



## UPCOMING EVENTS

- Shrimad Rajchandra Ashram  
Koba, Gnadhinagar  
Date: June 6 -13, 2019

- Modi School - Ishwarya Branch  
(Rajkot)  
Motivational Shibir  
Date: June 17 - 23, 2019

## FUTURE EVENTS

- London - UK Trip  
June 26-July 7  
One day Shibir on Meditation  
On June 29th, 2019  
Venue: Common Road  
Chorleywood, Herts, WD3 5LT  
Contact: +44 - 7785257737 ( Dilesh Mehta )

- San Francisco, CA  
Date: July 8- 17,2019  
One day Shibir @ Milpitas Jain Bhavan  
July 14, 2019  
Contact: 510-770-8850(Avni Shah)

- Satsang @ Shakti Centre  
Inwood. Tw3 1ux  
Hounslow.  
Date: 4th July 2019  
8 to 10 pm,Thu.  
Contact: +44 7832 345891( Geeta Shah )

- Vancouver, BC -Canada  
Date: July 18 - 24, 2019  
Contact: 778-855-6082( Mahendrabhai )

## KENYA TRIP: NAIRIBI SHIBIR

Theme of Shibir: THE JAIN SHRAVAK OF TODAY'S MODERN AGE

Venue: Visa Oshwal Mahajanwadi, Nairobi

Dates: 3rd – 5th May 2019

Overall activities:

- Meditation
- Yoga
- Four lectures on the main theme of a modern Jain Shrivak
- Group activities which entailed small skits on Jain teachings, and advertisements to endorse Jain practices,
- Walking Yoga
- Question-Answer sessions

Overall feedback:

This was an experience that most of the attendees had never gotten before. Firstly, before the Shibir, on the 2nd May, Saman Shrutpragyaji held a lecture on Jain Dharma and Health. The Shibir started off with a discourse giving the history behind the 12 vows, and this built in us a good foundation to grasp the further knowledge. Our thoughts that Jainism is an extremely strict religion were proven wrong when we learnt how a Jain Shrivak can practice the vows in the modern age. We indeed are blessed with one of the most flexible religions. The entire Shibir experience has made us realise the relevance of Jainism in today's negativity filled world. Samanji had very convincing replies to each of our questions. The four lectures were all differently directed to the overall message of how a modern Jain would be like. After the three days, we surely felt healthier, and spiritually richer. After the Shibir ended, Samanji organized a question-answer session at Kantibhai's house (the blessed soul who hosted Samanji in Nairobi) for one hour.

The religious committee members' support was worth applauding, as they had meals organized for the Shibir participants from Friday's dinner to Sunday's lunch. The Shibir was overall an enlightening experience that we look forward to receiving once again. I would also urge my fellow youngsters to make an attempt to learn more about this beautiful religion.





## MOMBASA - KENYA TRIP

Dates: 9th May 2019 to 11th May 2019

On behalf of Jain Members of Mombasa, we would like to thank Saman Shri Shrutpragyaji, Peace of Mind Foundation for coming to Mombasa and conducting pravachans and helping us realize how easily Jain dharma can be followed. The following is the summary from Swamiji's visit to Mombasa.

Special thanks to Harishbhai & Nishaben Shah and Panachandbhai & Jyotsnaben Savla for hosting Samanji and for arranging pravachans at their home.

We are delighted that the sangh members participated in and took dharma laabh at the following pravachans:

1. "The Law of Karma" - Key lessons: Every action has it's reaction - As you sow, so shall you reap - at the residence of Panachandbhai & Jyotsnaben Savla
2. "Bhagyashali" - Key lessons: Consider ourselves lucky in all aspects of life and Treat others the way you want to be treated- at the residence of Harishbhai & Nishaben Shah
3. "The three A's of Jain Dharma"- Key lessons: Ahimsa, Anekantvad, and Aparigraha. Many young Jain students attended this pravachan and participated in yoga and laughter exercises that followed the pravachan.- hosted at Oshwal Academy Mombasa
4. "Four Bhavnas"- As explained in the song "Maitri Bhavnu Pavitra Jharnu" - at the residence of Harishbhai & Nishaben Shah



## TOWNS IN KENYA



**Theme: Living Life the Best Way**

**Venue: TOWNS IN KENYA**

**Dates: 14th May – 19th May 2019**

Samanji visited Visa Oshwal Center, Thika on 14th May and he gave a discourse on the Power of Attitude. Approximately 70 people participated in the program. They were so pleased by his presence and words that they requested for a three days shibir in the near future. Chetanbhai welcomed Samanji on behalf of the entire Oshwal Committee in Thika.

