



Peace of mind - Rajkot

NEWS LETTER



શ્રી ગુરુ ગણેશાય નમઃ



SUMMER SPECIAL

This summer, Peace of Mind brings moments of reflection, growth, and inner connection. Through satsang, learning, and meaningful interactions, we continue nurturing values and spiritual awareness. Let this season inspire calmness, clarity, and purpose, helping each one move closer to a peaceful and fulfilled life.

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Guest Visits at Abhavalay, Rajkot & Bhanvad

Global Guests Experience Spiritual Connection at Abhavalay

Guests from across the globe recently visited Abhavalay, Rajkot, and experienced heartfelt satsang with Samanji. Visitors from London – Arunaben & Pradeepbhai Mehta and Jaishreeben Mahendrabhai Mody – also visited the school at Bhanvad, Dwarka. They expressed deep gratitude for the memorable experience, appreciating the warmth, care, and unique atmosphere. They were especially touched by the inspiring environment created by children and teachers, and the remarkable level of education that beautifully nurtures Indian culture. The visit left a lasting impression, making it a truly unforgettable and enriching experience.

A Meaningful Visit from Chicago

Hirenbhai Shah from Chicago visited Abhavalay and spent meaningful time with Samanji. Together, they also undertook the Girnar Yatra. During his visit, Hirenbhai warmly interacted with the Tapovan children and addressed them during school prayer. Deeply moved by Purusharth School and Tapovan, he described the experience as “extraordinary and divine.” He admired the sincere and grounded children, sharing that the inspiring atmosphere awakened in him a heartfelt wish to contribute to this noble mission.



Meeting with Pujya Madhav Priyadasji

Rajkot | April 11

Samanji had a meaningful meeting with Pujya Madhav Priyadasji at SGVP Gurukul, Rindha, near Rajkot. He presented his four-book Bhagavad Gita series as a token of devotion. The presence of Sureshbhai and Ashishbhai Vekariya enriched the occasion. Samanji also visited the campus and humbly took gochari, adding spiritual depth to the visit.



Samanji and Sukhdevji Swami

30 April

Tapovan

Pujya Sukhdevji Swami from Naar, Gujarat, visited Purusharth and Tapovan. Samanji and Swamiji spent time together and had a wonderful satsang with the Tapovan students.



Varsitap Parana

Bhanvad

Date: April 20

Samanji was invited to the Varsitap Parana in Bhanvad, Gujarat. Rekhaben Mukeshbhai Sanghavi completed the Parana after observing one year of alternate-day fasting (Varsitap).



Samanji delivered a special pravachan at Tapovan on the night before, as well as on the day of the Parana.

Teachers Ready for Summer Vacation

Purusharth School, Bhanvad
April 23

Saman Shrutpragyaji blessed all the staff as they prepared for the summer vacation, in the presence of Bhimsibhai Karmur. He encouraged everyone to use this vacation as a time to rest, recharge, and grow. He advised spending quality time with family, reading good books, and learning something new.

He also emphasized staying connected to values through prayer, meditation, and satsang, so that the mind remains refreshed and ready for the days ahead.



Samanji's Visit for Gochari & Satsang

April 2026

During April 2026, Samanji was invited for gochari and satsang at the homes of school staff members and students' families. These visits created a spiritually enriching environment and strengthened the bond within the community.

**at Krupaben
Lakhani's house**

Some of the families included:

- ~ Chauhan Prachi & Dhyan Rohitbhai, Bhanvad
- ~ Ranavaiya Jayshri & Abhay Bharatbhai
- ~ Lakhani Kupaben Pradipbhai (Teacher)
- ~ Joshi Sandhya & Krishna Chandreshbhai
- ~ Trupti Bhayabhai Karmur (Teacher)



Satsang and Gochari at Truptiben Karmoor's house



Pravachan at Shrimad Rajchandra Ashram, Koba

Date: April 27

On the 52nd Foundation Day of Shrimad Rajchandra Ashram, Koba, a special pravachan arranged for Saman Shrutpragyaji.

He said that this ashram is like a school where deep study of the life and दर्शन of Krupaludev takes place. It is a center for spiritual practice and inner growth.

He emphasized that continuous new experiments in self-realization should be undertaken here.

On this occasion, he also expressed heartfelt gratitude to Pujya Atmanandji for gifting such a spiritual institution to seekers.



Pravachan in Bhuj

Date: 2 May 2026

Venue: V.K. Patel Ground, Bhaveshwar Nagar, Bhuj
(Kutch)

On 2 May 2026, Saman Shrutpragyaji delivered a pravachan on “Five Keys to Spirituality,” sharing practical ways to build peace, balance, and positivity. He emphasized living in the present through meditation and responding with awareness rather than reacting. He explained that life rewards worthiness, developed through consistent effort and discipline, and that positive intentions lead to meaningful results.



Organized by Bhadreshbhai Doshi, Sandipbhai Mehta, and Navinbhai Koradia, around 80 people attended. He concluded by stressing gratitude for a happy, content life. The program ended in a peaceful, uplifting atmosphere.



