

July 2019 Newsletter

Peace ^{OF} Mind

EXPERIENCE YOUR INNER BLISS



Peace of Mind



Upcoming Program

London - UK Trip

5th July, Friday - Pravachan at Oshwal Jain Derasar

Time: 1.30pm - 2.30pm

Venue: Oshwal Centre

Cooper's lane Road,

Pottersbar

EN6 4DG

Contact: jayeshbhai Panditji@ +7448 021340

5th July Evening Satsang @ Hira Karia

Time: 7.00-8.30pm

Venue: 20 Pembroke Road

Greenford

UB69QP

Contact: +7717 841805

San Francisco, CA

Date: June 8- 17,2019

One day Shibir @ Milpitas Jain Bhavan

July 14, 2019

Contact: 510-770-8850(Avni Shah)

Vancouver, BC -Canada

Date: July 18 - 24, 2019

Contact: 778-855-6082(Mahendrabhai)

Las Vegas, NV

Date: July 25 - 28, 2019

Contact: 702-249-8127 (Neeta Daulat Desai)

Amarillo, TX

Date: July 29 - Aug 1,2019

Contact: 806-567-2733

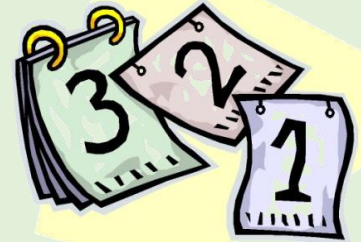
Future Schedule

Denver	2-Aug	Fri	4-Aug	Sun
Atlanta	5-Aug	Mon	11-Aug	Sun
Tulsa	12-Aug	Mon	14-Aug	Wed
Austin	15-Aug	Thu	18-Aug	Sun
Houston	19-Aug	Mon	22-Aug	Thu
Panama City	23-Aug	Fri	25-Aug	Sun
New Jersey	26-Aug	Mon	4-Sep	Wed
Memphis	5-Sep	Thu	10-Sep	Tue
Dayton	11-Sep	Wed	11-Sep	Wed
Cincinnati	12-Sep	Thu	15-Sep	Sun
Chicago	16-Sep	Mon	7-Oct	Sun
London	8-Oct	Tue	13-Oct	Sun

Sneak peak inside this issue:

This month we had a month filled with charity events and a great way to give back to the communities and to kids in need. Take a look at this and much more!

Please visit our website at www.pomyc.org



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.

<https://bit.ly/2Iho0dN>

International Yoga Day

Date: 21 June: International Yoga Day

Program: Yoga and Pranayam

Venue: Bhanwad School Ground

Date: June 21, 2019, 7 to 9am

Organized by Nagar Palika, Bhanwad

Details: Saman Shrutpragyaji came especially from Rajkot to celebrate the Yoga Day program at Purusharth High School. 2000 Students of deferment Schools and Leaders participated. After the Yoga program Samanji addressed all the staff of Purusharth School and guided them for efficient teaching.

Link:

<https://www.youtube.com/watch?v=UkX64AZp7qg>



Charity Activities: Providing Notebooks and School bags for needy girls



Life Education Shibir

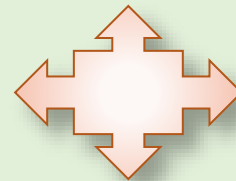
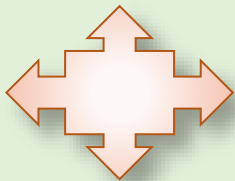
Date: June 14 - 19, 2019

Venue: Ishwarya - Modi School, Rajkot

Details: From Class 5 to 11th, a total of 800 students participated in a six days shibir. Samanji gave talks on Goal Setting, Art of Positive thinking, the Power of Reading, Self-Confidence and the Value of Values. Samanji also taught them the correct way of doing Yoga and Meditation Techniques.

link:

<https://www.youtube.com/watch?v=Ue0RVhgygmU>



Donating sanitary vending machine and Notebooks

Program: Donating sanitary vending machine and Notebooks

Venue: GT Girls Hostel, Rajkot

Date: June 17, 2019

Donation: The Peace of Mind Foundation Rajkot installed Sanitary Pads and a Vending Machine for 500 Girls. It is sponsored by Mona and Parag Desai and Family from Singapore. The Peace of Mind Foundation also donated notebooks to all girls. Samanji gave the blessing to them for effective study. Managing trustee Miss Sharmilaben gave lots of thanks to the Peace of Mind and its donors.

link:

<https://www.youtube.com/watch?v=7m1GRUvRCDY>



Scholarship Project at Bhanvad (Dwarka)

Program: Scholarship Project 2019

Venue: Purusharth School, Bhanvad - Dwarka

Date: June 21, 2019

Sponsored by Saryuben Satishbhai Doshi and Family (Kula Lumpur, Malaysia)

Details: From Peace of Mind Foundation, Saman Shrutpragyaji Provided 8 Students Scholarships and also provided 2 notebooks to whole school students. Total Sponsorship for this school is Rs.51000/-. Managing Trustee Shree Bhimsibhai Karmul gave lots of thanks to Peace of Mind Foundation and Sponsors.

