

Sneak Peak inside this issue

We also participated in several shibirs and had the privilege to have several visitors at Abhavalay as well. The coming month we will have a great time doing Project Aashta.

For Details visit our website at

Pomyc.org

Upcoming Events

Saman ji's Upcoming Program



Nov 29 to Dec 20

Kenya Trip and Shibir

[More Details](#)



Dec 22 to 29

Project Aashta Rajkot & Bhuj

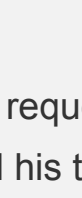
[More Details](#)



Jan 3 to 7, 2019

Surat Trip

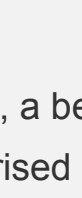
[More Details](#)



Jan 10 to 20,2019

North Gujarat Trip

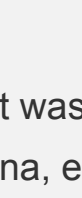
[More Details](#)



Jan 24 to 29,2019

Amritsar, Panjab

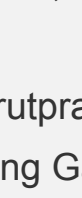
[More Details](#)



Singapore Shibir

Feb 1 to 10,2019

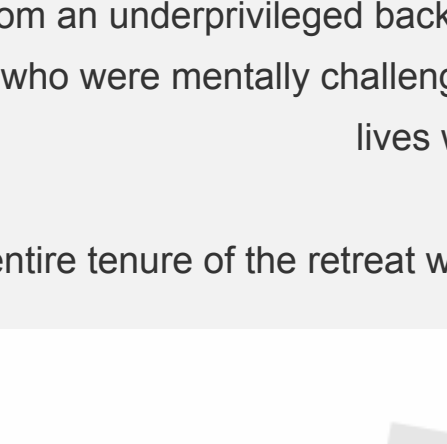
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Kuala Lumpur, Malaysia Ayambil Oil

April 11 to 18,2019

[More Details](#)



Peace of Mind Foundation, Rajkot

YouTube

[Subscribe Now](#)

YouTube link for Saman Ji's

Pravachan

Jai Jinendra. Peace of Mind Foundation Rajkot will be regularly uploading Saman Shrutpragyaji's videos on YouTube. In these short clips, Samanji shares his wisdom on practical and current topics. We humbly request you to click the link below and subscribe so you don't miss a new video

Spiritual Retreat at Abhavalay

Peace of mind had an opportunity to host an occasion of supreme happiness, 25th Wedding Anniversary (Silver Jubilee) of Mr & Mrs Mohnot from 9th - 17th November 2018 in Rajkot, India.

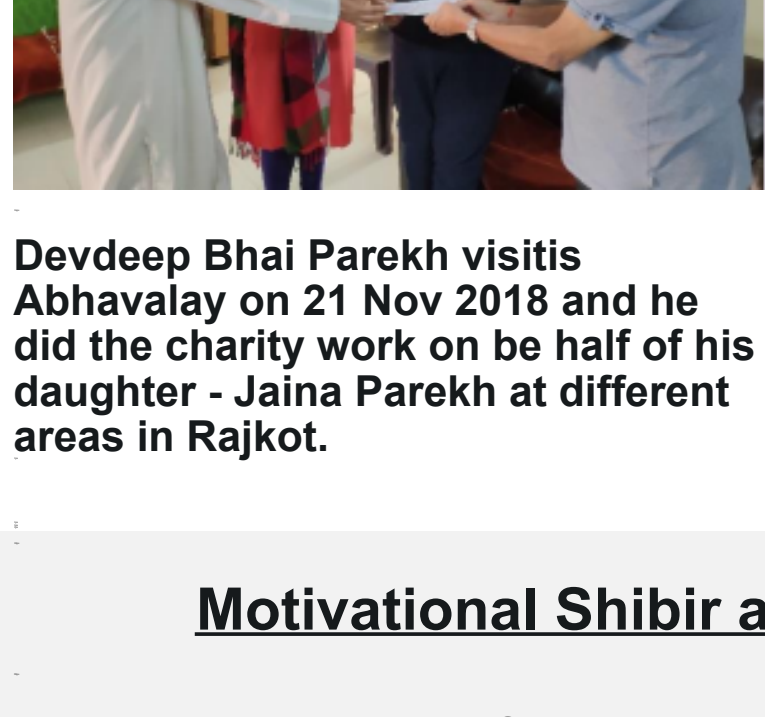
On request of Mr & Mrs Mohnot, a beautiful spiritual retreat was set up by Samanji Shrutpragyaji and his team. The retreat comprised of Tirth Yatra to Palitana, exploring the mesmerising Gandhi Museum in city centre of Rajkot, distribution of scholarships to subsidise school/ college fees for students of need, Seva at Vradhashram, Seva at Rajkot's Jain Panjarapole, sharing joy of Children's Day on 14th November at Rajkot's government hospital - P.D.U Children's Shivr by sharing cake and chocolate with the kids, distribution of food hampers to twelve Jain families of need in Abhavalay, visiting Shriji Goshala on Gokul Ashtami where time was spent feeding the cows, and visiting Aek Rang Children's Development Institute where mentally challenged and orphan girls are groomed and distributed jackets which they can use during cold weather.

