

PEACE OF MIND : NEWSLETTER



June 2026

Special Program Organized by Brahmakumaris Rajkot

In the Divine Company of Holy Saints and Spiritual Leaders: Inspiring Discourse by Samnan Shrutaprajnaji



Venue:

Harmony House,
Brahmakumaris, Rajkot



Date:

June 6, 2026
(Saturday)



Organizer:

Brahmakumaris, Rajkot

Dignitaries Who Graced the Occasion:



Chief Speaker :

Rajyogini Brahmakumari
Deepa Didi



Welcome Speech :

Rajyogini Brahmakumari
Veena Didi



Introducing the Guest :

Param Pujya Samnan
Shrutaprajnaji



Vote of Thanks :

Mahantswaroop Ashutos Maharaj
(Shri Aakruti Dham)
and other Pujya guests.



On June 6, 2026 at Harmony House, Rajkot, a special program was organized with the divine presence of Param Pujya Samnan Shrutaprajnaji, Mahantswaroop Ashutos Maharaj and other revered guests.

Highlights of the Discourse:

In the presence of Rajyogini Brahmakumari Deepa Didi, the Chief of Brahmakumaris, Rajkot, the enlightening discourse was delivered by Param Pujya Samnan Shrutaprajnaji. He shared profound insights on empowering life with spiritual values, inner peace, self-realization and the importance of Godly love.

He emphasized that through Rajyoga meditation, introspection and positive thinking, one can experience peace of mind, control negative tendencies and establish a strong connection with God.

Rajyogini Veena Didi and many other dignitaries of the Brahmakumaris family also graced the occasion and inspired the audience with their blissful presence.



Dignitaries interacting with Mahantswaroop Ashutos Maharaj and other revered guests.



Preserving Sanatan Culture Through Spirituality



During the program, Samnan Shrutaprajnaji shared the following inspiring message:

“It is our responsibility to pass on the values of our culture to future generations, because material achievements alone do not bring lasting happiness. Therefore, the preservation of Sanatan culture through spirituality is essential.”



Brahmakumaris' Chief Rajyog Teacher Samnan Shrutaprajnaji provided practical guidance on preserving Sanatan Culture and spirituality in daily life.

Key Aspects of Shrutaprajnaji's Discourse:



The True Meaning of Sanatan:

Sanatan is eternal.
It is not limited to any religion or community.
It is a way of life based on values such as peace, non-violence, purity, compassion and truth.
Preserving Sanatan culture means living by these values.



Why is it Important to Protect Culture?

Culture is the identity of a nation, the foundation of society and the source of our heritage. When dharma, compassion, truth, self-control and purity remain alive in a society, there is harmony and happiness everywhere. That is why protecting culture is essential.



Global Context:

Our Sanatan culture upholds universal values like “Vasudhaiva Kutumbakam” (The world is one family) and “Sarve Bhavantu Sukhinah” (May all be happy), which are the need of the hour.

Guidance and Conclusion:

We must not only preserve our tradition, but also strengthen it in today's modern era. By making our children, youth and society aware of our values and connecting them with spirituality, we can create a strong and peaceful future. Spirituality is not an escape from problems, but a powerful tool to face and resolve them.

India's culture is unique, ancient and scientific. It teaches the welfare of all, teaches the art of living with nature and teaches the path of self-realization. Therefore, we all must take steps toward preserving our culture and receiving divine guidance.





Samanji provide five keys for maintenance of Sanatar culture

June 2026



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At Brahmakumaris Harmony House, Rajkot, a book was presented to respected Saman Shrutaprajnaji to inspire and guide the administration.



At the Divine Saint Conference, a lamp was lit by the holy souls, spreading the message of preserving Sanatan culture.

The Invaluable Role of Saints in Preserving Culture:



- Adi Shankaracharya spread the message of spiritual unity and reinforced the foundations of Sanatan Dharma.



- Lord Mahavira proclaimed non-violence (Ahimsa) as the highest virtue and the supreme path of righteousness.



