



PEACE OF MIND NEWSLETTER



MARCH MESSAGE: INSPIRATION, EDUCATION & AYAMBIL OLI

Jai Jinendra,
Warm greetings to all through this March newsletter. In this edition, you will find highlights of the Purusharth School Anniversary Program, celebrated with great enthusiasm and joy. It is always inspiring to see students growing with the values of knowledge, discipline, and character.

This newsletter also shares glimpses of my recent visit to Singapore and Malaysia. Meeting the Jain community there and experiencing their devotion and dedication toward spiritual learning was truly heartwarming.

The month of March is spiritually significant as many Jain devotees observe the sacred Ayambil Oli Tapasya. Ayambil is a beautiful practice of simplicity, self-discipline, and inner purification. Through this tapasya, we learn to control our senses and strengthen our spiritual awareness.

I warmly encourage everyone, especially the younger generation, to participate in Ayambil Oli according to their capacity. Such practices help us move closer to peace, purity, and spiritual growth.



WITH BLESSINGS,
Gaman Ghritpragyaji

'ABHAVALAY', VINAYAK VATIKA, OPP. MADHAPAR BUS STOP, JAMNAGER ROAD,

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23 YEARS OF EXCELLENCE: PURUSHARTH VIDYANIKETAN'S INSPIRING PRERAKOTSAV

Bhanvad, 2 February 2026:

Purusharth Vidyaniketan, Bhanvad, proudly hosted the 23rd edition of its 'Prerakotsav', a celebration that beautifully blended education, culture, and service, further illuminating the institution's beacon of knowledge. This year's event showcased the school's unwavering commitment to holistic learning and community development.



On the occasion of the school anniversary, the students of Purusharth School presented beautiful welcome songs, creating a joyful and vibrant atmosphere for all the guests.

Distinguished Guests from Across the Globe

Nearly 30 distinguished guests from abroad attended the celebration. Each guest was warmly welcomed on campus, reflecting the institution's tradition of heartfelt hospitality. The main program began with the lighting of the ceremonial lamp by overseas dignitaries, followed by a traditional felicitation of all attendees, setting a tone of grace and reverence.

Kantibhai Shah
(Tulsa, USA)
was honored by
the school
management.



Chanchala Mehta,
Vinay Mehta, and
Niti Mehta
(Memphis, USA).
were honored by
the school.





Global Voices of Inspiration

The program was graced by the presence of trustees, political leaders, and prominent industrialists, adding dignity and prestige to the occasion. Overseas guests delivered inspirational speeches, including:

- Atul Shah from the USA
- Avani Shah from Fremont
- Chanchla Mehta from Memphis
- Kanti Shah from Tulsa
- Kirit Bavisi from Fremont
-



Dharmi & Atul Shah (Chicago, USA) were honored by the school.

Their messages resonated deeply with all attendees, encouraging education, service, and community engagement.

Students' Cultural Brilliance

Purusharth students mesmerized the audience with artistic and cultural performances, filling the stage with tradition, discipline, and virtue. Their presentations highlighted intellectual curiosity, creative talent, and strong moral values, leaving a lasting impression on every guest.

• Inauguration of Shrut Niwas

- On the eve of the event, the newly constructed Shrut Niwas building, built under the guidance of Saman Shrutpragya Ji with the support of donors, was inaugurated through sacred chanting by the donors themselves. Guests were warmly accommodated in the new premises, showcasing the institution's seamless blend of devotion, discipline, and service.



Gratitude and Memorable Experiences

The institution's director, **Bhimshibhai Karmur**, expressed heartfelt gratitude to all guests and well-wishers. Staff and teachers contributed with dedication, ensuring the event was flawlessly organized.

What stood out most was **Purusharth's hospitality, spirit of service, and disciplined environment**, which deeply touched the hearts of all attendees. Witnessing such **order, culture, and sanctity in a rural setting**, along with the students' discipline and the wholesome, sattvic cuisine, made the experience unforgettable.

The **23rd Prerakotsav** was not only a celebration of the institution's remarkable journey but also a **living inspiration** for education, service, and values that will continue to illuminate generations to come.

Peace of Mind Foundation, Rajkot, extended its support to deserving students of Purusharth School, Bhanvad, by providing scholarships on the occasion of the school's Anniversary Day celebration. The program was conducted in the gracious presence of more than 30 NRIs and generous donors, who actively support educational initiatives for underprivileged students.

On this special occasion, 29 girl students from the school received scholarships through the kind contributions of various donors. This initiative aims to encourage and support the education of deserving girls and help them continue their academic journey with confidence.



