



Peace of Mind: October 2017

Happy Diwali and Saal Mubharak

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

[http://
www.pomyc.org/blog/](http://www.pomyc.org/blog/)

**We wish everyone
a happy and
healthy new year
ahead for 2017!**

Inside this issue:

***Take a look at all
Paryushana ac-
tivities held at
Singapore and
Malaysia. Also,
look at our up-
coming shibir
and new publica-
tions.***

Current & Upcoming Events

Upcoming Events:

Upcoming Program

1. Diwali Shibir @ Koba Shrimad Rajchandra Ashram
Date - Oct 17 -20,2018
Contact - 98339 53337
2. Rajkot Dwali Family Program
Date: Oct 21 to 24
Contact: 94273 66164
3. Rajasthan Trip
Date: Oct 25 to Oct 31
Contact : 94273 12162
4. Bhanvad School Trip
Date: Nov 1 to 3
Contact: 94273 12162
5. Abhavalay Rajkot
Date : Nov 4 to Nov 10

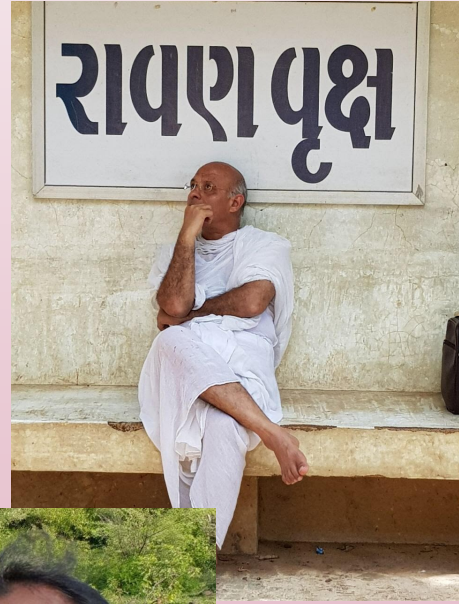
Navaratri Sadhana with Nature

Bhanvad: Sept 21 to 29, 2017

Saman Shrutpragya ji and his friend Uditratna ji observed nine days maun sadhana. It was carried out surrounded by nature in Barada Dungar, in the area of Bhanvad.

Samanji and Uditratna ji visited Sonkansari, Indreshwar, Killeshwar, Khodiyar Mataji, and Ashapura Temple, as well as other sacred places for purposes of their spiritual practice. With a focus on ATMA, they both did meditation, self-introspection, as well as trekking ,making music, journal writing and enjoying the beauty of nature and the nearby mountains.

Hinaben and Bhimsibhai Karmool and all their family members from the Purusharth School gave a great deal of much appreciated support. Mukeshbhai Sanghavi (Gaushala) also kindly arranged their accommodation and looked after them during their maun sadhana.



Environment Awareness Program

On 5th September, Saman Shrutpragya ji and V.D Bala Visited Navyug School at Padadhari near Rajkot and talked on environment Awareness and provided plants for each Student and staff member.



Day Long School tour

Just after Navratri, on 30th September 2017, the Peace of Mind Foundation, Rajkot, and the Purusharth School, Bhanvad, arranged a one day tour of Porbandar and the local area.

More than 250 students and seven teachers participated, with three coaches being used for transportation. Saman Shrutpragyaji, Udit Ratnaji and Bhimsibhai also participated in this excursion.

The tour included a visit to the Osho Ashram at Madhopur and a walk on the beach. They went to the Shri Hari Mandir in Porbandar as well as the Rangbai Mandir, and also visited the Jamvan Cave. The tour started at 6.00am and the day ended at 9.00pm.



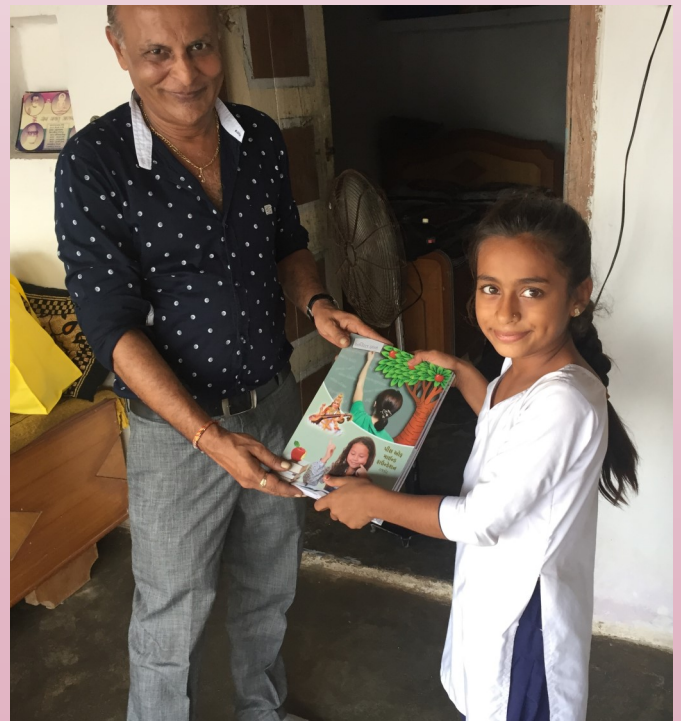
The Peace of Mind Foundation also launched an Essay Competition on the subject of the day-long tour. Prizes will be given to the best students, with First Prize, Second Prize and Third Prize awards being given.





