

Peace of Mind: December 2015

End of the Year Programs

Current Events



Visit for Charitable work

Rajkot, Bhanvad, Radhanpur, Bhuj

Date: Nov 16 to 25, 2015

Rajasthan Trip

Date: Nov 26 to Nov 30, 2015

Phone : +91-94273 12162

Shibir @ Modi School, Rajkot

Date: Dec 1 to 6, 2015

Phone : +91-94273 66164

Upcoming Events

Program at School in Rajkot

Date: Oct 30 to Nov 10, 2015

Phone: +91-9427366164

Program @ Schools

Date: Dec 14 to Dec 23, 2015

Phone : +91-94273 66164

DivaliShibir @ Upleta, Saurashtra

Date : Nov 12 to 14, 2015

Phone: +91-9427366164

Peace of Mind Teacher Training

Date: Dec 24 to 27, 2015

Vanue : Bhanvad, Jamnagar

Shibir for Student @ School

Date: Nov 16 to Nov 21, 2015

Phone: +91-9427366164

Note: Special Personal Sadhana

Shrutpragyaji will be MAUN and in Sadhana

From Jan 1 to Jan 31, 2016

He will be not available on Phone.

Kutch – Gujarat Shibir

Date: Dec 7 to Dec 13, 2015

Phone : +91-94273 66164



Bhanvad Program

Purusharth School Visit, 19 November 2015

SamanShrutpragyaji, Kanti Bhai Sheth (from Malaysia) and Graham Dwyer (from London) visited Purusharth School in Bhanvad, Gujarat. Samanji with his two friends addressed the school children there and received from them a very warm welcome. A cheque for Rupees 60, 000, was presented to Purusharth School by SamanShrutpragyaji on behalf of the Peace of Mind Foundation in order for the school to purchase an R.O. Water Filter Plant machine, ensuring that staff and students at the school have a supply of clean drinking water. During the visit Bhimsi Bhai, the school principal, together with Samanji and Kanti Bhai Sheth, also spent some time at the Bhanvad Civil Hospital. Medical staff at the hospital talked about joint plans between the hospital and Purusharth School, plans being put in place to ensure poor and impoverished pregnant women in the local area receive nutritious food during their pregnancy, as well as being educated about healthy diet and healthy living. The event was enjoyed by all, and Samanji, Kanti Bhai Sheth and Graham Dwyer, shared lunch at Purusharth School with school principal, Bhimsi Bhai, a delicious lunch served to them by two helpful school children who were supervised by members of the school staff.



Boys and Girls Orphanages

Visits to Boys and Girls Orphanages in Rajkot, 21 and 22 November 2015

Saman Shrutpragyaji, Kanti Bhai Sheth, and Graham Dwyer visited two orphanages over a two day period, the Home for Orphan Boys on 21 November and the Home for Orphan Girls on 22 November. On both of these visits staff at the government funded homes gave information about the activities of their institutions, and Samanji and his friends met some of the orphan children. On behalf of the Peace of Mind Foundation, Samanji made a donation to each of these institutions for the purchase of much needed sports equipment. The donation given to facilitate sport and healthy exercise at the orphanages was great appreciated and thankfully received.



Visit to Prayas Institution

Shrutpragya ji Saman ji Graham Dwyer and Kantilal Sheth from Malaysia visited Prayas Institute in Rajkot. Pooja Patel there is working very hard indeed to take care of all the mentally challenged children. Her work with the children is progressing very nicely. The Peace of Mind Foundation has promised to Donate Three Special chairs for the child at the institute. The cost will be in the region of 15,000 Rupees. We all are impressed by her work with these children.



Women Shibir at Gondal, Saurashtra

SamanShrutpragyaji, together, with friend Graham Dwyer, travelled to Gondal, along with AbhayPrekh. Samanji gave a lecture essentially for the benefit of women on the subject of the Importance of Knowledge. This took place at Gondal's Sthanakvasi Jain Samaj, presided over by its President, Shree MukundaPrekh. The event was both enjoyable and informative, and the audience greatly appreciated the lecture. It was also attended by Sthanakvasi Jain sadvis.



