



PEACE OF MIND

OCTOBER

MONTHLY NEWSLETTER

2025

Special Diwali Edition

FOUNDER'S NOTE

As we prepare to welcome Diwali, remember it is not only a festival of lights outside, but also an invitation to light the lamp within. When the flame of awareness is kindled in the heart, ignorance fades, and the path of truth becomes clear.

This past month, through your love and support, many children received the gift of education. To give light of knowledge is the highest form of Seva, for it removes the darkness of helplessness and opens the doors of possibility.

As we now share our work in the four streams of **Satsang**, **Seva**, **Sadhana**, and **Sahitya**, let us remember:

- **Satsang** keeps us connected to truth and community.
- **Seva** makes our hearts humble and generous.
- **Sadhana** helps us steady the mind and purify the soul.
- **Sahitya** carries forward timeless wisdom for all.

May this Diwali awaken the light of peace, the strength of compassion, and the joy of service.

With blessings,

Saman Shrutpragya Ji

Founder

Peace of Mind Foundation



EDITOR'S NOTE

New editor at the desk, same mission: make this newsletter the most inspiring, easy-to-read thing you open all month. Between errands and endless tabs, think of it as your ticket to some peace of mind. My goal? An email you're looking forward to—like an Amazon package on the way.

We don't take returns, so consider feedback your store credit—thoughts and pitches always welcome!

Shreya M Doshi





TABLE OF CONTENTS

I. DIWALI ARTICLE

<u>TIMELESS PRAYER OF DIWALI</u>	3
----------------------------------	---

II. SATSANG

<u>LONDON, UK</u>	4
-------------------	---

<u>TAPOVAN, GHUMALI</u>	4
-------------------------	---

<u>DWARKA, GUJARAT</u>	5
------------------------	---

<u>PARENTS CONFERENCE AT PURUSHARTH SCHOOL</u>	6
--	---

<u>SAMANJI GURUKULAM NAVRATRI CELEBRATION</u>	6
---	---

III. SEVA

<u>JEEVDAYA</u>	6
-----------------	---

<u>BHUTTA WITH BHĀV</u>	6
-------------------------	---

<u>THE SCHOLARSHIP PROGRAM PART 1</u>	7
---------------------------------------	---

<u>GT GIRLS SCHOOL SEVA</u>	8
-----------------------------	---

IV. SHIKSHA

<u>THE 4 QS OF LIFE AT PURUSHARTH</u>	9
---------------------------------------	---

V. SAHITYA

<u>NEW BOOKS: BRAHMAND TALKS & TAPOVAN ARANYAM</u>	10
--	----

VI. SAMANJI'S TRAVEL SCHEDULE

<u>UPCOMING SCHEDULE</u>	11
--------------------------	----



The Timeless Prayer of Diwali

Don't let tradition dissolve into noise. Rekindle the meaning; let lamps kindle understanding and compassion—so Diwali's true radiance is felt in our relationships, not just our decor.

By Saman Shrutpragyaji

For us, festivals have never been mere celebrations; they are the pulse of our life and culture. Whether Navratri or Diwali, every generation has lived these days with devotion and depth.

In Hindu tradition, Diwali marks Lord Rama's joyous return to Ayodhya. In Jain philosophy, it is the day of Lord Mahavira's nirvana—the radiance of liberation. In the Buddhist tradition, it echoes Emperor Ashoka's illuminated resolve as he turned from violence to peace.

Three paths, one message.

Dispel darkness and kindle the inner light.

Yet the way we celebrate has changed. There was a time when we visited our neighbors with warmth, and the glow of lamps mirrored the glow of relationships. Today, LED lights shine brighter in our homes, but the doors of the heart often stay closed. Children no longer hold lamps or kumkum in their hands—they hold mobile phones. New Year messages travel faster than affection, and the warmth of relationships cools just as quickly. Tradition, quietly, dissolves into modern noise.

This is not a reason for lament alone; it is a call for reflection—and remedy.

The true joy of Diwali awakens when we revive the spirit of “Come home—let's meet.” Visit your relatives. Tell children the meaning of the festival. Light diyas with your own hands. Exchange blessings and genuinely welcome. This is the soul of the Festival of Lights.



