



March 2018 Newsletter

Current Events

Sneak peak inside this issue:

We spent this month holding a yoga and meditation shibir as well as various health shibirs as well. We got to give a few motivational speeches and got some great visitors as well at the yogic center.

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

<http://www.pomy.org/blog/>

March 1st-31st: - Yoga and Meditation Shibir at Abhavalay



Upcoming Events

March 12th-14th – Visit to North Gujarat to spend time with Muni Siddharth Kumar

Mar 20th to Apr 3rd – Visit to Bangalore for Ayambil Olle Aradhana (including morning discourses to adults and evening talks to young people)

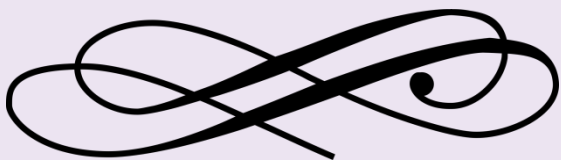
April 20th-27th – Visit to London, UK

Apr 28th – July 15th – Visit to USA

Residential Home for the Elderly

Rajkot, 14 February 2018

Saman Shrutpragya ji gave a short Valentine's Day talk at the home for the elderly in Rajkot, which was attended by all members of the residential home itself, along with trustees and managers, as well as more than 200 college students who regularly carry out SEVA activities at the home. Samanji started by pointing out that Valentine's Day is dedicated to Saint Valentine and thus especially appropriate for a monk to deliver the key note speech. He emphasised that true love is seen and expressed through loving and caring acts of kindness and has nothing at all to do with notions of romantic affairs. He praised the work of the centres managers and trustees and thanked the young college girls from Konsagara Hostel for their ongoing work and SEVA practices. It was a joyful event, which the elderly residents as well as staff and students greatly enjoyed.



Diabetes Shibir, Abhavalay, 14-18 February 2018

A five day Shibir for patients suffering from diabetes was carried out at Abhavalay. This was supported by Dr Graham Dwyer and Vikram Singh, a young yoga teacher who is currently completing a Master's course at Jain Vishva Bharati in Rajasthan. The shibir started with meditation and was followed by pranayam, physical exercises and asanas specifically selected for the management of diabetes.

Heart and Cardiovascular Disease Shibir, Abhavalay, 20-24 February 2018

A five day Shibir for patients with heart and cardiovascular disease was held at Abhavalay. It was led both by Samanji and Graham Dwyer, with the support of yoga teacher Vikram Singh. After the guided meditation led by Graham Dwyer, gentle physical exercises and key asanas for managing heart and cardiovascular disease were carried out. Pranayam and kayotsarg also were performed during this shibir.

Yog-Dhyan Shibir, Abhavalay, 1 March 2018

Samanji started a new yog-dhyan shibir at Abhavalay which will be continued daily throughout the month of March. The response to the invitation to participate in the shibir has been very strong, with many new comers joining the camp from various parts of Rajkot as well as from the neighbouring community of Vinayak Vatika.



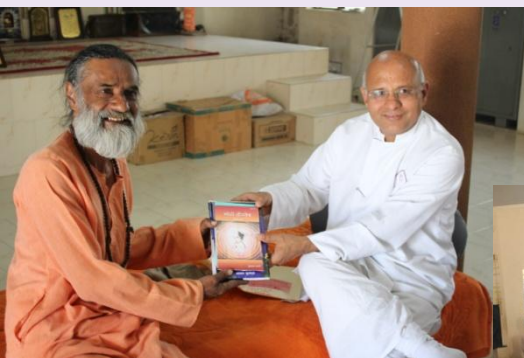
Wedding Blessing to Prit Kandor and Nicki Doshi Bhuj-Kutch, 17-18 February 2018

Saman Shrutpragya ji travelled to Bhuj-Kutch with Graham Dwyer and Kantibhai Sheth from Malaysia to give a special wedding blessing to Prit Kandor and Nicki Doshi, the latter being Samanji's own neice. This was a joyful occasion, one which Samanji's neice and bridegroom as well as all family members greatly appreciated. During the two day visit Samanji not only met his mother and brothers as well as other extended kin but also visited friends. He is especially thankful to Prafulbhai and his wife for their kind accommodation during his two day stay in Bhuj.



