

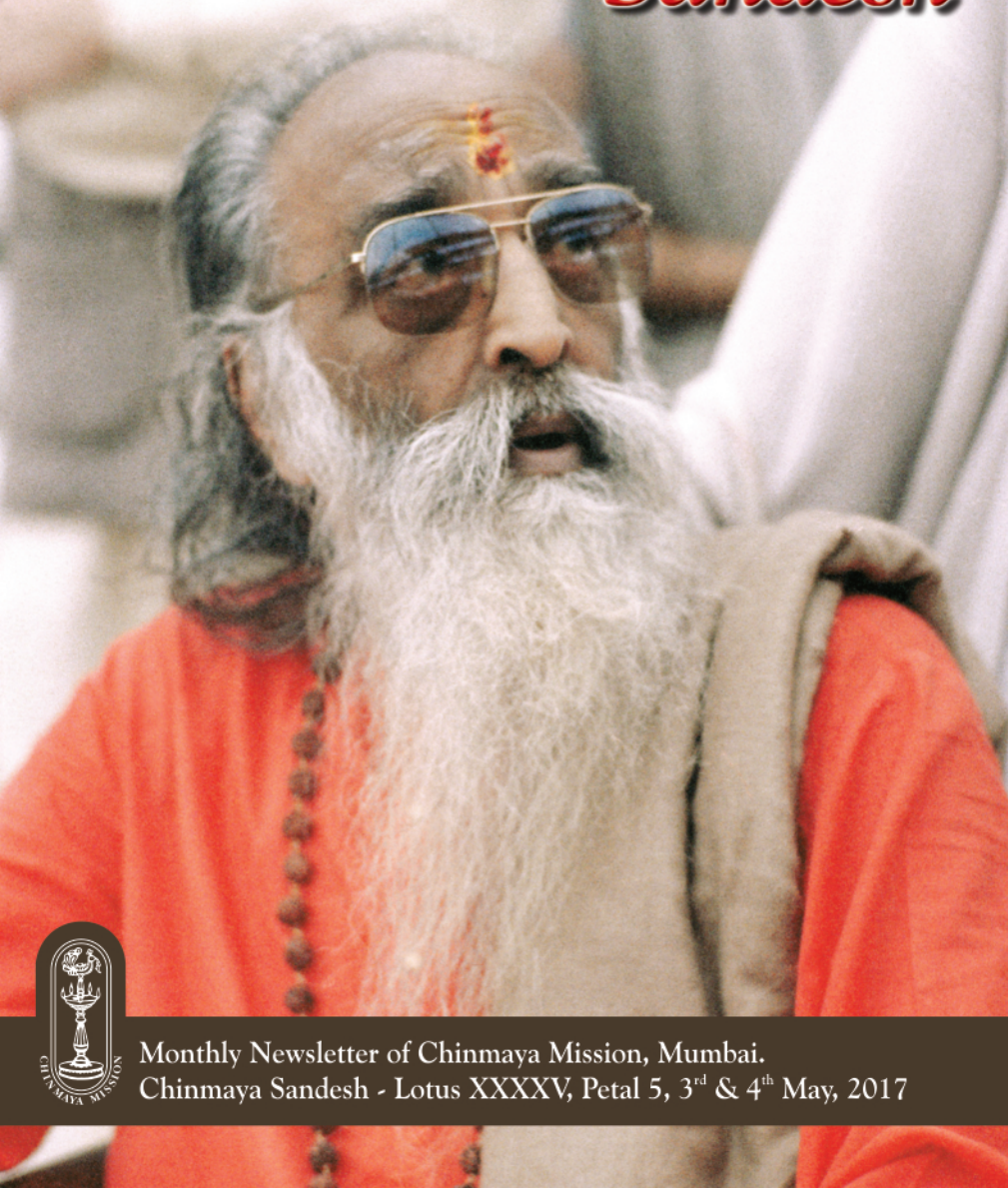
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# Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai.  
Chinmaya Sandesh - Lotus XXXXV, Petal 5, 3<sup>rd</sup> & 4<sup>th</sup> May, 2017

# Geeta Sandesh Vahini ... ... @ Mahima Zone



# ... @ Bhakti Zone



# Chinmaya Sandesh

May 2017 Spiritual Monthly Bulletin of Mumbai.

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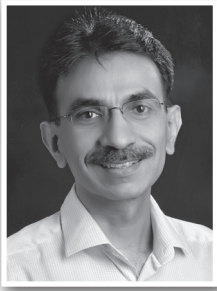
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# From the President's Desk

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Om Shree Chinmaya Sadgurave  
Namah!

Since last week of March, Geeta Sandesh Vahini has been taking rounds of various zones in Mumbai. It is a specially designed bus. On the outside of the bus it reads “Geeta Sandesh Vahini - Temple on wheels - Chinmaya Mission”. Geeta Sandesh Vahini means a vehicle delivering message of the Bhagwad Geeta. It is indeed a temple on wheels. The Bhagwad Geeta is considered to be the essence of all our scriptures. Any place that spreads its message is considered most sacred. It becomes a place of worship. Pujya Gurudev-Swami Chinmayananda is known as “Geetacharya”. He relentlessly worked with the mission to spread the knowledge and wisdom of the Bhagwad Geeta. He reached out to thousands of seekers through

“Geeta Gyan Yagnas”. Pujya Gurudev brought the Geeta to our door steps.

When we go back by few centuries in history, we find that the study of our scriptures was part of our daily life. Everyone used to study or learn the topics relevant to their age, profession and temperament. Under Gurukula system, the Rishis and Acharyas imparted various values and virtues in the children through study of scriptures. That was a golden era of our culture. Things have become different. Now, we find very few people studying Geeta, and those who do are considered un-secular by others. There are many reasons for the same. The caste system got distorted and due to vested interest of few people, the knowledge remained available to only those few who had the inclination and could go to places like Kashi and Himalayan peaks. Under foreign rulers, it was a challenge to preserve our scriptures and our culture.

But even after independence, due to so called “secular” political set up of our country, we are deprived of the access to the treasure trove

of knowledge and teachings of our scriptures. Foreign rulers had their hidden selfish agenda. They systematically created a situation where people lost value for their roots and religion and became their easy slaves. Divide and rule was their policy. We had a glorious past when we were accommodative of people of various faiths and beliefs. But slowly we became intolerant to each other. Unfortunately, our political leaders did not have the wisdom to promote a political environment which would allow people to actively practise their faith and teach their respective scriptures to their children. Right now, scriptures are not part of school or college syllabus. The knowledge and wisdom contained in our scriptures which was compiled by Rishis with tremendous effort over thousands of year, remains hidden in books which are not read by most of the people. Those very few, may be due to their Punyas or blessings of their elders or Guru, have the inclination or the “want” to study them. But, what about others? Because our youngsters are not getting exposed to it, they simply don’t value it and are losing respect for it. Bhagwad Geeta empowers us with knowledge and tells us to

do our duty, be free from grief & fear and always be happy. It is a huge loss for those who cannot “learn and live” Geeta and suffer miseries of life.

Chinmaya Mission, all over the world, is taking forward the mission of Pujya Gurudev in reaching and spreading the message of the Bhagwad Geeta and Vedanta to maximum people. Various activities, classes and courses conducted by Chinmaya Mission are aiming to fulfil the vision of Pujya Gurudev.

Geeta Sandesh Vahini, wherever it went, received tremendous response from thousands of visitors. Various programs, lectures, meditation sessions, etc were held at different places, reaching out to new people- specially the youngsters. We sincerely thank all those who supported in hosting the Vahini at various places.

On 8<sup>th</sup> May, as we celebrate Pujya Gurudev’s birthday, let us pledge to remain instrumental in spreading the message of the Bhagwad Geeta, the message of happiness.

*Unto Him Our Best.*

**Mukul Patel**

President -

Chinmaya Mission Mumbai

# Chinmaya Chintan

## Bhaja Govindam Plan

Swami Chinmayananda



Dark periods of disintegration visit all nations and societies. That nation alone continues its pilgrimage to prosperity, strength and glory that has the vitality to throw up great men of vision, competent enough to rebuild the crumbling national character and fight down the disrupting forces. Historically the Hindu nation has had very many such attacks, and at all such moments mighty men, armed with a new and dynamic philosophy, have helped the nation to fight down wrong tendencies, to regain a national unity based upon the strength of personal character and social integrity. Buddha came at a time when vedic India had disintegrated. He successfully

revived the people with his philosophy of compassion, of non-injury and of universal love.

As time passed on, Buddhism itself began to show tendencies of disintegration. It was at this period that South India gave the country that mighty genius of philosophical vision, of national fervour, of social consciousness and cultural resurgence - Sri Sankaracharya. His brilliant scholarship, effort and enthusiasm, in the historical context of that time, saved the nation from its utter degradation.

Sankara was no fanatic; he was a level-headed teacher of the masses. In the short span

of his life he worked with an unflagging missionary zeal for the re-integration of the nation's character. He undertook many padayatras across the sub-continent, meeting men of alien view points at all levels and won them back to a sense of national consciousness that had its roots in our own ancient culture and dharma.

More than anywhere else we find in his congregational songs the scientific methods he adopted to change the demoralising tendencies in the masses. Men act, and their actions determine the strength and vitality of the society. Actions are subjectively ordered by man's philosophy in life -his understanding of the world his emotional vigour and physical health. If there be a lack of cohesion in any nation, the diagnosis of its causes should point ultimately to the subjective personality of the people who

have come under the influences of false values, wrong judgements and fallacious conclusions on things and happenings.