Diwali Discourse at DSA Private Ltd. Company, 11 November 2015

Samanji and his friend Graham Dwyer were invited to a special Diwali event at DSA Private Ltd. Company, where Samanji gave an inspiring and enthusiastically received discourse. The President of the Company, Mr Raju Bhai Goswami, warmly welcomed both Samanji and his friend Graham Dwyer to the event. Samanji talked about the important qualities one must cultivate in one's life in order to be a good and worthy person. He explained that the success of any company requires all its employees, management as well as owners to develop strength through unity, to engage in admirable behaviour towards one another, and to be trustworthy in the execution of one's work. He further went on to emphasise that every person has to develop four key qualities to function well in one's work and indeed throughout one's life. The first of these qualities is to know oneself. This view that was expressed is premised on the understanding that everyone has the potential in life to be successful; but Samanji pointed out that everyone must recognise weaknesses too. Both positive and negative aspects have to be acknowledged, he stressed. However, he insisted that everyone at the same time has to learn to strengthen the positive aspects one possesses, whilst also minimising or trying to remove the negative aspects. This possibility of action, Samanji claimed, is the first key quality everyone has within themselves. The second quality that was discussed is to be an expert in one's own particular field of work or expertise. In the corporate world having a degree is not necessarily what counts; rather here it is expertise that matters. One should, according to Samanji, thus give one's energy to this. The third quality outlined in the discourse is determination: one should always be determined to achieve one's goal. To illustrate this Samanji gave the example of the American lady called Jessica Cox who was born without upper limbs. Despite have no arms since birth she wanted to be a pilot and amazingly achieved this goal at the young age of 24. The fourth quality that was mentioned is to maintain one's listening ability, especially in relation to the teachings of one's guru, a principle to be upheld throughout life. In the spiritual field the guru is always needed but also in all aspects of one's life too, Samanji emphasised.

The audience heartily received Samanji and greatly appreciated his friend Graham Dwyer who also talked briefly about the benefits but also the problems associated with social media. As a result of all this, everyone present was excited and even made a new year's resolution to keep in mind the thoughts expressed by Samanji as well as the comments made by his friend Graham Dwyer.



Diwali Family Retreat in Prasalan

Diwali Family Retreat in Prasalan (Upaleta, Saurashtra) from 12 until 14 November 2016.

This three day event included Samanji's mother, his three brothers and sister and their respective spouses and children. Graham Dwyer, friend of Samanji, also joined the party. Every morning Mr Chauhan at the Prasalan Centre presided over yoga classes, and Samanji himself gave inspirational discourses and satsangs, most important of all promoting spirituality in daily life. He also encouraged and took part in all the fun and relaxation activities that were enjoyed there by all who participated. The retreat was truly delightful, and everyone left the camp feeling relaxed and happy. It was a very successful holiday greatly appreciated by the whole family



Modi School Shibir

From 1 to 6 December Samanji is involved in a camp at the Ishwaria branch of the Modi School in Rajkot. He is providing instruction to 11th standard science students on self-confidence and self-esteem, as well as teaching and giving practical training in yoga and meditation.



Rajasthan Trip

Rajasthan Trip, November 26-30, 2015. Samanji with Graham Dwyer, Ashwin Bhai and Professor Chavda spent four days in Rajasthan and stayed at Sambodhi Upvan. In the peaceful and spiritual atmosphere of Sambodhi they enjoyed meditation and held daily satsangs with Muni Shree Subhakaran ji. Samanji donated food parcels to 12 poor families in the area. The families who received the food parcels distributed by the Peace of Mind Foundation were Government labourers on low income, struggling to feed their families. They were greatly appreciative for the donation. Samanji and friends also visited Siddharth Muni some 100 kilometers from Sambodhi. In addition, a visit was made to the school of Dhruv Bhai. The Adash Vidhyala School in the village of Ashind welcomed Samanji and friends warm heartedly. Following discussion about the school's progress and its future planned projects, Samanji and friends returned the following day to Rajkot.

