



Peace of Mind: December 2017

Visitors at Abhavalay & Project Aastha

Saman ji
Shrutpragyaji's
Gujarati and English
blog available, link :

[http://
www.pomyc.org/blog/](http://www.pomyc.org/blog/)

**We wish everyone
a happy and
healthy new year
ahead for 2017!**

Inside this issue:

In this publication,
take a look at the vari-
ous visitors we had at
Abhavalay. We also
wanted to focus on
our Project Aastha
and all the participants
we have for it.

Current & Upcoming Events:

Current Events :

Visitors from Vancouver - Canada
Dec 1 & 2, 2017

Visitors from Chicago, IL
Dec 4 to 8, 2017

Upcoming Events:

Volunteer from Singapore
Dec 11 to 18, 2017

Project Aastha - 2017
Dec 17 to 24, 2017

Youth Camp
Shrimad Rajchandra Ashram
Dec 24 to 26, 2017

Pravachan for 60+ Group
Jan 7th 2018
Time: 11am to 1pm
Contcat : Dalsukh bhai Sheth

Self-Discipline Yoga Shibir at Ishwarya - Modi School, Rajkot, 14 Nov to 19 Nov 2017

The Modi School invited Saman Shrutpragya to return again following on from his earlier very well received Shibir at Ishwarya - Modi School. At the Ishwarya - Modi School Saman ji conducted a camp on Self - Discipline and on Yoga Sadhana. He motivated as well as trained some 300 boys and girls at the school, involving 10 major types of discipline. The main points which he covered include the following:

- Keeping healthy by means of nutritious eating habits and by the practice of yoga and pranayam;
- Recognising talent and life experience as being essential and not to be considered inferior to gaining a degree or good grades;
- Being positive and keeping a right perspective in every aspect of life;
- Being kind and keeping a sound attitude for a happy and successful life;
- Developing spirituality and doing meditation, which lead to true self- satisfaction and contentment in life.

Saman ji also taught yoga and meditational techniques to all students. Many of his books were requested at the event, with students placing orders for them, as well as expressing their desire to read the books. Amit Sir gave thanks to the Peace of Mind Foundation for this enjoyable camp and personally thanked Samanji wholeheartedly for his time and work. Samanji was greatly appreciated, and not least because of the many shibirs he has conducted at the Modi School over the last 15 years.



Visits at Abhavalay

Vinay bhai and Chanchalaben Mehta from Memphis, TN Visited Rajkot along with Pratibha Mehta from Ahmadabad. on 13th November 2017.



Ravindra bhai & Geetaben Patel and Rameshbhai & Vibhaben Patel from Fresno, CA and from Oklahoma City, Visited Abhavalay Rajkot on November 26th 2017.



Mahendra bhai and Ushaben Mehta Visited Abhavalay and did one full day Satsang with respected Saman Shrutpragyaji on Dec 2nd 2017.



Hemant and Lina Shah and there two Sons - Shikhar and Rishabh Visited Rajkot and Did Satsang with Samanji on 3rd Dce 2017.



Motivational talk at Sarojini Naydu Girls School

Saman Shrutpragya gave the motivational talk at Sarojini Naydu Girls School on 23 Nov 2017 Morning. Approximately 500 girls participated in this programme. Dr. Sonal graciously welcomed and Introduced Saman ji at the school.

The main thread of Saman ji's discourse had a focus on the recognition that there are essentially two types of people: one type, who only can achieve any kind of success when situations are positive or favourable; and another type who have the ability to cope with unfavourable circumstances, never giving up or departing from realization of their dreams no matter what difficulties arise.

All student must be strong and mentally skilful, Samanji stated, so that they may never be fearful when problems or troubles come.

If one has good values, then such a person is never thwarted by the negative people, Samanji also pointed out, as they always believe in their values. Value make people valuable not digress. Achieving good grades is important and is an expression of the intellect; but such things, though important, are always secondary to good values. Samanji put great emphasis on this point. He also mentioned Mahatma Gandhi train incidence in Africa. He further narrated the Sudha Murti story, which inspired all the girls to do something needful for disadvantaged people, and everyone in the school responded favorably to it.