Diwali is not about external glitter; it is about rekindling radiance within. To dispel the darkness of ignorance with the lamp of knowledge—that is education. To replace hatred with the flame of compassion—that is spirituality. To relight our relationships—that is a new beginning.

If we begin today—by visiting one another, lighting lamps, and passing on values—Diwali will shine again. Not only with light outside, but with light within, society will truly awaken.

And this is the timeless prayer of Diwali.

“Tamaso ma jyotir gamaya—from darkness to light.”





SATSANG

September 7, 2025

📍 LONDON, UK

Navnat Vanik Association President, Shri Jaswantbhai Doshi hosted Samanji for a special Pravachan during the UK Pritibhojan in London. Samanji shared,

“Jena anna bhega — ena man bhega,” (those who eat together, their minds come together)—and reflected on how Sangh Jaman (community meals) nurtures unity and goodwill.

During the week, Samanji also offered an intimate satsang at Ashvinbhai Ghelani’s residence.

Gratitude

Heartfelt thank you to Jayshreeben & Ashvinbhai Ghelani, Bridget, Renuben & Bharatbhai Mehta for their gracious hospitality throughout Samanji’s London visit.



September 21, 2025

📍 TAPOVAN, GHUMALI



Shri Chandubhai Humbal and family visited Tapovan, Ghumali, joining an uplifting satsang with Samanji. They were warmly welcomed by Shri Bhimsibhai and members of **Tapovan Vishva Vidyalay***.

What began as satsang became a lively dialogue, as the younger members asked thoughtful questions about Tapovan’s vision and purpose. Samanji and Bhimsibhai responded with clarity and depth, offering insights that resonated with all present.

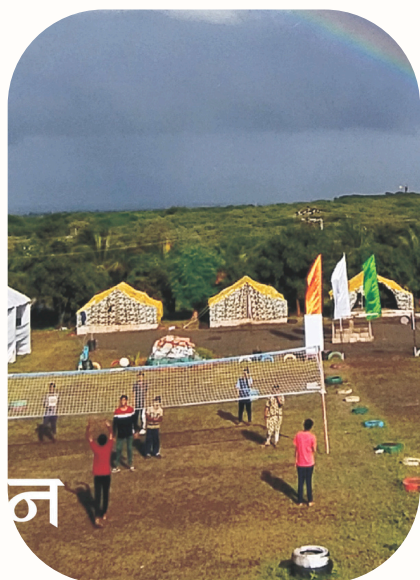
The gathering left everyone—especially the Humbal family—with a renewed sense of joy, curiosity, and understanding of Tapovan’s spiritual essence.

TAPOVAN VISHVA VIDYALAY

Tapovan Vishva Vidhyalay, established in 2021 in Ghumali (District Dwarka), is a donation-based, non-commercial institution grounded in the traditional Gurukul and self-learning model. Guided by Shree Bhimsibhai Karmur and supported by trustees including Saman Shrutpragyaji, Palan Dada, Maldebhai, and others.

It provides a holistic, value-driven environment that nurtures both intellect and character. The school blends academics with arts, sports, and life skills, supported by modern facilities.

Parents are active partners in the learning process and receive regular training, making it a true community-based and values-oriented educational initiative.





SATSANG

EDUCATIONAL EXCHANGE: *Dwarka to Bhanvad*

Students and faculty from Shankracharya B.Ed. College, Dwarka visited Purusharth School, Bhanvad as part of their teacher-training program. Led by Principal Vipulaben, the cohort also visited Tapovan Gurukul where Samanji gave an address.



HIGHLIGHT: *Purusharth School hosted lunch for all 50 trainees and staff; special thanks to Nileshbhai Gagaliya (Bhanvad) for organizing support.*

Gochari & Home Satsangs in Bhanvad: Samanji's Call to Wellbeing

Sept 17-24, 2025



During his visit, Saman Shrutpragyaji ("Samanji") was welcomed home by Purusharth School families—**Reeva Angel & Rahulbhai Gagaliya, Ayush Lakshamanbhai Zundavadra, and Kaushal Vipulbhai Nimavat** for Gochari and Satsang.