Charity for Cow take Caring

On 7th September, Saman Shrutpragya ji Visited Panjarapole at flood affected area at Radhanpur - Banaskantha and also Unadi and Santhali and Peace of Mind Foundation Rajkot provided donation for Cows take care and provided School bags and notebooks for needy students. Javeriben, Jitubhai Doshi and Rasiklal Shah also participated with Saman ji.



Meet Bhashkar Muni M.S



Saman ji visited Samakhiyari - Kutch on 8th September and meet Respected Jain Guru Bhashkar Muni ji and Bhavesh Muniji Mahraj and gave the talk on the occasion of Diksharthi Sister's blessing program.



Environment Awareness at Meghani School Bagasar

પીસ ઓફ માર્ઝન્ડ ફોઉન્ડેશન રાજકોટ અને ફૂલછાબ, નવરંગ નેચર ક્લબ દ્વારા વિદ્યાર્થીઓ માં પર્યાવરણ પ્રત્યે જાગૃતિ કેળવાય અને આપણા તહેવારો ની ઉજવણી માં પર્યાવરણ ની કાળજી કેવી રીતે રાખી શકાય તે માટે ની એક જુમ્બેશ ના ભાગરૂપે બગસરા ગામે મેઘાણી હાઈસ્કૂલ માં વિદ્યાર્થીઓ પાસે ગયેલ.

કુલ 2 પાળી માં ત્યાં 2000 વિદ્યાર્થીઓ ને આદરણીય શ્રી હેમુભાઈ આર. શેખવાસાહેબ (આચાર્ય શ્રી મેઘાણી હાઈસ્કૂલ), સમણ શ્રુતપ્રજ્ઞજી અને વી.ડી. બાલા એ વિદ્યાર્થીઓના 5 લક્ષણો, વ્યસનમુક્તસમાજ, પર્યાવરણ ની જાળવણી અને આંગણે વાવો શાકભાજી ની વાતો કરી.

આ કાર્યક્રમ પ્રશ્નોત્તરી ના રૂપ માં હોઈ વિદ્યાર્થીઓ ને ખુબ મજા આવી.

વિદ્યાર્થીઓ ને કુલ 600 ચકલીઘરનું વિનામૂલ્યે વિતરણ આદરણીય શ્રી સમણ શ્રુતપ્રજ્ઞજી તરફ થી કરવામાં આવ્યું.



Environment and Education Awareness at Patel School Dhrol - Gujarat

On 7th September Saman Shrutpragya ji and V.D Bala had been visited for Environment and Education Awareness at Patel School Dhrol - Gujarat. Samanji talked about Life Education and V D Bala talked on Environment Awareness.



Meeting with Mediator

Vikash ji from Jaipur met to Samanji Shrutpragya ji at Abhavalay and did two hours Sadtsang regarding Meditation, Sadguru,ATMGYAN and Spritual upliftment. Samanji also feel great after meeting him. He is truly deep Awareness on Meditation.



English Language Programme Launch at Shree Purusharth Shaikshanik Sankul: Navaratri Function

24th Sept. 2017 Bhanvad

Shree Purusharth Shaikshanik Sankul in Bhanvad celebrated Navaratri in a grand and glorious manner on 23rd Sept. 2017. The campus was decorated with a Navaratri banner and streamers along with a beautiful Rangoli, attractive ground circle and stage, musical wing, comfortable chairs, sumptuous carpet for the audience and so many other delightful features. Navaratri started with Arati (worship and prayer) for Ma Jagdamba, which was carried out with the lighting of the lamp performed by Saman Shrutpragyaji, Yoga Guruji and the school President Bhimsi Bhai. All the teachers and students involved themselves in the event fully and with great enthusiasm, reciting the arati Prayer.

Saman Shrutpragya Ji then gave a well received key notespeech before all invited VVIP guests, including political leaders, educationists, and social workers. Surrounded also by a huge audience numbering some 5000 people, Saman Ji inaugurated the new “English Language Programme” to much applause and appreciation. He showed three videos on a largescreen of people particularly keen to do something for the benefit of students in Singapore. In the videos the importance of learning and using the English language was highlighted, as was being computer literate in the modern era. Saman Ji explained the relevance of all this in a very persuasive way. Moreover, he launched the programme of English Language Teaching through the use of technology and explained each and every aspect of it fully and expertly. Every student was overjoyed and excited, especially because he made it clear how English as the international language for connecting with other countries, regions, and in the use of technology must be embraced.