As a great doctor of humanity, Adi Sankara in his most famous and popular song, known as Bhaja Govindam, prescribes a method of making man conscious of his own mental hallucinations.

Bhaja Govindam not only points out to us the fallacies inherent in our hasty conclusions about life but supplies us with a positive method of developing a mental attitude of service and love. His remedy is universal. It is a specific by which the mind can be purified of all its false judgements, its hollow vanities and conceit - and re-attuned to dwell in the perfect harmony of an ideal life. This call of Sankara and his disciples has lived through thirteen turbulent centuries. They reach out to us today with the same undying inspiration.



Opportunities in life come to everyone of us almost all the time. They come in streams, in hosts and knocks at our doors. We are either 'out' or sleeping 'in' Be awake. Be alert. Be prepared to make use of them.

- Swami Chinmayananda

# Tejomayam

## Serve & Deserve

Swami Tejomayananda



We wish everybody a Happy New Year. We wish them success, happiness and prosperity. But do we really mean what we say? Or do we utter these words merely because it's proper to do so? How can a person be really happy, achieve lasting success and enjoy prosperity?

Pujya Guruji, in the course of his interesting talk 'Serve and Deserve' at the Rotary Club of Bombay, sought to answer these and other questions.

"Once, Swami Chinmayananda was having his baggage checked by a customs officer in a US city. On finding nothing objectionable, the man waved him away with the words, "Have a nice day". Swamiji promptly asked, "How?" The man was stunned into silence.

"That man was speechless because we don't know how to have a nice day. A man goes on vacation to forget everything, and the first thing he finds when he opens his suitcase is that he has forgotten his toothpaste. 'Have a nice vacation,' we say. How? 'Wish you all success,' we say. But how?

“Real happiness, success and prosperity comes only to that person who really deserves it. In these days of manipulation, students easily pass exams, people win elections, become ministers...

“A politician who lost was asked how come he had lost. He replied that he had been a victim. A victim of what? Of correct vote counting! He had had no chance to manipulate. When we achieve prosperity or reach high positions by such methods we do not appreciate its significance.”

Swami Tejomayananda said only that person achieved real success which did not turn into failure, that prosperity which did not turn into poverty, and that happiness which did not end up in sorrow, who was really qualified and who deserved it.

“Mahatma Gandhi became the Father of the Nation not because of some voting but because he deserved it. And he deserved it because he served the nation. Therefore, the saying “Serve and deserve”. Those who aspired to reach a high position without rendering any service could never reach such a position. Today people want to become great without paying the price for it.

“A youth asked a guru about the duties of a disciple. The teacher said the disciple would have to serve the master, clean the ashram, wash clothes, bring food and so on. When he heard all this, the student said, “Thank you very much, but I want to become a teacher!” “

Similarly, Swami Tejomayananda said, people wanted to become leaders without becoming followers; they wanted to become rich and prosperous without hard work. This was the reason for the popularity of the lottery and the dowry systems.

“It was possible to employ cheap methods to gain prosperity or pleasure, but such success was doomed to turn to failure, those pleasures to end in sorrow. Real success or happiness could only come through service. Modern man had strange ideas about service. An occasional act of service was taken for service itself.

“Feeding the poor once in a while was a good thing. So was giving charity once a month. But all these were “acts” of service and did not make that person a man of service; “service is not only in a particular action, it is an attitude, an attitude that pervades a person’s entire life,”

“Swami Vivekananda said even a fool could perform a great action once in a lifetime. But by performing one great act that person did not become great. A great person was one who was great at every moment, in every little thing that he did.

“While travelling by train once, one of Mahatma Gandhi’s chappals fell down. He quickly dropped the second one, too. When somebody asked why he had done that, Gandhiji replied that the person finding a single chappal would have no use for it; but if he found a pair then it would be great for that person.

“Thus, a great man was great in every little act, at every moment, because his attitude was one of service and not of doing one or two acts of service or greatness.

“Even charity was a difficult act (as any fund-raiser would vouch). A priest looking for a place to live in was guided to a haunted house. By morning he drove the ghost away. Asked how he achieved the miracle, he said he asked the ghost for a donation!

“Thus, giving donations was difficult at times. Giving time for a project was even more difficult. Giving consistent dedication to a task was quite rare. Service is not

a part-time job, or a particular act or a few acts,” Swami Tejomayananda said.

“The best example of service was provided by nature. Man could continue living even with failing eyesight, or without the remaining senses. But he could not survive without air. It was the air that he took in that kept him alive. Air inside the body was called prana, without which nothing could function.

“In the Prashno-Upanishad a disciple asked when man went to sleep what was it that kept awake? The answer was, the pranas stayed awake. It was because of pranas that a man slept comfortably even as the acts of digestion, circulation and so on continued, controlled by the pranas.

“A person of true service is like the pranas. He or she is such that without that person nothing moves, yet that person is not seen, is not known, is not recognised, and doesn’t even want recognition.

“In the Ramayana the most beautiful example of service was that of Lord Hanuman or Pavanputra, the son of the wind god. He imbibed the spirit of service from his father. In the Ramayana,

Rama was the hero but nothing happened in the absence of Pavan-putra whose service demanded no recognition and was available round the clock.”

Swami Tejomayananda said he was surprised that though everybody wanted to be happy and wished happiness to others, there was too much sorrow in the world.

“Sadhu Vaswani had tried to offer an answer. When asked how to be happy he said, “If you are seeking happiness, then make others happy”. That was the key to being happy.

“Unfortunately, when man thought of happiness or success, he thought more of himself than of others. He just did not understand that if he made others happy, then he himself would be happy too.

“We find that whenever we love a person, then to serve that person becomes very easy. But when we do not love a person, it is very

difficult to serve that person. When we love, then we serve. And when there is love, there is service, and when you serve then you deserve. And you deserve really great things in life.”

Often, Swami Tejomayananda said, people served in a way as to suggest that they were obliging the other. Such service was worthless.

“The scriptures stated that when a person saw oneness with another person, then there was spontaneous love, and when there was love, there was service - service of the type in which there was no demand for any recognition or appreciation.

“That person just cannot but love and cannot but serve. Even if you ask that person to stop doing that, he cannot. And such a person alone deserves great things in life. May we all attain this real prosperity, real success and real happiness in which lies the welfare of all beings,” Swami Tejomayananda concluded.



A peaceful mind is a significant condition of happiness.  
An unagitated mind is itself proof against all sorrows.  
Sorrow is nothing but an agitated condition of the mind.

- Swami Chinmayananda

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# Swaroopam

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## Glory of the Guru

Swami Swaroopananda



There was great master, well known, his name and fame spread everywhere such that people from different parts of the world would visit him. One man, when he reached the city and saw the devotion in the hearts of the city people, towards the great master, said, "How do you know that he is a realized master? Has he done certain miracles? What are his miracles by which you say he is a great master? A devotee replied to him, "Where you come from, when God does the will of man, you call it A Miracle. But here, when man does the will of God, that is called a MIRACLE!"

So in this world, when God becomes your servant that is

*One young girl came and asked Gurudev Swami Chinmayanandaji, "Swamiji, everything you speak is there in the book. Why do I need a Guru?" Swamiji replied, "Why don't you ask this question to the book?"*

a miracle. However, the great masters have taught us that, when we become the servant of the will of the God that, is the greatest miracle!

Why invoke first? Because any endeavour we start, whether spiritual or social ones, our ego gets involved and once this ego comes within us, even the greatest spiritual work and the greatest social work gets poisoned. Therefore, our great Rishis, saints and sages started every endeavor by first invoking the blessing of the Higher. That is what Shri Hanuman Chalisa exemplifies. It starts with an invocation - "Shri Guru Charan.." - where Tulsidaji invokes his Guru first. He doesn't

*So one who gives  
the Atmagyan,  
who reveals the  
knowledge of our  
self, the divine  
consciousness  
that transcends  
our mind and  
intellect, such a  
Guru is called as  
Shri Guru.*

even name his Guru, so that we can invoke in our hearts, our own Guru.

All knowledge we've gained in our life, has always been through a teacher. Our mother and father were our first teachers, they taught us how to walk, to speak and even to eat. Our school teachers, each and every one of them, gave us knowledge. Everyone who has been influential in our gaining of knowledge is called a teacher - a Guru. Today we talk about corporate gurus, computer gurus and management gurus, but only in spirituality we ask, "Do we need a Guru?"

One young girl came and asked Gurudev, Swami Chinmayanandaji, "Swamiji, everything you speak is there in the book. Why do I need a Guru?" Swamiji replied, "Why don't you ask this question to the book?"

When there is a doubt, the book cannot clarify it, and mind you, who wrote the book? Some guru at some point of time. The past guru, cannot correct us but, the live guru is like a Live Wire.

One of the meanings of guru is, one who is very heavy. And one more meaning is that, "Gur Guradhi Ithi Guru" i.e. one who

disciplines you, such a person is called as a Guru.

So for everything we need a teacher, a guru because, if the guru was not there we would not understand even the objective sciences, what to talk about Spiritual science, which goes beyond the Intellect. Also amongst the teacher also, even in the spiritual field, there are grades of teachers. When I say grades, none of them are lower but based on what we want, as per what our need is, the teacher at that level we will get. Today, most people want yoga for their fitness, so they have fitness guru. Some people want pranayama only for good health and so that asthma will be cured. So doctor gurus are also there. Gurus are all great. Depending on our spiritual evolution we get a certain type of teacher. At that stage that teacher is helpful for our growth.

