



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's

NEWSLETTER

New Publications

DVD

Vastu Shastra in Gujarati

BOOKS

Jivan Jivavani Kala
Parivartan
Prarabdh Nu Puspa: Purusharath Ni
Sugandh
Turning Point

Swamiji's US Trip

**Swamiji will be in US from:
March 17th– June 30th,
2011**

**For any further questions, can
contact by email:
Pomyc.org@gmail.com**

Contacts for Books

GEORGIA

Kaushik Desai - (770) 476-3874

ILLINOIS

Dharmi Shah - (630) 428-1360

NEW JERSEY

Dr. Champa Bid - (973) 533-1942

OKLAHOMA

Aruna Shah—(918) 605-8805

Feb 2011

- Biweekly

‘Education is an ornament in prosperity and a refuge in adversity .’

Current Activities

Jan 23rd:

POMC and Shreeji Hospital Needy Camp

Location: Rajkot

Topic: Ayurvedic camp for needy
people

Feb Educational Activities:

G.T. High School

Location: Rajkot

Topic: How to Study Effectively

Wings for Women Seminar

Location: Rotary Club greater Hall in
Rajkot

Topic: Important tips for a healthy
relationship and Problems and Solu-
tions for Working Women

Upcoming Activities

Feb 16th-20th:

Life Management Yog Shibir

Location: Shrimad Rajchandra
Ashram, Dharampur

Prerna and Sanidhya

Topic: Life management through Yog
Sadhana

Conducted by: Shrutpragyaji Swamiji

Feb 27th:

Wings of Women A Unique Seminar

Topic: Women Enrichment

Location: Abhavalay Jamnagar Rd,
Rajkot

Conducted by Shrutpragya Swamiji

March 6th:

Emotional Balance Yog Shibir

Location: Ahmedabad, Gujarat

March 7th-12th

Saurashtra University

Location: Rajkot

Topic: Importance of Medication and
Yoga

Educational Discourses

G.T. High School-

Shrutpragyaji Swamiji lead an educational discourse to high school students on how to study effectively. Many times, students get the material to study, but have trouble figuring out how to study in an effective manner. During the discourse, Swamiji covered several points in order to show how to study effectively and how to improve if someone lacks in one of the areas. One point that was discussed was having self confidence. Only if one has confidence in themselves can one succeed and move forward. Another point covered was one's memory power. One must first determine how quick one's memory power is. If this is a weakness, then there are practices to help strengthen one's memory power. Third point that Shrutpragyaji explained were the six types of reading. Fourth point that he talked about was they students commit suicide. Often times, there are pressures from parents and/or teachers that causes kids to commit such behavior. There is a solution to this that Swamiji stressed over and explained how to deal with these pressures so one should not commit such behaviors. Lastly, Swamiji explained the importance of a healthy lifestyle. Only with a healthy lifestyle can one succeed in future endeavors and build a regular routine.

Wings for Women Seminar-

On January 22nd, Swamiji Shrutpragyaji held a seminar for Wings for women at the Rotary club. It was a group of 100 women that came together to talk about many of the issues women face. Often times, women face many hardships and struggles and fail to know how to resolve them because they are not discussed or talked about. Thus, Swamiji focused on these these issues that women face in order to help them. The main topics that were covered were tips on how to have a healthy relationship, the importance of a relationship, problems and solutions that working women and housewives face and issues between children and parents. The main focus was to allow women to come together and face these problems together and talk about these issues and how to solve them in a peaceful and proper manner.

Educational Experience

G.T High School



Wings for Women



Yoga and Meditation Experience

On Jan 22nd, over 200 students came together at the Saurashtra University in Rajkot with special invitation of Swamiji Shrutpragyaji to attend. The main focus of this congregation was to learn the techniques of yoga and meditation. In cooperation with Dr. Kaladhar Arya, Swamiji Shrutpragyaji demonstrated the proper techniques of yoga and the importance of meditation. The students learned a lot from this experience and gained a new tool that they can use in every situation they encounter.



Giving Back to the Community

Ayurvedic Nidan Camp-

On January 23rd, the Peace of Mind Foundation in Rajkot and Shreeji Hospital conducted and sponsored an Ayurvedic camp for the needy people. Times like this is when one can give back to the community and serve the people in need. During the camp, they helped the needy by giving free medical check-ups and medicines and proper treatment.

Charity Project in Gujarat-

An additional community project that took place was a charity project in North Gujarat. Shrutpragyaji Swamiji's Peace of Mind Foundation reached out to the poor families in Banaskhantha District. Swamiji was accompanied by Dharmiben Shah from Chicago, who joined this charity program. They gave rice, sugar, and grains to over 150 poor families and touched their lives. Swamiji also gave lecture and gave a few words of wisdom. He gave them advice to be free from addictions, to be honest, and live peacefully in family and society.



Mahatma Gandhi Nirvan Function

In Balbhavan Rajot, all religious leaders came together and took part on this special day and talked about the contributions of the respected Mahatma Gandhi. Swamiji Shrutpragyaji also took part in this occasion and gave a lecture about Mahatma Gandhi and his philosophy. In the lecture, Swamiji praised all the great qualities of Mahatma Gandhiji. If he were alive today, how different would the world be. He has thousands of followers that are preaching his philosophy and look up to him as a role model for his lifestyle. Mahatma Gandhi lived his life based on 3 values: Non-Violence, Truth, and Service. Gandhiji's life was completely revolved around Non-Violence. Any harm towards anyone mentally, physically, or verbally is considered violence. His main philosophy was to look at the good in people. Get to know someone, understand them and learn to love each other is the true practice of non-violence.