વિદ્યા એ તમામ સદ્ગુણોનો ભંડાર છે : શ્રુતપ્રજ્ઞ સ્ામી

“ સરોજીની નાયડુ ગર્લસસ હાઇસ્કૂલ” માં સ્ામી શ્રુતપ્રજ્ઞ દ્વારા સેવમનાર યોજાયો

પોતાની અદ્ભુત વક્તૃત્વ શૈલી દ્વારા દેશ વવદેશમાં ડ્યાવત પ્રાપ્ત કરનાર વવદ્વાન સ્વામી શ્રી શ્રુતપ્રજ્ઞ દ્વારા રાજકોટની શ્રીમતી સરોજીની નાયડુ ગર્લસસ હાઇસ્કૂલ ખાતે ‘ વવધાર્થીકાળમાં ડ્રવન ઘડતર’ એ વવષય પર એક વવદ્વસીય સેવમનારનું આયોજન કરવામાં આવેલ જેમાં શાળાની ૪૦૦ જેટલી વવધાવર્થસનીઓએ ભાગ લઈ સેવમનારને ભવ્ય સફળતા અપાવેલ.

રાજકોટ મહાનગરપાલિકા સાંચાવલત શ્રીમતી સરોજીની નાયડુ ગર્લસસ હાઇસ્કૂલમાં વવધાવર્થસનીઓને વવશક્ષણની સાર્થ- સાર્થ સાંસ્કાર પણ મળી રહે તે પ્રકારના અનેક કાયસક્રમોનું વવનયવમત આયોજન ર્થતું રહે છે. આવા જ આયોજનની શાંખલામાં તા.૨૪-૧૧-૨૦૧૭ ના શુક્રવારના રોજ ‘ વવધાર્થીકાળમાં ડ્રવન ઘડતર’ એ વવષય પર સ્વામી શ્રુતપ્રજ્ઞ દ્વારા પ્રેરક વ્વાખ્યાન આવામાં આવ્યું હતું. કાયસક્રમની શરૂઆતમાં શાળાના વવશક્ષક રમણીકભાઈ પોંવકયાએ ઉપવસ્ર્થત વવધાવર્થસનીઓને સ્વામીજીનો વવરચય આપતા જણાવ્યુ હતું કે શ્રુતપ્રજ્ઞ સ્વામીજીએ રાજકોટનું ગૌરવ છે. તેમના દ્વારા મનુષ્યોને ડ્રવન ઉપયોગી અનેક પુસ્તકો લખવામાં આવ્યા છે. દેશ તર્થા દુવનયાભરમા સ્વામીજીના કાંવતકારી વવચારો ફેલાયેલા છે. ‘ઘર એજ સ્વગસ’ ‘ વવશસ્ત એજ પારસમવણ’ ‘વજાંદગી ખૂબસુરત છે’ ‘વવરવતસન’ ‘વબમારી પહેલા અને પછી’ જેવા અનેક પુસ્તકોના સજસન દ્વારા સ્વામીજીએ ભારતીય સાંસ્કૃવતના સાંવર્સનમા પોતાનો વસાંહ ફાળો આપ્યો છે. આવા મોટા ગજાના લેખક અને લાખો લોકોના માગસદશસક સ્વામી શ્રુતપ્રજ્ઞ શાળામાં પર્યાયાસ એ વવધાવર્થસનીઓ માટે ‘ઘર બેઠા ગાંગા’ જેવી ઘટના છે.

સ્વામી શ્રુતપ્રજ્ઞએ ૪૦૦ જેટલી વવધાવર્થસનીઓને સાંબોર્ન કરતાં જણાવ્યુ હતું કે વવધા એ તમામ સદ્ગુણોનો ભંડાર છે. તમામ ગુણો માત્ર અને માત્ર એક વવધાના આશ્રયે રહેલા છે. વવધાર્થીઓ માટે ભણતરનો સમય એ તેમના ડ્રવનનો સુવણસકાળ છે, જેમાં વવશસ્ત, સાંચમ અને સાર્ના દ્વારા સુખી ડ્રવનનો પાયો નાખી શકાય છે. માણસ બે પ્રકારના હોય છે. એક પ્રકારના મનુષ્યો સારી વવરવસ્ર્થવતમાં આગળ આવે છે જ્યારે બીજા પ્રકારના મનુષ્યો ગમે તેવી વવપરીત વવરવસ્ર્થવતમાં પણ પોતાનો માગસ કાઢી સફળતા પ્રાપ્ત કરે છે. વવરવસ્ર્થવત પણ આવા મનુષ્યો આગળ પાણી ભરતી હોય છે. એટલે વવરવસ્ર્થવતને દોષ આપ્યા વગર સતત અને સખત મહેનત કરવાર્થી અવશ્ય સફળતા મેળવી શકાય છે. તેમણે આ સાંદભસમાં પ્રખ્યાત લેવખકા અને ઇન્ફોવસસના ડાયરેક્ટર સુર્ા મૂવતસ દ્વારા અપાયેલ ડ્ર્ાંત વવધાવર્થસનીઓની સામે રજૂ કરેલ જેમાં ટરેનમાંર્થી મળેલ ૧૩ વષસની વદકરી ‘વચત્રા’ ડ્રવન સાંઘષસમાં વવજેતા બની કેવી રીતે આગળ આવે છે તે વાત તેમણે આબેહૂબ રજૂ કરી હતી.