At the Satsang hosted by Nihit Kanani's family, Samanji emphasized the importance of wellbeing: *"Physical and mental health must be our first priority. We must invest time and energy in fitness—without health, success and wealth hold no value."*



SATSANG

Educating the Whole Child: Mind • Heart • Character

At a parents' meeting, Saman Shrutpragyaji ("Samanji") affirmed that Purusharth School seeks not just degrees, but dignity; not marks, but mind power; not only intellectual growth, but emotional development. He encouraged parents to consider the hostel, noting that residential learning helps students build confidence, character, and an all-round personality. Samanji expressed deep affection for the school and praised its positive, value-based environment that nurtures students holistically.



Nine Nights, One Voice: Jaap at the Gurukulam



Established in February 2025, the Samanji Gurukulam for Girls in Tapovan now houses around 200 students, blending academics with values-based living. During Navratri, Saman Shrutpragyaji & Bhimsibhai launched a Mantra Jaap Anushthan at the Gurukulam. 50+ girls voluntarily participated in daily Mandir Jaap all nine days along with Tapovan students—filling the campus with shared faith, focus, and uplifting energy.



SEVA

Jeevdaya

The Tuesday Elderly Ladies Satsang Group of Manchester, UK graciously donated INR 11,770 to support Jeevdaya.

This contribution will directly support our Jeevdaya initiatives, including the Gaushala (cow care) and bird care projects.



Gaushala

Bhutta with Bhāv



Jesangbhai Ida and family (Ida Parivar) provided corn snacks to all girls of Samanji Gurukulam and to the Tapovan students on campus.

The Tapovan family in Ghumali, extends its heartfelt gratitude to the Ida Parivar for their thoughtful seva and care.



SEVA

📍 BHANVAD, INDIA

The Scholarship Program (2025–26), Part 1

Since 2013, Peace of Mind has championed Seva through education—supporting meritorious students from financially challenged families, with a special focus on girls' education at Purusharth Vidhyaniketan, Bhanvad.

With the generous support of our USA donors, we're delighted to announce the **2025–26 scholarship recipients**. Each award—averaging INR 30,000—helps a bright student continue studies without financial strain.

This marked the **first award ceremony** at Purusharth Vidhyaniketan, Bhanvad, and the initiative will continue in the coming months. More milestones ahead—together.



SCHOLARSHIP AWARDEES & DONORS

- Minal Jayant Shah
- Bharatiben Kaushikbhai Parikh
- Dr. Champa Velji Beed
- Pinkiben Pankilbhai Matalia
- Binaben Nileshbhai Shah
- Darshna Pareshbhai Malvania
- Neel Nileshbhai Shah
- Deepaben Sandipbhai Desai
- Dr. Mehal Daryani



Heartfelt Gratitude

To every donor who made this possible:
thank you. Together, we are not only
funding education, but also nurturing
hope, dignity, and brighter futures.



Mittal Shida



Ajaay Chavada



Vidhi Shingarakiya



Hemanshi Mehta



Pragati Piprotar



Riddhi Shingarakiya



Hemanshi Mardania



Shreya Mehta



Bhoomi Kanara



Vibhooti Kadavla



Deepali Solanki

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



SEVA

GT Girls School Seva: Education Kits & Motivation for 410 Students



RAJKOT

September 28, 2025

A heart-warming seva initiative supported **410 students** from Grades 9–12 through thoughtful donations and encouragement. The programme included the distribution of snacks, notebooks, education kits, and clothing—bringing practical support and genuine joy to every girl present.



Heartfelt Gratitude to our Sponsors

Education kits & snacks: Darshana and Paresh Malvaniya

Clothing: Kashmira Mehta

Motivational books: Peace of Mind Foundation



Ahead of examinations, Saman Shrutpragyaji offered an uplifting address, urging students to prepare with confidence and clarity.

The atmosphere was filled with gratitude, enthusiasm, and connection—making this seva not only helpful, but memorable.



SHIKSHA

September 22, 2025

BHANVAD



The 4 Qs of Life at Purusharth

At the morning assembly, Saman Shrutpragyaji shared the “4 Qs of Life,” reminding Purusharth students that real growth balances mind, heart, conduct, and spirit.

