



## Peace of Mind: January 2018

# A New Year: Project Aastha

## Current & Upcoming Events:

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 2018!**

### Inside this issue:

In this publication, we wanted to focus on our Project Aastha and Project Manzil and show all the work that has been put in these projects.

### Current Events

Youth shibir at Shrimad Rajchandra Ashram - Koba -Gandhinagar

Date: Dec 24-26,2017

Topic: Lessons of the Life

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Jananani Chintan Sabha

Date : Dec 29,2017

Jasani School, Rajkot

Topic: Mother's responsibility

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AP Patel Girls Hostel,Rajkot

Date: Jan 1 -3,2018

Topic: Beyond Education

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GT Sheth School, Rajkot

Date: Jan 4-6,2018

Topics: Stress Free Exam!

### Upcoming Events :

60+ Group - Rajkot

Date: Jan 7,2018

Time 10.30a-12.00p

How to live after 60?

Venue: Rushabh Vatika

Contact : Dalsukhbhai Sheth

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Vivekanand School,Dhasa,Botad

Date: Jan 8,2018

Time: 9.30am

Topic: Student and parent Relation

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Program at Rajkot Schools

Date: Jan 9 - 15, 2018

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NRI Guest from Malaysia & USA

Date: Jan 18-23,2018

Venue : Rajkot and surrounding

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NRI SEVA Program

Date: Jan 24 - 27,2018

Venu: Surrounding Rajkot

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Saman ji's Personal Sadhana

Date: Feb 1 - 10, 2018

## Three Day Youth Shibir at Shrimad Rajchandra Adhyatmik Sadhana Kendra, Gandhinagar

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Dec 24 to 26,2017.

Saman Shrutpragya Ji was invited to deliver motivational talks in the shibir arranged by Shrimad Rajchandra Adhyatmik Sadhana Kendra. He offered four separate lectures altogether on the theme of "Lessons of Life". On this theme he gave more than 15 tips to ensure that a meaningful and efficient life is experienced.

Amongst other central points made, he emphasised that one has to recognize one's own talent and inner-interests, enabling one appropriately to choose the correct path in life as its central goal. He further stressed the importance of being kind with each and every one and to do some kind work for others every single day. He additionally mentioned that one should always aim to offer one's money with a blessing whenever it is transacted or passed on to someone else. It should be that one feels that this money will be helpful to others, making their lives equally more kind and peaceful.

Saman Shrutpragya Ji stated, moreover, that one needs to maintain discipline, and keep this practice at the centre of one's life. Discipline is the best way to love oneself, he taught. And this is why Saman Shrutpragya Ji encouraged everyone present at the shibir to meditate every day, preferably for some 15 minutes as a daily practice. Doing this, he explained, makes one's mind calm and able to concentrate, bringing, as it does, great value to life itself.

Pujya Atmanandji Saheb, Sureshji and Bahenshree gave their blessing to all participants at the shibir. After the three day program ended, Saman ji returned on the evening of December 26th to Rajkot.



## Talk at Janani Chintan Sabha, Jasani Vidhya Mandir

29 December 2017

Saman Shrutpragya Ji was cordially invited to Jasani Vidhya Mandir. This was specifically to give a talk on the subject of Health and Yoga for Women. Approximately, 200 mothers in all listened to, and participated in, the event.

Saman Ji focused upon and explained the valuable role of the mother in today's world. He further went on to explain the application of yoga in the everyday lives of the event's participants, as well as demonstrated and outlined key yoga and meditation practices. Important tips for living healthily and happily throughout life were also given. Chandrakant bhai, Shobhanaben and V.D. Vaghasia were present at the talk, and graciously thanked Saman Shrutpragya Ji for the lesson he delivered.