There was a sense of realisation that happiness is not only related with material possessions. The kids from an underprivileged background were happy and had great respect for learning. The children who were mentally challenged always carried a smile on their face. However simple their lives were, they choose to be happy.

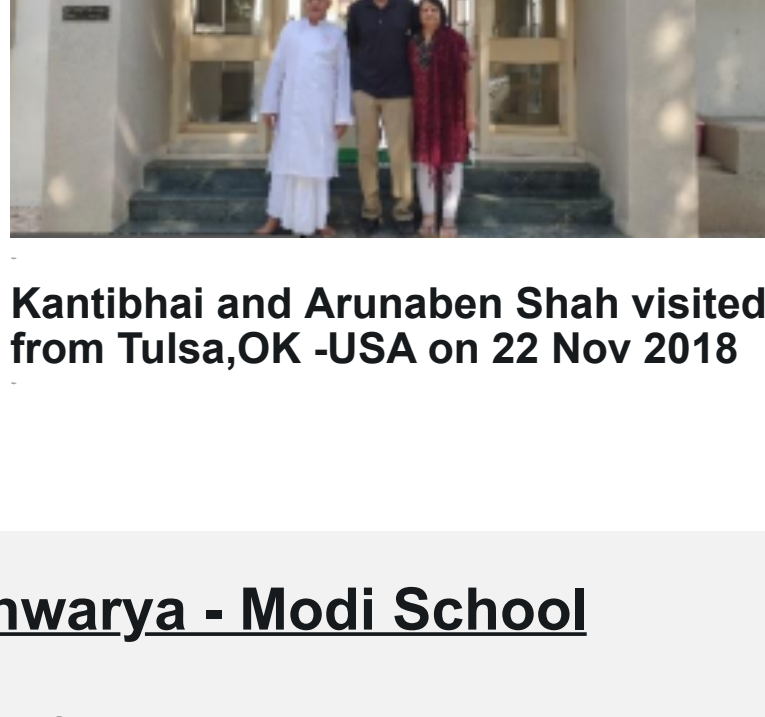


The entire tenure of the retreat was extremely fulfilling for both Samanji and Mohnot family.