However, the highest place is given to that teacher, about whom in Guru Geeta, Shivji is telling to Parvathiji about. Shivji says, "Aneka Janma Samprapth Karma Bandha Vidhahine".

"Vidhahine" means, who destroys the results of all our actions done through countless number of births. There are many people who go in search of Guru, so guru will take away their sins. What do you think; guru is a garbage can or what? No! So then how does the Guru take away your sins? He says, 'Atmagyana Pradanena,' by giving you the knowledge of who you are & your divine self.

"Atmagyana Pradanena," when you get the knowledge of your infinite nature, your ego who was the doer and who wants the results for your petty actions. When that ego gets destroyed, all results of your actions get destroyed. Mind you, all your Pujapaat, Theerth etc. can remove the sin. It does not remove the sinner.

It is only Atmagyan that removes the sinner. When the sinner is gone, there is no sin. That is the glory of Atmagyan.

So one who gives the Atmagyan, who reveals the knowledge of our Self, the divine consciousness that transcends mind and intellect, such a Guru is called as Shri Guru.



Love for one's equal is called friendship

- Swami Chinmayananda

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# Acharya Manan

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## Shankara the Great

by Swamini Krishnapriya



At the battlefield of Mahabharata Lord Krishna told Arjuna... *Yada Yada Hi Dharmasya Glanirbhavati Bharata ... Dharma Samstarpanarthaya Sambhavami Yuge Yuge...* whenever there is a decline of virtue and increase of vice then I do manifest Myself again and again.

Before the onset of Kaliyuga Lord had taken 9 Avatars each with a different intention. About 1200 years ago Sanatana Dharma once again found itself in a critical condition, requiring Lord to take another incarnation to protect it.

Chaos pervaded all through India in the matter of religion and philosophy. There was

superstition and bigotry darkness prevailed over the once happy Land of Rishis, Sages and Yogis. When such was the state of the country, it was at that time when the Avatara (incarnation) of Lord Shankara came as Shankaracharya on the holy land of India.

The Existence of Vedic Dharma in India today is due to Shankaracharyaji. The forces opposed to vedic religion were more in number and powerful at that time than they are today, still single handed, within a short period Shankaracharyaji overpowered them all and restored the Vedic Dharma and Advaid Vedanta in its pure form.

The weapon he used was pure love, knowledge and spirituality. The previous Avataras eg. Rama and Krishna used physical forces because the obstacles to Dharma in those days arose from the physical obstructions.

The threat to Dharma in Kaliyuga arose from obstacles that werre

more internal than external, more mental than physical. The seeds of Adharma (unrighteousness) were then working in the minds of almost everyone. Hence the evil had to be removed purely by the weapon of knowledge and Self-purification. That is why Shankara was born in Brahmin Varna (caste) and entered Sanyasa (renunciate) order early in life. Lord Rama and Krishna took birth in Kshatriya Varna (warrior caste) because they had to wield military weapons in the restoration of Dharma.

We all are aware of the important position assigned to Shankara in the History of Indian philosophy. It can be affirmed without fear of contradiction that Bharat Varsha would have ceased to be Bharat Varsha several centuries ago and would have never have revived.

There were many threats to Dharma in those days :

- 1 Foreign inventions
- 2 Corruption of Sanatan Dharmadue to various reasons a)ritualism b) complex language of Vedas c) ignorance of Sanskrit language d) cruel practice of Nara Bali by Vamacharies.
- 3 Buddhist and Jain Dharma

based on spoken language of masses.

- 4 Great King Like Ashoka got attracted to other religion than Sanatana Dharma.

In this critical stage there was an urgent need of an Incarnation of God so that the great inheritance of Vedic Knowledge and Philosophy could be preserved and handed over to successive generations. This was the time when the great seer of Modern times, Shankara made his appearance on the earth.

Shankara was born in a very poor family in the year 788 A.D. in a village named Kaladi, in Kerala. He was a Nambudri Brahmin. Father Shivaguru had studied scriptures and then got married but had no children, she and his wife Aryamba prayed to Lord Shiva to bless them with a son. A son was born in the spring season (Vasant ritu) at noon in the auspicious Abhiji Muhruta.

Shivaguru died when Shankara was seven year old. Aryamba was an extraordinary woman. She took special care to educate her son in all Shastras.

At the age of sixteen, Shankara became master of all philosophies and theologies. He began to

write commentaries on Geeta, Upanishad and Brahma Sutra. Shankara took Aapat Sanyas (adoption of Sanyas when death is near).

Shankara met his Guru Govinpada and He then taught Bhagawan Shankaracharya Advait philosophy which He Himself had learn from His Guru Gaudapadacharya.

Shankara's philosophical conquest was unique in the world. He had his triumphant tours all over India. He convinced different scholars by arguments and debates. He was a Yogi also. He did Parakaya Pravesh (entering some one elses body) and defeated Mandan Misra's

wife Bharati, who was incarnation of Goddess Saraswati.

He established four Mathas in four direction and organised ten definate orders of Sanyasi which is called Dashnamis who add at the end of their names Saraswati, Bharati, Puri (Shringeri Matth) Tirth, Ashram (Dwarka Matth) Giri, Parvata and Sagat (Joshi Matth) Vana and Aranya (Govardhan Matth ).

The Paramhansa represents the highest of these grades. It is possible to become a Paramhansa by a long practice of Vedantic study through Shravan, Manan and Nididhyassan.

Shankaracharyajis Jayanti was on 30<sup>th</sup> April 2017.

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## H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY MAY - 2017

21 Apr, 17 to 08 May, 17	Sidhbari	(91-1892) 234 325
11 to 14 May, 17	Kolwan	(91) 90110 0454
18 to 21 May, 17	Kolwan	(91) 90110 0454
25 to 28 May, 17	Kolwan	(91) 90110 0454
01 Jun, 17 to 30 Sep, 17		022-65228647



# Chinmaya Pradeep

illuminating a Timeless Vision

**Chinmaya Pradeep Camp by  
Swami Swatmananda on April  
8-9, 2017:**

“It is better live a Chinmaya-life  
with occasional folly, than to  
live a life of folly with occasional  
Chinmaya-life.” - Swami  
Chinmayananda

From 8<sup>th</sup> to 9<sup>th</sup> April 2017, 37  
campers of all age groups attended  
the first-ever Chinmaya Pradeep  
Camp and learnt what true  
Chinmaya-life is, from discourses,  
activities and interactive sessions  
by Swami Swatmananda.

It was 2 days of invoking  
inspiration from a 4D biography  
of Gurudev’s life, vision, work and  
teachings. This was all elaborately  
sown into every session in the  
midst of different exhibit panels



within Chinmaya Pradeep, and  
paired by the detailed interactive  
talks by Swamiji who has himself  
poured all his devotion to Poojya  
Gurudev into this place to qualify  
it to be a Guru-Dham, a temple,  
a sadhanalaya, a tirtha and a  
Yagna-shala.

### **Sessions Highlights:**

As Chinmaya Pradeep is  
built on the framework of the  
verses from Kritanjata Stotram  
(written by Poojya Guruji Swami  
Tejomayananda), Chinmaya  
Pradeep camp was a journey  
through those verses -

Swamiji introduced the 5 aspects  
of Gurudev’s life : Visionary &  
Missionary, Sanyaasi, Teacher,  
Realised Master & Swami  
Chinmayananda as a unique  
personality. Sessions continued





with in-depth Cultural Decline & Saraswati Culture talks that stimulated the pride and desire to live the culture by understanding the essence of it, the history that has brought us here, and the cultural revival vision that Poojya Gurudev worked towards uncompromisingly.

Through the scorching outdoor sessions, Swamiji talked about Poojya Gurudev's 'Freedom Struggle to Sanyaas' episodes, the 'Hinduism Tree', the 'Knowledge Chart' and the essential essence of Hinduism. From the 4 Mahavakyas to camper extempore activities on Hindu qualities, Day 1 was a turbo start to an inspirationall weekend.

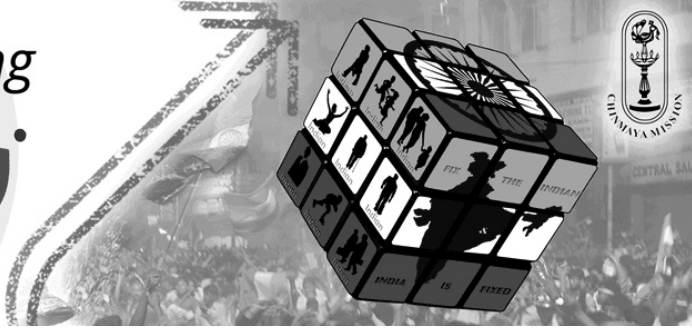
From thought-provoking learning of BMI chart (lookout for a weekend camp of Vedanta through BMI chart on 29-30<sup>th</sup> July by Swamiji) to fun-filled interactive activities by Br. Nidhi Chaitanya; from 5 steps to

Cultural Revival to 5 Visions of Gurudev Swami Chinmayananda - Day 2 learnings were manifold. 'A day in Poojya Gurudev's life' was a a session that was emotive for many as they pecked deeper into Pujya Gurudev's day of serving tirelessly, with a uniquely witty sense of humour always up His shoulders and exemplary perfection in every action. Campers learnt about the qualities of a realised master through the Earth Shelter and the Sthitaprajna Lakshana bridge with the fundamental vedanta equations by Poojya Gurudev. Each session, like everything about Gurudev, was filled with gems of wisdom and Vedantic teachings. The camp concluded with a beautifully led Paduka Puja by Nidhiji, the release of the 1<sup>st</sup> Chinmaya Pradeep Chants CD (?100) and 1<sup>st</sup>-complimentary Pradeep bookmarks.