- Gautama Buddha illuminated the path of compassion, wisdom, and inner peace.



- Ramanujacharya emphasized the glory of devotion (Bhakti) and loving surrender to the Divine.



- Kabir challenged blind faith and social prejudices, inspiring people to seek truth through wisdom and self-realization.



- Guru Nanak Dev Ji taught the timeless values of humanity, equality, and selfless service.



- Swami Vivekananda brought the spiritual greatness of India to the global stage and inspired generations with the ideals of strength, character, and universal brotherhood.



The saints of India have not merely preserved our culture; they have illuminated the path of humanity with the eternal values of truth, compassion, devotion, and wisdom.

Samanji's Five Keys for Maintenance of Sanatan Culture:

- 1 Spend at least 20 minutes daily in self-reflection and introspection.
- 2 Adopt a disciplined lifestyle and follow noble values.
- 3 Respect and live by the constitutional values of the nation.
- 4 Take pride in the glory of Sanatan culture and spread its message.
- 5 Contribute selflessly for the welfare and happiness of humanity.



In today's times, the invaluable contribution of saints and spiritual leaders is extremely important. Their teachings alone are not enough; we must imbibe them in our lives. The Divine Saint Conference is not just an event; it is a powerful movement for preserving culture, strengthening values and spreading spirituality. This movement will continue to inspire future generations and build a better world.

The Divine Saint Conference is a unique and commendable effort by Peace of Mind.



The Power of Good Communication and the Art of Dialogue:

Multi-Day Communication Skill Development Camp

◆ Bhanvad | 4th to 6th June, 2026 ◆



Brahmakumaris' Chief Rajyog Teacher
Samnan Shrutaprajnaji guiding the participants.

At a Glance



Venue : Purusharth School, Bhanvad



Dates : 4th to 6th June, 2026



Participants : 100 (Students & Teachers)



Name of the Camp : Dialogue Skill Camp



Resource Person : Samnan Shrutaprajnaji



Focus Areas : Speech, Body Language,
Tone & Behaviour



Special Feature : Practical sessions
with 10% theory and 90% practice,
60% practice in body language,
tone and behaviour.

Key Topics Covered in the Camp

- | | |
|--------------------------------------|--|
| 1 Active Listening | 11 Effective Presentation Skills |
| 2 Speech and Positive Dialogue (TIP) | 12 Confidence Building |
| 3 Tone of Voice | 13 Personality Development |
| 4 Body Language | 14 Art of Effective Dialogue |
| 5 Expression | 15 Positive Thinking |
| 6 Smile | 16 Importance of Values |
| 7 Essence of Dialogue in Words | 17 Responsibility Awareness |
| 8 Eye Contact | 18 Nitpicking or Observation? |
| 9 Unique Compliments | 19 How to Inspire Others and Earn Their Trust? |
| 10 Common Platform | |



Participants and students attending the camp with great enthusiasm.

Dialogue Sadhana Camp: Report

... Purusharth School, Bhanvad ...



Purusharth School staff and students seen participating in activities.

Keynote Address by Samnan Shrutaprajnaji

Communication is not a natural gift; it is an art that can be learned through consistent practice. True communication rests on four pillars: speaking, listening, understanding, and expressing. He emphasized that ineffective communication leads to huge losses for corporate companies.

Effective communication boosts self-confidence, builds harmonious relationships and helps in blossoming one's personality.



Activities and Conclusion



Kintsugi: Japanese Art



Think out of the box

- In the afternoon sessions, participants engaged in creative thinking activities such as Japanese art 'Kintsugi' and 'Think Out of the Box'.
- Special training in yoga and pranayama for health was conducted by Mrs. Leenaben and Mr. Chintanbhai Trivedi.
- Director **Bhimsibhai** inspired the participants to integrate the learnings from the camp with the rules of the school and apply them firmly in life.
- It was decided to publish a wonderful book based on the discourses delivered in the camp – "Samvad Shikshan" (Dialogue Education).
- Finally, the participants enthusiastically shared their positive feedback and the entire camp was efficiently organized by **Mr. Sagarbhai** and **Mrs. Dakshaben**.