# Volunteers of the World



Shreya M. Doshi

11<sup>th</sup> December – 19<sup>th</sup> December 2017

A young woman driven to promote concrete social change in the community through youth empowerment, Shreya M. Doshi collaborated with the Peace of Mind Foundation to create: Project Manzil. The heart of the project consisted of empowering the youth of the country; especially girls hailing from impoverished families, studying at fully government-funded schools. Shreya chose 3 institutions: Sarojini Naidu Girls School, AP Patel Girls

School/Hostel, and Amrut Kanya Vidyalay to teach English and Computer skills. Executing the project by herself, Shreya introduced academic concepts through application, story-telling and interactive sessions. Furthermore, she counselled the girls on the importance of education, encouraged them to dream and be persistent, and lastly implement positive life changes. Setting an example for the girls in the community, as well as creating a bond with each and every student she taught, Shreya made sure to not only meet the objectives of her Project Manzil, but exceeded them with her passion and perseverance. Shreya wrapped up her project, just to realize the ripples of change that had formed; compelling her to continue Project Manzil, and bring it to greater heights.



## Project Aastha and Project Manzil - 2017

Both, Project Aastha and Project Manzil are wonderful projects that has successfully grown. The main message behind Project Aastha has been to spread this message on a more widespread basis and bigger group to expose it everywhere. On the contrary, Project Manzil's focus is to work deeply in a selected area and focus on a smaller setting to really dig into things. Take a look at the following reports to see the progress and success of both of these projects.

### Special Newsletter: Project Aastha Team at Rajkot

#### Project Aastha: Successful Trip to India, Dec 17-24, 2017

It is with heartfelt appreciation and joy that the Peace of Mind Foundation in Rajkot enjoyed a great achievement, thanks to the hard work, dedication and conscientiousness of all those who took part in the highly successful Aastha Project. Nine NRI youths kindly provided their time and gave every effort in order to ensure this success, with the primary focus on educational guidance and charity activity from which many disadvantaged groups greatly benefited.

Young Jains of Singapore and UK members as well participated in Project Aastha : A Service Initiative by YJS & YJUK. This was carried out under the guidance of Saman Shrutpragyaji. The Project Aastha team was highly motivated, especially as the young participants all had a genuine sense of the importance and power of education. It involved the provision of vital resources and dedicated work. Many underprivileged students who are bright, but who do not have the means to further themselves, were tremendously helped because of the Project. It also fostered in the process a spirit of community service, a sense of the value and need to give to others who require assistance to move forward in their studies and their lives, and thus it was of special value as a way to support and offer help to society.



Freya Motivating Girls at Amrut Hostel – Rajkot



AP Patel Girls Hostel - Rajkot



Charity Activity at Bhanvad - Dwarka

The Project Aastha team visited underprivileged, not-for-profit educational institutions and government-based schools. The team delivered well-organised motivational talks in order to expose Indian youth to the role of education in changing one's life. In addition to this, the project team shared strong cultural values and ethics with the beneficiaries, all of which further ensured that Project Aastha was successful. With the guidance of the Peace of Mind Foundation, the team carefully drew up a shortlist of recipients to receive direct support. This list comprised a series of financially poor yet academically bright students, ensuring the funding of their further education, as well as providing them with other necessities. These other necessities included a variety of items, such as school dress, jackets, school bags, and note books.



Ariesha at GT Sheth's Classroom – Rajkot



Provide food kit for needy families



Charity at Teacher Training School Junagadh



Charity at Tapovan - Bhanvad – Dwarka



Charity work at Palitana Jain Tirth



Charity at DB Patel Girls Hostel – Atkot



servng clothes to the Maternity Hospital



Cultural Program at Atkot Girls Hostel



Serving Dinner at Old folks home in Rajkot



Santvan Viklang Institute at Vadal – Junagadh



Motivational Presentation at Modi School-Rajkot



Khamta Girls Hostel – Cultural Program



Astha Team with Purusharth school at Rajkot

## The testimonies of participants

**Roshni Doshi said:**



Providing Jacket in Sarojini School

The thing that touch my heart was going to the old folks home. When we arrived at the old folks home, all the senior citizens were really welcoming and happy to see us. I was glad when we were able to serve them. The most amazing thing there was that in spite of facing so many hardships these aged people are smiling and are still trying to find endless ways to be happy to live. It was a memorable trip to the old folks home. After seeing that, I feel that we should always treat our elderly with respect and go the extra mile to make them happy.