Swamiji said "What breathing is to the body, selflessness is to the mind" and Poojya Gurudev expressed that throughout his day, everyday. Each camper experienced Poojya Gurudev's Grace and Selflessness at the first-ever Chinmaya Pradeep Camp. Subscribe to our mailing list (<http://eepurl.com/b4oj-D>) to keep up with many more to come.

# Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



## TITI Report for May Sandesh Highlights:

- Mr. J. P. Haran & Ms. Sunita Chemburkar joined the team of TITI.
- Participation certificates given to FY BCA students of BMN College, Matunga



## Workshop Details @Chembur



On 18<sup>th</sup> March Chitra took a session on Intellectual transformation for a group of friends in Chembur assisted by Harini. Though the group was small, the session was very fulfilling and interactive. Some of them had undergone Emotional Transformation earlier.

## @BMN College, Matunga

On 22<sup>nd</sup> March an impactful

Spiritual Transformation was conducted by Harini assisted by Chitra for F. Y. BCA Students. This was the 4<sup>th</sup> level of transformation conducted at the college. 69 students who attended all the 4 workshops were given certificates.

## @Kalbadevi Balvihar

Emotional Transformation for 8/9 year olds was conducted by Nimisha on 30<sup>th</sup> March. The session was interactive and received well.

## @Babulnath Balvihar

Physical Transformation for balvihar students was conducted by Anita on 31<sup>st</sup> March. The session was very interactive and they enjoyed the activities in the session.

## @Sheela Naik's Residence

An engaging and inspiring Emotional Transformation for 22 children was conducted by Geetaji on 4<sup>th</sup> April.

### TRANSFORMATION:

Why & How?? By Trainer Chitra Viswanathan

For our realisation  
That we should lend our contribution  
For the progress of the Nation  
With all our determination

Laying a foundation  
Along with the Education  
Working with the institution  
Which ensures our evolution

### PATRIOTIC LEVEL

Learning about the champions of liberation  
The torch bearers of the Nation  
Act with their inspiration  
Appreciation & admiration  
Take simple resolution  
To work towards transformation

### PHYSICAL LEVEL

Doing exercise and diet regulation  
Practising yoga & meditation  
Avoid sickness & hyper tension

### EMOTIONAL LEVEL

Growing from attachment to Devotion  
Educating on emotion

Radiate with love & compassion  
Say bye to frustration & depression

### INTELLECTUAL LEVEL

Finding our passion,  
Which guides our direction  
Work towards goal realisation  
With values and role identification

### CULTURAL LEVEL

Knowing about its transmission from  
Generation to generation  
Assure the preservation  
Of our rich culture and tradition

### SPIRITUAL LEVEL

At the altar of concentration  
Focus and get inspiration  
Do daily introspection  
And salute the divination

### UNIVERSAL ONENESS

Realising the power of collective action  
Motivated by a higher vision  
Do Right and noble action  
And ensure our transformation

This will lead to our Nation's transformation.

A humble initiative of Chinmaya Mission.

*I Transform, India Transforms  
You Transform, India Transforms  
We Transform, India  
Transforms!!!*

# Chinmaya Yuva Kendra

## Holi-Day Celebrations

This year, most people remember holi as a perfect extended weekend, which saw colours and celebrations commence from Friday evening itself. I remember it as a serene Paduka Pooja, bhajan session and satsang with my dear Chembur chyks and prechyks.

Despite everyone having plans with friends and family, they made time to come and smear some colour on the fellow chyks of Chinmaya Narayana Zone.

All of us performed paduka pooja to gurudev before all the colour play, starting first by smearing our beloved gurudev with colours!

This was followed by an intense bhajan session, with some chyks bursting into tears while singing 'Gurudeva Tava..'. Finally we



discussed an appropriate satsang topic - Prahladh stayed on his path of devotion in spite of family members threatening him away. How does each one of us do the same, with classmates / colleagues?

It was the true spirit of holi, there were school kids and corporate professionals, aged 15 all the way to 30, but everyone was smeared in the same colours of love. Chinmaya narayana zone hopes to get far more chyks in the coming celebrations of Holi.



## “Chinmaya Mission Mumbai Executive Committee - 2017-18

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# Chinmaya Sagar Zone

(South Mumbai)

**Ram Navmi celebrations on 4<sup>th</sup> of April 2017 @ Chinmaya Sagar, Churchgate**

Amidst soulful bhajans by Mrs. Meenal Thaker, Shri Ram was born and received with love by the devotees present. He was welcomed by a pooja conducted by Sandhya ji Oberoi followed by the chanting of the 108 names of the Lord. The event concluded with Shri Ram & Pu. Gurudev's aarti.

*by Geeta Chopra*

**Ram Navmi - Devi Group event by Sw. Swatmanandaji on 6<sup>th</sup> of April @ Prem Puri Ashram**

It was a fun-filled and insightful event where the participants played a quiz on Sunderkand, followed by a talk by Sw. Swatmanandaji on the symbolisms in Sunderkand.



Swami ji explained that Shri Ram denotes Jnana (knowledge), Sita - Bhakti (devotion) & Laxman symbolizes Vairagya (detachment & dispassion).

Hanuman's incident of burning Lanka symbolizes how materialism gets burnt when devotion is invoked in the heart.

The way to the Lord's heart is through detachment & devotion and absolute humility, a quality represented by Hanuman.

**Parenting & You Speaker: Pankti Shanghvi on Sunday 9<sup>th</sup> April 2017 @ Chinmaya Sagar, Churchgate**

Pankti Shanghvi engaged the participants in an active Q & A session on improvising their parenting skills.

The 3 styles of Parenting :  
Authoritative, Permissive,

Uninvolved; Authoritative is the best as it leads to - Engaging a child to think, Fear is absent, Freedom to express, Other ways of responding, Responsibility of action and Takes corrective steps.

Such a child grows up secure, responsible and is able to manage emotions. With Effort and conscious attention change can be implemented. In conclusion "Parenting is not a practice, it is a daily learning experience".

*by Meenal Roopchand*

### **Hanuman Jayanti on 11<sup>th</sup> April @ Chinmaya Sagar**

The Hanuman Jayanti celebration started with a pooja and Varshaji explaining the significance of doing it was a path to devotion. Vibhaji & Sandhyaji beautifully

chanted the Hanuman Chalisa, thus captivating the hearts of the devotees who walked in throughout the day to join in and chant.

The chanting was done for a total of 108 times, creating an atmosphere of devotion filled with positive vibrations. The celebration ended with Shri Hanuman & Pujya Gurudev's Aarti.

*by Geeta Chopra*

### **Gayatri Mantra Chanting on 13<sup>th</sup> April @ Vibha Mittal's residence**

A group of devi group ladies got together and chanted Shri Gayatri Manta 108 times. Vibhaji then explained the significance and benefits of chanting. Everyone went home feeling extremely peaceful and positive.

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Class in HINDI

## **Talk on LINGASHTAKAM**

**By Brni. Sandhya Chaitanya**  
(*Acharya Chinmaya Mission Kalyan*)

On Friday 5<sup>th</sup> May, 2017 ● 2.00 pm to 4.00 pm  
(Every First Friday of the Month)

Chant The Stotram.... Explore The Meaning...  
Receive The Grace.... And Feel Blessed !!!

Venue: Chinmaya Sagar, Panchsheel Bldg, C-Road,  
Churchgate, Mumbai - 400 020.



## Talk Sessions by Swami Swatmananda

### Upanishad Darshan - Taittiriya Upanishad

9<sup>th</sup> to 13<sup>th</sup> May • 7.15 to 8.15 am

Venue: Chinmaya Sagar, C Road, Churchgate

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### Essentials for Excellence

#### Interactions on Hanuman Chalisa for the Youth

Eligibility : 16 to 28 yrs only

16<sup>th</sup> & 23<sup>rd</sup> April • 2.30 to 4.00 pm

Venue : Chinmaya Sagar, Churchgate, Mumbai - 400 020.

*Entry by Registration only. Please register at  
chinmayamissionmumbai.com • Email: mumbaichyk@gmail.com*

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### New Balavihar Class for 6 year olds

every Tuesday from 5.00 - 6.30 pm

**Sevika : Namita Vithaldas**

Venue: Casa Grande Bldg., Tower 1, Flat 1204, Senapati Bapat Marg,  
Lower Parel, Near Peninsula Corporation Park, Mumbai - 400013.

*Contact : 9869013124*

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### Shishu Vihar Classes in South Mumbai

For age group: 3-5 years • Every Wednesday, 5.00 to 6.00 pm

Venue: Chinmaya Sagar, Panchsheel Bldg, C-Road,  
Churchgate, Mumbai - 400020.

For age group between 0-3 years, Infant classes.

