



PEACE OF MIND

JANUARY

NEW YEAR EDITION

2026

FOUNDER'S NOTE



With blessings,

Saman Shrutpragya Ji

Founder

Peace of Mind Foundation

As the 2026 arrives, our minds become restless, running toward **resolutions** like a dog chasing a bone. But peace does not come by chasing.

In Jain dharma, we do not measure life by how much we *collect*. We measure it by how much we *release* – anger, desire, attachment. When we practice **ahimsa** in thought, word, and action, the mind becomes soft. When we practice **aparigraha**, the heart becomes spacious. And when we remember **anekantavada**, we stop fighting with life, because we learn to hold multiple truths with humility.

This newsletter is offered as a monthly samayik of sorts, a small pause to return to yourself, to refine your habits, and to choose calm over clutter.

EDITOR'S NOTE

Happy New Year folks! I'd like to leave you with one question to ponder on: what is one thing you can release this year so your mind can finally rest?



Shreya M Doshi



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A YOGIC CELEBRATION OF FAITH: SANT SHRI SHUBHKARANJI SWAMI'S BIRTH ANNIVERSARY

SATSANG

SAMBODHI | DEC 14

Samanji led the celebrations of *Sant Shri Shubhkaranji Swami's* birth anniversary in a serene and devotional atmosphere.

Sant Shri Shubhkaranji Swami serves as the community's presiding spiritual guide and remains widely respected for his life of discipline, compassion, and spiritual wisdom.



The community began the day with prayers, meditation, and the disciplined chanting of sacred mantras, creating a steady rhythm of inner stillness and collective reverence. In his address, Samanji reflected on the saint's life and vision. He spoke of Sant Shri Shubhkaranji Swami's commitment to harmony and goodwill across all religions, and he shared how this universal spirit continues to guide Sambodhi. With this outlook, Sambodhi welcomes sincere seekers from every path who come with *श्रद्धा* (faith) and a yearning for inner purification.

Muni Dheeraj Ji also shared his profound reflections with the सभा (sangh). On the auspicious occasion of Parshvanath Jayanti, he offered floral tributes with reverence at the sacred feet, deepening the atmosphere of devotion and gratitude.

Trustees of Sambodhi, *Shri Vijayraj Ji Bothra* and *Shri Mukesh Kachhara Ji*, added their reflections and expressed heartfelt sentiments on the significance of the occasion for the community.

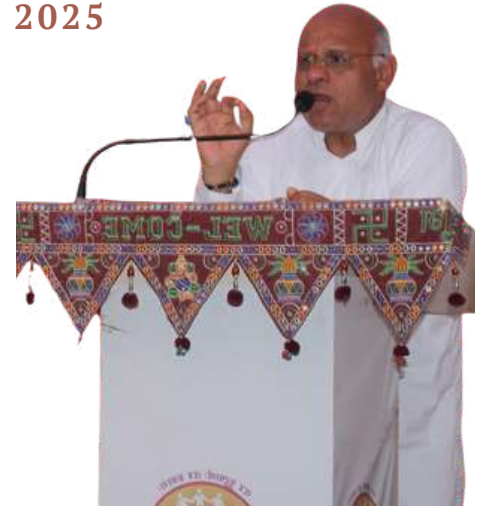


TAPOVAN CAMP ON THE FOUR SUBLIME ATTITUDES: AN EXPERIENTIAL JOURNEY FOR PARENTS AND CHILDREN

TAPOVAN | DECEMBER 18-20, 2025

In the presence and guidance of Samanji, Tapovan hosted its 9th three-day residential camp for parents and children. Participants engaged in an inquiry-based journey, placing self-search and inner exploration at the heart of every session.

Samanji led training and reflections on four sublime attitudes: **Maitri (Friendliness)**, **Pramod (Appreciation)**, **Karuna (Compassion)**, and **Madhyastha Bhav (Equanimity)**, along with help from *Bhimsbhai Karmur*.



