



NOVEMBER

MONTHLY NEWSLETTER

2025

Thanksgiving Edition

FOUNDER'S NOTE

In the Jain way, gratitude (kṛtajñatā) is not a single day, but a daily discipline—expressed through ahimsā in thought, word, and deed, and through contentment (aparigraha) with what we have.

Gratitude matures into Seva. When we bow to the kindness we have received, our hands naturally open to serve. When we remember the guidance of our teachers, the mind inclines toward Sadhana. When we gather in Satsang, we strengthen each other's resolve. When we share Sahitya, wisdom travels where our feet cannot.

As we share this month's work across the four streams—Satsang, Seva, Sadhana, and Sahitya—let us give thanks by becoming the cause of someone else's thanksgiving: a warm meal without harm, a lesson that lights a future, a word that brings courage, a silence that heals.

May this season deepen our humility, widen our compassion, and steady our steps on the path of truth.

With blessings,

Saman Shrutpragya Ji

Founder

Peace of Mind Foundation



EDITOR'S NOTE

While the glow of the Diwali decor remains intact, November has brought its plus-one: gratitude. In the Jain spirit, we're meant to be swapping stuffing for simplicity and making thanks a daily practice of ahimsā and aparigraha. Dive in for Satsang, Seva, Sadhana, and Sahitya that warm the soul—no oven required here!

Wishing you all a thanksgiving full of gratitude and blessings.

Shreya M Doshi





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Beyond the Table: A Jain Thanksgiving

Jain thought treats gratitude as daily practice, not annual pageant. Hold it to the standard you can live with tomorrow.

You might be asking yourself, how exactly does Jainism relate to Thanksgiving?

While Thanksgiving is traditionally celebrated as a time for family gatherings and gratitude, Jainism offers a unique perspective that deepens our understanding of the holiday. Jainism's core principles of ahimsa (non-violence) and anekantavada (non-absolutism) encourage compassion, mindfulness, and awareness of the interconnectedness of life.

This aligns strongly with the spirit of Thanksgiving, which calls for reflection on the many blessings throughout the year that we may take for granted.

Looking at the holiday through a Jain lens, our gratitude should extend beyond the material aspects of our lives to include respect for all living beings and a commitment to peaceful coexistence.

In this way, Thanksgiving celebrates not just what we have but also serves as a mindful acknowledgment of our shared humanity.



About the Author

*Originally a Denver native, **Harshil Shah** is currently a junior at Purdue University in Indiana pursuing a degree in Aerospace Engineering.*

An avid reader, Harshil brings a sharp STEM curiosity to everything he tackles.



SATSANG

October 2, 2025

Hosted by: Mr. Vivek Sihar & Mrs. Sunita Sihar

Rajkot, Gujarat

On 2nd October, Ark School, Rajkot, hosted an inspiring seminar by Saman Shrutpragyaji on the theme “**Seven Lessons of Human Values.**” Around 600 students from different branches of the school participated with great enthusiasm.



Samanji beautifully explained the Seven Human Values every student should cultivate:

1. **Ambition** – Have a clear goal in life and strive actively to achieve it.
2. **Attention** – Focus completely on your studies and tasks without distractions.
3. **Attitude** – Maintain a positive and growth-oriented mindset.
4. **Adaptability** – Learn to adjust to new situations, subjects, and challenges.
5. **Authenticity** – Be genuine, honest, and true to yourself.
6. **Accountability** – Take responsibility for your actions, outcomes, and mistakes.
7. **Appreciation** – Be grateful for knowledge, opportunities, mentors, and teachers.



Students, teachers, and organizers alike appreciated Samanji’s thought-provoking talk.

Mrs. Sunita Sihar expressed her delight over the success of the seminar, remarking that “*If students adopt these values in life, they will never face failure.*”



SATSANG

THE POWER OF ASKING WHY

October 4, 2025

Bhanvad, Gujarat

Saman Shrutapragyaji delivered his second enlightening discourse on the Bhagavad Gita at Purusharth Vidyaniketan, Bhanvad.



“
When the Bhagavad Gita was read in this land, India was known as the **golden bird**. Now, the Gita has been wrapped and set aside — and the golden bird has flown away.”



Samanji emphasized that the Gita doesn’t teach us what to do or how to do it — it awakens us to ask ‘WHY’. It is not about what the battle is or how to fight, but ‘WHY’ to fight.



Sunitaben Sihar, her son, Dr. Vivek Sihar and Bhimsibhai



One who discovers the answer to their life’s ‘WHY’ becomes unstoppable in their growth. The event witnessed 800 participants including students, faculty and with many more joining online.