*Please contact:*

*Roma Sanghavi : 9820297889 / Radhika Jasrani : 9920032225*

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## Chinmaya Mission Mumbai

invites you to

# Jai Hanuman!!

The first Chinmaya Shishuvihar camp

with **Swamini Supriyananda**, Acharya, Chinmaya Mission Hong Kong

Come and join us to celebrate the strength of Hanuman and revel in the devotion he has for Lord Rama!!

Dates: **15<sup>th</sup> July 2017, Saturday 11:00 am to 16<sup>th</sup> July, Sunday 12:30 pm** (Excluding travel time)

Venue: **Chinmaya Vibhooti, Kolwan** (Near Lonavala)

Eligibility: Children between the age of 3-5 years, accompanied by their parents / guardians.  
Older siblings are also welcome

**Participants must reach Chinmaya Vibhooti by 15<sup>th</sup> July, 10 am latest.**

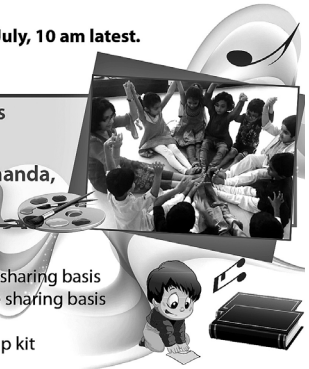
### Camp Highlights

- Storytelling • Singing • Art and Craft • Fun Games
- Special separate sessions for older siblings
- Special sessions on Vedanta for Parents by Swami Swatmananda, Acharya, Chinmaya Mission Mumbai



### Camp Donation:

- Rs. 1250/-** per adult / child age 6+ years, on triple sharing basis
  - Rs. 1500/-** per adult / child age 6+ years, on double sharing basis
  - Rs. 750/-** per child, age 3-5 years
- Donation includes stay, all meals and camp kit



Travel to Chinmaya Vibhooti is by road from Mumbai or Pune. For taxi bookings from Mumbai, please contact Sanjay (+91 9594099680) or Somnath (+91 8082346737). For taxi bookings from Pune, please contact Tushar (+91-9822616414). Bus travel can be arranged for larger groups.

Online registration on [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

Please send the cheque / DD to: Chinmaya Sagar

F-3 Panchsheel building, "C" Road, P M Shukla Nirjhar Marg, Churchgate, Mumbai 400 020

Phone: 22884646/22814646

Cheques / DDs to be drawn in favour of "CHINMAYA SEVA TRUST". Cash Payments also accepted at Chinmaya Sagar

In case of any clarifications or assistance please contact:

**Roma Sanghavi (+91 98202 97889) Radhika Jesrani (+91 99200 32225)**

Email: shishuviharc@gmail.com



## Chinmaya Mission Mumbai

invites you to the

# Chinmaya Shishuvihar Sevak Training Programme

with **Swamini Supriyananda** - Acharya, Chinmaya Mission Hong Kong

Chinmaya Mission invites you to become part of the Shishuvihar program that introduces infants (0-3 years), toddlers (3-5 years) along with their mothers/guardians to cultural and spiritual education. Classes follow a structure of mother-toddler where children learn through songs, stories, arts and crafts, appropriate to their age and development. The accompanying mothers or guardians then take the rhymes and stories home and enjoy reading and singing them with their children and extended family.

Date: **14<sup>th</sup> July 2017, Friday, from 11 am to 15<sup>th</sup> July 2017, Saturday 10 am** (Excluding travel time)

Venue: **Chinmaya Vibhooti, Kolwan** (Near Lonavala)

Eligibility: 18+ years, individuals interested in interacting with young children (0-5 years) and committed to starting Shishuvihar classes in their centers

Participants must reach Chinmaya Vibhooti by 10 am latest on 14<sup>th</sup> July 2017.

### Camp Highlights

- The vision of Chinmaya Shishuvihar
- Introduction to curriculum
- Theories of child development
- Rhymes with actions, age specific
- Teaching techniques
- Activities, Arts and craft ideas
- Visit to Chinmaya Jeevan Darshan
- Aarti at Maruti and Pranav Ganesh Mandir

### Donation:

- Rs.700/- per person, on triple sharing basis
  - Rs.900/- per person, on double sharing basis
  - Rs.1100/- per person, on individual room basis
- Donation includes stay, all meals and training kit

The training programme will be followed by the first Shishuvihar camp in India by Swamini Supriyanandaji - also at Chinmaya Vibhooti, on the 15<sup>th</sup> and 16<sup>th</sup> of July 2017. We invite you to also attend the same as it will be a wonderful hands-on learning experience for Shishuvihar. Camp and contribution details can be obtained from [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

Travel to Chinmaya Vibhooti is by road from Mumbai or Pune. For taxi bookings from Mumbai, please contact Sanjay (+91 9594099680) or Somnath (+91 8082346737). For taxi bookings from Pune, please contact Tushar (+91-9822616414). Bus travel can be arranged for larger groups.

For Registration and online payment, click on: <http://bit.ly/2jmozGy>

For only online registration, click on: [goo.gl/FuiVVm](http://goo.gl/FuiVVm)

Please send the cheque / DD to: Chinmaya Sagar, F-3 Panchsheel building, "C" Road, P M Shukla Nirjhar Marg, Churchgate, Mumbai 400 020 Phone: 22884646/22814646

Cheques / DDs to be drawn in favour of "CHINMAYA SEVA TRUST". Cash Payments also accepted at Chinmaya Sagar

**In case of any clarifications or assistance please contact:**  
**Roma Sanghavi (+91 98202 97889) Radhika Jesrani (+91 99200 32225)**  
Email: [shishuviharc@gmail.com](mailto:shishuviharc@gmail.com)

# Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

## Hanuman Jayanti Celebrations @ Matunga

Lord Ram gave Hanuman a quizzical look and said, "What are you, a monkey or a man?" Hanuman bowed his head reverently, folded his hands and said, "When I do not know who I am, I serve You and when I do know who I am, You and I are One."

Hanuman Jayanti was celebrated with great aplomb with the chanting of Hanuman Chalisa at the Sankara Mattam, Matunga, under Mr H P Eswars guidance. Almost forty people participated

and were blessed with the positive vibrations.

Don't pray to GOD for what you desire, pray to him for what you deserve, for what you deserve may be much more than what you desire.



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## Bala Vihar & Chanting

Every Saturday • 3.15 - 5.00 pm

### Medha Suktam Chanting

Contact: Sarika - 98203 00281

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## Pre-CHYK (13 - 18 yrs.)

Every Saturday • 3.15 - 5.00 pm

Contact: Devika - 96198 61476cU

Venue for the above : Chinmaya Mahima Centre, Opp. Paradise Talkies, Opp. SBI Bank, Mahim - 400 016.

# Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)



Sessions by  
**Swamini Krishnapriyananda**

## Vedanta Saar

Every Monday • 4.00 pm to 5.30 pm

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## Tattvabodh

Every Thursday • 12.00 noon to 1.00 pm

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## Ishyavasya Upanishad

Every Thursday • 4.00 pm to 5.30 pm

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## Bhaja Govindam

Every Saturday • 10.30 am to 11.30 am

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## Narad Bhakti Sutra

Every Tuesday • 4.00 pm to 5.30 pm

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## Atmabodh

Every Wednesday • 12.00 noon to 1.00 pm

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## Chanting of Geeta/ Bhajans /Strotras

Every Wednesday • 5.00 pm to 6.00 pm

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## Geeta Summary of each Chapter

Every Thursday • 7.00 pm to 8.00 pm

## Bal Vihar Satsang

On every 4<sup>th</sup> Saturday • 17.00 pm to 18.00 pm.

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## Foundation Vedanta Course

Every Saturday and Sunday • 11.30 am to 12.30 pm

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All Are Cordially Invited

## Ram Navami

5<sup>th</sup> May 2017 • 10.30 am to 12.30 pm

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## Pujya Gurudev's Birthday & Paduka Pooja

8<sup>th</sup> May 2017 • 6.30 pm to 8.30 pm

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## Hanuman Jayanti

11<sup>th</sup> May 2017 • 6.30 pm to 8.30 pm

Venue for all the above programmes is  
Chinmaya Jayam, 101 Garden Crest, West Avenue Road,  
Santacruz West, Mumbai - 400054.

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## Bal Vihar Classes

Sevika : Ms. Rupa Kumar

Every Friday • 6.00 pm to 7.00 pm

Venue: 201, Kaira Apartment, Union Park, Pali Hill,  
har (West), Near Carter Road.

