



Peace of Mind



February - 2023

Peace of Mind Foundation

'Abhavalay', Vinayak Vatika, Opp. Madhapar bus stop, Jamnager Road, Rajkot-360006. Gujarat, India.
Mobile : # +91 9427366164 mail: pomyc.org@gmail.com Website: www.pomyc.org



Visiting Abhavalay

Kaishalbhai and Diptiben's Visit to Abhavalay and Tapovan, Ghumali

28 Dec – 1st Jan 2022

From California, U.S.A., Kaishalbhai and Diptiben visited Samanji, staying first at Abhavalay and then travelling with him to Tapovan, Ghumali. At the Tapovan they engaged with students constructively, giving talks along with Samanji. They also attended the Science Fair at Purusharth School and later took part in the awards ceremony at the school. Other visits made by Kaishalbhai and Diptiben along with Samani included morning breakfast and satsang with Chandubhai at Shri Murlidhar Farm House and a tour of the Om Marble Factory, as well as lunch with Ghushabhai. the marble factory owner. They also made a short trip to Sanakhala Government School



Blessing and notebook distribution @ Sanakhala School



New Year Diary Gift



Science Fair Award Ceremony



Visiting Om Marble

Self-Management Shibir (SMS), Purusharth School, Bhanvad, Gujarat



Samani in the Purusharth School Shibir

2-6 January 2023

An exciting five day shibir was carried out at Purusharth School in Bhanvad during which Samanji inspired as well as motivated students to develop key skills of self-management. In the shibir Samanji presented a variety of topics focused on this theme, including how to study effectively; how to enjoy complete health and wellbeing; how to create emotional balance; and how to achieve self-discipline. A question-and-answer session on the final morning of the shibir also gave students an opportunity to discuss topics focused on self-management, as well as offer their own valuable feedback. Bhimsibhai Karmur was also extremely happy and delighted to hear the positive comments made by students at the end of the shibir.



Student Asking a question in the Shibir



Samani Giving Training at Purusharth School

Bhuj, Kutch Visit

11-12 January 2023

Samanji travelled with Gangaram to Bhuj, Kutch to visit Samanji's family. They enjoyed several satsangs together and shared delicious food with one another. Profalbhai and Naynaben kindly accommodated them in their home during their visit. Samanji received gauchari at the homes of Pallviben and Kirtibhai Doshi and Jagdishbhai Doshi. Sandipbhai Mehta also spent time with Samanji and gave his usual wholehearted support.



Samanji with Mother and family members



Samanji's Satsang with Family

Purusharth School 20th Anniversary Celebration

7 January 2023

Purusharth School in Bhanvad under the strong leadership of Bhimsibhai Karmur celebrated its 20th anniversary in exuberant fashion this year, an event which attracted some 10,000 people from both the town and surrounding area. A well-rehearsed drama was performed at the anniversary event by Purusharth students based on the story of the local Vir Mangalawala Samadhi. The pre-recorded songs throughout the performance were sung by professional singer-song writer Maldebhai Ahir on a beautifully decorated stage, complete with carefully managed lighting arrangements. A new school bus was also donated by Memphis Tennessee Jain Sangh during the 20th school anniversary; and speeches were made there by Samanji and by Dr. Graham Dwyer (Gangaram), as well as by Dr. Jayendrasinh Jadav, an educationist holding the office of Government Secretariat in Gandhinagar.



Donation of School Bus from M



Peace of Mind Foundation giving Best Teacher Award at Purusharth School



Purusharth School giving Seva Ratna Award to Samanji



Samanji and Gangaram in the Audience watching the Drama



Samanji's speech at Purusharth School's 20th Anniversary

Satsang in Murulidhar Farm Rajkot

Dec 29,2022

Samanji was very pleased to be invited to receive gauchari and enjoy a satsang with Chandubhai and his family as well as staff members at Murlidhar Farmhouse in Rajkot. Before gauchari was served, he and Gangaram together with Samanji's guests from California U.S.A. had an enthusiastic discussion about world religions and religious texts.



