



PEACE OF MIND

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



Swami Shrutpragyaji's

## NEWSLETTER

### New Publications

#### DVD

Vastu Shastra in Gujurati

#### 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 22nd,  
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

Mar 2011

- Biweekly

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

### Current Activities

#### Feb 22nd-26th:

**Girls & Boys Shibir in Mody School**

Location: Rajkot

Topic: Benefits of Yoga, Meditation,  
Self-Development

#### March 6th:

**Anger and Healthy Lifestyle  
Management**

Location: Nutan Upashary Paldi,  
Ahmedabad

#### March 14th/15th:

**Mumbai Yatra**

Location: Ghatkopar, Dadar,  
Matunga, Malad

#### March 18-20th:

**Gita Meditation Camp in Atlanta**

Contact: Chatur Chhabhaya  
([chhabhaya@hotmail.com](mailto:chhabhaya@hotmail.com))

### Upcoming Activities

#### Upcoming U.S Activities:

#### May 28th-30th:

**Young Professionals: Art of Life  
Management Shibir**

Location: Vraj, Pennsylvania

Ages: 14-26 y/o

Conducted by: Shrutpragyaji Swamiji  
and Shivali Choxi

#### Lecture Series In Memphis, TN:

#### April 1-5th:

Contact: Chanchala Mehta  
([cvnmehta@gmail.com](mailto:cvnmehta@gmail.com))

#### April 7-12th:

Mahavir Jayanti Atlanta  
Vyakhyan Mala  
Contact: Madhu Sheth  
([shethmadhu@yahoo.com](mailto:shethmadhu@yahoo.com))

#### April 14-21st:

Mahavir Jayanti Chicago  
Vyakhyan Mala  
Contact: Atul Shah  
([abshah24@yahoo.com](mailto:abshah24@yahoo.com))

# ***Shibir Experiences***

## ***Nutan Upasharay Paldi, Ahmedabad-***

Shrutpragyaji Swamiji organized a shibir that was made up of 100 shibirathi. It was sponsored by late Chimanlal bhudarmaliji Doshi. It was the 3rd Punyatithi Motivation by Dr. Nitin bhai and Chayaben Doshi from Maryland, DC. During the shibir, Shrutpragyaji gave a talk on Anger and Healthy lifestyle Management and presented 3 steps of meditation and yoga as well as pranayam. Overall, it was a great shibir experience for the guests and the entire shibir was conducted by Linda Doshi.



# ***Shibir Experience***

## ***Boys & Girls Camp-***

During the month of February, over 1000 boys and girls got together in Mody school for a camp that was arranged by Shrutpragyaji Swamiji. All the students were studying science in 11th or 12th standard. The students benefited from this camp in several ways. Shrutpragyaji Swamiji taught the students how to use memory in an effective way and how to develop a stronger mind power and self confidence. Both of these traits are very important for students and was taken with great eagerness and interest. Additionally, they were taught how to develop a healthy lifestyle, which will benefit them for their entire life and explained to them the great value of spiritual development. This involves training for yoga, pranayam, and meditation to improve concentration, health, and opening the sixth sense.



# ***Yog Sadhana Shibir, Dharampur***

***March 16th-18th, 2011***

Under Divine guidance of Pujya Gurudev Shri Rakesh bhai at Shrimad Rajchandra Ashram, 500 Mumukshus from various cities from India participated in daily routine starting from 5.00am until 9.30pm. Pujya Shrutpragya Swami conducted this entire shibir and delivered discourses on Health Management, Anger Management, Stress Management, Mind Management and Time Management. Swamiji taught them 3 types of Meditation: Kayotsarg and Walking Meditation. He also conducted Yoga-exercise and Pranayam. Pujya Rakesh bhai gave four Satsang on Sambhavnath Bhagavan among about 2500 Mumukshu.

Swamiji gave useful tips in his discourses to all Shibirathis. Few of them are:

**1. Health Management tips:**

- Holistic approach is required for your good health
- Five Key for good health: Healthy diet, Proper Physical exercise, Sound Sleep, Balance Life style, and Healthy Music

**2. Anger Management tips:**

- Do not react when you or other get upset and keep silence for 30 Minutes a day
- Do not give importance to other people's bad behavior
- Do the Meditation on peaceful divine soul
- Try to speak in low volume & fold hands on the chest when you get upset: eat and walk slowly do daily work with rhythm

**3. Relation Management:**

- Set your goal-Be right or be happy and always have a smiling face
- Be solution oriented
- Do not judge people and friends & Do not blame others for your own Problem

**4. Time Management:**

- Wake up early in the morning
- Practice non-possessiveness
- Make a list what need to do and set a priority
- Only work while you work, and sleep while you sleep

**5. Mind Management:**

- Be Mindfulness
- Take a decision on time
- Meditation Practice
- Detachment

**6. Stress management:**

- Learn to say NO politely
- Learn work and Time Management
- Try to be away from information overload and Cut responsibility or Develop your Mental skill

# Yog Sadhana Shibir, Dharampur



# ***USA Young Professionals Shibir***

***May 28th-30th, 2011***

For those in US, take this special opportunity to join an inspirational, powerful, practical, and fun retreat for the youth. Spaces are limited, so reserve your spot now! The highlight of the shibir is THE ART OF LIFE MANAGEMENT:

Shri Shrutpragyaji, renowned expert and Shivali Choxi offer three days of pulse-pounding training in the field of life style, a once-in-a-lifetime experience to enhance your skill set and help your everyday work, study and life soar to new heights! After many successful adult and youth retreats in NJ, NC, GA, TX, IL and MD, now in PA.

Practices and Lecture Topics include:

- Time Management -focus on your study & work and become stress free get the results!
- Anger & Stress Management
- The Art of Breathing -- get your good health back and be free of disease.
- Basic Yoga and Relaxation
- 7 windows to the Soul & Health --- It will also introduce you to the experience of the seven sacred energy centers-- chakras, that spin at the core of your being, generating your life patterns and physical health.
- Power Food
- Many More & FUN
- More Scholars

Date: May 28 to 30, 2011

Age: 14 to 26 years old

**Will be an experience you will NEVER forget!**

Peace of Mind Yogic Center Presents

# The Art of Life Management Young Professionals Youth Retreat



Heal the Mind.  
Be Born Again.



With World Renowned Shri Shrutprgya Swami



## Focus Your Life...

**Date:**

May 28 to 30, 2011

**Age:**

14 to 26 years old

**Location:**

Vraj, 15 Manor Road,  
Schuylkill Haven, PA 17972

\$165/ includes lodging,  
healthy vegetarian meals  
and handouts!

## Join Us!

**Contact:**

Shivali & Arti  
a\_choxi@yahoo.com

C:(240) 418-0360

**Practices  
and Lecture  
Topics include:**

Shri Shrutprgyaji, world renowned expert and Shivali Choxi offer three days of pulse-pounding training in the field of life style, a once-in-a-lifetime experience to enhance your skill set and help your everyday work, study and life soar to new heights!

After many successful adult and youth retreats in NJ, NC, GA, TX, IL and MD, now in PA.

- Time Management
- Stress & Anger Management
- The Art of Breathing
- Basic Yoga & Relaxation
- 7 Windows (Chakras) to the Soul & Health
- Many More & FUN

A yahoo survey:  
Strokes are rising fast  
among young middle-aged

WEB: <http://www.pomyc.org>

[http://health.yahoo.net/news/s/ap/us\\_med\\_stroke\\_younger\\_victims](http://health.yahoo.net/news/s/ap/us_med_stroke_younger_victims)