



PEACE OF MIND

PEACE OF MIND YOGIC CENTER, USA
PEACE OF MIND FOUNDATION, INDIA



Swami Shrutpragyaji's February 2012 NEWSLETTER

'The person who regularly recites mantra attains liberation from the fears of disease and death.'

New CD and Discourses

BOOKS

Jivan Jivavani Kala
Parivartan
Prarabdh Nu Puspa:
Purusharath Ni Sugandh
Turning Point

New CD and Discourses

MP3 sets:

Hindi:

Moksh Marg Satsang
Management Satsang

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) 533-1942

OKLAHOMA

Aruna Shah—(918) 605-8805

Current Activities

Self-Confidence Shibir

Date: January 1st-31st

Location: Modi School, Rajkot

Writing & Speech Competition

Date: January 22nd:

Location: Abhavalay, Rajkot

Lecture for Senior Jain Citizens

Date: January 30th

Location: Hotel Grand
Regency, Rajkot

Topic: Pankharma Vasant rutuno
Ahesas

Upcoming Activities

Pravachan— Bhuj, Kutch

Date: Feb 2nd, 2012

Time: 9:00am-12:00pm

Topic: Jivanma Shu Khute chhe?

Yoga Meditation Camp

Date: Feb 3-5th 2012

Time: 7:00-8:30pm

Venue: Jain Vadi Bhuj, Kutch

Shibir for Women

Date: Feb 3-5th 2012

Time: 3:00-4:30pm

Venue: Jain Samaj Vadi Bhuj

Shibir for Students- Bhuj, Kutch

Date: Feb 6-8th, 2012

Location: Kutch Lauva Patel
School

Pravachan in Kutch

Mandavi, Bhujodi, Madhapar, &
Anjar

Date: Feb 9-13th, 2012

Shibir in Modi School, Rajkot

Date: Feb 14th-27th, 2012

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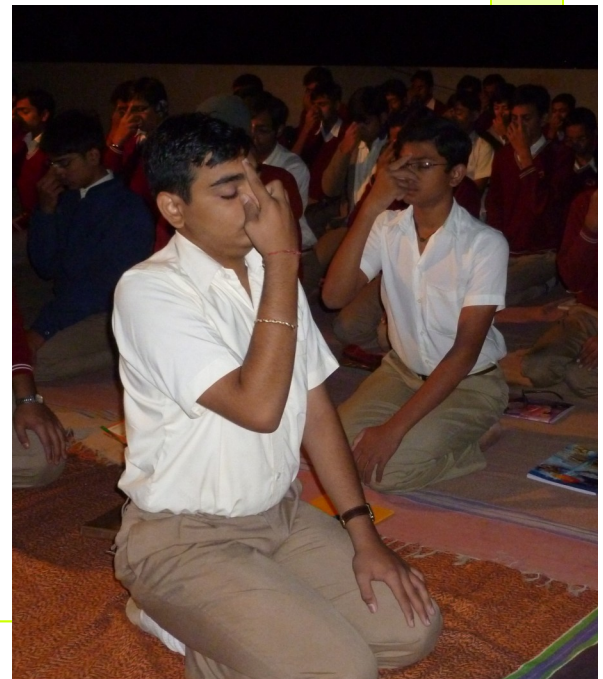
Modi School Shibir

Modi School Rajkot is well known for Science study for 11th and 12th standard. Every year, Shrutpragyaji arranges a shibir which focuses on developing self-confidence, concentration, and Health and Happy Lifestyle.

This year, there were 500 students at the shibir that benefited from Shrutpragyaji's wisdom and guidance, and there will be another 500 students at the upcoming shibir that will also benefit.

Swamiji focuses on teaching the students how to concentrate the mind in studies, what are the proper reading methods, and ways to keep the body and mind healthy and stress free. He also focuses on emotional balance and meditation. By this shibir, the attitudes of students have changed as well as their lifestyle in just 6 days. They have incorporated the practice of yoga, meditation, Pranyam and spiritual life style in a day to day lifestyle.