The group also practiced yoga, kayotsarga (deep relaxation), and mantra chanting, allowing these values to move beyond concepts and become lived experience.



On the final day, the camp culminated in a powerful experiment. From 7:00 a.m. to 4:00 p.m., participants observed an **Ayachak Vrat (vow of non-asking)**. They carried no water, no money, and no mobile phones, and they travelled on foot with one clear instruction: do not ask anyone for anything. Participants could eat or drink only if someone offered it voluntarily. The experience became a profound lesson in humility, trust, gratitude, and inner steadiness, leaving many deeply moved and transformed.

The children of Tapovan managed the entire camp with skill and discipline, demonstrating remarkable responsibility, confidence, and organizational ability.



SEVA

UDAIPUR | DEC 11



CELEBRATING THROUGH SEVA: SAMANJI'S 59TH BIRTHDAY

Saman Shrutpragya Ji celebrated his 59th birthday through meaningful acts of सेवा (service), along with Jyoti Anand Choradiya's 25th wedding anniversary.



Together, they chose to honour the occasion by supporting children's education, distributing useful study materials to strengthen their learning. Peace of Mind, Rajkot appreciates Jyoti Anand Choradiya for his sincere dedication, generous support, and continued commitment to such noble service initiatives.



We most often associate special occasions with fancy restaurants and lavish holidays. While there is a certain charm in that, it fades quickly. An act of service, however, leaves a deeper imprint, on the one who receives. You don't have to choose, try doing both and see for yourself.



Key Activities

- Samanji delivered a motivational talk at Noble International School, Udaipur.
- The team distributed jumpers at Government Primary School, Subhashpura (Udaipur).
- Students received education kits at Government Primary School, Bansda-Vijaybaori (Gogunda).
- The team distributed winter kits at Panchwati School, Syphon (Udaipur).





SCHOLARSHIP PROGRAM 2025 PART IV

SEVA

KUALA LUMPUR TO SAURASHTRA: HITESHBHAI MEHTA'S SEVA VISIT TO RAJKOT AND BHANVAD

Guided by the spirit of Peace of Mind, Rajkot, **Hetesh Vinod Mehta** of Kuala Lumpur, Malaysia visited Peace of Mind, Rajkot and Purusharth Vidyaniketan, Bhanvad for the second time from December 16-19th. His visit reflected a shared भावना (intent) of supporting education through service and compassion.

During his visit, he made a significant contribution to the field of education by arranging scholarships for 16 girls, supporting their higher studies and future growth. Members of the Gujarati community in Kuala Lumpur lovingly sent scholarships for the girl students studying at Purusharth Vidyaniketan. In the gracious presence of Samanji, Hiteshbhai formally presented these scholarships, strengthening the students' path with encouragement, dignity, and renewed hope.

SCHOLARSHIP AWARDEES & DONORS

Hetesh Mehta → Scholarships awarded to **Dhara Bokhiriya & Aarushi Sheer**

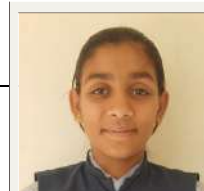


Hetvi Piperotar



Nidhi Mori

Datin Dhanlataben (Datuk Bhupatrai Shah)
→ Scholarships awarded to **Hetvi Piperotar
& Nidhi Mori**



Dhara Bokhiriya



Aarushi Sheer

Sarojben & Bhavnaben Avalani → Scholarship awarded to **Sakshi Ravalya & Dipali Solanki**



Vishwa Gojiya



Jhanvi Makwana

Indiraben D. Doshi → Scholarships awarded to **Vishwa Gojiya & Jhanvi Makwana**



Sakshi Ravalya



Dipali Solanki

C. R. Jasani & Family (Dato Narendra) → Scholarship awarded to **Reshma Kateliya & Sakshi Patdiya**



Sejal Modhwadia



Muskan Trivedi

Navalben Doshi & Hastakbhai Kevalchand Shamji Doshi & Family (Satishbhai Doshi) → Scholarships awarded to **Sejal Modhwadia & Muskan Trivedi**



Reshma Kateliya



Sakshi Patdiya



SCHOLARSHIP PROGRAM 2025 PART IV

SCHOLARSHIP AWARDEES & DONORS CONTINUED..