Contact : 7506932205 for registration and any other details

# Chinmaya Priyam Zone

(Andheri & Juhu)



Sessions by  
**Brni. Nidhi Chaitanya**

## Geeta Darshan 2017

Monthly Talks on Bhagwad Geeta

Understand the Geeta word-by-word, shloka-by-shloka

by **Brni. Nidhi Chaitanya**

Monday - Friday 10.00 am to 6.00 pm

- 15<sup>th</sup> - 19<sup>th</sup> May (Mon - Fri) : Chapter 13 : Vision of Clarity  
5<sup>th</sup> - 8<sup>th</sup> June (Mon - Thu) : Chapter 14 : Vision of Balance  
12<sup>th</sup> - 15<sup>th</sup> June (Mon - Thu) : Chapter 15 : Vision of Perfection  
7<sup>th</sup> - 10<sup>th</sup> Aug (Mon - Thu) : Chapter 16 : Vision of Values  
6<sup>th</sup> - 9<sup>th</sup> Nov (Mon - Thu) : Chapter 17 : Vision of Faith  
20<sup>th</sup> - 24<sup>th</sup> Nov (Mon - Thu) : Chapter 18 : Vision of Liberation  
27<sup>th</sup> - 29<sup>th</sup> Nov (Mon - Wed) : Summary of Geeta

Venue: Chinmaya Priyam, 5, Jain Vihar, Plot No. 40,  
Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.

to register, call 26112358 / 26112359  
Email : [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)

**Entry Free. All Are Welcome.**



# Sessions by Brni. Nidhi Chaitanya (contd....)

## Inspiration for the Family

Weekly classes on values, culture & spirituality  
for 5-8 year olds & their parents

every Wednesday 5.30 to 6.45 pm

Starting 7<sup>th</sup> June 2017

### Highlights

- Fun Stories
- Inspiring Songs
- Value-based activities
- Personality transformation
- Workshops & Interactions

**Suggested Minimum Donation:**

Rs 2000 per child per annum (Includes session for parents)

Venue: The Club, Andheri-Juhu Link Road

Contact : Sapna Amit 9920138777 or 'The Club' reception desk

## Let's Chant

**Pray Together as you learn Vedic Chants  
& Popular Stotrams**

Participation is by Registration only.

Every Saturday 8.00 am to 8.45am ● Starting 3<sup>rd</sup> June

Venue : Chinmaya Priyam, 5, Jain Vihar, N. S. Road No. 3,  
Juhu Scheme.

to Register, use this link: <https://goo.gl/3SCo0E>

Contact : 26112358 / 26112359

or write to [cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)

**Entry Free.**

# Keep Calm

Practical Hacks & Spiritual Practices for Everyday Peace

Exclusive Weekend Spiritual Retreat

with **Brni. Nidhi Chaitanya**

15<sup>th</sup> - 17<sup>th</sup> September 2017 (Friday - Sunday)

at Chinmaya Vibhooti, Kolwan

ELIGIBILITY AGE: 25 - 55 year

Life is not worth spending in stress,

Let's learn some hacks to live agitation-less!

@ Keep Calm.

Come, spend a weekend this monsoon amidst the picturesque Sahyadri mountains, and learn simple spiritual practices to learn to **Keep Calm** in daily life!

Triple-sharing non-AC room	: Rs 2500 per person
Twin-sharing non-AC room	: Rs 3000 per person
Twin-sharing non-AC cottage	: Rs 3500 per person
Individual accommodation non-AC room	: Rs 5000
Individual accommodation non-AC cottage	: Rs 6000
Twin sharing AC cottage	: Rs 6500 per person
Individual accommodation AC cottage	: Rs 7500
Driver Accommodation	: Rs 750 per head

You can travel on your own or join us in the AC Buses which will be arranged for participants as per requirement. Travel contributions is Rs.1500 for one-way and Rs.2000 for both ways

*All cheques must be drawn in favor of Chinmaya Seva Trust & deposited at Chinmaya Priyam, Juhu. You can also register online on [ChinmayaMissionMumbai.com](http://ChinmayaMissionMumbai.com). Donations at Chinmaya Priyam will also be accepted by Credit or Debit Card.*

*Registrations for this Camp Will NOT BE ACCEPTED in any other Centre of Chinmaya Mission.*

Venue : Chinmaya Priyam, 5, Jain Vihar, Plot No. 40, Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.Tel: 2611 2358 / 2611 2359  
Timings: Monday - Saturday 10.00 am to 6.00 pm

# Vedanta Fundas Level 1

1-Year Course in Spirituality, Culture & Meditation  
(BATCH 22, 23 & 24)

with **Brni.Nidhi Chaitanya**  
(Acharya, Chinmaya Mission, Andheri West & Juhu)

**Limited Seats Only**  
**- Enrolments Open Now -**

**Registrations open till seats last**

- Learn practical spirituality based on ancient scriptural knowledge
- Analyse your own mind and intellect in depth and detail
- Learn how to make right decisions in any situation
- Understand and practice meditation to live happier

**BATCH 22 : STARTING 10<sup>th</sup> June 2017**  
(*Specially designed for Doctors & Health-Care Professionals*)

Every Saturday ● 9.00 am to 10.30am

Venue : Chinmaya Priyam, 5, Jain Vihar,  
N S Road No. 3, Juhu Scheme

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**BATCH 23: STARTING 9<sup>th</sup> June 2017**

Every Friday 11.00 am to 12.30 pm

Venue : Chinmaya Priyam, 5, Jain Vihar,  
N S Road No. 3, Juhu Scheme

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**BATCH 24: STARTING 9<sup>th</sup> June 2017**

(*Specially designed for Senior Corporate Executives & Working Professionals*)

Every Friday 7.30 pm to 9.00 pm

Venue : The Club, Andheri-Juhu Link Road

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**Eligibility: Sincerity & Commitment. no other prior knowledge of spirituality or sanskrit is required**

**Course Donation : Rs.5000 per head**

*Cheques to be drawn in favour of "Chinmaya Seva Trust"*

*All cheques must be drawn in favour of Chinmaya Seva Trust  
& deposited at Chinmaya Priyam, Juhu.*

You can also register online on [ChinmayaMissionMumbai.com](http://ChinmayaMissionMumbai.com)  
donations at Chinmaya Priyam will also  
be accepted by credit / debit card.

Please Write "Drop" On The Envelope.  
Registrations for this Course Will NOT BE ACCEPTED  
in any other Centre of Chinmaya Mission.

*Our Address: Chinmaya Priyam, 5, Jain Vihar, Plot No.40,  
Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.  
Tel: 26112358 - 26112359  
[cmpriyam@chinmayamissionmumbai.com](mailto:cmpriyam@chinmayamissionmumbai.com)*

Timings: Monday - Saturday 10.00 am to 6.00 pm

Registrations open till seats last



## Love inspite of...

A spiritual talk for couples

Tips from The Geeta on Love, Acceptance & Oneness

**with Brni. Nidhi Chaitanya**

16<sup>th</sup> July 2017 (Sunday) ● 4.00 to 5.00 pm

- FOR COUPLES ONLY -

**Suggested Donation : Rs. 1500/- per head.**

Venue : The Club, Juhu followed by Hi-Tea

to Register : Contact : 2611 2358 / 2611 2359

*All cheques must be drawn in favor of "Chinmaya Seva Trust" &  
deposited at Chinmaya Priyam, Juhu. For Online Transfers or cash  
payments please contact us on [chinmayapriyam.office@gmail.com](mailto:chinmayapriyam.office@gmail.com)*

# Let's Hug Hanuman

A Sishuvihar Summer Camp for 0-4 year olds & their parents

**Annual Sishuvihar Summer Camp for babies & parents**

4<sup>th</sup> - 5<sup>th</sup> May 2015 (Thu - Fri) 11.00 am to 4.00 pm daily

at The Club, Andheri-Juhu Link Road

**with Brni. Nidhi Chaitanya**

**& Sishuvihar Team of Juhu & Andheri**

**Age-Group: 0 - 4 year olds & their parents**

## Important Points

*Parents will need to accompany to sit with the kids throughout the sessions*

*Maids or domestic help are not allowed to attend the session*

*Maximum 2 parents / guardians will be allowed to attend the camp*

*Children attending the camp must strictly be between 0-4 years ONLY.*

## Camp Donation: (Includes stay, food, study material, camp kit)

	Before 25 <sup>th</sup> April 2016	After 26 <sup>th</sup> April 2016
For 0 - 2 year olds:	Rs.500 per head	Rs.750 per head
For 3 - 4 year olds:	Rs.750 per head	Rs.1000 per head
For parents:	Rs.3000 per head	Rs.4500 per head

You can register online on [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

In case of offline registrations, cheques should be in favour of  
**CHINMAYA SEVA TRUST.**

You can also write to us on:

[cmpriyam@ChinmayaMissionMumbai.com](mailto:cmpriyam@ChinmayaMissionMumbai.com)

*You can also courier / deliver your registrations to Chinmaya Priyam*

*Contact : 26112358 / 26112359*

# Let's Start a Sishuvihar

Sevak Training Workshops 2017

## In the Presence of Brni. Nidhi Chaitanya

Get Systematically Trained to be a Sishuvihar Sevak,  
Start a New Sishuvihar in your neighbourhood,  
Nurture a life in its nascent years,  
Empower a Mother with the spiritual culture,  
Gift the society an inspired child.

### Date Options:

(Register for any one of the training sessions)

22<sup>nd</sup> May (Monday),

2<sup>nd</sup> July (Sunday), 18<sup>th</sup> September (Monday)

11.00 am to 1.00 pm

Venue: Chinmaya Priyam, 5, Jain Vihar N. S. Road No.3

**Eligibility: Below 60 years**

**Fees: Start a Sishuvihar**

**ONLY THOSE WHO ARE SERIOUSLY INTERESTED TO  
START A SISHUVIHAR CAN REGISTER.**

To register, please fill the online registration form on this link:

<https://goo.gl/zHVPqh>

*For Any Queries, please call:*

*Neetu - 9819887046 / Bhairavi - 9820790111*

*Khyati - 9867192958 / Radhika - 9820036875*



Interruptions are the spice of life.

