



Peace of Mind



March - 2023

Peace of Mind Foundation

'Abhavaley', Vinayak Vatika, Opp. Madhapar bus stop, Jamnager Road, Rajkot-360006. Gujarat, India.
Mobile : # +91 9427366164 mail: pomyc.org@gmail.com Website: www.pomyc.org

Venue : Surat, Gujarat
Jan 27-31, 2023

Surat Trip

Samanji delivered pravachans at the home of Prit and Nikki Khandor and at Rasik Doshi and Jayeshbhai Doshi's residence. Samanji also gave dharm labh at Lunji Golechha's home. In Surat Samanji further made a school visit and held a motivational session there.



Samanji with College Student in Surat

Samanji Giving Pravachan at Surat

Purusharth School Anniversary, Bhanvad

2nd Feb 2023

Venue: Purusharth Vidhya Niketan: Bhanvad: Gujarat

On this school anniversary Samanji talked about how successful Purusharth School has become, particularly in terms of the active work it has been doing in promoting value-based education and in its special support of 100 girls receiving free hostel accommodation. Shivabhai Patel, Kirti Shah and Sharad Vasa also joined the program with Samanji and Gangaramji.



Samanji getting his own Picture from Purusharth



Samanji and Guest enjoying Culture Pogram at Purusharth School

Rapar Dhyan, Yog and Pravachan Shibir

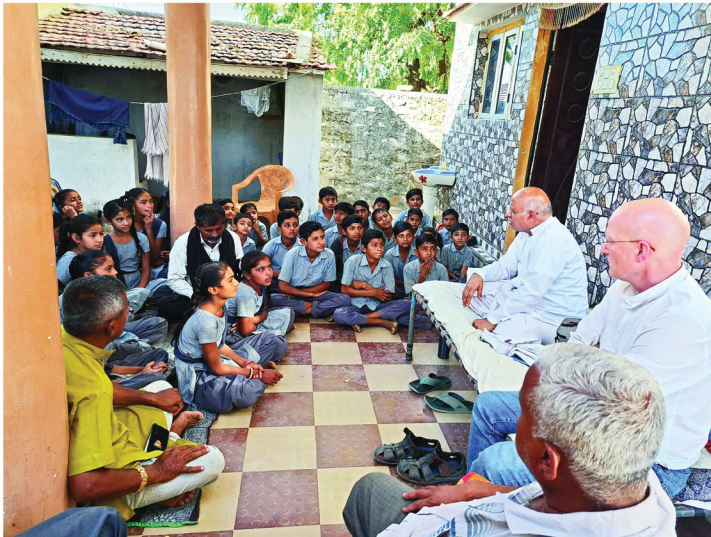
Feb 17-19, 2023

Venue: Aradhana Bhavan, Rapar

This shibir was arranged by Peace of Mind Rajkot in collaboration with the Jain Jagruti Centre in Rapar. Saman Shrutpragyaji supported by Gangaram held a three day shibir at the Jain Jagruti Centre, with morning practice of dhyan and yog, as well as evening pravachans. During their stay, they additionally conducted a special program at nearby Sarasvati School and at Lohana School. One day before the Rapar shibir started, Samanji and Gangaram also took the opportunity to visit the villages of Gedi and Bhutakia, holding spiritual satsangs there. Ranabhaji and Vinodbhai Doshi kindly accompanied them.



Samanji getting his own Picture from Purusharth



Samanji and Gangaramji with Gedi - Vagad - Kutch Kids



Samanji is Taking in Ektanagar Rapar



Samanji is talking at Sarasvati Girls School in Rapar



Samanji is talking with Rapar Sabha

Visiting Guests to Abhavalay & Tapovan

6-10 Feb 2023

From Chicago Dr. Mausami and Dr. Sejal Shah as well as Nutan and Haresh Shah visited Abhavalay. Dr. Bridget Heelan, the wife of Dr. Graham Dwyer, also came to spend three days in Samanji's centre. Trips from there were made around Rajkot as well as to Girnar and the Tapovan. Talks were given by the Chicago guests to children at Purusharth School and also at the Tapovan. All the visitors had both an enjoyable and educational trip.