Nerbhakuvarben Kothari & Family → Scholarship awarded to
Tamanna Chhaiya



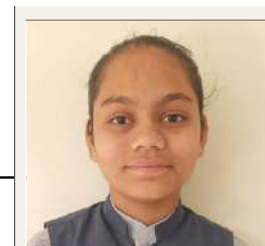
Tamanna Chhaiya



Dhruvi Karangiya

Ramanbhai Udani & Family → Scholarship awarded to ***Dhruvi Karangiya***

Anonymous Donor → Scholarship awarded to ***Sonakshi Piperotar***



Sonakshi Piperotar



Devyani Chavda

Anonymous Donor → Scholarship awarded to ***Devyani Chavda***

Peace of Mind Foundation, Rajkot, extends its heartfelt gratitude for the support provided to the children of Tapovan. Your time, effort, and commitment to education have created a meaningful impact and are a true source of pride for our institution. We also sincerely thank the members of Gujarati Samaj, Kuala Lumpur, for their generous scholarship support, which is helping shape brighter futures for our students.



Takeaway: When a community comes together to invest in education, it doesn't just support a child, it strengthens an entire generation.

How to Get Involved



For those who would like to donate to the next sponsorship round, please email: pomyc.org@gmail.com



THE SHAH FAMILY VISIT ABHAVALAY & BHANVAD

Lina, Hemant, and Rishabh Shah made a meaningful family visit to Rajkot Abhavalay and Tapovan School, Bhanvad, from December 25–27, 2025.

RAJKOT ABHAVALAY

The family spent an enriching time at Abhavalay, interacting with the residents and learning more about the ongoing work while spreading their own warmth, encouragement, and joy.



TAPOVAN

The family resided at Tapovan School for 2 nights and actively engaged in several initiatives:

- Sponsored a scholarship for a girl student to support her education
- Donated a kitchen set for cooking, contributing to daily needs
- Bonded with the boys of Purusharth Hostel over fresh corn
- Joined a special birthday celebration for Bhimsi Bhai Karmur with warmth and togetherness
- Participated in a Yagya, experiencing devotion and spiritual harmony
- Rishabh led 2 interactive classes for science students, blending learning with inspiration
- Leenaben taught Business Management, especially helpful for aspiring business students



This visit was undertaken with a simple intention: to spend time in the Tapovan and Abhavalay environment, understand the work more closely, and contribute through presence, participation, and practical support. Beyond donations and sessions, the family's goal was to connect with the students, staff, and residents in a spirit of humility and shared learning.



SEVA DIARIES FROM PURUSHARTH, BHANVAD

Penned by Rishabh Shah

I recently had the privilege of visiting the Purusharth Educational Campus in Bhanvad, Gujarat, accompanied by the revered Saman Shrutpragyaji. From the moment we arrived, we were welcomed by bright, disciplined students whose warmth and curiosity set the tone for the visit.

I soon learned that many of these students are part of Tapovan, a unique residential program within Purusharth. Tapovan supports gifted students through personalized skill development alongside academic learning, helping them grow in character, confidence, and purpose.

The next morning, I was honored to open the school prayers by singing the Indian national anthem and sharing a few reflections. I then conducted two interactive classes: one introducing students to the world of AI and data science, and another exploring the technique and joy of singing. Even though my Gujarati wasn't perfect, the students' enthusiasm made every moment feel easy and uplifting.

That evening, we shared roasted corn and songs with the hostel students, creating memories filled with laughter and connection. We also had the privilege of celebrating the birthday of Purusharth's founder, Bhimsi Bhai Karmur, whose generosity and heartfelt hospitality made us feel truly at home.

I left Bhanvad deeply inspired by the joy, discipline, and sense of purpose that define Purusharth, a place where students are encouraged not only to learn, but to dream and to become.