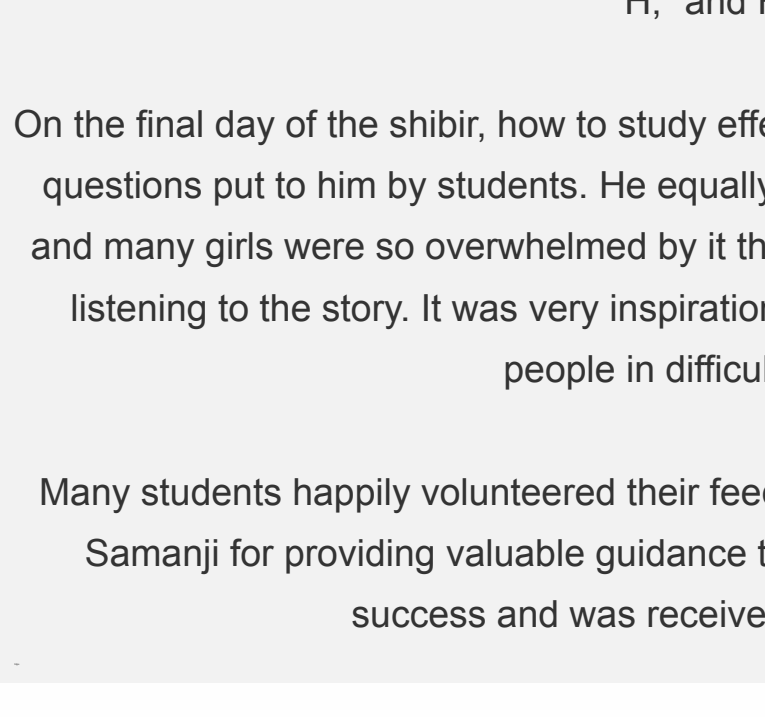
Visitors at Abhavalay



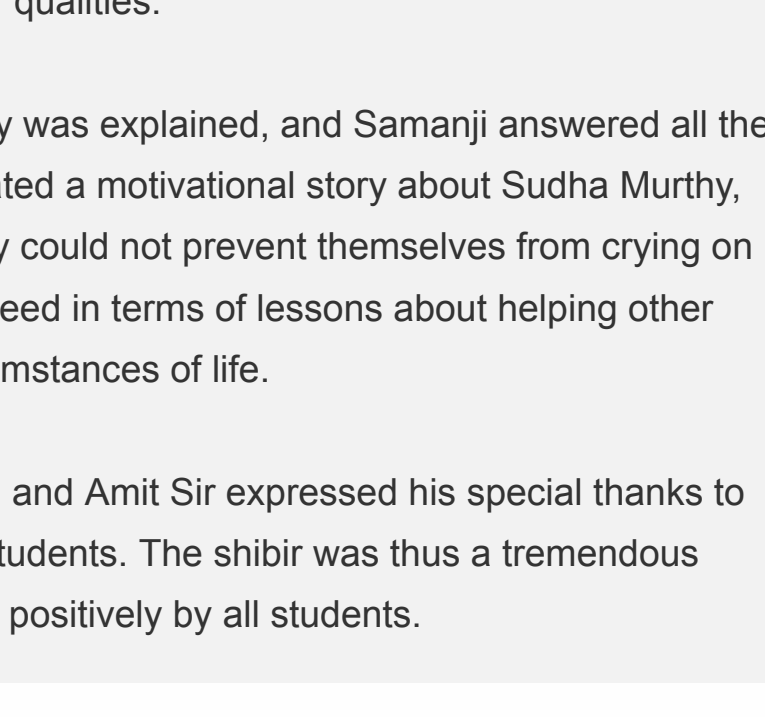
Sanjay and Ritu Mohnot and Mega from Singapore visited from 9 to 17 November 2018



Girish Bhai and Binduben along with their son Siddharth and her wife Palak visits Abhavalay from Banglore on 28 Nov 2018



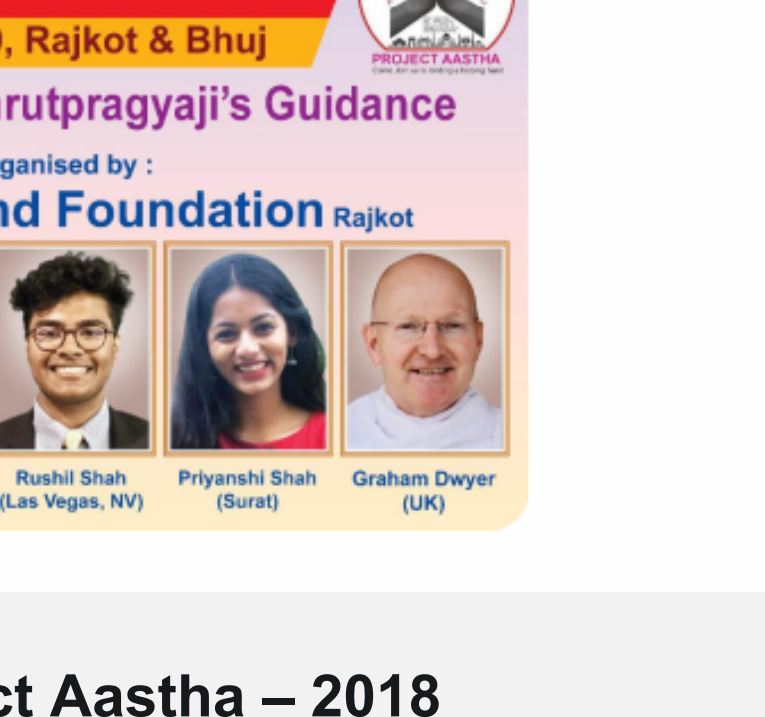
Jitubhai and Pramila Damani visits Abhavalay on 20 Nov 2018 from Kuala Lumpur, Malaysia



Narotambhai Palan and his wife along with his son Punit visits Abhavalay on 21 Nov 2018 from Porbandar.