Dr Mausmi Shah Serving to Tapovan kids



Dr Bridget from London doing Meditation with Samanji



Dr Sejalbhai Shah Serving the Kids



Gangaramji doing Meditation with Samanji at Abhavalay



Nutanben Shah and Haresh bhai Serving the kids



Haresh bhai and Nutanben Visiting at Abhavalay & Tapovan - Rajkot

Motivational Lecture in Dhrol

Feb 22, 2023

Venue :

M.D. Mehta School, Dhrol, Gujarat

Lecture Topic :

Five Qualities for Success as a Student

Samanji addressed 500 female students and their teachers at M.D. Mehta School, providing them with key understandings about how to achieve success in student life. In this highly motivational talk students also learned how to approach exams in a stress-free manner. Gangaram also accompanied Samanji and emphasized the importance of study for girls, encouraging them to keep in mind that their education is crucial, not merely for passing exams, but for their future lives in the world of work and for life-long fulfillment.



Samanji is giving Pravachan in Dhrol School



Samanji is guiding girls in M D Mehta School in Dhrol

International Conference, Minus 9 to 100 (The Art of Joyful Living)

Feb 24-26, 2023

Venue: Tapovan, Ghumali, Dwarka District, Gujarat

This international conference sponsored by Dilesh Mehta (London, U.K.) and organized by Saman Shree Shrutpragyaji and Dr. Graham Dwyer involved 15 different speakers and over 100 participants, including teachers, students and their parents, as well as academics and other professionals. Its main focus was on the ambitious creation of an integrated and holistic model for maximally achieving and maintaining health, wellbeing and happiness from conception and foetal development (minus 9) up to 100 years of life. The conference brought together renowned experts and accomplished speakers whose knowledge and wisdom provided the building blocks for exploring and understanding how these goals are to be made possible and achieved. The expert presenters, who kindly devoted their time and shared their research and writing at the conference, all made valuable contributions to the Minus 9 to 100 project, ensuring that its major aims and purposes were successfully realized.

About Sponsor and his Dream

The conference sponsor Dilesh Mehta (London, U.K.) was born in Uganda, East Africa and later settled in England where he became a very successful businessman, serial entrepreneur and philanthropist. He is supported in his work by his wife Chetna, and they have two children together, Akash and Nikita who, like their father, are equally successful in business.

The Minus 9 to 100 project was solely conceived by Dilesh Mehta some years earlier and who approached both Samanji and Dr. Graham Dwyer for the project to be launched and developed through a series of conferences. The Minus 9 to 100 (The Art of Joyful Living) is the first in this series and will be followed next with a conference that extends the project further in order specifically to explore spiritual understandings and practices, especially techniques of meditation.

Dilesh Mehta truly has a big heart and wishes and because of this that he requested Samanji and Dr. Graham Dwyer to organize the recent conference, as well as additional upcoming conferences, to gather information and data and to bring together academics and other professionals who can successfully develop the Minus 9 to 100 project. When all the work is done it will not only result in the publication of important literature, but also mobile apps that will be of tremendous value and use to all human populations, having universal benefit and meaningful application globally.



Dilesh Mehta from London, UK

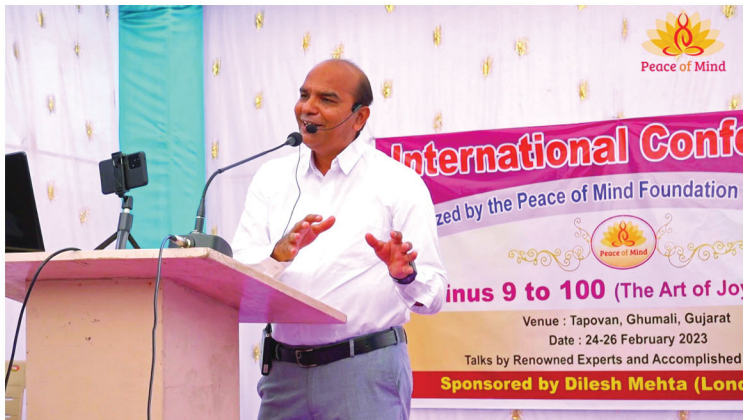


Dilesh Chetna Mehta with Samanji

International Conference, Minus 9 to 100 (The Art of Joyful Living)