SATSANG

JOY OF YOUTH

October 25, 2025

Tapovan, Ghumali

A Day of Inspiration and Inner Awakening at Purusharth Vidyaniketan

A special one-day seminar themed “Joy of Youth” was organized by the alumni of Purusharth Vidyaniketan, Bhanvad. Around 200 former students and 50 teachers enthusiastically participated in this vibrant gathering that celebrated learning, values, and togetherness.



Shri Mansukhbhai Vasoya expressed that the innovative educational approach of Tapovan and Purusharth School, Bhanvad, aimed at the holistic development of children, is a true symbol of a brighter and value-based India.

Dwarka MLA Shri Mulubhai Bera emphasized the importance of using Swadeshi (indigenous) products, reminding everyone of the strength and pride that lies in self-reliance.

From Surat, invited speaker *Shri Preetbhai Khandor* shared five golden principles for personal growth:

1. Know Yourself
2. Update Yourself
3. Focus on Yourself
4. Improve Yourself
5. Be Grateful to Yourself



Saman Shrutpragyaji blessed the students with **three powerful sutras** for a radiant future:

- Be Humble, for even the smallest task is impossible without others' support.
- Be Honest, for what you give to the world always returns to you.
- Be Grateful, for only gratitude opens the doors of abundance from the universe.

Respected Palan Dada reminded the audience that before criticizing Mahatma Gandhi, one must first read, understand, and reflect upon him deeply. “Do not make Gandhi’s line shorter to make someone else’s line longer,” he said, urging everyone to uphold truth and understanding.

Shri Bhimsibhai presented an overview of the institution’s ongoing activities and expressed heartfelt gratitude to all participants. The event was gracefully anchored by Shri Khushalbhai Shillu.



SATSANG

October 12, 2025

Bhuj, Kutch

During His two-day stay in Bhuj, Saman Shrutpragyaji visited the LNM Lions Hospital, where he addressed the gathering with inspiring thoughts.

Samanji emphasized that Jain donors should focus their contributions towards the fields of education and healthcare, as these are noble causes that create long-lasting impact in society.



Samanji gifts 'Brahmand Talks' to Jagrutiben Doshi



A big shoutout to **Mr. Praful Vora** for warmly arranging Samanji's talk, hospitality, and the visit to the beautiful and well-managed hospital in Bhuj.

During the visit, Samanji also graced the residences of **Bhadreshbhai, Navin Koradiya, and Kirti Doshi**, sharing moments of spiritual connection and goodwill.

Additionally, Samanji conducted a Satsang with **Bhav Muniji group, Aditibai Swami, Hemlatashriji M.S.,** and several other Sadhus and Sadhvijs. In a heartfelt moment, Samanji also extended Dharmalabh (spiritual blessings) to his mother and brothers' families, making the visit even more memorable and spiritually enriching for all.

October 20-24, 2025

A SPIRITUAL CELEBRATION OF DIWALI

Abhavalay, Rajkot



This year, **Saman Shrutpragyaji** celebrated Diwali with simplicity, serenity, and deep spirituality. At the sacred premises of Aabhavlaya, lamps were lit to symbolize inner light and peace. Through mantra chanting and meditation, the aura of the space became even more vibrant and divine.



Javerba (Samanji's mother), Pallavi & Kirti Doshi, and Vasant & Rasik Doshi's family were special guests at the Diwali celebration at Abhavalay. Vaishnavbhai and Jesangbhai offered their dedicated service throughout the event.



SATSANG

During the festive days, Saman Shrutpragyaji conducted meditation and satsang sessions, guiding everyone toward inner illumination. On New Year's Day, Samanji tied protective raksha potli for everyone, blessing all with inspiring words and spiritual strength.

This Diwali celebration beautifully reflected not only the outer light of the lamps but also the inner awakening of the soul — light outside, light within.



Pallaviben presenting gifts to Tapovan girls at Ghumali



Javerbaa presenting a gift to Sevak Vaishnavbhai

Javerbaa presenting a gift to Sevak Jesangbhai Ida



Kirtibhai and Rasikbhai Doshi Families at Aabhavalay

October 1-31, 2025

A DAY FILLED WITH DIVINE PRESENCE

Aabhavalay, Rajkot

With immense grace and serenity, Saman Shrutpragyaji continues to inspire hearts and uplift souls through his spiritual visits and satsangs. Each meeting becomes a sacred opportunity for reflection, gratitude, and inner growth.

From heartfelt gochari laabh to peaceful satsang moments, devotees across different homes experienced the warmth of Samanji's presence and the depth of his wisdom.

Gochari & Satsang at Devotee's homes



Pradipbhai Mehta & Family

Sunita Sihar & Family

Amisha & Jayesh Doshi

Bina & Chandresh Joshi

Dhirajbhai Visatiya & Family from New Jersey

Nishithbhai & Family

Every encounter radiated compassion, mindfulness, and positivity — reminding all that true spirituality blossoms in simplicity and love. Here are glimpses of the day's divine interactions and blessed moments shared with seekers and families.



