

Peace of Mind: February 2016

Various Camp Visits

Current Events



Malaysia Trip

Jan 29 to February 4 2016

Singapore Trip

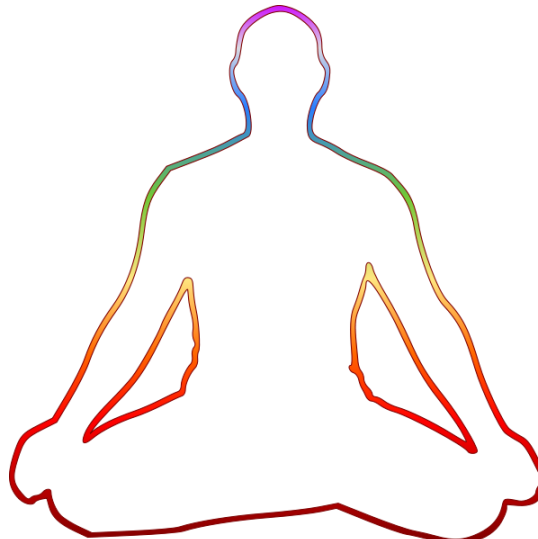
Feb 5 to 15, 2016



Upcoming Events

Samanji will be engaged with his personal Meditation and Maun (Silence) Sadhana

Feb 20 to March 15, 2016



Samanji's Keynote Lecture at the Rotary International Convention

Samanji's Keynote Lecture at the Rotary International convention held in Bhuj, 10 January 2016

Saman Shrutapragya, together with Dr Graham Dwyer (UK) and Abhay Parekh from Rajkot, travelled to Bhuj to take part in events organised by the Rotary Club there. The main reason for making the excursion was because Samanji received a formal invitation to speak on the topic: "Love Your Life" within the context of the broader theme **(Be a Gift to the World)** at the Rotary International convention held on 10th January in Bhuj. His lecture was attended by some 2000 participants. The event was a great success, and Samanji's lecture was very well received, with further invitations to speak at Rotary Club events be extended to him.



Shibir in Dhrol, Gujarat, 11-13 January 2016-01-14

Saman Shrutapragya, together with Dr Graham Dwyer (UK) and Gautambhai and Anandi from the Purusharth School in Bhanvad, conducted a three day shibir at three separate schools for girls in Dhrol, involving 1,700 students. The three institutions are: G.M. Patel Kanya Vidhyala, M.D. Mehta High School, and M.J Malani Girls School. Meditation and yoga were carried out, as well as lectures being given. Anandi spoke mostly about confidence building and Gautambhai made a contribution on related themes in addition to giving demonstrations in the practice of various types of Asana. Samanji led the shibir programme from start to finish and gave motivational lectures. These were greatly inspirational for the girls in the three schools visited and were warmly welcomed. All those who attended the shibir enthusiastically participated in the activities that were undertaken. Both staff and students expressed heart-felt appreciation regarding Samanji's input and valuable work, and they gave generous donations to the Peace of Mind Foundation. They also requested Samanji to continue in the future to visit the schools in order to conduct a follow-up shibir programme, enabling him to build further upon the relationship he has established at these institutions.



Forest Retreat and Lecture

Forest Retreat and Lecture, Hingodgadh, Gujarat, 22 January 2016

Samanji and his close friend Dr Graham Dwyer together with V.D. Bala journeyed to the forest retreat in Hingodgadh for purposes of sadhana. Whilst visiting the skilfully managed centre, Samanji and Graham Dwyer were asked to give a lecture to visiting students there. The impromptu lecture they delivered was on the subject of learning directly from personal experience and from one's knowledge and understanding of one's own self, these important themes being at the heart of their recently published new book: "A Light Unto Yourself." The students enjoyed the lecture enormously and requested their teacher, who was present during the lecture, to invite both Samanji and his friend Graham Dwyer to conduct a shibir in late February at their school, the Ajmera Girls High School close to the village of Vichhiya. When Samanji returns from his upcoming journey to Singapore and Malaysia (from 26 January to 17 February), this shibir will be conducted in accordance with the school girls' request, which their teacher warmly endorsed.



Jagruti Girls High School

Jagruti Girls High School, Gondal, Gujarat, 21 January 2016

Samanji presented an enthusiastically received lecture at the Jagruti Girls High School in Gondal. All trustees at the school also attended along with staff and management. The lecture delivered had a focus on the wider aspects of education beyond the formal curriculum. Samanji drew attention to the importance of school in terms of learning how to behave appropriately and attitudinal development, and in terms of social skills and interpersonal relationships. The girls at the school, along with the trustees and staff, greatly appreciated the lecture. The whole event was very successful.



Three Day Shibir at Omkar School

Three Day Shibir at Omkar School Rajkot , Gujarat, 21-23 January 2016-01-14

A three day yog-meditation shibir, together with lectures, was carried out at the Omkar School in Rajkot, a programme that involved some 500 boys and girls. The Principal, Rajneesh Godhiya, invited Samanji to conduct the shibir following his observation of Samanji's good work at schools in Dhrol. At the Omkar School Samanji delivered lectures on concentration, self-confidence, self-discipline, and healthy living. On the final day of the shibir parents and family members of the students attended and expressed great appreciation for the work Samanji is doing on behalf of the Peace of Mind Foundation in schools throughout Gujarat and further afield. The children participated enthusiastically and requested Samanji to return in the future. It was a joyful and very successful three day event.