Samanji is giving Pravachan in Dhrol School



Suresh Prajapati provided a well-researched talk on children up to the age of six, which he showed is a crucial development period that has long lasting effects on later age related growth and maturity. He explored in his presentation the role of parents and the process of parenting with interesting data and evidence. A major point he emphasized throughout his talk is to understand that a parent's physical presence during very young childhood is essential for the health, wellbeing and happiness of one's offspring.



Dr. Rasilaben Patel, a naturopathist who runs her own Tatva centre in Rajkot, focused most of her presentation on food and diet. She said

that, if you take food as a medicine, then you will find that you do not need to take any medicine. She explored healthy versus unhealthy types of diet from the perspective of naturopathy and emphasized the importance of eating far less than most people are accustomed. Eating less food itself, she claimed, is itself a powerful medicine.

International Conference, Minus 9 to 100

(The Art of Joyful Living)



Ramnik Zapadia gave a presentation on how nature gives us an amazing colourful experience of the world. If we know how to live with it positively, that itself, he argued, is the art of life. Material art can be a way to access the beauty of nature and becomes the medium of development of inner wealth and joy. This has been known since ancient times, he claimed, but nowadays is often lost because modern humans have a tendency to be so busy that they do not spend enough time observing the wonder of nature. Returning to activities that enhance body, mind and soul through an appreciation of nature is the means whereby humans again can find true happiness and fulfillment.



Hrishita Charan gave a presentation on the relationship between clothing, health and wellbeing. Clothing should, she said, always be good for the body, ensuring a rich supply of oxygen for it. She then went on to discuss how clothing and dress shape our mood, feelings and character. Throughout her talk much emphasis was given on understanding ways by which what we wear can be used effectively to enhance our lives, bringing health, wellbeing, joy and inner fulfillment.



Mahendrabhai Chotalia gave his presentation on personhood and self-actualization, which he showed becomes fully developed in the 30 to 40 age group. The term “personality,” he claimed, in a psychological sense is an unfortunate word that has become common in everyday usage and which originates from the Greek term for mask (persona). Personality is artificial and connotes a wrong meaning when attempting to understand the self. As the word personality etymologically means mask, it is not real. It is artificial, a false image to present to the public gaze. The true self behind the mask is the personhood of the individual. And it is a return to a focus on personhood that is required for a meaningful understanding both of the self and how to achieve self-actualization.

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Vinod Joshi, the most famous poet today writing in the Gujarati language, talked about how to achieve harmony and balance in family and married life. He emphasized here the importance of understanding and uncovering one's true feelings. Emotions go beyond language, he argued, and express our true bonds at the core of family and marriage. Because we are overly intellectualized, however, we tend to use language competently but in a way that often hides what we feel inside. This is exactly the opposite of how we should be behaving, as it greatly hinders bonds of family and marriage. All members in a family need to learn the art of acceptance and to work and grow together through a sensitive cultivation of emotional connectivity and honesty of feeling towards one another.



Archana Singh Charan gave a presentation on how to inculcate spiritual values and practices in children. For this to be effective she said that parents have to take the lead, needing first and foremost actively to engage in spiritual life. She argued in particular that reading spiritual literature should form a key part of this, as it translates into effective guidance and has an important impact on the spiritual growth of one's offspring.



Dr. Nidhi Khandor focused her talk on pregnancy. She said that out of millions of women who give birth to a child, very few of them are instrumental in producing souls that are dynamic. To achieve a special birth leading to exceptional human development and advancement, she focused on how the mother to be should be guided by understandings derived from key literature and knowledge based on the system of Ayurveda and Jain teachings.