SEVA

October 28, 2025

TEACHERS' TRAINING

Bhanvad, Gujarat

A special “Oratory Development Training” session was organized today at Purusharth School for its teachers. The purpose of this training was to help every teacher learn how to express themselves confidently and effectively on stage, communicate clearly, and connect deeply with their audience.

Inaugurating the session, Saman Shrutpragya emphasized that —

“To become a good speaker, knowledge alone is not enough — the power of expression matters equally.”

He highlighted three key principles of effective speaking:

1. The Importance of the First Minute:

The opening minute of a speech is crucial to capture the audience’s attention. A powerful beginning sets the tone for an engaging talk.

2. The Tone and Pace of Speech:

The speaker’s tone should be balanced — neither too loud nor too soft, neither too fast nor too slow. A gentle, harmonious voice naturally attracts the listener’s attention.

3. Respecting Time:

A good speaker knows how to conclude within the given time. Exceeding the time limit diminishes the overall impact of the speech.



During the training, Samanji actively demonstrated the importance of:

- The art of focus
- The importance of voice and expression
- The skill of delegation and teamwork



These activities not only enhanced communication skills but also instilled greater confidence and clarity among the teachers. At the conclusion of the session, Saman Shrutpragya departed for his next engagement in Rajkot.

Such training programs play a vital role in the personal and professional development of teachers. Purusharth School’s commitment to nurturing both education and personality is truly commendable.



SEVA

SCHOLARSHIP PROGRAM 2025 PART II

October 28-31, 2025

Abhavalay, Rajkot

By the divine blessings of Saman Shrutpragyaji, the Peace of Mind Foundation, Rajkot, has been supporting young minds through its Scholarship Program since 2013.

In the academic year 2025–26, the scholarship is being offered for the second consecutive time, benefiting 14 deserving students from Rajkot and North Gujarat. These bright students are pursuing their education in fields such as Medicine, Engineering, and Higher Secondary Studies.



SCHOLARSHIP AWARDEES & DONORS

- **Ashok Shingavi** - Houston, TX
- **Urmila Praful Bhakta** - Dumas, TX
- **Sangita Mukesh Patel** - Dallas, TX
- **Hina Ashesh Patel** - Dallas, TX
- **Narendra Nancy Shah** - Cincinnati, OH
- **Dia & Harshil Shah** - Denver, CO
- **Indu Parashu Sharma** - Memphis, TN
- **Varsha Uttamchand Shah**, Memphis, TN
- **Mega Jinank Parekh** - New Jersey, NJ
- **Niti Mehta** - Memphis, TN
- **Mahipal Singhvi** - New Jersey, NJ
- **Kinjal Jagdish Shah**, Chicago, IL
- **Manhar Gandhi**, Memphis, TN
- **Jessica Hemant Shah**, Chicago, IL



2,500

Scholarships funded thus far



Heartfelt Gratitude

To every donor, whether you have donated in the past or now, thank you for enriching the lives of our bright minded youth through education.

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



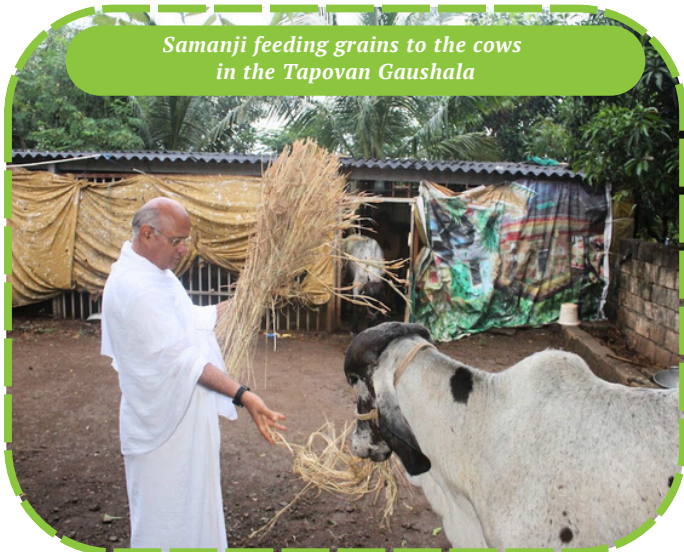
SHIKSHA

October 24-27, 2025

Tapovan, Ghumali

In the serene and spiritually charged atmosphere of Tapovan Vishwa Vidhyalay, Samanji often spends time immersed in sādhanā, reflection, and educational activities. His presence brings calmness and inspiration to this sacred space.