On 15th May Samanji visited Kitale and Mansukhbhai Maru welcomed him at the airport. Samanji gave an insightful pravachan on "Paisa, Punya, Premane Parmartma." On the next day in Kitale, there was a Yoga class held and the participants of the yoga session certainly got huge inspiration to practice the enlightening process of yoga every day. All committee members were present in the program and they warmly welcomed all the guests who accompanied Samanji from Nairobi.

On 16th May, Samanji visited Eldoret and he was hosted by Manishbhai Bid and an evening lecture session was held in which Samanji gave his insights on "Focus on 5 key things in Life". Every single person who participated in the program enjoyed and learnt a lot about living life meaningfully. Samanji stayed over at the warm residence of Shobhnaben and Hasmukhbhai. Furthermore, Eldoret residents, Varshaben and Nitinbhai also invited him for gochari. Samanji was invited to grace the Hindu Mandir with his presence and he performed the prayers and Arti with the rest of the devotees.

While travelling to Nakuru, he stopped by at Satishbhai's office and a 30 minute satsang (a session of spiritual talk and prayers) was conducted there. Each person who was part of this was extremely delighted by Samanji's social, spiritual and creative work both in India as well as in abroad.

Words such as, "Whatever Samanji said in his pravachans is every practical and every one can apply the teachings in their daily life," were heard. Some people said that by listening to him they got more clarity about Jain Dharma and the beauty of our religion in today's harsh world.

Samanji reached back Nairobi safely after touring the country's other towns, on 19th May and stayed at Ashaben and Bharatbhai's residence. On 21st May, he departed back to India



## NAKURU, KENYA

### NAKURU, KENYA

Nakuru Jain Sangh was privileged to host Saman Shrutpragyaji for a three day discourse, meditation and yoga sessions. The topic of the discourse was "The 7 Desires of Vastupal". A very interesting topic which was easy to apply in our day to day life as a Jain Shrivak. Saman Shrutpragyaji explained all this in such a simple language and made a lot of us realise that Jainism is not a difficult religion. He explained also that one must be focused on their goals in life to achieve whatever they aspire to achieve. Also a very simple explanation on why Death in Jainism should be celebrated and not mourned. One the whole it was a very interesting and enlightening three days. Everyone also enjoyed the meditation and yoga sessions. Saman ji also visited and did the charity work along with Sushiben at Lines Club of Mennengai near Nakuru and Local Government School at Nakuru. Saman ji stayed at Renukaben and Shantibhai's residence.

We hope to be able to have the privilege of hosting Samanji Shrutpragyaji again in Nakuru for a longer period.



## MOTIVATIONAL PROGRAM AT MODI SCHOOL'S TEACHERS

### Motivational program at Modi School's teachers

Venue: Modi School, Ishwarya - Rajkot

Date: May 28th May 2019

Program: Motivational Lecture and Yoga Session among Teachers

More than 600 Teachers and Staff members Participated

Saman ji talked on 7 Tips of Life on his motivation speech and those tips are:

1. Invest your time for Psychological and Mental Fitness
2. Devote yourself fully in the work you love or are passionate about.
3. Share your hidden feelings to your closest Friend you can confide in

4. Give your 100 % focus and attention wherever you are
5. Shower your smiling attitude everywhere you go.
6. Don't make a story from your past mishaps.
7. Don't let your dirty past affect your present event.

Before Motivational Pravachan Samn ji taught Yoga and Meditation. Respected Modi sir warm welcome Saman ji and all staffs teachers.



## SOCIAL MEDIA

1. Online YouTube channel
2. Spiritual and motivational Blog on <http://www.pomyc.org/blogs>
3. Newspaper article publication
4. Personal counselling activities
5. Website - [www.pomyc.org](http://www.pomyc.org) ( This is new version site )

## Contact Us

Peace of Mind Foundation  
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Donate Now!

## Get In Touch

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