- **I.Q (Intelligence Quotient):** Memory, knowledge, and understanding—cultivated with humility.
- **E.Q (Emotional Quotient):** Tolerance, patience, honesty, service—values that build strong character.
- **B.Q (Behavioral Quotient):** Daily conduct—speak kindly, stay friendly, help those in need, respect elders, and ignore negativity.
- **S.Q (Spiritual Quotient):** The foundation—nurtured by meditation, observing nature and science, reading self-development, and compassion for all beings.

Takeaway: Education is more than facts; it is shaping life with wisdom, compassion, and balance.



Quick Memory Quiz

What are the 4 Qs of life?

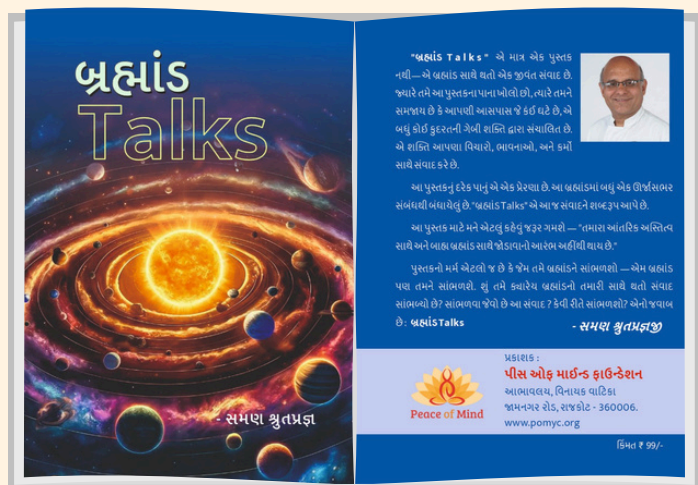
- _____ Quotient
- _____ Quotient
- _____ Quotient
- _____ Quotient

Tip: The 4 Qs of life can be remembered through a simple mnemonic “SIBE”



SAHITYA

NEW BOOK LAUNCH: **BRAHMAND TALKS**

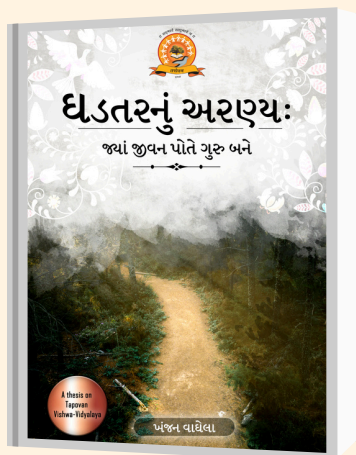


Saman Shrutpragyaji's launched his new Gujarati pocket book, **“BRAHMAND TALKS”**, at Purusharth Vidhyaniketan, Bhanvad— marking his **76th publication**.

Exploring the Seven Laws of the Universe in simple, impactful language, the book received an enthusiastic response, with numerous students and readers purchasing copies on day one.



RESEARCH THESIS: **TAPOVAN ARANYAM**



Ghadatar nu Aranya is a first-hand chronicle of four formative years at Tapovan Vishva-Vidyalay, Ghumli. Through candid diary-like reflections, Khanjan Vaghela documents how disciplined living, self-study, service, and silence can shape a young mind.

The book moves between the intimate and the institutional—capturing daily routines, visiting guests and teachers, ashram camps, and seminars—while tracing the “sweet and bitter” moments that forged resilience and clarity of purpose.

Part memoir, part field-note, and part guide, this work offers a living picture of growth and self-discipline and serves as a milestone for current students and a compass for those who will arrive next.

About the Author

*Khanjan Vaghela spent four years at Tapovan Vishva-Vidyalay in Ghumli in intense self-study and practice. During this period, he set a clear personal life-goal and was entrusted with documenting his experiences for future learners. With meticulous planning and honest introspection, he shaped those years into **Ghadatar nu Aranya**, a rare inside view of Tapovan's ethos. His writing is marked by sincerity, observation, and a commitment to turning ideals into daily habits.*





SAMANJI'S UPCOMING SCHEDULE



MONTH	DATES	LOCATION
OCTOBER	3-6	BHANVAD
OCTOBER	7-8	BHUJ KUTCH
OCTOBER	9-13	RAJKOT
OCTOBER	14-20	VAVANIYA
OCTOBER	21-25	RAJKOT
OCTOBER-NOVEMBER	26-3	SAMBODHI
NOVEMBER	4-10	BHANVAD

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.