Donation of School Bus from M



Group Photo at Shree Murlidhar Farm House Rakot

Rapar Visit

13-14 January 2023

The small town of Rapar in Gujarat was visited by Samanji immediately following his Bhuj trip. He spent time there with several Jain families and the wider Jain community, as well as with other people of the town. On the evening of January 14, he gave a pravachan to a packed hall of people who were greatly inspired by his words. In addition to the lecture, Samanji and Gangaram were given a tour during the day of Panjara Pole, the local animal hospital, which mostly treats and lovingly takes care of animals wounded or injured in road traffic accidents. Both Samanji and Gangaram were greatly inspired by the Panjara Pole team and the important caring work that they are doing at the animal hospital.



Samanji Receiving Gauchari in Rapar



Panjara Pole Rapar - Samanji and Rapar Group



Meeting with Sadhavi Jyotiprabhai m.s. in Rapar

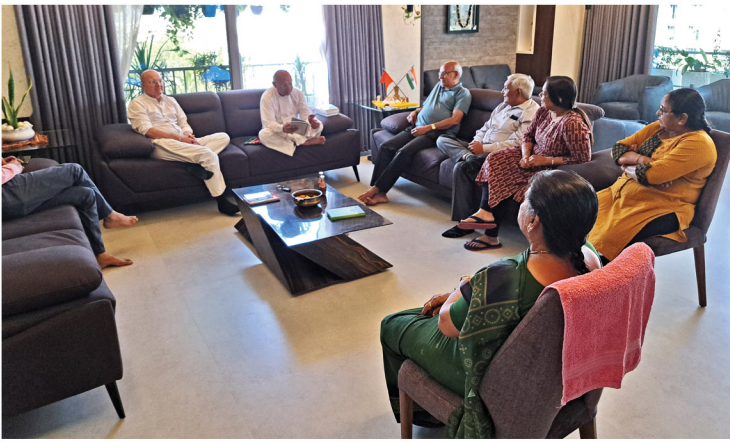


Pravachan at Vividhlakshi Hall Rapar

Satsang at the Home of Binaben and Mahadev Joshi, Rajkot

9 January 2023

Binaben and Mahadev Joshi invited Samanji and his friend Gangaram to a family satsang at their home in Rajkot. After sharing lunch with the family, they discussed together their mutual interests in literature, particularly spiritual books. Samanji and Gangaram then viewed the family's extensive home library.



Satsang with Beenaben and Family in Rajkot

Bodhgaya Yatra

19-22 January

Samanji travelled to Bodhgaya in Bihar with Gangaramji especially for purposes of Sadhana. One each of the days they stayed in Bodhgaya they did meditation in Mahabodhi Temple, which is the most famous pilgrim centre for Buddhists throughout the world.

During their stay they met and had discussions with Buddhist monks and nuns from many different countries, including India, Tibet, Thailand and Nepal. One special satsang was arranged for them with Tenzin Thapkey, a Tibetan Lama who now resides in Bodhgaya on a permanent basis. They talked together mostly about sadhana and spiritual practice and had a very fruitful meeting.