ડ્રવનમાં હાયાસ વગર, ર્થક્યા વગર સતત એકજ વદશામાં મહેનત કરનારની અંતમાં અવશ્ય ડ્રવ થાય છે. મોહનદાસને આવિકાના રેલવે સ્ટેશને ટરેનમાંર્થી ફેંકી દઈને બેઇજજત કરવાર્થીજ આપણને મહાત્મા ગાંર્ી મળ્યા હતા. વવકટ વવરવસ્ર્થવતજ માણસને મહાન બનવાની પ્રેરણા આપે છે. ડો.કલામ સાહેબે સતત હાડમારી ભયુડું ડ્રવન ડ્રવીને પણ આખરે આગળ વધ્યા તેવા ડ્ર્ાંતો આપી તેમણે વવધાવર્થસનીઓ સમક્ષ વવધાનું મહત્વ સ્ર્થાવપત કયુડું હતું. તેમણે પોતાના માનનીય વવચનમાં સાંસ્કાર-સેવા-સાહસ-ર્ૈયસની અનેક વાતો કરી વવધાવર્થસનીઓ



Volunteer Service by Usha Luhadiya

Last November Usha Luhadiya came from San Diego, CA for Volunteer service at Bhanvad and Atkot leading by Peace of Mind Foundation, Rajkot. She spend ten days at Bhanvad and Atkot and gave the English classes to all Students and few teachers. Every students are happy and delighted. Thank you to Usha Luhadiya for spending her valuable time and energy.



Project Aastha, 2017

Project Aastha has been created with a goal to improve education and motivate students at some of severely under-resourced schools in the outskirts of Rajkot, Gujarat. This project provides true assistance to people of need through raising funds and supplying them with essential materials. Indulge in a spiritual retreat with a perfect mix of yoga and meditation daily. Climb up Mount Palitana as we conquer 3,600 steps up to Derasar together.

Volunteers will play an essential role throughout Project Aastha. Participants will experience an amazing culture and learn much about the world and its people. It promises to be the trip of a lifetime!

Introductory paragraph – Volunteers

Ariesha Pareshkumar Mehta



My name is Ariesha, I am 28 years old originally from London currently living in Singapore. I have worked in Banking/Finance for the past 7 years and studied Economics and Finance as my degree. In my spare time I like going to the theatre, traveling, yoga, running and hanging out with friends. I like meeting new people from all walks of life and having interesting conversations. I also like challenging myself by taking up new life experiences.

Vismaey Nimish Shah



My name is Vismaey Shah, I am the President of YJS and am representing the YJS Community. I am 19 years old and I am doing Aerospace Electronics in Temasek Polytechnic. I am in my final year. I am also under the RSAF.

Juhi Rajesh Shah



My name is Juhi Rajesh Shah. I'm studying in Temasek Polytechnic currently in year 2 of interior architecture and design. I am also in the school team for ten-pin bowling.

Aneri Shah



I am Aneri Shah, studying Business Analytics & International Trading in NTU. I am someone who love to interact with people, understand them and am always there for my family & friends. My hobbies include reading, playing basketball, soccer, travelling the world and organising events!

Roshni N Doshi



My name is Roshni. I am 21 years old. I recently graduated and am currently working at Maybank as a bank officer. My hobbies include dancing and eating good food. I am excited for Project Aastha and hope it will be a fulfilling experience.

Jaeni Rajesh Shah



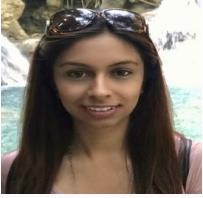
21 years old, currently working in an interior design firm where I was interning after my diploma in retail & hospitality design.

Kshitij Bhavesh Shah



Hi, my name is Kshitij. I'm 18 and pursuing a diploma in Electrical and Electronic engineering at Singapore Polytechnic. I like playing billiards and exploring new things!