Online Global Paryushan Parva 2026

Experience the sacred festival of Paryushan in a truly global and accessible way. This special event is organized in the divine presence of Saman Shrutpragyaji, with soulful devotional support and mantra sessions by renowned singer Ashish Mehta.

Each day will offer 5-6 enriching sessions, including:

- * Morning meditation and discourses on Pranidhan Sutra
- * Afternoon mantra sadhana (chanting sessions)
- * Evening Bhav Pratikraman

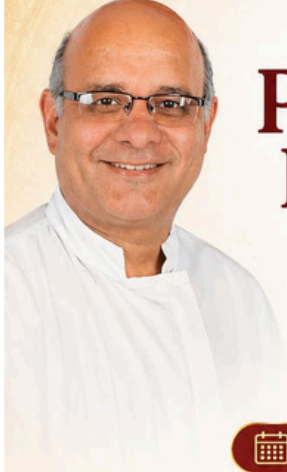
* Night devotional bhakti and inspiring talks on the lives of great spiritual masters

This global online event is designed especially for those who may not have access to scholars in their local sangh, elderly devotees unable to visit Jain centers, and youth seeking a fresh and meaningful way to celebrate Paryushan.

The rare opportunity to learn from an experienced Samanji along with live devotional music by Ashish Mehta makes this event truly special. Devotees from around the world are warmly invited to participate.

Register through the link below. A joining link will be shared with all participants, allowing you to attend as per your time zone.

**Peace of Mind**
FOUNDATION



First Time Global Online

Paryushan Parv 2026

ORGANISED BY
PEACE OF MIND FOUNDATION

— Theme —
Home to Soul

 **5 to 15 SEPTEMBER 2026**

DAILY ACTIVITIES

1  MORNING MEDITATION	2  PRANIDHAN SUTRA'S PRAVACHAN (Gujarati)
3  MANTRA ANUSHTHAN • Vajra Panjar Stotra for protect your Aura • Mantra therapy for cronic diseases: Dementia, Cancer Etc.	4  EVENING MEANINGFUL BHAV PRATIKRAMAN
5  ONE EVENING WITH DIVINE (Bhakti Sandhya) by ASHISH MEHTA	6  VIRASAT (Night Pravachans on Great Souls) (Hindi)

WHY THIS PARYUSHAN GLOBAL AND ONLINE?

- it's beyond Traditional
- it's beyond rituals
- every one can easily excess
- focus on self development

LANGUAGE OF SESSIONS

- Pranidhan Pravachans: Gujarati
- Virasat Pravachans: Hindi
- Rest all: Gujarati, Hindi, English Mixed

LINK FOR REGISTRATION:
 <https://pomyc.org/event-registration/312>

DEADLINE
 **JUNE 30, 2026**

CONTACT:
 pomyc.org
 **+919870044155**
(WhatsApp)

Click Here 

Let's Transform Together, From Home to Soul.

May – September 2026 Program Schedule

No.	Location	Start Date	End Date	Notes
1	Himachal Pradesh	May 10, 2026	May 20, 2026	
2	Abhavalay, Rajkot	May 21, 2026	May 29, 2026	
3	Tapovan, Ghumali	June 5, 2026	June 15, 2026	
4	Abhavalay, Rajkot	June 16, 2026	June 25, 2026	
5	Singapore	June 29, 2026	July 2, 2026	USA Trip Begins
6	Fremont, CA	July 3, 2026	July 5, 2026	
7	Sacramento, CA	July 6, 2026	July 7, 2026	
8	Fremont, CA	July 8, 2026	July 9, 2026	
9	San Diego, CA	July 10, 2026	July 13, 2026	
10	Los Angeles, CA	July 14, 2026	July 15, 2026	
11	New York, NY	July 16, 2026	July 20, 2026	
12	New Jersey, NJ	July 21, 2026	July 24, 2026	
13	KoJain, NJ	July 25, 2026	July 26, 2026	
14	Columbus, OH	July 27, 2026	July 28, 2026	
15	Cincinnati, OH	July 29, 2026	Aug 2, 2026	
16	Greenville, SC	Aug 3, 2026	Aug 5, 2026	
17	Raleigh, NC	Aug 6, 2026	Aug 7, 2026	
18	Atlanta, GA	Aug 8, 2026	Aug 10, 2026	
19	Memphis, TN	Aug 11, 2026	Aug 16, 2026	
20	Chicago, IL	Aug 17, 2026	Sept 5, 2026	
21	Austin, TX	Sept 6, 2026	Sept 16, 2026	
22	Amarillo, TX	Sept 16, 2026	Sept 18, 2026	
23	Houston, TX	Sept 19, 2026	Sept 22, 2026	
24	Fremont, CA	Sept 23, 2026	Sept 25, 2026	
25	Singapore	Sept 26, 2026	Sept 28, 2026	Return Transit
26	Returning to India	Sept 29, 2026	-	