Samnan Shrutaprajnaji delivering his address to the camp participants.

Samvad Sadhana Shibir:

Feedbacks

Feedback from Participants of the Camp



“

The 'Dialogue Sadhana' camp is a great opportunity to develop ourselves. Here, we learn how to speak and how to communicate. I did not have much knowledge about

communication before, but now I

understand its importance.

We get to learn many practical things which are useful in our daily life.



Neeta Chetariya (Staff)



“

The 'Dialogue Sadhana' camp is very useful for our knowledge and personality development. It inspires us to become a better human being in our life and to make positive changes in society.”

In these activities, we got a chance to speak in public and it also built our confidence. This camp helped us improve our personality, knowledge and communication skills.



Foram Gunsai (Teacher)



“

In this camp, students and teachers learned a lot from the sessions of Purusharth Shikshako. We, the students, also got an opportunity to share our views and express ourselves. We gained new knowledge, and it helped in our overall personality development as well as in improving our communication.



Parthvi Kalriya (Tapovan Student)



“

The 'Dialogue Sadhana' camp is extremely useful for our personal and professional life. It enhances our communication skills and personality development.

Through various activities and group discussions, we get to

express our opinions on different topics, which improves our thinking ability and builds self-confidence.



Sonal Gojia (Teacher)



“

In this camp, we learned the importance of communication which is very useful in life; we got to speak in public, learned new things and acquired practical knowledge.

I enjoyed every activity.

Now I understand that communication is not just about speaking but also about listening, understanding and expressing at the right time in the right way.



Manasvi Piprotar (Teacher)



“

Good communication does not only connect hearts, it also makes life more beautiful and meaningful.

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SINGAPORE

USA

Saman Shrutpragyaji's Singapore & USA Spiritual Tour 2026

Spiritual Mentor | Author | Speaker



TOUR SCHEDULE 2026

Sr.	City	From Date	To Date	Contact Person	Contact Number
1	Singapore	June 30	July 2	Aarti Paresh Kamani	+65 9101 2221
2	Fremont, CA	July 3	July 7	Avni Shah	510-449-6035
3	Sacramento, CA	July 8	July 9	Kirit Bavishi	510-709-7672
4	San Diego, CA	July 10	July 13	Krunal Timbadia	408-797-7663
5	Denver, CO	July 14	July 16	Rama Jain	(303) 946-2460
6	Chicago, IL	July 17	July 20	Mausmi Shah	+1 (630) 965-5223
7	New Jersey	July 21	July 26	Deepak Gada	201-888-0269
8	Columbus, OH	July 27	July 28	Jyotsna Patel	(614) 302-8087
9	Cincinnati, OH	July 29	Aug 2	Ashwin Parekh	513-256-1041
10	Greenville, SC	Aug 3	Aug 5	Smita Jain	(864) 363-5391
11	Raleigh, NC	Aug 6	Aug 7	Ramnik Zota	(919) 630-4843
12	Atlanta, GA	Aug 8	Aug 10	Bhavini Sanghavi	(404) 452-1379
13	Memphis, TN	Aug 11	Aug 16	Chanchala Mehta	901-826-2064
14	Chicago, IL	Aug 17	Sept 5	Dharmi Shah	(630) 886-6928
15	Austin, TX	Sept 6	Sept 15	Sonal Shah	(512) 296-1136
16	Amarillo, TX	Sept 16	Sept 18	Prafull Bhakta	(806) 567-2733
17	Houston, TX	Sept 19	Sept 22	Nitin Mehta	(281) 250-2982
18	Fremont, CA	Sept 23	Sept 24	Avni Shah	510-449-6035
19	Singapore	Sept 25	Sept 26	Rutu Sanjay Mohnot	+65 9029 5212

“ A journey across continents,
connecting hearts through wisdom,
dialogue and inner transformation. ”



Peace of Mind – Rajkot