Anneka Parekh



My name is Anneka Parekh, I am from London. I am Bachelor of Science with First class Honours in Mathematics and Economics. I am working in Bank of America. Reading, Badminton and Music are my mail hobby.

Freya Mehta



I am Freya Mehta from London. I am BSc in Economics and Management thru Aston University. I am working for Aviva Investors as a Portfolio Manager managing assets and Investments. I love Music, Dancing, exercise and I like to Travel and socialising.



Project Astha-2017

(A seva trip initiative with YJS & YJUK)

Under Saman Shrutpragyaji's Guidance
(Peace of Mind Foundtion - Rajkot)



From : 17th - 23rd December 2017

Contact : +91 94273 66164



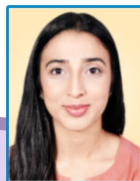
Kshitij Shah
Singapore



Ariesha Mehta
London



Juhi Shah
Singapore



Jaeni Shah
Singapore



Aneri Shah
Singapore



Roshni N Doshi
Singapore



Anneka Parekh
London



Freya Mehta
London



Vismaey Shah
Singapore

Volunteer Service

Would like to welcome Sherya for volunteering in Rajkot and would like to introduce the project she will be working on.



Shreya M. Doshi

Age: 21

Shreya is in her third year of undergraduate studies-pursuing her Bachelors of Business Management in Marketing and Psychology at Singapore Management University. She is a third-culture kid, who has lived in various countries around the globe: China, India and Singapore. Thanks to which, she speaks multiple languages: Chinese, English, Hindi, Gujarati and Spanish. Looking towards pursuing a career in marketing and communications, she is currently majoring in Marketing and Psychology. With a keen interest in community service, the 20-year old volunteers actively with the Art of Living, and has taken up several service projects including Project Gazaab Nainital- which won the Deutsche Bank Youth Leadership Award in 2016.

Project Manzil Background & Inspiration

Concept:

Manzil, an Urdu word denoting "Destination", is much more meaningful beyond its literal translation. Education must not then be treated as an accessory or requirement to fulfill in today's day and age but rather be celebrated as a tool that can change one's life, encourage one to dream and execute.

There are a multitude of non-profit organizations that engage in providing opportunities to the privileged, to give back to the community not only through donations but through their very own skills to raise the quality and standard of educational practices and set an example for the beneficiaries at hand. Project Manzil connects individuals who are equipped with the right skills, and attitude to make a difference with smaller organizations such as Peace of Mind Organization in Gujarat, India that is connected to, and well-versed with the social environment of these beneficiaries.

Desired Outcomes

Through the conceptualization of the three areas of development: Math, English and Computer Skills in an applied method of teaching, I aim to foster a love for learning that allows a student to be curious and question what he/she is learning to build a basic level of critical thinking. Furthermore, I want to enhance the meaning of what education can mean in today's world, especially in the Indian context, for these young leaders of tomorrow- illustrate to them that education is not an accessory or a past-time, but the key to release oneself from the cycle of poverty.

this project, I aim to set an example, teach a love for learning, and inspire the young girls in the community to break free from the cycle of poverty by taking the best chance they've got and complimenting it with the confidence to stand up for themselves to get the education that they deserve.

A Collaboration with **Peace of Mind Foundation**:

About the Foundation Established legally as a not-for-profit foundation under the inspiration and guidance of Saman Shrutpragyaji in 2006, the Peace of Mind Foundation, situated in the city of Rajkot, in Gujarat, India, has been founded upon the fundamental value of peace. The foundation recognizes that the first step to social change is to ensure individual well-being (mental, physical, and emotional), after which societal change will undoubtedly follow suit; facilitating resolutions to national and international challenges.

Beneficiaries:

Young Indian girls who are in 6th to 12th standard, enrolled for free in government / semigovernment schools in Rajkot, India. These girls hail from impoverished families living in slums who do not support education for women at all. Most of these girls share a history of childlabor, and some even work low-end jobs while studying. With alcoholic fathers who abuse the family, and mothers who desperately try to make ends meet, these girls are often forced into working to help the family meet ends by cleaning houses etc., and sacrificing their education.

She (Shreya) will be teaching at the following 3 Schools in Rajkot from 12th to 18th Dec 2017:

- Sarojini Naidu (Girls) Computer Skills
- Sanskar Kendra (Co-ed School) : English
- A.P.Patel Girls School : English and Math