



Saman Shri Shrutpragyaji

◆ Spiritual Guide ◆ Author ◆ Educationist

Peace of Mind Foundation

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March– 2021

Vadi Shala School Visit

Location: Fatepur (Bhanvad)

Date: February 7, 2021



Samanji visited Vadi Shala in Fatepur close to Bhanvad on the invitation of the school principal Pareshabhai. Samanji motivated all the school children there and took gauchari at the school. Mayurbhai Karangiya also participated in this exciting program. This school received the best school award due to Parreshbhai efforts.

Visit to M.J. Malani Girls Hostel

Location: Khamta, Rajkot

Date: January 31, 2021



This event was the first program since the school again reopened. The Managing Trustee, highly respected Shivabhai, welcomed Samanji, and Sejalben, hostel rector and teacher, introduced him.

Samanji explained that, during the difficult time of Coronavirus, everyone should make a disciplined effort to do meditation and yoga regularly, as these key Indian practices are guaranteed both to boost and to improve the human immune system. Also, he added that all girls need to learn how to maintain mental balance in such a problematic situation, as this is both

effective and true education on life's journey. Following the event, girls at the school eagerly purchased a variety of publications of the Peace of Mind Foundation authored by Samanji.



Purusharth School Anniversary Celebration

Location: Bhanvad

Date: February 2, 2021



All school trustees (Bhimsibhai, Moodubhai, Narottam dada and Saman Shrutpragyaji) attended the joyful anniversary celebration.

Riddhiben from Porbandar was invited for purposes of guiding students. All the trustees gave their sincere blessings, which were gratefully received, especially because the school has suffered adversely financially, as has the education of students, due to the impact of the Corona virus.

Samanji on behalf of the Peace Mind Foundation was delighted to donate funds for student scholarships.

Following the main session, Samanji offered his guidance to parents. By way of analogy, he explained that just as a plant requires loving care and continued attention in order to grow and flourish, in the same way children need to be carefully nurtured. Parents, he said, are very important in terms of training their children so as to ensure that they learn to be responsible citizens and become good human beings. In this way, he added, their role as parents is crucial and matches fully the goals of Purusharth School.

A Prithvi drama was also performed by students, and it was very inspirational, focusing as it did on saving the environment.

Finally, Bhimsibhai expressed his appreciation and thanked everyone who participated in the celebratory event.



Visit to the Om Marble Factory

Location: Jamnagar Road

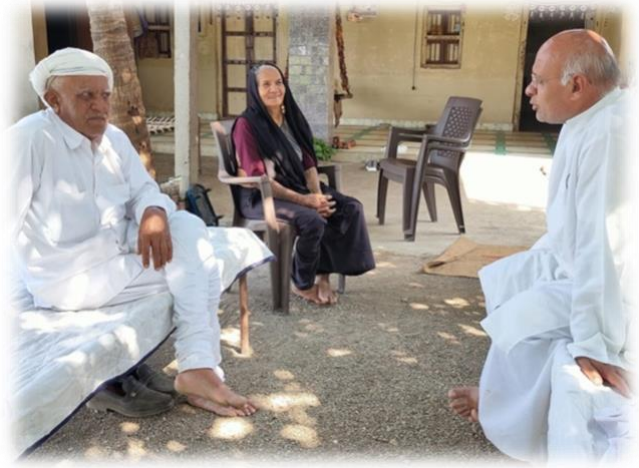
Date: February 1, 2021

Bhushabhai and Vibhabhai Dhrangani invited Samanji to the Om Marble Factory on Jamnagar Road and then escorted him for gochari there. Chandubhai Ahir also joined the group on the visit. They all learnt meditation from Samanji as well as other important spiritual lessons.



Location: Fatepur (Bhanvad)

Date: February 5, 2021



Samanji went on an excursion to Sajanbhai Karangiya’s farmhouse in a remote area of Fatepur. There he had an enjoyable satsang with the farmhouse owner.

During Samanji Kutch visit Shobhana ba and her son Surdeepsingh came to Samanji's family home and had a spiritually enriching satsang with him on the themes of meditation and Jain dharma. Samanji also visited their home as well, and he blessed the dwelling with Manglik.



New Publication “Triveni Sangam”

Date: February 5, 2021



Samanji’s new book, entitled “Triveni Sangam,” was launched in Bhanvad on the 2nd February on the occasion of the anniversary of Purusharth School. It is designed for students, teachers and parents, enabling students to learn effectively, as well as empowering teachers and parents respectively in their separate roles in the classroom and home. It provides a wealth of knowledge, guidance and instruction and is based on many years of first-hand experience and research. As such, this new book is a refreshing, key resource that will be invaluable for students, teachers and parents, as well as all professionals working in the field of education.