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Hardik Solanki, Director of the Tapovan where the conference was held, gave a presentation on the concept of the Tapovan, which he claimed has ancient roots in India. Although such a system is very old, the concept of it has been redeveloped under his leadership to suit modern times and circumstances. He said that in the environment of the Tapovan, children are directly exposed to the beauty of nature and have their learning focused on skill-based education, which leads to healthy and desirable outcomes in students. The children, he also said, are involved in serving guests, cooking and cleaning, as well as being trained in the art of public speaking, music, dance and drama. They additionally are outdoors for much of the day in the open air environment, walking, exploring and playing sports. The Tapovan lifestyle, he went on equally to point out, thus produces well-rounded children who are happy, skillful and ready to go out later into the wider world as focused, joyful people.



Haresh Dholakia gave his talk on how to live joyfully and happily in old age. He said that most people go through life with little awareness of consciousness or the inner self. People need to develop this ability in earlier years and maintain it throughout life, he emphasized. And this requires one to develop the ability to access the power of the subconscious mind, as well as to engage in key practices of meditation and introspection on a daily basis.



Suresh Bhaiya, guru of the Srimad Rajchandra Ashram in Koba, Gandhinagar, gave a talk on the concept of the Jain time cycle or Kal Chakra. In relation to this, he said that time only affects us negatively when we ourselves are weak within. Having strong mind power, on the other hand, changes one's entire experience and leads to a positive outcome. And by that act of personal will and positive intention we simultaneously bring about a desirable shift in nature and in the very cosmos itself.

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Harshad Shah spoke about pregnancy, which he boldly stated should be by choice or appointment, never by chance or accident. The unborn child, he went on to demonstrate, is profoundly affected in the mother's womb by all her actions and behaviour. Why a child fails to take adequate nourishment or, alternatively, thrives in the womb is a direct function of the mother's actions. The speaker's argument was backed up by soundly researched evidence.



Priscilla Rukwira gave her presentation on mental health, with a major focus on how strategies for this can be engaged to enhance the lives of children, adults and the elderly. She began by exploring the concept of mental health and drew upon established theories and studies in psychology to create an understanding of how to recognize the signs when problems arise, as well as ways to promote mental wellbeing and happiness. Emphasis on self-actualization was a key feature of her talk, as was awareness of how to achieve this



Trillions of bacteria exist in the human gastrointestinal system (the gut microbiota) encoding over 3 million genes (the gut microbiome). A high number of different bacterial species in the gut means a diverse microbiome which is associated with health. Low diversity (similar overall number of bacteria but consisting of less species) is called dysbiosis and is associated with multiple diseases. The human gut microbiome is currently recognized to play a vital role in human biology and development, e.g. preventing gut infection, production of vitamins, and reducing inflammation. Providing nutrients for the gut microbiota that produce useful products can be addressed through diet. Vegetarian diets, which typically contain less highly processed foods than an omnivore diet, contain what is needed for a healthy diverse gut microbiome. By contrast diets high in amino acids causes the gut bacteria to form potentially detrimental compounds and dysbiosis. The positive impact of a healthy gut microbiome is evident through all stages of life.

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Bhimsi Bhai Karmur spoke about intentions during his presentation on parenting. While engaging in any kind of action with one's children this, he stated, is of utmost importance. The lifestyles of a parents he also said is equally important, as parents are the primary role models first encountered by one's offspring. Whatever qualities a parent wishes to cultivate in a child must also be present or developed first in the life of the parent. Listening carefully to a child is a necessity for its education and training; and parents should always do this in all their work with their children, as well as with heartfelt feeling, attentiveness and love.

Upcoming Plan

March 11 - 17 :
Self Maun Sadhana

March 18 - 24 :
Self Gyan Sadhana

March 25 - 31 :
Self Dhyan Sadhana

April 01 - 07 :
Shibir Sadhana

April 11 - 15 : 10th & 12th
Student Shibir@Tapovan
Contact : Hardikbhai Solanki :
Phone: 9824713040