Samanji feeding grains to the cows in the Tapovan Gaushala



Samanji conducting his training for the Tapovan Students



During his stay, Samanji engaged in various soulful activities — offering prayers at Tapovan Derasar, feeding grains to cows at the Gaushala, taking peaceful morning walks amidst nature, and spending reflective moments in front of the Samanji Gurukulam. Each moment reflected his deep connection with nature, devotion, and the pursuit of inner harmony.



Samanji's mother Javeriben and Bhimsibhai's mother Haiomaa



Bhimsibhai & Samanji on their early morning walk



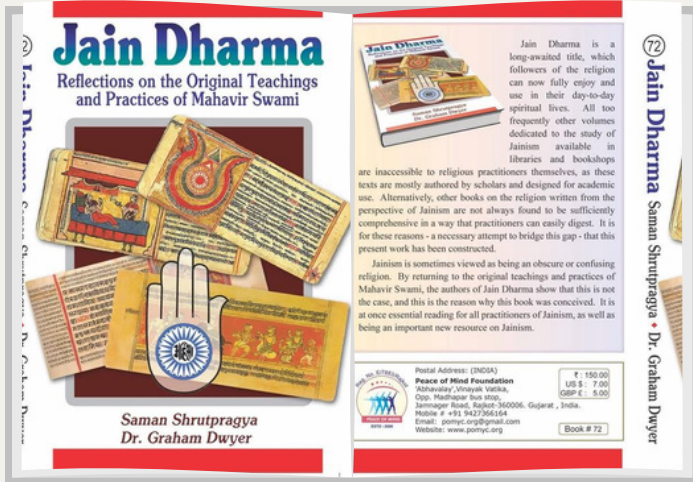


SAHITYA

JAIN DHARMA

Reflections on the Original Teachings and Practices of Mahavir Swami

By Saman Shrutpragyaji and Dr. Graham Dwyer



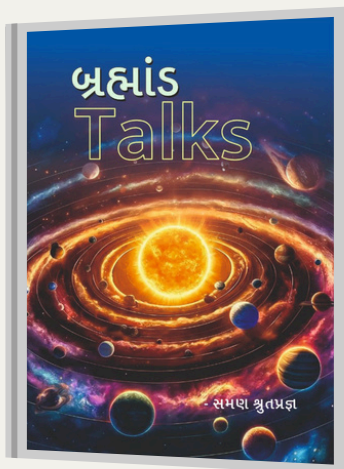
Jain Dharma is an inspiring exploration of Mahavir Swami's timeless message, presented with depth and clarity by *Saman Shrutpragyaji* and *Dr. Graham Dwyer*.

The book beautifully conveys the essence of Jain philosophy—self-dependence, non-violence, compassion, and reverence for all living beings—showing how these principles remain profoundly relevant in today's world.

What sets this work apart is its ability to bridge the gap between academic study and spiritual practice. It transforms ancient doctrines into practical wisdom for modern seekers, encouraging readers to apply Mahavir's teachings in daily life. Through lucid writing and thoughtful reflection, the authors highlight how Mahavir Swami's universal path of peace and equality continues to inspire humanity even after 2,500 years.

More than a scholarly text, *Jain Dharma* is a living guide to inner freedom and harmony. It invites readers to cultivate awareness, equanimity, and compassion—the very heart of Jain spirituality.

BRAHMAND TALKS



Saman Shrutpragyaji's 76th extraordinary pocket-sized book, "*Brahmand Talks*," has been published by Peace of Mind, Rajkot. In this remarkable book, the mysteries of the universe and its subtle laws are explained in a profoundly simple and relatable way. When we speak of the universe, our gaze often turns toward the sky — yet Samanji beautifully reveals that the universe also resides within us. There exists a wondrous rhythm and energetic connection between the outer cosmos and the inner cosmos.

Through the seven fundamental laws of the universe, this book unravels the deep essence of life and consciousness. It stands as a living bridge between spirituality and science, inspiring readers to embark on a journey — from the outer world to the inner self, and from the inner self toward the infinite.

Own it, read it, and gift it — because the light of knowledge grows only when it is shared.



To order your copy of this Gujarati book, please contact: pomyc.org@gmail.com



SAMANJI’S UPCOMING SCHEDULE



MONTH	DATES	LOCATION
NOVEMBER	2-8	SHRIMAD RAJCHANDRA ASHRAM KOB, GANDHINAGAR
NOVEMBER	9-16	SAMBODHI UPVAN DHANIN, RAJASTHAN (TAPOVAN PRAVAS)
NOVEMBER	17-21	ABHAVALAY, RAJKOT
NOVEMBER	22-24	EKALIYA TIRTHDHAM: SONGADH
NOVEMBER	25-29	TAPOVAN, GHUMALI
DECEMBER	1-7	ABHAVALAY, RAJKOT

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.



Samanji Gurukulam, Tapovan, Ghumali