



**Saman Shri Shrutpragyaji**

◆ Spiritual Guide ◆ Author ◆ Educationist

**Peace of Mind Foundation**

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## Singapore Online Paryushan Parva 2021

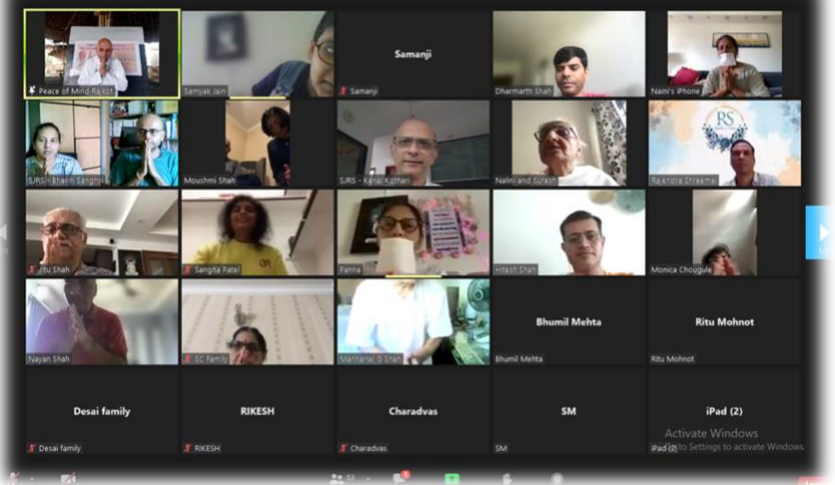
September 3 to 11



In the USA trip from April 15th to July 5th Samanji was invited to spend a week in Dallas and Dumas, Texas. In the morning and evening sessions of this online Paryushan program Saman Shrutpragyaji talked on the Saman Suttam Granth. The Saman Suttam Granth, compiled by Kshullak Jinendra Varni and supported by Vinoba Bhavé, is a text compiled of Jain Agamas, a text that was organized by Pujya Ganthar Bhagwant. It is an extremely valuable text because it contains the original words, message and preaching of Bhagwan Mahavir Swami. From the sections of the Saman Suttam Granth that Samanji selected, his pravachans ensured that every one learned precisely what was said by Mahavir Swami about religious life and spiritual upliftment. It was a surprise for Samanji to discover that many Jain people themselves neither knew nor had heard about this important sacred text of Jain Dharma.

On the first day of Paryushan a number of Jain families from Singapore explored and sincerely engaged with the Granth and in a truly respectful manner. By that approach all those who participated came to appreciate the great importance of true spiritual knowledge in life from the perspective of Jain scripture. After the pravachans Samanji responded to previously prepared questions - answers that

were given by him on the day's immediately following the pravachans. The President of the Jain Sangh, Shree Pareshbhai Timbadia, Kenalbhai Kothari and his whole team worked very hard indeed to ensure that this was a most successful and memorable Paryushan. Many young people as well as adults did the Atthai and the Maha Tapasya for which I am truly inspired. Finally, I would like to thank Dr Graham Dwyer (Gangaram) for participating and for the session he held on the Saman Suttam Granth, a season organized for the benefit of young members of the Singapore Jain Religious Society.



## Vidhya Arambh Academy Panchavda Shibir

September 21 to 23

Saman Shrutaprajna did a three-day shibir at Vidhya Arambh Academy in Panchavda (near Rajkot). His presentations were inspirational and motivational for all the 400 girls and boys (from 6th to 12th standard). He talked about:

\* How to study effectively



enabling all students to gain maximum benefit.



- \* How to control negative emotions
- \* How to deal with difficult people
- \* How to improve confidence, discipline and concentration
- \* How to use energy in a positive direction

The Managing Trustee, Shri Bipinbhai, was also present in the shibir, and the staff at the Academy coordinated the program very professionally,

## DB Patel Atkot Shibir

September 21 to 23

Saman Shrutaprajna conducted a three-day shibir at DB Patel College in Atkot (near Rajkot). His talks successfully motivated the 400 college girls in 5th standard at the institution. He talked about what Mahatma Gandhi taught students, also referencing an important letter of Gandhiji to one student, where



he set out 11 points of advice for implementation throughout life. Drawing upon that letter was very inspiring to all the students. The Managing Trustee, Shri Arjanbhai Ramani, attended the shibir, which was very nicely coordinated by Nayanaben, who ensured that all students were involved for their enjoyment and educational benefit.