Motivational Lecture at M.P. Modi, a Co-Educational School in Ramod - Gondal, 22 February 2018

Samanji delivered a discourse at this popular school on the occasion of 10th and 11th Standard students' school graduation. Samanji gave a speech on how to be a good human and also on how to complete exams without stress. Some 300 girls and boys participated in the programme, which was also supported by Bala Sahib. Because of the success of the programme Samanji was invited to return to conduct a shibir at M.P. Modi Co-Educational School in Ramod, Gondal in the future. Samanji also visited Anand Ashram and Met Dr. Niranjana Rajyaguru and Gaushala at Ghoghavadar, Gondal.



Charity work and Motivational Discourse @ G.T. Sheth Girls' Hostel, 24 February 2018

Samanji together with Vinodbhai and Bhartiben Mehta from Malaysia and Graham Dwyer from the UK were warmly welcomed to the girls' hostel. The visitors from Malaysian and UK each gave a short talk, following which Samanji delivered a motivational speech. After these presentations to the 300 assembled girls and hostel staff, they distributed much needed gifts there. Polo shirts, school kits and school bags were given, and a number of scholarships were also awarded. Managing Trustee Shrimati Sharmila ben introduced all guests. Bharatiben and Vinodbhai also addressed all girls. It was Samanji's first visit to the girls' hostel in Rajkot, and his work there was greatly appreciated. He will revisit the school later in the year to conduct an additional programme, as the enthusiastic girls and staff have requested this.



Visitor Feedback from Vinodbhai Mehta

“This is the first time I came to see Shrutpragya Samanji and stayed for three days at Abhavalay. I was really impressed and happy to see the noble work Samanji is undertaking. He is very pure at heart and knowledgeable and teaches how to be a true human being. Here I also met a British guy called Graham (Gangaram) who is also very friendly and a learned man. After coming here I felt peaceful, and the accommodation is excellent. Samanji was helpful and caring. He does a great job in terms of charity for the poor, giving scholarships to underprivileged students and giving wonderful lectures. I feel like coming at least once a year. My humble good luck to Samanji.”



Para Pipaliya Farm House, 28 February 2018

Narotambhai Patel, owner of Para Pipaliya Farm House in Rajkot, invited Samanji to his large farm, where Samanji gave a discourse to a group of 30 retired people. Samanji also led meditation there, as well as doing physical exercises. His talk focused on how to live after 65. He attended the programme along with Vinodbhai and Bhartiben Mehta and Graham Dwyer.



Khamta and Dhrohl Schools, 25 February 2018

Samanji along with Graham Dwyer from the UK carried out charity work at Kamta and Dhrohl Schools for girls. Samanji gave a short lecture at the two schools and messages given were given by Saman Shrutpragyaji who emphasized the importance of hard work to achieve success, both in the context of school as well as life as a whole.



Visitor Feedback from Dr Graham Dwyer (Gangaram)

“Reflecting on my experience during my six week visit to Abhavalay (from late January until early March), there were three notable highlights. The first was the opportunity I had to do sadhana with Samanji and with many spiritually inspiring guests who came to the Peace of Mind Foundation. The second highlight was being able to give presentations with Samanji to various groups, mostly in schools and colleges, passing on tips for effective study, as well as helping with seva activities. The third especially enjoyable work for me involved facilitating Samanji’s shibirs at Abhavalay, an activity I enthusiastically participated in. I am thankful to Samanji and to all the Peace of Mind Foundation visitors who made my stay both comfortable and spiritually enriching.”



Visitors to the Peace of Mind Foundation Rajkot, February 2018

Samanji was pleased to welcome a number of guests to the Peace of Mind Foundation in Rajkot during the month of February. These included Dr Graham Dwyer from London, UK, Kantibhai Sheth and Vinodbhai and Bhartiben Mehta from Malaysia, Dharmiben Shah from Chicago, USA, and Mahendrabhai and Kusumben as well as their family members also from Chicago. Javaharbhai and Kalapanaben Doshi from London, UK, Ratibhai Patel and his family members from California, USA. Sweta Shah from Mumbai also came to visit Samanji at Abhavalay to do sadhana, and Vikram Singh from Rajasthan has both been doing sadhana at Abhavalay, being of special help in the demonstration of yoga asanas during shibirs. Harshadbhai Sanghvi from Connecticut, USA.



Ashok Jain



Harshad Sanghvi



Kanti Sheth



Jaswant Shah



Kantibhai & Vinubhai Mehta



Ratibhai Patel



Shweta Shah