**Juhi Shah said:**



Rector Nayana welcoming Juhi at DB Patel Hostel Atkot

I was much surprised and pleased and extremely happy to be a part of it because of how much I have learned, experienced and also valued. The stay at Abhavalay was great. Saman ji was very understanding and caring towards us and we all had a great time. This trip is confirm one of the most memorable trip because it taught me how I am lucky and fortunate with whatever I have and also value whatever I have now. The health conditions, the living conditions and the facilities are not suited for everyone however the smiles and happiness they all had on their faces despite the conditions really beat everything. A smile speaks a thousand words. this trip is surely one of the most valuable and memorable trip for me and I'm really glad I went for it.



**Kshitij Shah Said:**



**Kshitij Shah Giving the Answer of Student's Question**

One thing that touch my heart- On one of the days we visited the Old Folks home where we served them food and got to know their situation. This really opened my eyes up to the problems that we had never seen or heard of. We as normal humans usually do not see our senior ageing population as a problem but this finally made me realize that we all must do our part to give back to those who raised our generation!

To me, the youth community in India is very well driven and full of fuel. All they need a kick start to their journey and that's what I hoped out if this Project.

**Ariesha Mehta Said:**



**Ariesha and other Team members serving milk to the animal**

The trip was really really enjoyable and eye opening. I enjoyed the amount of schools we went to it was good to maximise the time. The range of seva events were also good as we got to see Hospitals, orphanages, animal seva. The hard work that went into the organising was really appreciated. One thing that touch my heart was “The care simple people take of those around them, and how they devote their lives to bettering society.”

### Vismaey Shah Said:



Vismaey and Jaeni enjoying Indian Tea at Atkot Hotel

Jai Jinendra Samanji,

This has been the best trip ever I have had for India. I have not been exposed to so much of good food and good company with so much of respect in my entire life. U made us celebrities in their world. Thank you once again. I have thoroughly enjoyed every moment n experience with you. Looking forward to doing many more such trips with U

Overall, I am really glad that I came for this trip as it has helped me realise and open my eyes to so many things. I am thankful that samanji has been really nice and has taken care of us really well!! Although the planning n schedule before this trip was tough, i feel that all the hard work we kept in this project has really grown amazing fruits! Thank u so much samanji for everything and michami dukhadam for anything that I have done wrong.

### Aneri Shah Said:



Aneri and Team serving clothes to the Maternity Hospital

Project aastha has exceeded my expectations and truly made me feel more fulfilled. I joint this group with the belief that I will be making small differences to those who are less well-off. However, after this trip, I realised that our small actions and words make a huge difference to their lives.

Overall, I have learnt alot from this trip by helping others and learning from their lifestyle. I used to focus a lot on self-development, but I now realise that these 7 days of giving to others has made me feel more happier than ever. True love is indeed giving without expectations and watching other peoples lives get better because of your small actions. I also noticed how everyone over here find happiness in the smallest things. Even though we live in foreign countries with such high class lifestyle, I think that these people are more happier than us. They are down to earth and satisfied with What they have. This experience have made me realise that while I should continue working hard, I should be more appreciative of what I have and be positive. Then only, can happiness be truly achieved.

Jaeni Shah Said:



Sarojini Nayadu Girls School – Rajkot

I feel that I have firstly improved my English thanks to the UK friends and my Gujarati after speaking in Gujarati for so long. I have started to think in Gujarati as well I have forgotten to think in English.

After seeing all the poverty and situation of the places we visited, I feel thankful for the life I have been given and I want to help others feel that way as well. I feel enlightened, with the people I met, and they touched my life in one way or another. My fellow volunteers, the students I met and teachers their mindsets have opened up many doors in my mind for things I didn't know. Also given I was already independent, but coming here made me even more independent and made my think about the way I present myself to people for what impact it will have in front of people. Public speaking was never my forte but I have overcome the fear of thinking too much about what people think about me. I say what I feel is important, and state my points. Saman Ji has lead this program so well and everything we wanted to do he helped us do it. With the heavily packed schedule we still didn't feel tired, I learnt that it's all in the mind. Nothing is impossible.



Project Aastha Team - Palitana