Shibir at Jain Sangh Singapore

Date: February 12-14, 2021



During the Chinese holidays, the Singapore Jain Sangh arranged Samanji's three-day shibir.

Samanji talked on three stories of Jain Dharma:

1. Ratnakar Suriji Maharaj
2. Kumarpal Raja
3. Jagdusha Danveer

We learnt the message of Ratnakar Suriji, namely, how to do introspection and accept our own mistakes. How to develop nonviolence in daily life was the

main message of Kumarpal; and how to help other people by having a big heart was what Jagdusha taught.

Samanji and Gangaram also gave one joint presentation to the Singapore Jain youth, which was helpful for them all in terms of living spiritually in the modern world.

The Singapore religious team along with Parreshbhai Timbadia and Kenalbhai Kothari organized such a wonderful shibir with the blessing of Samanji. And the whole Sangh greatly benefited from it.

By Smanji's requests many members of the Sangh openly volunteered their kind help in sponsoring students at the Purusharth School in Bhanvad.

<https://youtu.be/P15txL5E-E>

<https://youtu.be/BFxp-hk6gVc>

<https://youtu.be/BV1KZkRSw4I>

Charity Activities

By the grace of Samanji the Peace of Mind Foundation has regularly been carrying out much needed charity activities. This month Samanji provided laptops and smart phones for students to do their online study. Samanji also provided scholarships for bright, needy students all over Gujarat, including Rajkot, Kutch, Bhanvad, as well as in Mumbai and Rajasthan. During the Coronavirus pandemic food kits equally have regularly been distributed to suffering families.

The Peace of Mind Foundation is thankful and very grateful indeed to all the donors and supporters who have made this charity work possible.



Yog Samvad Seminar

Location: Rajkot

Date: February 19, 2021



Distinguished Guests: Chairman Gujarat Yog Board, Shishupalji, Tyagvallabh Swami, and Saman Shree Shrutpragyaji.

Samanji's main message at this important seminar emphasized that both Yog and Ayurveda are essential during the Coronavirus pandemic. He said that this disease is associated and increased by material attachment but that health is created by living a yogic lifestyle. Because healing power is

increased by Yog and Ayurveda, their practice is necessary for reducing illness, he said.

Samanji expressed appreciation for the government in its initiative to work hand in hand with all yoga institutes. And he thanked Chintanbhai Trivedi for arranging his presentation at the seminar.

https://www.facebook.com/story.php?story_fbid=539922933592084&id=2098286113787605&scmts=scw_spsdd

Tapovan University Opening Ceremony

Location: Ghumali (Dwarka)

Date: February 16, 2021



The celebration of Spring Day at Purusharth School started at Tapovan University in the presence of Saman Shrutpragyaji, Narottam Palan and Padubhai from Porbandar. The program began with a Yogic Yagna carried out by students.

Bhimsibhai introduced the tapovan concept and outlined its objectives. He pointed out in particular that it is actually a skill-based training program. Padubhai additionally said 'Vaishnav Jan to tene kahiye,' that prayer is important for student progress and for them to be effective in life. He also said that stories must be told to all student because they create good thoughts and habits.

Narottam Palan further added that the Tapovan is a good environment for creating the best citizens.

Samanji spoke at length, mentioning that a skill-based education is far better than most regular forms of education. Often whatever is taught in formal education is 90% useless. Skill based learning, however, provides training for business and for life, as well as creating ideal citizens.

This institute is funded by sponsors and donors. Padubhai sponsored one child and the Peace of Mind Foundation sponsored two children.

Janviben, yoga coach, and Divyaniben and Hinaben also joined this enjoyable program, which was conducted by Janvi Mehta.



Talk at a Popular Yoga class

Location: Rajkot

Date: February 16, 2021



Respected Chintan Trivedi invited Samanji to give a talk in Rajkot on Pran Yog at their monthly yoga student training class.

Samanji talked about holistic health and the importance of yoga in daily life. He said that the body, mind and soul all need to be healthy, and that yoga achieves this. Yoga, he went on, is for the body; breathing is for the mind and meditation is for the soul. Samanji also taught light yoga exercises to all the students present.



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/2lho0dN>



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

- March 5-7: Prakrutik Chikitsa Shibir
Sambodhi Upvan, Rajasthan
- March 15-17: North Gujarat Visit
- March 19-20: Koba Yuva Shibir
Shrimad Rajchandra Gurukul
- March 21-23: Saayla-Surendra Nagagr Satsang
- March 24-31: Aabhavalay, Rajkot