The event was further celebrated with the Garba. All students and their parents together with teachers and school staff greatly enjoyed the Garba/Dandiya. A Fancy Dress Competition was also held for students of K.G to 12th which was a great highlight, and the event ended with awards and prizes being awarded to winners of the competition. The whole occasion was a truly successful and enjoyable one.



Motivational Shibir at Atkot - Gujarat

Saman Shrutpragyaji's motivational shibir at D. B. Patel Girls Hostel and at Vidhya Vihar Atkot in Saurashtra was held from 15 to 17 September, 2017.

From D. B. Patel Kanya Hostel 800 girls attended the camp. The girls were from Fifth Standard to Collage Level. And from Vidhya Vihar School 600 children participated in the three day shibir. At Vidhya Vihar Saman ji gave training on Self-Discipline, while at Kanya Hostel he taught about Inner Transformation.

One programme was also arranged for parents at D. B. Patel Hostel. 400 parents participated in this lively programme.

Many of the children who participated in the shibir bought Saman ji' books, as well put many questions to him regarding study and life experience to which Samanji supplied answers and explanations. Uditratna, who accompanied Samanji during the camp, also addressed those who participated, and he supported Samanji throughout the shibir. Arjan bhai Tamani, Managing Trustee at D.B. Patel, and Vinodbhai Gajera, Principal of Vidhya Vihar, both welcomed Samanji and Uditratna, as well as gave thanks to them for the wonderful opportunities for learning and development that they provided during the shibir .



Project Aastha, 2017

****If any one what to join, they can join Whatsapp group@ [+919427312162](https://www.whatsapp.com/group/+919427312162)**

A seva trip initiative in collaboration with YJS, YJUK & YJA

Under the guidance of Saman Shrutpragya

Objective

To serve and interact with the underprivileged children and do our part in making a difference in as many lives as we can.

Background

After a successful seva expedition to Rajkot in December 2016, we are excited to share the details of Project Aastha scheduled in December 2017. No one should miss this rare opportunity of volunteering and giving back to our society.

Shrutpragya Samanji runs a charitable organisation, Peace of Mind Foundation, which aims at teaching meditation, yoga, spirituality, and personal development classes across mankind. It also funds education and medical care to underprivileged children among other activities. Its key location is in Rajkot, Gujrat and has been established since 2006.

Samanji has graced us in Singapore many times as a speaker for several religious functions and events.

Planned Date & Duration

Departure: Sunday, 17 December 2017 (Morning)

Arrival: Sunday, 24 December 2017 (Morning)

The above dates are tentative and may be subject to minor changes based on flight availability and other factors.

Activities at Rajkot

We are sure that all who join will be able to contribute in one way or another. We are specifically looking for participants who are fluent in Gujarati/ Hindi and are able to prepare and deliver interactive speech for students, assist in food distribution, etc. Should you have any specific skills or talents that could be of use, do let us know.

Activities will mainly comprise of delivering motivational speech to students of various schools, conducting inter-

Scope of service

Education/ Sharing skills

Panel discussion with students

Conducting inter-active sessions such as games/ debate in the schools

Charity

Raising funds for less fortunate students

Using those funds to purchase items of necessity for the less fortunate, provide scholarship to deserving students, etc.

Spiritual/ Self-development

Site visit to Jain Tirths (Palitana). A monk may accompany us to make these visits more meaningful and informative

Self-development classes with Samanji

Certificate for service

Peace of mind center will issue certificates to all participants to recognize their time and effort on this project.



New Publications

New 72nd Publication of Peace of Mind Foundation
Written by Saman Shrutpragya &
Dr. Graham Dwyer

Jain Dharma

(Reflections on the Inspirational
Teachings and Practices of Mahavira Swami)

This book returns to the original teachings and practices of Mahavir Swami and reflects upon the essence of what he promulgated. Moving away from the mainstream traditions dominant during his day in order to create a path that held no bar to any individual and indeed embraced everyone, Mahavir Swami understandably attracted many enthusiastic followers - both ascetic and lay - followers who quickly formed themselves into a distinct and vibrant community. It is also because the transformational message he boldly preached, one which Mahavir Swami himself directly embodied, that the tradition he forged continues to have enormous appeal today, and it is this very message as well as its application that this book celebrates. As such, it is at once an important new resource on Jainism and essential reading for all its practitioners.

This book is a long awaited title, one which followers of the religion can both enjoy and use in their day-to-day spiritual lives. All too frequently other volumes dedicated to the study of Jainism available in libraries or book shops are inaccessible to religious practitioners, as these texts are mostly authored by scholars and designed essentially for academic use. Alternatively, other books on the religion written from the perspective of Jainism are not always found to be sufficiently comprehensive in a way that practitioners can easily digest. It is for these reasons - a necessary attempt to bridge this gap - that this present work has been written.