You can watch Detail from this link:

<https://www.youtube.com/watch?v=fHINQU-oXTk>



Scholarship Project Part 2

Venue: Abhavalay, Rajkot

Date: June 17 - 25, 2019

Details: The Peace of Mind Foundation Rajkot provided 13 students with Scholarships (Part 2) from June 17 to 25, 2019. It was sponsored by Saryuben and Satishbhai Doshi and Family from Kuala Lumpur, Malaysia.

See the link for it.

<https://www.youtube.com/watch?v=fHINQU-oXTk>



Toilet & Sanitary Pads Project

Program: Toilet & Sanitary Pads Project

Venue: Gram Seva Sangh, Nipar, Rapar - Kutch

Date: June 20, 2019

Details: The Peace of Mind Foundation Rajkot set up a Sanitary Pads Machine (Sponsored by Sanjay and Rutu Mohnot and family from Singapore) along with 7 Toilets and bathrooms (Sponsored by Kirtida and Bharat Mekani from Singapore) at Gram Seva Sangh. This is for 400 *Adivasi* Residential Students school at Nilpar, Kutch.

Please visit the link:

<https://www.youtube.com/watch?v=klQ5vzXcswE>



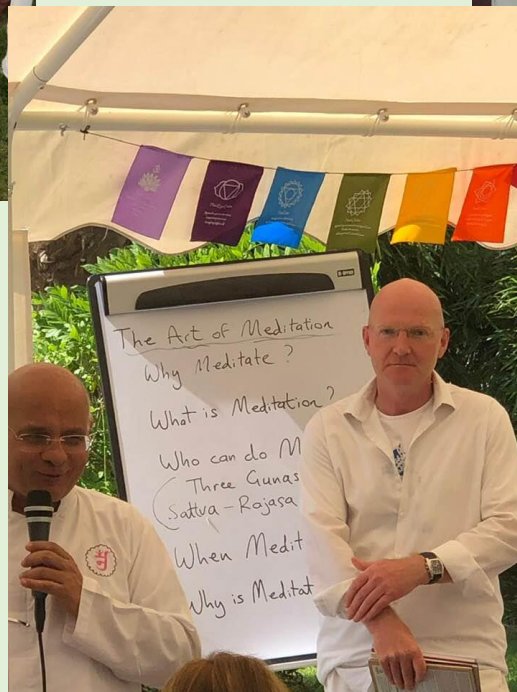
Third Annual Shibir at the Home of Dilesh and Chetna Mehta Chorleywood, London UK

Theme: The Art of Meditation

Venue: Nirvana - Dileshbhai and Chetnaben's Residence

Date: June 28th, 2019

Details: Samanji started the day long program with yoga and conducted a meditation session. Tommy, a guest to the home, also carried out a sound healing session, which was followed by a discourse on meditation by Samanji. Samanji taught that meditation is an art rather than a science because it goes beyond the intellect and logic and is ultimately a matter of the heart. He also taught that meditation is a powerful way to destroy karmas but said that only *sattvic* people can do meditation. He explained that those who are governed by *tamas* and *rajas* gunas cannot do meditation. A *kirtan* performance completed the day's events, and 50 guests attended the shibir and enjoyed throughout the day. Wonderful *sattvic* food was lovingly provided by Dileshbhai and Chetnaben .



Donating Eye Glasses

Program: Donating Eye Glasses

Venue: Sarojini Naydu School, Rajkot

Date: June 18, 2019

Details: The Peace of Mind Foundation Rajkot provided spectacles and eyes tests for 30 girls as well as notebooks to all girls at Sarojini Naydu School in Rajkot. The glasses were sponsored by **Parul and Mukesh Kamdar from Austin TX - USA.** and the notebooks were sponsored by **Inner Wings Club Rajkot.**

For more details see the link:

https://www.youtube.com/watch?v=00oed_dF6a8&t=10s