SUBHASH CHOXI'S FIRST VISIT TO TAPOVAN, GHUMALI

Mr. Subhash Choxi visited Tapovan Purusharth for the first time, traveling from Delaware, New York, and spent three meaningful days at Tapovan from December 18-20. During his stay, he actively participated in the camp, addressed the children, and thoughtfully organized an educational trip to Dwarka for them. He also presented gifts to the students, adding to the joy of the visit.

On behalf of the institution, we express our heartfelt gratitude to **Mr. Choxi** for his time, encouragement, and support, and to **Mrs. Nayanaben Mehta** of Maryland, D.C., who generously sponsored meals for the children.



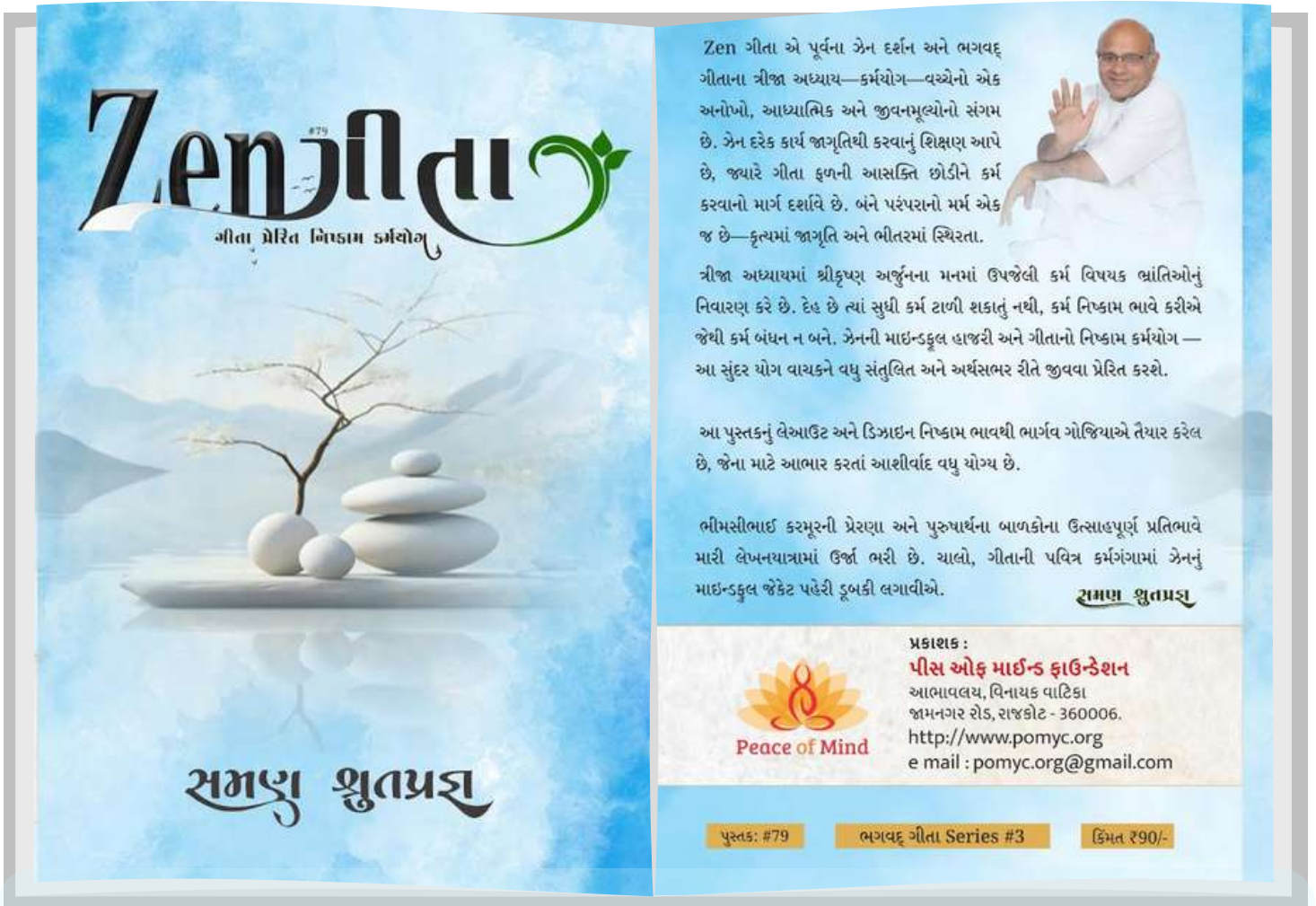
If there's one takeaway from Bhanvad, it's this: *even the smallest acts, done with sincerity, can quietly strengthen an entire community.*