Devdeep Bhai Parekh visits Abhavalay on 21 Nov 2018 and he did the charity work on behalf of his daughter - Jaina Parekh at different areas in Rajkot.



Kantibhai and Arunaben Shah visited from Tulsa, OK -USA on 22 Nov 2018

Motivational Shibir at Ishwarya - Modi School

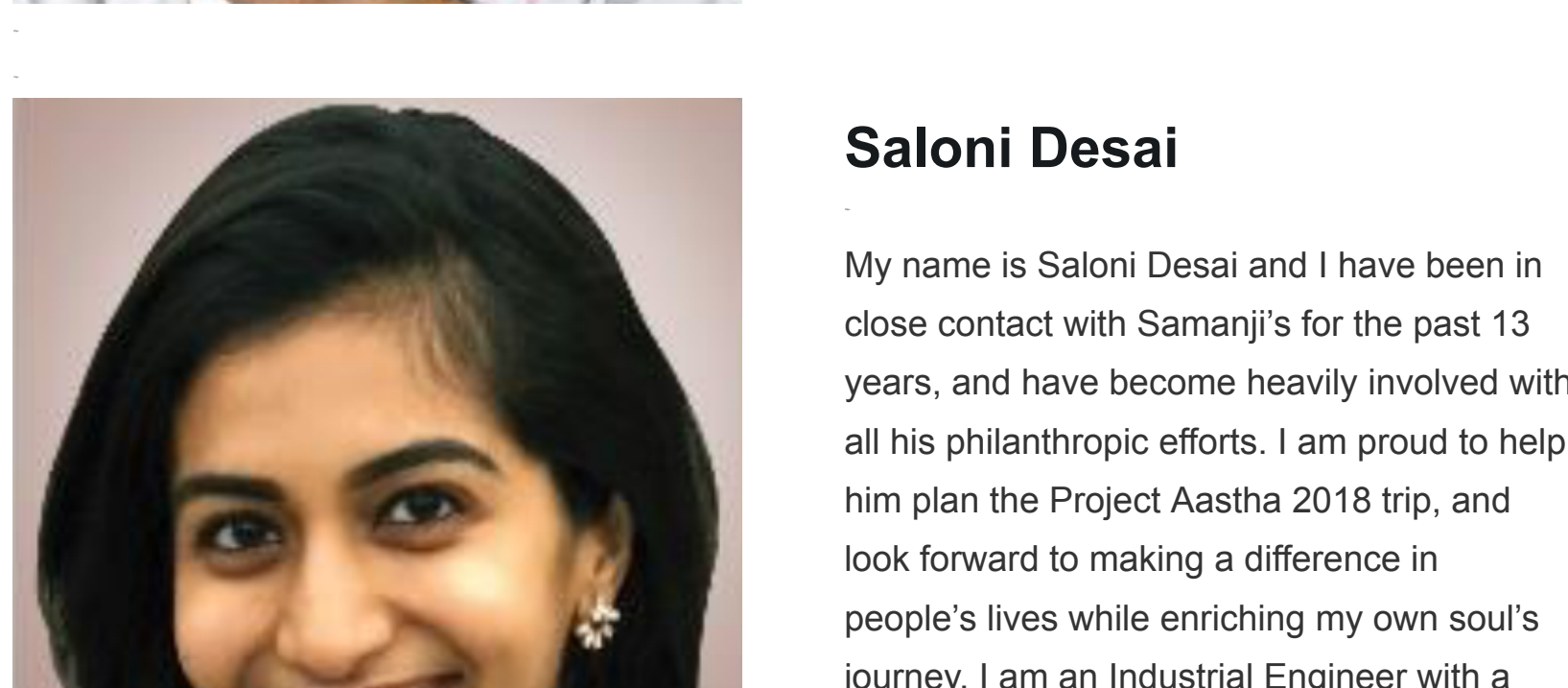
Motivational Shibir at Ishwarya - Modi School, 22 to 27 Nov 2018

The Modi School, Ishwarya Branch, invited Saman Shrutpragyaji to conduct a six-day shibir for both departments of boys and girls; and Samanji whole heartedly agreed to the arrangements put in place. The first shibir for boys was daily carried out from 4.30 pm to 5.30pm, and the second shibir for girls ran from 5.45pm to 6.45pm.

