To achieve a goal, a healthy body is necessary. I will take proper care of my health. I will do yoga and pranayam (controlled breathing exercise) regularly and will not become lazy in doing these.

To have good health I will eat healthy and SATTVIK (pure and simple) food. I will learn to chew and eat slowly. I will not drink water during and 40 minutes after meals. I will not eat the outside food and will not also go for tasty food at the cost of my health. I will always have pleasant nature and will sleep well.

Every night I will keep time for good thought provoking reading. Instead of reading cheap books I will read books that are useful for my work or will help me to have a better quality life.

I will try to keep away from friends who waste time by having useless talks. I will surround myself with people who will help increase my knowledge. I will be with those who are positive and have enthusiasm towards life. I will keep away from negative people. I will not waste time or energy after useless and petty matters but will use that energy for important and worthy matters.

I will not get into useless arguments and will not waste time in useless conversations. I will listen patiently to people who have useful knowledge and find solutions to my problems from that.

I will follow this thought, "For doing anything, this is the right time to do it." I will not become a procrastinator. I will complete today's work today only and will not find excuses to delay doing that work.

To succeed joyfully, I will make extra effort to keep my anger in control. Anger leads one to talk about things, which are worthless, and spoils relationships. Anger is the prime enemy for my progress-- I will understand this and control it. I will always talk softly to control anger. If I am angry, I will control it by practicing maun or not talking for sometime.

I understand the value of time so whenever I have to meet anyone, either with the purpose of business or in a social situation, I will respect their valuable time. This way people will trust me. As the American poet wrote, "I have promises to keep....." --promises are meant to be kept and not broken. I will try to follow this throughout life.

Laws to Become A Successful Student

Whatever capability and (material) means I have, I will use them rightly. I will not waste my time, energy and means by being lazy. I know that laziness is our biggest enemy. Because of laziness, no work is done on time and we become unsuccessful in life. It is like a cat (soft footed). We never come to know when it captures us. So I will always be careful of it.

Whatever is given to me by Nature, I will accept. I will accept whatever situations The Supreme Power has put me in. I have no complaints against anyone or anything. I will try and find way from any situation. I will not blame anyone for it. If I am not successful, I will consider only myself for it.

Problems are part of life. I know that if there is life, there are going to be problems. If I cannot find a solution for any problem, I will write it down on paper. I will ponder over it and then will save it in my subconscious mind. When patient, I will use my peaceful deep thoughts to evaluate the problems. I know that no solution can be achieved hastily. When we surrender a problem to our subconscious mind, it finds a solution on its own at the right time.

Friends play a major role in our lives. They truly influence us. So I will choose friends who will give me enthusiasm. In the same way we choose good books to read, i will be careful in choosing friends. Whoever has similar nature like mine will have place in my life. I will not be in a hurry in making friends and once I have chosen them, I will not break that friendship hastily.

Each of us is an incomplete human being and not God. So it is very natural that we make mistakes. I will try to see that I do not make mistakes but if I do, I will accept them bravely. I will never hide my mistakes and will be careful that the same mistakes are not repeated. Luck cannot be created out of mistakes so I will learn from my mistakes and then bury them.

There is a proverb in English, "Talk low, talk slow." This small sentence says a lot. I will learn from this and will not keep talking senselessly. Whatever I will say, I will do so softly and in few words. Very often too much talking spoils relationships. I will give lot of importance to controlled talking.

Failure is a big lesson in life as it teaches us a lot. It will not dishearten me. I will try to find the reasons behind my failure and improve upon them. I will find the mistakes so next time I will not repeat them. There are definite rules to achieve success. I will be with elders or experienced people and try to understand these rules.

The most important trait in our nature is to be simple and not pretentious. Present yourself in front of others as you really are. Some people act artificially to impress others. They talk in an artificial way and wear very stylish clothes. All this does not last for long as truth comes out sooner or later. When people come to know your true personality, it will create lot of problems. No one will trust you after that. I will never act in this type of false and untrue behavior. The motive behind this type of behavior is to cheat others and to prove oneself a superior person than others. I will always be what I am. Pretence is a big enemy on the road to success so I will keep myself away from it.

Hobby is the tonic for life. All work and no play make life boring and burdensome. Addiction to studies makes life dull. It is important to have a hobby along with our studies to keep life full of interest. I will strive towards cultivating a hobby. All these thoughts are helpful in creating a meaningful life for me. I will continuously keep in touch with them and think about them.