## Shibir at Sarojini Nayadu Girls School, Rajkot

September 27

Around 400 girls participated in this exciting shibir. After Sonalben, the principal of the school, introduced the event, Samanji gave his talk. He focused on:

- \* How to keep away from negative forces in life
- \* How to set a goal and achieve it
- \* How education is important in life

It was a very inspirational program for all the students who, following the event, formed long queues to purchase books written by Samanji.



## Shibir at M.J. Malani Girls Hostel, Khamta

Samanji was invited to M. J. Malani Khamta Girls Hostel near Rajkot to hold a seminar for students. There he gave a three hours' long presentation, teaching students how to be a good human being as well as a good student. The Managing Trustee, Shri Shivabhai Malani, participated in the whole program. At the end of the seminar Samanji invited the girls to ask questions, and the students were inspired by the helpful answers and practical advice Samanji gave. It was a much enjoyed and informative seminar, benefiting everyone who took part in it.



## 9 Days Maun Sadhana in Koba (Gandhinagar)

October 7 to 15



Throughout the Navratri Samanji focused on his personal sadhana. He spent the all nine days of Maun in Koba, at Shrimad Rajchandra Ashram specifically for the purposes of Maun and Dhyana Sadhana. Koba mumukshus supported him during his sadhana. Suresh Bhaiyaji Bahen Shree and Janakdidi took great care of him lovingly and devotionally, enabling him fully to concentrate on his sadhana. When the Maun Vrat was completed he gave three spiritual satsangs. Every one who attended said that his presentations were very practicable and systematic as well as being spiritually enriching. Samanji returned to Rajkot on 21st October.

## Samanji at Campus on Click in Rajkot

October 27



Samanji was invited by Bharat Hirani at Campus on Click, Rajkot. He gave a brief presentation there for the benefit of the staff at the institution. Samanji talked mostly about the importance of attitude and discipline. At the event all staff members were given an opportunity to put questions to Samanji, and his replies were considered both helpful and positive, as well as informative.

## New Book Launch

There will be a book launch very soon.

Forthcoming Book: Kedavani ni Prayogshala  
(કેડાવણીની પ્રયોગશાળા)

Compilation by Saman Shrutpragyaji

Publication: Purusharth Education System  
Bhanvad (Devbhoomi Dwarka)

Book Blurb: This book presents fascinating personal as well as highly motivational stories from staff and close friends at the popular and successful Purusharth School in Bhanvad, Gujarat.



## Charity Activities



The Peace of Mind Foundation continues both to help and to provide school fees for intelligent students facing financial hardship. We also continue to provide medical provision for those who have physical difficulties and diseases. Families negatively impacted by Covid-19 the Peace of Mind Foundation equally is still giving much needed support to.

Over the past three months we have assisted and supported the following:



Samanji meets Swami Satchidanad ji at Dantali Ashram

### Online Resources

The Peace of Mind Foundation online resources on YouTube® with Samanji's satsangs and boosting one's immunity system through Twinkle Pethad (in English) as well as special satsangs (in Gujarati). Please subscribe by visiting the link bellow and get tremendous benefit from it.

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



You can equally physically, mentally and spiritually gain enrichment from Samanji's exciting Blog (in Gujarati and English).

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

### Upcoming Events

- **Oct 29 to Nov 7:** Dipavali Family Shibir @ Bhanvad
- **Nov 8 to 12:** Abhavalay Rajkot
- **Nov 14:** Lokmitra, Dhedhuki (Near Rajkot)
- **Nov 17 to 22:** Tapovan, Bhanvad
- **Nov 23 to 30:** Gandhinagar Trip
- **Dec 7 to 12:** Junagadh and Girnar
- **Dec 16 to 22:** Shikharji and Bodhgaya (Samanji and his friend Graham Dwyer (Gangaram) from London will travel to Shikharji and Bodhgaya in December for purposes of sadhana. They will also be accompanied on the trip by other close friends and associates.)

## Dipavali Gift

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