



Peace of Mind: November 2017

Project Aastha & Several Trips

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 newsletter,
take a look at our Pro-
ject Aastha and sever-
al other visits in India
that were covered.*

Upcoming Events:

Guest From Pinneng -Malaysia to Abhavalay Rajkot

Date: Nov 4 to 6, 2017

Visit Bhanvad, Dwarka

Date: Nov 7 and 8,2017

Trip to South Korea

Interfaith Rally for Peace
The International Leadership Conference
arrange by Universal Peace Federation
Venue - Seoul,Korea
Date: Nov 10 to 14,2017

School Program at Rajkot

Date: Nov 16 to 25,2017

Guest from USA & Canada to Abhavalay Rajkot

Date: Dec 1 to 7, 2017

Project Astha trip for Seva and Education to Rajkot (See Detail in this NL)

Date: Dec 17 to 24, 2017

Visit to Sambodhi and Udaipur in Rajasthan and Trip to Kodiavala in Gujarat, 25-28 October, 2017

Saman Shrutpragya ji reached Bhilwara on the morning of 25 October. There he was received by Dhruv Kavia who transported him by car to Ashind.. In Ashind Saman ji went on to Adarsh Vidhyapith and delivered a school motivational programme, greatly enjoyed by all students as well as by the teachers at the school. Dhruv bhai introduced Saman ji at Adarsh Vidhyapith.

Saman ji and Dhruv Kumar, in fact, have been close friends since their early college days. This made their activities all the more enriching. Both of them then went on to Sambodhi on 26 October and met Muni Shubhkaran Ji Maharaj Saheb. They both greatly benefited from a satsang there and both of them gained enormously from the spiritual experience, especially from the sharing and exchanging of ideas and thoughts with one another.

On 27 October Dhruv bhai dropped Saman ji at Ganpat ji Chaplot's residence in Udaipur. Saman ji spent one night there with the family and had an edifying satsang with them.. He also enjoyed his time with Ganpat ji, as well as with Bhagwati bahañ and their daughter Dr. Barkha Chaplot.

The following morning Anand and Jyoti came to meet Saman ji and also had an hour long satsang with him. Saman ji then departed from Udaipur to Kodiavala (Himaynagar) in Gujarat and again held a satsang with Kodiavala villagers, after which he returned to Rajkot on 29 October. The whole excursion and the events held were enormously fruitful, joyous and spiritually uplifting.



Dipotsavi Residential Shibir at Koba Ashram, October 17- 20 2017

Shrimad Rajchandra Adhyatmik Sadhana Kendra, Koba organised the Dipotsav Residential Shibir for four days from 17 to 20 October 2017, a camp that attracted between 200 and 250 participants. The shibir included yoga and meditation, Jain puja, spiritual sessions and prayers, as well as lectures and traditional Jain festival ceremonies.

The lectures were delivered at Shrimad Rajchandra Adhyatmic Sadhana Kendra, Koba-Gandhinagar by Guruji Shri Atmanandji (Vedio) Shri Sureshji, and Saman Shri Shrutpragyaji.

The centre was truly an excellent location for yoga , peaceful meditation, and for the development of spiritual and religious knowledge. The main theme of the shibir was 'Anand nu Upanishad;' Saman Shrutpragya ji gave the key lecture on Anand nu Upanishad during the Dipotsav Shibir and the topics covered were :

1. Four Type of People
2. Anand na Antrayo -1
3. Anand na Antrayo-2
- 4.Moha nash ni prakriya
- 5.Mumukshu Kaun?
- 6.Anand ma Rahevani saat Recipe
7. Kevi rite karavi Jivan ni kriyao?
8. Anand no Pativar

Samanji spoke in a flowing way on the topic, just as he talks effortlessly on all spiritual topics, inspiring also the young as well as senior citizens in the modern age.

Shibirarthis at the event learnt the following important lessons:

- How to be happy and stable in all difficult situations
- How to utilise their precious time
- How to be result orientated, keeping always a focus on self development
- How to make aaradhna be their sadhna
- How to cultivate a recipe for happiness
- How to maintain full awareness in life
- How to create the conditions for family bliss.

After attending the lectures, all senior shibirarthis acknowledged in particular the importance of the camp for all young people today (as well as for themselves) and realised its special value for greater involvement of youth. This type of shibir, it is hoped, will thus be promoted all heartedly in the future to the young generation.

Dharini Chokhadia said after attending the shibir: "This was the best Diwali of our life, as we learnt the most important things: how to be happy in this modern and fast moving life, and how to be stable, even in worst situations of life." "We all feel proud to have been inspired by both



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

1. Mega Mohnot



My name is Mega and I am a chartered accountant (CA) of Singapore and the UK. I have ICSE and A level qualifications and I enjoy working as an auditor. My academic interest lies in mathematics, accounting and economics.

Further, I also take on modern dancing as a hobby and love to exercise on a regular basis. I have participated in several freelance dance performances as a means to de-stress. I invest my free time in watching inspirational videos, making crafts and listening to music. I love to travel and I love India for its beauty and serenity it has to offer. I am keen in learning what every religion has to offer, and hence I make it a point to attend Bhagwat Gita classes for youths every week. My overarching goal has always been to assist in giving back to the society. Being part of this Project Aastha under the guidance of Samanji will help me move closer to my goal.

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.

Pranay S. Mohnot



I am Pranay from Singapore. I'm 19 years of age and currently serving in the Army. I am pursuing an Accountancy qualification and will be starting university education next year. I enjoy playing tennis and squash. I am also fond of reading and following current affairs.

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



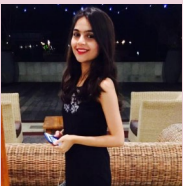
My name is Juhi Rajesh Shah. I'm studying in Temasek Polytechnic currently in year 2 of interior architecture and design. I am also in the the school team for ten-pin bowling.

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.

working for Aviva Investors as a Portfolio Manager managing assets and Investments. I love Music, Dancing, exercise and I like to Travel and socialising.

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.

English Teaching and Training by Volinteer from USA

Ushaben Luhadia came from San Diego, CA to teach and train Teachers and Students. On be half of Peace of Mind Foundation She have done 10 days Project from Oct 28 to Nov 6th 2017 at Purusharth School Bhanvad, Dwarka.

Usha worked hard and she successfully trained 3-4 teachers and 50 Students.. She will keep weekly contact with all teachers regular bases..

Respected Narotam Palan also happy to conducted this kind of project and Bhimsi bhai Karmool gave lots of thanks to Peace of Mind Foundation and Ushaben for arranging such kind of great project for teachers and Students in our school.



Visits at Abhavalay

Mayur bhai Khajuria visited Abhavalay from Canada and did the Satsang with Samanji..



Chintu from Pinnang and his friend Mukesh Shah from Surat visited Rajkot for two days and they have nice Satsang and Meditation with Samanji..