- Swami Chinmayananda

# Mindful Meditations

## 9 Meditation Workshop-Demonstrations

with **Brni. Nidhi Chaitanya**

Every Thursday 7.00 pm to 8.00 pm

Starting 7<sup>th</sup> June, 2017

at Chinmaya Pradeep, Powai

- Mindful Meditations on... **Fearlessness**
- Mindful Meditations on... **Forgiveness**
- Mindful Meditations on... **Acceptance**
- Mindful Meditations on... **Balance**
- Mindful Meditations on... **Gratitude**
- Mindful Meditations on... **Love**
- Mindful Meditations on... **Peace**
- Mindful Meditations on... **Freedom**
- Mindful Meditations on... **Bliss**

*Every workshop will include:*

*10 mins interaction, 10 mins QnA & 40 mins Guided Meditation.*

**Suggested Donation:** Rs. 300 per head per workshop  
(Includes cost of workshop kit & printed notes)

Register online on chinmayamissionmumbai.com (click on Events) OR

**Step 1** - Register: Whatsapp your name, e-mail, address & number to 8850310347

**Step 2** - Donate: Send your Cheque in favour of "Chinmaya Seva Trust - Chinmaya Pradeep A/c" to Chinmaya Priyam, 5, Jain Vihar, Plot No.40, Swastik Society, NS Road No.3, Juhu Scheme, Mumbai. Office Timings: Mon to Sat 10.00 am to 6.00 pm.

*Chinmaya Priyam office (Juhu) will also accept donations by Card*

*For Corporate registrations please email  
cmpriyam@chinmayamissionmumbai.com*

# Jiyo Style Se!

A Balavihar Summer Camp for 5 - 12 year olds & their parents

## Annual Balavihar Summer Camp for children & parents Based on Geeta Chapter 17

23<sup>rd</sup> to 24<sup>th</sup> May 2015 (Sat - Sun) ● 11.00 am to 4.00 pm daily  
with Brni. Nidhi Chaitanya & Balavihar Sevikas of Juhu & Andheri

Age-Group : 5 - 8 years, 9 - 12 years & their parents

### Important Points

- There will be parallel workshops/sessions for Parents on Bhagwat Geeta Chapter 17 by Nidhiji
- Children will be allowed to attend the camp without parent(s), but parents will not be allowed to attend the camp without children.
- Children attending the camp must strictly be between 5 - 12 years ONLY.

### Camp Donation: (Includes stay, food, study material, camp kit)

	Before 25 <sup>th</sup> April 2016	After 26 <sup>th</sup> April 2016
For 5 - 8 year olds:	Rs.3000 per head	Rs.3500 per head
For 9 - 12 year olds:	Rs.3250 per head	Rs.3750 per head
For parents:	Rs.4000 per head	Rs.4500 per head

Venue : The Club, Andheri-Juhu Link Road

You can register online on [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

In case of offline registrations, cheques should be in favour of  
Chinmaya Seva Trust.

You can also write to us on:

[cmpriyam@ChinmayaMissionMumbai.com](mailto:cmpriyam@ChinmayaMissionMumbai.com)

You can also courier / deliver your registrations to Chinmaya Priyam

Contact : 26112358 / 26112359

# Face Your Fears

A Leadership Camp for 16 - 28 year olds

**Exclusive Weekend Camp**

**with Brni. Nidhi Chaitanya**

3<sup>rd</sup> to 4<sup>th</sup> June 2017 (Saturday - Sunday)

at Sandeepany Sadhanalaya, Powai

Based on Bhagawad Geeta

**Camp Donations: 15<sup>th</sup> - 17<sup>th</sup> September 2017**

**Rs 1000 per person (Twin-sharing non-AC room)**

All cheques must be drawn in favor of Chinmaya Seva Trust & deposited at Chin-maya Priyam, Juhu. You can also register online on [Chinmayamissionmumbai.com](http://Chinmayamissionmumbai.com)

Donations at Chinmaya Priyam will also be accepted by Credit or Debit Card.

PLEASE WRITE "DROP" ON THE ENVELOPE IF SENDING CHEQUE BY COURIER. Registrations for this Camp Will NOT BE ACCEPTED in any other Centre of Chin-maya Mission.

Venue : CHINMAYA PRIYAM, 5, Jain Vihar, Plot No. 40, Swastik Society, NS Road No.3, Juhu Scheme, Mumbai.

Timings : Monday to Saturday 10.00 am to 6.00 pm

Contact : 2611 2358 / 2611 2359

Email : [cmpriyam@chinmayacissioncumbai.com](mailto:cmpriyam@chinmayacissioncumbai.com)



To argue that life results when lifeless matter combines itself, is as absurd as holding, that light comes out of darkness.

- Swami Chinmayananda

# Feminity to Divinity

Using Love as a Weapon & a Shield

**Exclusive 3-day Devi Group Camp with**

**Brni. Nidhi Chaitanya**

12<sup>th</sup> - 14<sup>th</sup> September 2017 (Tuesday - Thursday)

at Chinmaya Vibhooti, Kolwan

- FOR LADIES ONLY -

## **Camp Highlights:**

- Talks on Love, Detachment & Devotion based on the Bhagwad Geeta.
- Q & A Sessions on "Spirituality, Myths & Superstitions Related to Women"
  - Meditation on Love, Forgiveness and Acceptance.
  - Gayatri Havan with 108 Ahutis
- Tips on Sadhana for Women through Informal Satsangs
- SPECIAL HIGHLIGHT : Ladies-only Prabhat Pheri.

## **Camp Donations: 12<sup>th</sup> - 14<sup>th</sup> September 2017**

Triple-sharing non-AC room	: Rs 2500 per person
Twin-sharing non-AC room	: Rs 3000 per person
Twin-sharing non-AC cottage	: Rs 3500 per person
Individual accommodation non-AC room	: Rs 5000
Individual accommodation non-AC cottage	: Rs 6000
Twin sharing AC cottage	: Rs 6500 per person
Individual accommodation AC cottage	: Rs 7500
Driver Accommodation	: Rs 750 per head

You can travel on your own or join us in the AC Buses which will be arranged for partici-pants as per requirement. Travel contributions is Rs.1500 for one-way and Rs.2000 for both ways

*All cheques must be drawn in favor of Chinmaya Seva Trust & deposited at Chin-maya Priyam, Juhu. You can also register online on Chinmayamissionmumbai.com Donations at Chinmaya Priyam will also be accepted by Credit or Debit Card.*

Please write "drop" on the envelope if sending cheque by courier. Registrations for this Camp Will NOT BE ACCEPTED in any other Centre of Chin-maya Mission



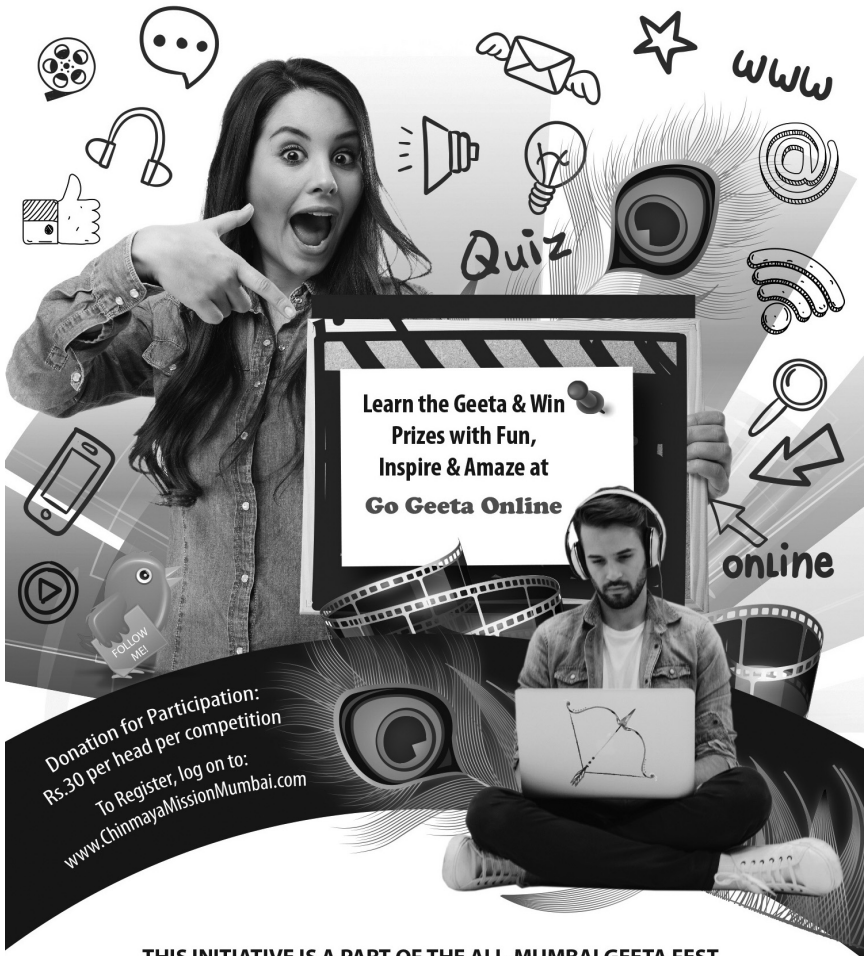
**Chinmaya Mission Mumbai**

welcomes you to



# GO Geeta Online

**Quiz, Tweets & Vids Competitions  
for 13 - 70 year olds  
Based on Chapter 17 of the Geeta**



Donation for Participation:  
Rs.30 per head per competition  
To Register, log on to:  
[www.ChinmayaMissionMumbai.com](http://www.ChinmayaMissionMumbai.com)