Samanji taught practices of Meditation, Pranayam and Yoga Poses in the begging of the two daily shibirs. Afterwards he delivered motivational speeches. He also taught the importance of Five "E" Qualities, namely, Empathy, Eagerness, Enjoyment, Efficiency and Energy. In addition, on alternate days during the shibir he explained in the same way the value of Five "F", Five "G", Five "H," and Five "I" qualities.

On the final day of the shibir, how to study effectively was explained, and Samanji answered all the questions put to him by students. He equally narrated a motivational story about Sudha Murthy, and many girls were so overwhelmed by it that they could not prevent themselves from crying on listening to the story. It was very inspirational indeed in terms of lessons about helping other people in difficult circumstances of life.

Many students happily volunteered their feedback, and Amit Sir expressed his special thanks to Samanji for providing valuable guidance to all students. The shibir was thus a tremendous success and was received very positively by all students.



Project Aashta-2018
December 23 to 29, Rajkot & Bhuj

Under Saman Shrutpragyaji's Guidance

Organised by :
Peace of Mind Foundation Rajkot

Saman Shrutpragyaji
(Rajkot, India)

Saloni Desai
(Atlanta, USA)

Amar Shah
(Las Vegas, NV)

Rushil Shah
(Las Vegas, NV)

Priyansi Shah
(Borui)

Graham Dwyer
(UK)

Third Annual Project Aashta – 2018

(Rajkot and Kutch – Dec 22 - Evening to Dec 29 - Afternoon)

This is the third annual Project Aashta trip arranged by the Peace of Mind Foundation - Rajkot. Five young people (aged between 16 and 28) are coming to participate in it from USA, UK and India. We will be doing key educational, social and charity based activities. All these important activities are only made possible because of generous donors and kind sponsors. You can write a cheque made payable to "Peace of Mind Foundation" for USA in Dollars or, alternatively, a cheque made payable to "Peace of Mind Foundation" if you wish to donate in Indian Rupees. For more information please contact us on whatsapp +91 9427312162. With your kind donations we will be able to transform the lives of thousands of needy people, giving them the essential support they deserve. Thank you.

Sponsorship Plan during Project Aashta 2018

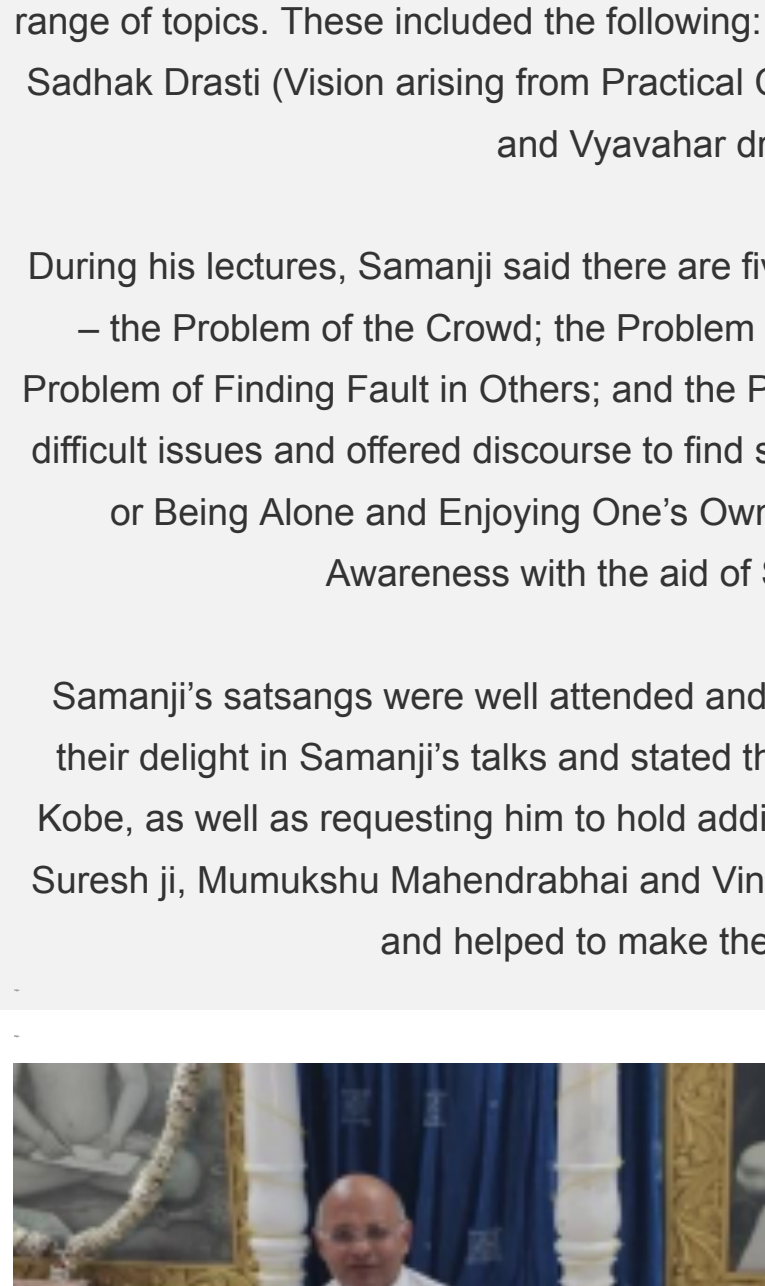
No	Sponsor for	US \$
1	School Toys	800/-
2	Green Board for students in School	500/-
3	Animal Care	400/-
4	50 Jumper for School's student	300/-
5	50 T-Shirt for School's student	250/-
6	Scholarship for one Student for one Year	200/-
7	School Kit – 50 Students	150/-
8	Medicine: One patient for one year	150/-
9	Notebooks(10 Notebook for Each Student) – 50 Students	150/-
10	One time Dinner for 130 Old age person at old age home	100/-
11	School dress for one student	51/-
12	School books for one student	51/-