AMBALIYA SHRADDHA RAMBHA
KAMINI CHAUHAAN
SACRAMENTO: USA



AMBALIYA SHRADDHA RAMBHA
KAMINI CHAUHAAN
SACRAMENTO: USA



KACHHOT BHARATI KARSHANBHA
PALAK PATEL
C/O KIRTIDABEN KIRIT BHA
BAVISI



KARMUR BHUMIKA LAKHABHA
ARUNABEN SHAH ની સમૃત્તિમાં
KANTIBHAI SHAH
TULSA, USA



KAGADIYA SHILPA KANABHA
ARUNABEN SHAH ની સમૃત્તિમાં
KANTIBHAI SHAH
TULSA, USA



KARENA SHANTI MUKESHBHA
PRATIMA SHAH ની સમૃત્તિમાં
મનહર ભાઈ શાહ



GAGIYA MAHEK LAKHABHA
SEFALIBEN BABUL BHA SHETH



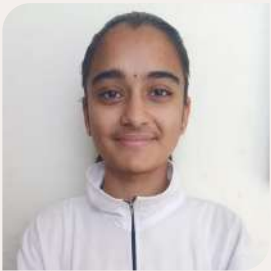
KESHVALA MAYA RAMBHA
DEEPA KIRTI DOSHI
FREMONT CALIFORNIA



GOJIYA DHARA DEVANANDBHA
SUDHABEN SURESH BHA
MEHTA: PLEASANTON:
CALIFORNIA



GOHEL ISHA VIRAMBHA
PALAK PATEL
C/O KIRTIDABEN KIRIT BHA
BAVISI



DANGAR JINAL PARBATBHA
SUDHABEN SURESH BHA MEHTA:
PLEASANTON: CALIFORNIA



CHAVDAMANSI NARANBHA
PALAK PATEL
C/O KIRTIDABEN KIRIT BHA
BAVISI



JOSHI DRASHTI HEMATBHA
PALAK PATEL
C/O KIRTIDABEN KIRIT BHA
BAVISI



JADAV NISHA SAMATBHA
DEEPA KIRTI DOSHI
FREMONT CALIFORNIA



NANDANIYA MAHEK KHAMABHA
SUDHABEN SURESH BHA MEHTA:
PLEASANTON: CALIFORNIA



SCHOLARSHIP PROGRAM FOR DESERVING GIRLS AT PURUSHARTH SCHOOL ANNIVERSARY CELEBRATION



NAKUM PAYAL SURESHBHAI

KAMINI CHAUHAAN
SACRAMENTO: USA



PARMAR JAYSHRI DHIRUBHAI

DEEPA KIRTI DOSHI
FREMONT CALIFORNIA



PINDARIYA AARTI LAKHMANBHAI

SEFALIBEN BABUL BHAI SHETH



BHATU NISHA PARBATBHAI

SUDHABEN SURESH BHAI
MEHTA:
PLEASANTON: CALIFORNIA



MEGHNATHI DEVANSHI NILESHGAR

DEEPA KIRTI DOSHI
FREMONT CALIFORNIA



MODHVADIYA VIRAL AAVDABHAI

AVNI MUKESH SHAH
FREMONT, CA: USA



RATHOD KHYATI NILESHBHAI

AVNI MUKESH SHAH
FREMONT, CA: USA



MODHVADIYA DINA BHARATBHAI

SUDHABEN SURESH BHAI MEHTA:
PLEASANTON: CALIFORNIA



RATHOD JANVI BHARATBHAI

AVNI MUKESH SHAH
FREMONT, CA: USA



RADA AYUSHI ARJANBHAI

AVNI MUKESH SHAH
FREMONT, CA: USA



VAGHELA VARSHA VINODBHAI

SUDHABEN SURESH BHAI
MEHTA: PLEASANTON:
CALIFORNIA



RADA NIRALI HARDASBHAI

AVNI MUKESH SHAH
FREMONT, CA: USA



SOLANKI RUTVA JITENDRABHAI

AVNI MUKESH SHAH
FREMONT, CA: USA



SOLANKI SHITAL SURESHBHAI

SUDHABEN SURESH BHAI
MEHTA: PLEASANTON:
CALIFORNIA



Peace of Mind Foundation, Rajkot, and POM Yogic Center, USA, sincerely thank all the donors who regularly support such noble initiatives for the education of deserving, needy, and talented students—especially girls.

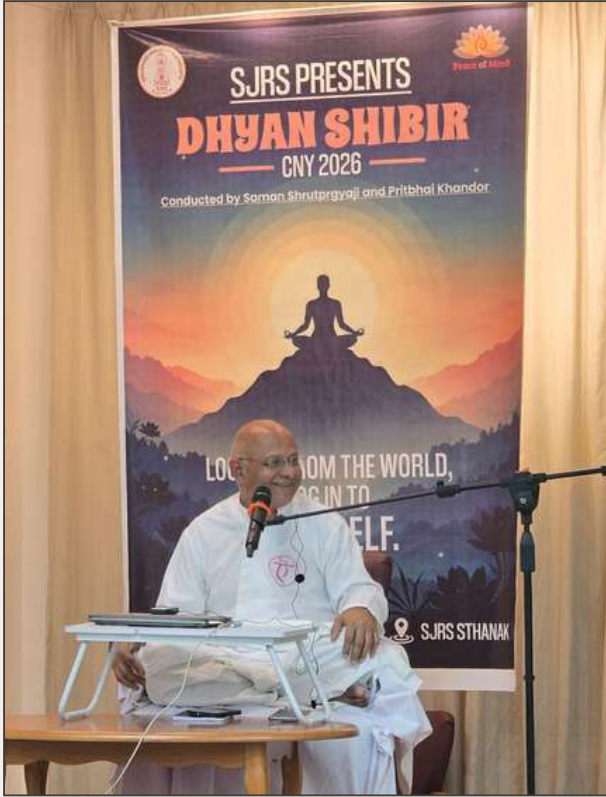


Singapore

Date: Feb 13-16, 2026

The Great "Log Out": singapore Jain Religious Society (SJRS) Dhyhan Shibir 2026 Recap