SAHITYA

THE ZEN GITA

*In Gujarati



Author: Saman Shrutapragyaji

Publisher: Peace of Mind Foundation, Rajkot

Highlights: Beautiful full-color pocket-size book, printed on art paper and enriched with engaging images; designed to be read comfortably in a single sitting

Price: Only ₹108/-

Special Discount: 40% discount on orders 10 books - placed by 5th January 2026

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(Vaishnavbhai)

"Zen Gita" is Samanji's 78th book – a unique spiritual fusion of ancient Zen philosophy and Chapter 3 of the Bhagavad Gita—Karma Yoga. It teaches mindful action with full awareness while embracing selfless, unattached work. This book guides readers to experience Karma not as duty alone, but as a path of spiritual practice, bringing balance, clarity, and inner peace.



SAMANJI'S UPCOMING SCHEDULE



MONTH	DATES	LOCATION
JANUARY	7-9	PURUSHARTH SCHOOL, BHANVAD
JANUARY	10-17	SURAT
JANUARY	18-24	HUBLI & BENGALURU
JANUARY	25-31	ABHAVALAY, RAJKOT
FEBRUARY	1-8	TAPOVAN, GHUMALI
FEBRUARY	13-23	SINGAPORE SHIBIR



Please note: This is a tentative schedule and is subject to changes. Prior to making travel commitments, kindly confirm Samanji's final itinerary directly at pomyc.org@gmail.com.





A REPUBLIC DAY WAKE-UP CALL: WHAT SHOULD INDIA TRULY DO?

By Saman Shrutpragya Ji

On 26 January, India celebrates Republic Day with pride, parades, and patriotic slogans. Our Constitution gave us democracy, equality, and freedom. Yet a deeper question remains: are we living its spirit, or only commemorating its date?

India does not suffer from a lack of talent, resources, or intelligence. What weakens us is the erosion of ethical leadership, the spread of corruption, and politics driven by self-interest. Politics, meant to be a form of service, is too often treated like a business. Elections are contested not on values, but on money, caste, religion, and fear. When corruption begins at the top, it quietly seeps into every layer of society.

We often blame politicians, but there is an uncomfortable truth we must face: leaders reflect the standards society accepts. When votes are traded, when citizens stay silent, and when educated people step away from responsibility, corruption finds room to grow. Democracy does not fail only in Parliament. It fails when citizens stop questioning.

WHAT SHOULD INDIA TRULY DO?

First, demand accountability. Question leaders, don't worship them. Place respect for the Constitution above loyalty to any party. Transparency should never be a favor, it must remain a right.

Second, end our tolerance for corruption. Bribes are not "shortcuts," and dishonesty is not "smartness." A nation cannot rise if its ethics keep falling.

Third, empower youth with values, not only degrees. Education should build character, courage, and critical thinking. An aware and fearless youth is one of the strongest answers to corrupt systems.

Finally, citizens must become active participants, not passive spectators. Change does not begin after elections, it begins before them, through awareness, integrity, and courage.

Republic Day should not only remind us that India became a republic. It should also ask: *are we behaving like responsible citizens of a republic?* True patriotism is not in slogans, but in standing against corruption, injustice, and moral decline, every single day.