Participants for Project Aashta 2018



Saman Shrutpragyaji

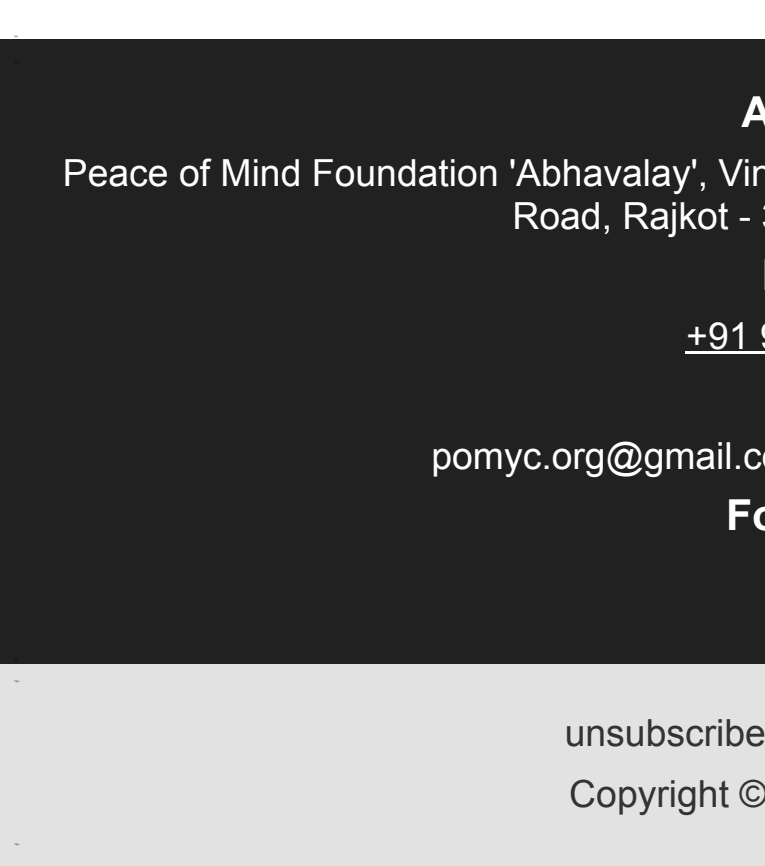
Saman Shrutpragyaji is a Jain monk and charismatic spiritual master. He has travelled to over 30 countries worldwide and is especially popular in India and in America, Britain, Malaysia and Singapore, where he continues to deliver inspirational lectures and conduct spiritual camps. He is a prolific writer, having written more than 70 books, and is a highly celebrated educationist. Saman ji will co-ordinate third Project Aashta trip. For more information visit: www.pomyc.org