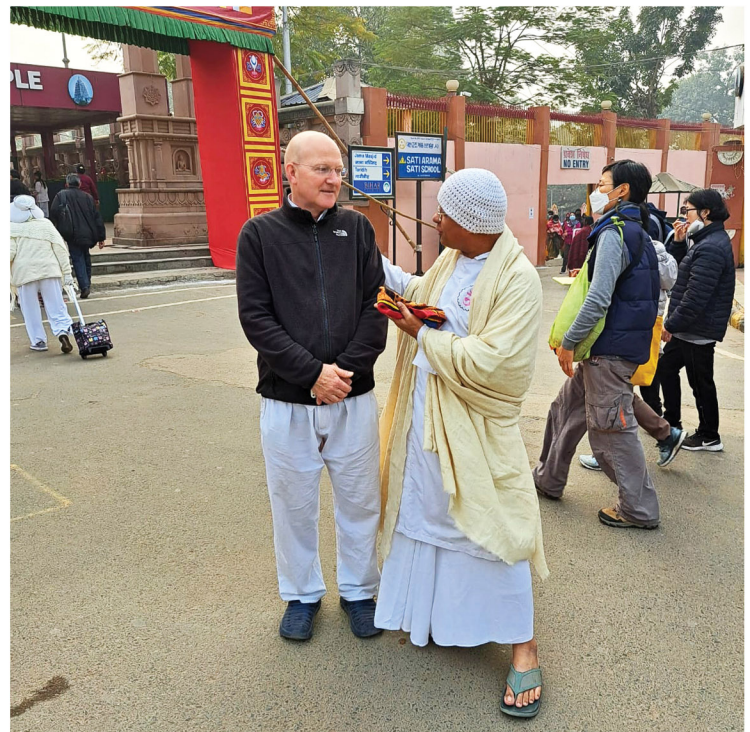
Meeting with Tibetan Bhikshu



Group photo with Buddhist Monks



Meeting with Lama Tenzin Thapkey



Outside Mahabodhi Temple

Shikharji Yatra

22-25 January

After visiting Bodhgaya, Samanji and Gangaramji went on to Shikharji in Jarkhand. On this yatra they daily did meditation, enjoying a spiritually enriching time in this holy place from which 20 tirthankars got moksha. They met and had wonderful discussions with Digambara monks. Praman Sagarji Maharaj in particular welcomed both Samanji and Gangaramji into their group very heartily, and a question and answer session followed on during the meeting with the group. Praman Sagarji Maharaj, a very charismatic monk, also gifted Samanji and Gangaramji books, which he himself had written, as well as a number of other religious texts.

Samanji and Gangaramji found the atmosphere of Shikharji very relaxing indeed. Recent all-India news, giving the impression that there is much upheaval or social disruption there, is entirely misleading and false. Samanji and Gangaramji found it to be both peaceful and harmonious, with local residents equally being friendly and welcoming.



Satsang with Digambar Monks



Receiving books from Praman Sagarji Maharaj



Shikharji Yatra

Our visit to Rajkot and Bhanvad (Dec 28 - Jan 1, 2023)

December 28, 2022, Wednesday

We reached Abhavalay, Rajkot on December 28, 2022, in the evening around 6.00PM. Saman Shri Shrutprajna and Dwyer Graham came to pick us up from the Bus Stop. We had delicious dinner at Abhavalay.

December 29, 2022, Thursday

The following day in the morning we went for breakfast at Shri Chandubhai's Farm House. We met quite a few Chandubhai's friends along with his father and brother. Samanji gave talk for 10-15 minutes. We took the tour of Chandubhai's Farm House and then we had delicious breakfast at the guest house and a picture session.

Late morning, we departed for Bhanvad. On our way, we stopped by and visited Suresh Dhranga's Om Marble Factory. It was wonderful experience to see the process of transforming raw marble stone into finished marble. We had a tour of the entire factory along with the show room of finished marble. At the showroom, we met one of the Sureshbhai's son. We had delicious lunch at the Om Marble Guest House. Then late afternoon, we left for Tapovan.

When we reached Tapovan, students of the Tapovan school greeted us. We were touched by the hospitality of Shri Bhimsibhai, Heenaben, Hardikbhai and all students. We took the tour of Tapovan and spent the rest of the afternoon with Bhimsibhai's family. We all eat dinner at Tapovan. Then in the evening, we visited, Purusarth School, Bhanvad.

On arrival at Purusarth School, we met school principal and also visited Shri Bhimsibhai's office. In the evening, we attended a function that was organized to recognize students and their teachers who participated in the Science and Math Projects Fair. We handed over the gifts to all participating students and teachers. Saman Shri Shrutprajna gave motivational speech. After the function, we played Garba for 15-20 minutes.

December 30, 2022 – Friday

In the afternoon, we had Sugarcane Party with Samanji, all 11 students of Tapovan, and both parents of Bhimsibhai and Heenaben. In the late afternoon, we left for Khileswar, the Forest area. On our way to this place with Bhimsibhai, we learned a lot about Bhimsibhai's life, and his dedication for the Purusarth School and his challenges in running the school during COVID time.

December 31, 2022, - Saturday

Students at Tapovan performed for us. They were showing us the skills that they were proficient in, such as playing Key Board, Tabla and singing songs.

Then we visited Science and Math Projects Fair at Purusarth School. Students participating were from 40 different private and public schools from surrounding area known as Dwarka Jillo. We looked at each and every project and interacted with students who were demonstrating the projects. We were amazed by the knowledge and variety of topics presented during this Science and Math Projects Fair.

