



## **Swami Shrutpragyaji's March 2012 Newsletter**

### **BOOKS**

Jivan Jivavani Kala  
Parivartan  
Prarabdh Nu Puspa:  
Purusharath Ni Sugandh

### **New CD & Discourses:**

#### **Hindi:**

Moksh Marg Satsang  
Management Satsant

#### **Gujarati:**

Jain Dharma Satsang  
Management Satsang  
Power of Chakra Satsang

*any further questions, can  
contact by email:*

*Pomyc.org@gmail.com*

Books are Available at:

#### **GEORGIA**

Kaushik Desai - (770) 476-  
3874

#### **ILLINOIS**

Dharmi Shah - (630) 428-  
1360

#### **NEW JERSEY**

Dr. Champa Bid - (973) 533-

#### **OKLAHOMA**

Aruna Shah—(918) 605-  
8805

### **Current Events**

#### **Pravachan at Bhuj, Kutch**

**Date:** February 2nd, 2012

**Topic:** Jivanma Shu Khute  
Chhe?

#### **Yoga Meditation Shibir**

**Date:** February 3-5th

**Location:** Bhuj, Kutch

#### **Shibir for Women**

**Date:** February 3-5th

**Location:** Bhuj, Kutch

#### **Shibir for Students:**

**Date:** February 6-8th

**Location:** Ath Lauva Patel  
School & R.D. Varsani  
School

#### **Shibir at Shrujan Institute**

**Date:** February 6-8th

**Location:** Madhapar, Kutch

### **Upcoming Activities**

#### **Akasvani Radio Staff Family Shibir:**

**Date:** March 2-4th

**Location:** Akasvani Colony,  
Rajkot

#### **Spiritual World Conference 2012:**

**Date:** March 14-16th

**Location:** Govt College,  
Bahadurgarh Balore Road,  
Dist Jhajjar, Haryana

#### **Join our Facebook Group:**

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## *Highlights of Various Shibirs*



Girls doing meditation

Shrutpragya Swamiji conduct Women camp at Vagad be Chovishi jain Vadi Bhuj Kutch from Feb 3 to 5,2012.135 Women participated this Shibir.Swamiji also have done 3 days Yoga Meditation Camp for Man and Women at the same location from 7.00am to 8.30am.



Swamiji also held 2 camps in Kuch Levua Patel Girls Hostel and R.D.Varsani High School at Bhuj Kutch from Feb 6 to 8, 2012.1300 Lots of boys and girls participated.





Swamiji also did a meditation camp at Shrujan Handicraft near Madhapar Kutch from Feb 6-8th. He also gave lecture at Vardhman School in Bhujodi, Kutch, which was arranged by Priya Mehta.



On Feb 8th, at B.Ed college in Haripar, Bhuj, Principle Pathak Sir arranged for lecture in which 150 teachers participated in this training lecture.

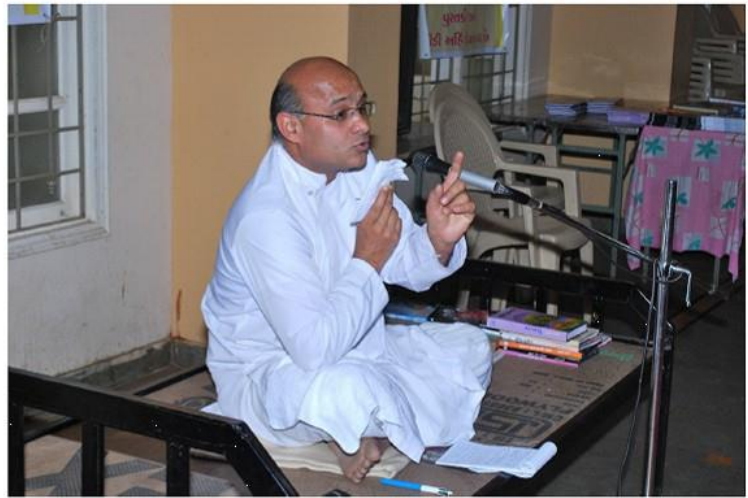


Swamiji also gave one lecture at M.S.V Highschool in Madhapar where 500 boys and girls attended.



Meditation Camp at Shrujan Institute at Kutch

Shrutpragyaji giving lecture at Bhuj Shibir



Shrutpragya Swamiji gave lecture at Palara Central jail Bhuj Kuch on 5<sup>th</sup> of Feb, 2012. 500 Prisoners attended Swamiji's lecture. Rasik Doshi and Bhumi Doshi Supported this Program. Superident Mr. Bakharia well come to Swmiji at Palara Jail. Sandip Maniyar helped out for arranged this Lecture.



Shrutpragya Swamiji gave 2 Shibir at Dhrol Saurashtra-Gujarat. One Shibir at Levua Patel School Kharva Rd. Dhrol and other Shibir at M.D.Mehta High School from Feb 14h to 18<sup>th</sup>. Dr.Vijay Sojitra and Sudhaben coordinated this camp. 500 Girls have benefited from Swamiji's knowledge. Swamiji also gave one lecture at B.Ed. Collage Dhrol.



Shrutpragya Swamiji also gave one Lecture at A.P.Patel Kanya Vidhyalay Rajkot for standard class of 10<sup>th</sup> and 12<sup>th</sup>. Swamiji talk about how to prepare for exams in an effective and stress free way. 2000 Girls attended this lecture.



## Health Corner: How to Increase Immunity

*Immunity is the internal strength to fight external diseases. Anyone with a strong and powerful immune system is not easily affected by adverse changes in their environment. Disease serves as a wake-up call for a person and is a way for the body to eliminate any accumulated waste and foreign elements. That which hinders the body in its normal functioning is known as a disease. Therefore, one should not be frightened of getting diseases, but rather should be awakened to preventing them.*

*During winter, people protect their bodies with warm clothes. Aside for instances of severe cold weather, when one's body experiences the sensation of being cold, often the face, though bare and exposed, is still not as cold as the rest of the body. One may ask, 'why is our face not as affected by the cold?' When one's face is constantly exposed to changes in the weather, the facial cells become resistant and unaffected from the cold. One must ask themselves if we can train our entire body in a manner similar to our face. From birth, a child should be trained to face the weather without any fear. One must train the body in such a way that immunity remains strong from childhood. Conditions such as allergies are the result of a deficient immune system. Similarly, children who are exposed to a variety of pathogens during childhood actually develop a stronger resistance power to such illnesses.*

*In order to strengthen the immune system, the following are a few practices:*

*Take a deep breath; hold it, and then exhale. Do this daily for 10 minutes.*

*Walk briskly in the morning for 30 minutes so that the body perspires.*

*Fast one or two times a month or eat less than one's hunger at each meal.*

*Sit in a quiet place and passively watch one's thoughts for 10 minutes.*

*Drink boiled water.*

*Avoid allopathic medications.*

*Following these practices will help increase one's natural immune system and will prevent minor illnesses from affecting the body. At the end, one will enjoy the benefits of good health.*