Saloni Desai

My name is Saloni Desai and I have been in close contact with Samanji's for the past 13 years, and have become heavily involved with all his philanthropic efforts. I am proud to help him plan the Project Aashta 2018 trip, and look forward to making a difference in people's lives while enriching my own soul's journey. I am an author of a book on a specialization in Supply Chain, and professionally I have worked in the corporate industry for 4 years. Then I decided to build my own path and follow my passion by starting a commercial

manufacturing/supply company that caters to the interior design world. I have incorporated environmental sustainability, global philanthropic efforts, and Fair Trade Value practices as part of my company's mission. I believe that following your own passion can be even more gratifying if you can do that while creating a positive impact on the world too. Also, transitioning to veganism this year has played an integral role in enforcing my personal ideology that one person can definitely make a universal difference in the process of bettering themselves. Spirituality and Jain principles are the key influencers for how I lead my life on a daily basis, and I am excited to expand on that with this humbling volunteering experience.



Amar Shah

Amar Shah was born in New Jersey and grew up in Las Vegas, Nevada. He was influenced by Jain practices through both of his parents, grandmothers, and the Jain community in Las Vegas. Amar is studying computer science at Cornell University, NY and will graduate this spring with the intention to work in software engineering with a focus on Artificial Intelligence and Machine Learning. He enjoys dancing Raas-Garba with his team at Cornell, hiking in the outdoors, and spending time with friends and family

Rushil Shah

Rushil Shah was born in Pennsylvania. He was raised in Las Vegas, Nevada. Growing up under the influence of both grandmothers, Rushil developed a unique connection with Jainism. Along with that, he enjoyed drinking tea with his grandmothers. Throughout high school, Rushil immersed himself into the debate team, as well as playing on his high school's tennis team. Rushil likes to cook, specializing in Italian, Indian, and Mexican. He is currently studying at the University of Nevada, Reno following in his parents' footsteps, hoping to be involved in the medical world

Priyansi Shah

I am currently studying for a Bachelor's Degree in Media and Commerce in Mumbai. In addition to being a diligent and hard-working student, one of my greatest passions is helping others, especially those who are underprivileged or who are in great need to social welfare and support. I enjoy engaging in educational and academic conversations and debates, as well as take a keen interest in meeting people from a variety of different backgrounds. I also take delight in managing events, which I have been doing

enthusiastically for the past two years. Enjoying nature and walking, as well as exploring different environments both on my own and in the company of others, is one of my favourite pass times

Dr Graham Dwyer

Dr Graham Dwyer received his D. Phil from the University of Oxford for his contribution to the understanding of spirit possession (bhut-pret) and healing rituals (exorcism) in north India. He is the author of three scholarly books and many academic articles on various aspects of Indian religious traditions. His interest in Jain Dharma began when he first met Jain monks as a young student and has remained in close contact with them for over 25 years.

Shibir at Kobe, Gandhinagar – Shrimad Rajchandra Ashram, 5-7 November 2018

Sadhananu Panchamrut – Five fold Nectar of Spiritual Practice – was the central theme of this Shibir. It took place in the holy presence of Puja Atmanandji.

Saman ji gave two Pravachans and one Meditation Class every day of the shibir, which covered a range of topics. These included the following: Goal Setting with Adhyatma Drasti – Spiritual Vision, Sadhak Drasti (Vision arising from Practical Commitment), Vivek Drastic (Proper Understanding); and Vyavahar drastic (Practical Vision).

During his lectures, Samanji said there are five major issues confronting one in the modern world – the Problem of the Crowd; the Problem of Noise, the Problem of Lack of Enthusiasm, the Problem of Finding Fault in Others; and the Problem of a Wavering Mind. Samanji dealt with these difficult issues and offered discourse to find solutions to each of them. These included Ekant – or Being Alone and Enjoying One's Own Company and Maun – Cultivating Silence and Awareness with the aid of Self-Introspection and Meditation.

Samanji's satsangs were well attended and very much appreciated. All participants expressed their delight in Samanji's talks and stated that they wished to hear from him more and more in Kobe, as well as requesting him to hold additional satsangs in the future. Bahenshri, Mumukshu Suresh ji, Mumukshu Mahendrabhai and Vinaben Khandhar supported the shibir enthusiastically and helped to make the whole camp a great success.

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