Grand Yoga Shibir

On January 15th, there was a peaceful Grand Yoga Shibir led by Shri Shrutpragya Swami in Modi School, Indraprasth Rajkot . There were 350 boys that attended the shibir from 1 to 15th Jan 2012 . There were various topics along with yoga that was discussed. The students felt a lot of benefit due to yoga ,Meditation and concentration. Self confidence was cultivated among students. The yoga Exercise helped students improve their health. Also various health tips were given which are beneficial to student life.

Swamiji also helped students improve the method of reading. Students promised sincerely not to eat these edibles. Also few important points on building self confidence were discussed. Inspirational stories shared by Swamiji for improve the self awareness among the students. Importance of goal setting was given. Swamiji also explain the cultivation of moral values and pure and high character was given. Also seeing Swamiji's dedication, importance of selfless service was felt.



Feedback

Respected Shrutpragyaji Swami,

We just discussing about the shibir in group at our free time. All points that we discussed were positive to the shibir. About myself and my thoughts, the shibir claimed the first top of my life till ever. About the philosophical lectures, that given by you in the shibir were very nice and impressed by that lectures. The point about philosophy were very encouraging and I will keep that in my heart. And also that six methods of reading and lectures of education base impressed me Hartley. The questions and example that were given in the shibir were very good .I hope that points will affect to each and every student.

From childhood we were taught books are our best friend But which book to be selected was a big question. You gave me some very fantastic book names, including your books, which will surely impact my life as I gradually gone through it. In this cold winter your yogasans give me much warmth.

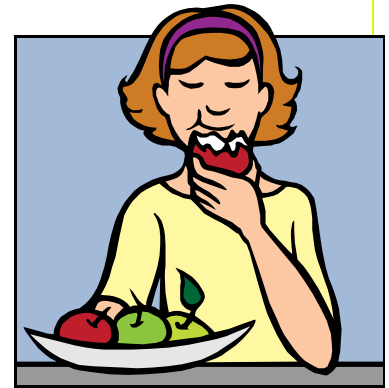
Swamiji you are heartily welcomed again next year.

*Your respectively,
Meet N. Bhanvadia*

Health Advice: Seven Don'ts After a Meal

1. Do not smoke, especially after a meal. Experiments from experts have proven that smoking one cigarette after a meal is comparable to smoking 10 cigarettes, which substantially increasing the chances of cancer.

2. Do not eat fruits immediately after a meal. Eating fruits after a meal causes the stomach to be bloated with air. One should eat fruits either three hours before a meal or three hours after a meal.



3. Do not drink tea or coffee. Tea and coffee contains a large amount of acid. The acid causes the protein content in the food we consume to become hardened, making digestion more difficult.

4. Do not eat ice cream immediately after a meal. The ingredients in ice cream dilute the hydrochloric acid needed for proper digestion.

5. Do not bathe after eating. Bathing causes an increase in the flow of blood to the hands, legs and body. The amount of blood around the stomach decreases and overall produces a weaker digestive system.

6. Do not perform any strenuous activity after a meal. People always say that walking a hundred steps after a meal will help digestion. However, too much strenuous activity will cause the digestive system to be unable to absorb the nutrition from food because blood will flow to the hands and feet rather than around the stomach.

7. Do not sleep immediately after eating. Sleeping instantly after eating causes disturbances to restful sleep, leads to gastric troubles, and increases body fat.



Competition Program

This was an excellent program and got great response from students all over. It was a Speech and Writing Competition that encouraged students to use their imagination and creativity to write their thoughts on the topic. 130 students participated in the competition and all did very well.

Date: Jan 22,2012

Place : Abhavalay,Rajkot

Cheaf Gust : Atul Shah and Jayant Shah from Chicago

Arranged by : Peace of Mind and Chanakya Study Senter Rajkot

Program : Speech and Writing Competition