From February 15th to 18th, the SJRS Sthanak was transformed into a sanctuary of stillness as we hosted a Dhyhan Shibir themed "Khoj – Journey from We to Me through Meditation." Under the profound guidance of Saman Shrutpragyaji and the insightful support of Pritbhai Khandor, over 120 participants stepped away from the CNY festivities to embark on a much deeper celebration—the celebration of the soul.



The Power of Silence: The Shibir opened with a collective "Log Out" from the digital and social world, shifting our focus from external noise to internal rhythm.

Participants enjoyed learning various types of meditation techniques with a mix of practical application and activities supporting Samanji explanations on meditation.



Saman Ji conducted a special Jain Shala session for children on Meditation and Jain Dharma



Shibir participants practicing Kayotsarg meditation under the guidance of Saman Shrutpragya



MEDITATION CAMP BY SJRS (SINGAPORE): JOURNEY FROM THE OUTSIDE TO THE INSIDE

The Five Laws: Following the residential sessions, Samanji led a special deep-dive on February 20th into the "Five Laws of the Universe," providing us with the philosophical map to navigate our daily lives with more equanimity.

The Path Forward: While the banners have been tucked away, the message remains: "Log in to yourself." The feedback from participants has been heartwarming, with many noting a significant shift in their stress levels and a newfound clarity in their daily Sadhana.

We extend our deepest gratitude to the volunteers, the donors, and most importantly, the participants who brought their sincere energy to this Shibir.

Let us keep the flame of Dhyān burning bright until we meet again!



Young Jains of Singapore (YJS) organized a one-day spiritual program by Suman Ji at the Singapore Jain Centre on 1st March. During the program, Suman Ji delivered an insightful talk on Akashic Records



Memorable moments with participants of the Singapore Shibir

Samanji visited Kuala Lumpur, Malaysia and offered ધર્મલાભ to several families. He also delivered a talk at the Gujarati Samaj gathering. During the visit, he met Mr. Bhaskarbhai Chitalia, President of Gujarati Samaj KL, and had a warm interaction with the community.

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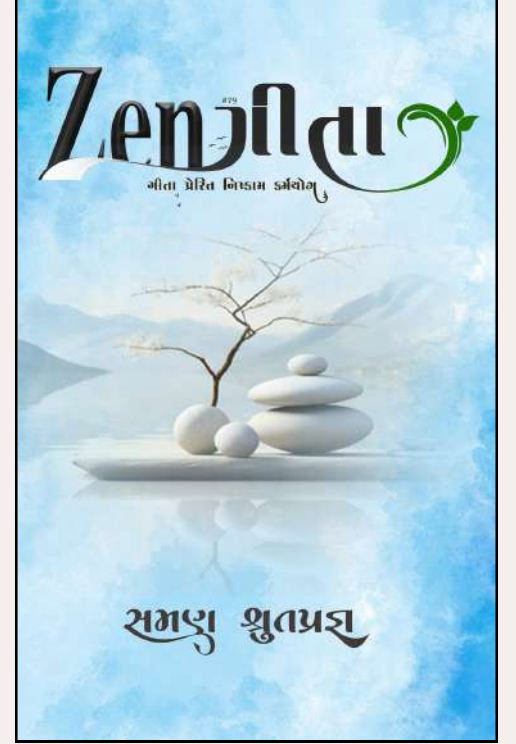
New Publication: Zen ગીતા

Author: Saman Shrutpragya

Peace of Mind Foundation proudly released a new publication on 2nd February, authored by Saman Shrutpragya. The book was inaugurated by an NRI guest and is inspired by Bhagavad Gita Chapter 3.

In this work, Samanji explains the inner meaning of Gita through the perspective of Zen Gita. Instead of the battlefield dialogue of Arjuna and Krishna, the book focuses on inner awareness and self-realization.

It teaches simple yet profound ideas such as being a witness to thoughts, living with awareness, and understanding spirituality as an experience rather than belief. This inspiring book is highly valuable for readers beginning their spiritual journey.



Gyan Gita

Author: Saman Shrutpragya

Gyan Gita is an inspiring spiritual book that presents the wisdom of the Gita in a simple and practical way. The book guides readers toward inner awareness, peace of mind, and a deeper understanding of life. It is a meaningful read for anyone beginning their spiritual journey and seeking clarity in daily life.

Price: ₹80/-

Contact: P. C. Vaishnav
(Rajkot)

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UPCOMING PROGRAM

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.

MONTH	DATES	LOCATION	
MARCH	8	BHUJ VISITS	
MARCH	13-16	JAISALMER TRIP	
MARCH-APRIL	23-2	TAPOVAN TRIP	
APRIL	3-10	ABHAVALAY, RAJKOT	