We were amazed how students used internet and YouTube to learn about the concepts and gather material to build the project and demonstrate the concept. They were very fluent in communication. We were pleasantly surprised by the quality of education that these students are getting in such a remote area of the State of Gujarat.

Then we had lunch at Tapovan. After lunch, we took a tour of Purusarth School with Bhimsibhai. He was dressed-up in NCC outfit. We met many of the teachers, visited classrooms, library, various offices, and girl's hostel. We were very much impressed with the collection of material at the library.

January 1, 2023 – Monday

We were truly touched by hospitality and love we received from Samanji, Bhimsibhai, Heenaben, Mayurbhai, Hardikbhai and all Samanji's disciples that we met. Tapovan school reminded us of the old concept of Gurukul where kids are learning outside of classroom environment and they are getting an opportunity to excel in the skills that they enjoy and were proficient in. Students of Tapovan exactly demonstrated the same. It was heartfelt to see dedication of all teachers of Purusarth and Tapovan and how Heenaben's family is supporting the dream and mission of Bhimsibhai.

Bhimsibhai's life is truly exemplary and inspiring for us. The memory of our visit is going to stay with us forever



Jain Study Exam Completed

On January 21st, 19 shravak and shravikas across the globe participated in our first Jain Darshan Pareeksha (exam). This exam covered 25 questions from 43 pravachans (sermons) that were delivered in the last 6 months on various topics via YouTube. Khoob khoob anumodana to all 19 test takers for your drive and determination to advance your knowledge in Jainism.

The winners are :

1st Place- Sonal Manish Sheth, Singapore
(24 out of 25)

2nd Place- Smita Jain, Greenville, South Carolina, USA
(23 out of 25)

3rd Place- Ketki V. Shah, Chicago, Illinois, USA
(20 out of 25)

What's next - Our next exam will be held in June. As a Shraman, I spend numerous hours on Jain studies to deliver refined content on various topics. I humbly ask for 2 hours of your time each week for 6 months tuning in to YouTube. This test can be completed in less than 15 minutes on Google Forms. Looking forward to great participation the next time.

"Upcoming" Jain Teacher Training Program

Come join The Peace of Mind Foundation's unique and dynamic Jain Teacher Training Program, starting March 1st. This year's course is customized by age group to meet the learning needs of both youth (25-35) and adults (36-60).

The program will focus on Paryushan Leadership Training (PLT) offered in three languages - Gujarati, Hindi and English. Samanji will provide all necessary audio-visual materials in Gujarati and Hindi, as well as reading material available in English.

The fees for the course are as follows:

Adults (36-60) \$301.

Youth (25-35) - \$151 (50% discount)

Please join this exciting opportunity to gain a deeper knowledge of Jainism and become ambassadors and teachers in your local area.

Click on this Google form to enroll today -

<https://forms.gle/TZFyrSZeSCymXTeo9>



Upcoming Events

Date : 19-26 January

Bodhgaya and Shikherji visit for Sadhana

Date: 26-31 January

Surat Satsang Trip

Date: 3-6 February

Visit of Dr. Bridget Heelan

(Gangaram's wife) from London, U.K. to Abhavalay

Date : 6 – 10 February

Satsangs with NRI visitors and devotees at

Abhavalay (including Maushmiben and Sejalbhai Sanghvi and Nutanben and Hareshbhai Shah from Chicago, U.S.A)

Date: 11 – 14 February

Samanji doing Maun Sadhana

Date : 15- 19 February

Rapar – Kutch Shibir

Date: 24-27 February

Minus 9 to 100 (the Art of Joyful Living) Conference

From 1 March 2023

Start of the Jain Teacher Training Program



The Peace of mind rajkot online resources on YouTube® with Saman Shrutpragyaji's satsangs in English as well as in Gujarati. Please subscribe by visiting link bellow and get tremendous benefit of it. link is :

<https://bit.ly/2lho0dN>

You can equally physically, mentally and spiritually gain enrichment from Samanji's exiting blogs (in Gujarati and English)

<https://www.pomyc.org/blogs>