**THIS INITIATIVE IS A PART OF THE ALL-MUMBAI GEETA FEST**



**GO Quiz**  
Quiz Competition based  
on Geeta Chapter 17

**GO Tweet**  
Tweets Competition based  
on Geeta Chapter 17

**GO Vids**  
Video-making  
Competition based  
on Geeta Chapter 17



To Register, log on to:  
[www.ChinmayaMissionMumbai.com](http://www.ChinmayaMissionMumbai.com)

**Syllabus for 13 - 30 year olds:  
Special Booklet based on Chapter 17 of Bhagwad Geeta**

**Syllabus for 31 to 70 year olds:  
Bhagwad Geeta Commentary by Swami Chinmayananda**

**GO Quiz:**

- The quiz will be based primarily on the contents of the manual/booklet given. However Other questions related to Indian Culture, Indian History, General Spiritual Awareness, Current Affairs etc., will be asked.
- Online elimination round on 5th November 2017 10am sharp.
- Final Round on 19th November 2017 (Sunday)



**GO Tweet:**

- Write a Tweet of maximum 140 characters based on the topic given based on Chapter 17 of Bhagawad Geeta
- Make it witty, fun, powerful
- Create interesting hashtags to go with it
- Punch it online as per the assigned date/time
- Win prizes and get popular!
- Be a Geeta Tweet Champion
- Competition will be held online on 12th November 2017 (Sunday) between 10am and 1pm



**GO Vids:**

- Make a 3-5 minutes video in Mp4 format (HD Resolution) based on Chapter 17 of Geeta
- Make sure you use Copyright free images, video footage, music should be used.
- Use at least one relevant verse of Chapter 17
- Put your name/logo as a watermark throughout the video.
- At the end of the video, add in your contact information.
- Upload the video on or before 12th November 2017
- All the videos submitted can be utilized by Chinmaya Mission for uploading on Social Media with a water mark of Chinmaya Mission Logo and mentioning that this was made for Chinmaya Geeta Fest 2017. The participant will be given due credits.

**Contact Nos. 26112358 / 26112358  
Coordinator: Nogesh Bhardwaj: 9820452662 / 9910392662**



**Chinmaya Yuva Kendra (CHYK)**  
welcomes you to

# The Epic Epic

**Weekly Interactive Sessions for Youth  
based on the महाBhaarat**

**Every Sunday 11am-1pm starting 23rd April**  
At Chinmaya Priyam, 5, Jain Vihar, NS Road No.3, Juhu Scheme

**Call 9769952031**

**For 16-28 year olds only**

**Chinmaya Mission Mumbai  
Welcomes You To**



# Holding on to HIM...

**With Brni.Nidhi Chaitanya**

## **7-Sunday Non-Residential Camp on Srimad Bhagwatam**

*"Your stories are soothing to our scorched lives, auspicious to our ears and the means of our liberation."*

*"Merely listening to Srimad Bhagwatam will grant you liberation."*

**- Padma Puraana**

*"I shall enter Srimad Bhagwatam & stay on. Srimad Bhagwatam shall be the word-form of Hari."*

**- Sri Krishna in Bhagwat Mahatmya**

**- The Gopis**

**Dates: 18th June, 25th June, 23rd July, 30th July,  
6th August, 13th August, 20th August (ALL SUNDAYS)**

**Timing: 10:30am - 5:30pm**

**Venue: Juhu Jagruti Hall**

10:30am-12:30pm: Session 1

12:30pm-1pm: Lunch

1pm-2pm: Go home for Rest/Chanting (Optional)

2pm-3pm: Celebration

3pm-3:30pm: Tea

3:30pm-5:30pm: Session 2

**Contribution per day: ₹1000 per head (includes lunch & tea)**

**Participants can register for any or all 7 days**

**To Register, Call 26112358/26112359 or  
log on to [ChinmayaMissionMumbai.com](http://ChinmayaMissionMumbai.com)**

**Limited Seats. Registrations will be on  
First Come First Serve Basis**

Chinmaya Mission Mumbai  
Welcomes you to

# Upanishad Ganga

Audio-Visual Satsang on Fundamental Vedanta & Hindu Culture

Based on Episodes of the first-ever Vedantic TV Serial

**Every Sunday 8am - 9:30am  
(starting 21st May 2017)  
At Chinmaya Priyam, Juhu**

**The workshops will include: Video-Screening,  
Talk, Q&A, and Meditation  
By Brni.Nidhi Chaitanya**

*This is a series of 50 Weekly Satsangs.*

*Seekers can attend any or all of them as per convenience.*

*Attending the whole series will be most beneficial.*

**ENTRY FREE. ALL ARE WELCOME.  
Call 26112358 / 26112359**



## Chinmaya Priyam Zonal Committee - 2017-18

E-mail: chinmayapriyam.office@gmail.com

Designation	Name	Mobile	Email ID
Acharya	Bmri.Nidhi Chaitanya	9320286048	nidhichaitanya@chinmayamissionmumbai.com
Trustee	Shri. Pratapbhai Patel	9920170325	pratappatel@gmail.com
President	Vivek Bhatija	9820089660	bathija.vivek@gmail.com
Immediate Past President	Chitra N. Vora	9821661914	chitra.vora@gmail.com
Vice-Presidents	Anu Oberoi Vinit Gupta Komal Mour	9820113899 9821010765 9819424867	oberoianu69@gmail.com vkgupta@classicgroup.co.in komalmour@gmail.com
Secretary	Rakesh Gupta	9821219508	rakesh.gupta.in@gmail.com
Joint Secretary	Pooja Gupta	9870410805	poojaguptamumbai@gmail.com
Treasurer	Mamta Shah	9821113571	msailesh57@gmail.com
Asst. Treasurer	Sharda Mangal	9619980750	shmangal06@gmail.com
CHYK Classes In Charge	Sanyuktha Kumbha	9833044421	sanyuktha1@gmail.com
CHYK Events In Charge	Aditi Sharma	9769952031	aditi116sharmaas@gmail.com
College Workshops I/C	Hari Vasudevan	9821464696	principaldjs@gmail.com
Chinmaya Setukari I/C	Pankti Shanghvi	9004382310	pankti.m@gmail.com

Designation	Name	Mobile	Email ID
Corporate Workshop I/C	Ravi Rathi	8108128181	ravi@athenaindia.co.in
	R.S. Moorthy	9892799360	rsm@eurekaforbes.com
Foundation Courses I/C	Dr. Madhavi M Kathpal	9820157554	drmadhavitathpal@yahoo.com
Festivals In Charge	Asha Gandhi	9820533006	aashagandhi@gmail.com
Devi Groups In Charge	Chitra N. Vora	9821661914	chitra.vora@gmail.com
Be Awesome Workshops I/C	Archana Rathi	8108128181	ravi@athenaindia.co.in
Balavihar In Charge	Sapna A Ramaswamy	9920138777	sapnaamitr@gmail.com
Shishu Vihar In Charge	Khyati Chetan Kajaria	9867192958	khyatasm@yahoo.com
	Radhika Shah	9820036875	radhikajmera@gmail.com
Book Sales In Charge	Chitramala Moorthy	9967292988	chitrajan24@gmail.com
Database In Charge	Ramasubramanian V	9987368882	ram.vaidhyanathan@gmail.com
Email & Communications I/C	Kushal Shah	9819568188	kushalshah008@gmail.com
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Website In Charge	Hemangi Dholakia	9820852693	hemangi.dholakia@gmail.com
Twitter Account I/C	Unnati Bhardwaj	9930779243	unnatib79@gmail.com
Facebook Account I/C	Minal Rath	9820030147	minaldrath@gmail.com
Design In Charge	Deepa Khatri	9820147697	khatri.deepa@gmail.com
Bhiksha In Charge	Anupama Bhardwaj	9820526678	anupamab69@yahoo.com
	Rukhmini Punoose	9821930007	rukhninipunoose@yahoo.com
Procurement In Charge	Suhasini Lohia	9821012650	suhasini.lohia@gmail.com

# Chinmaya Bhakti Zone

(Jogeshwari to Dahisar)

Evening Satsang with Swami Swatmanandji @ Kamala Vihar Sport Club - Kandivali on 21<sup>st</sup> March

A short satsang with Sw. Swatmanandji at Kamala Vihar Sports Club was organised on 21<sup>st</sup> March. The topic was “Detachment for Peace and Happiness”.

Swamiji explained the importance of the detachment for experiencing true peace and happiness in life based on Bhagawat Geeta teachings. Detachment wanes off when one gives away the desire of “I” and “I” want “He suggested many practical measures to stay detached amidst luxuries or poverty (WOW- With Or Without).

Swamiji explanation with lucid presentation and intermediate videos of Gurudev made the concept very clear.

Around 100-125 people attended the Session and later all the devotees visited the



Geeta Sandesh Vahini parked in the club premises.

**Bhakti Centre- 14<sup>th</sup> Anniversary & Ram Navami celebration 04<sup>th</sup> April.**

Almost 14 years back on a Ram Navami day, Chinmaya Bhakti centre @ Borivali was inaugurated by Pujya Guruji on





30<sup>th</sup> March 2003. This year we decided to celebrate both events together on April 04<sup>th</sup> in the morning, we had Guru-paduka Puja and Bhajans from 10.00 am to 11.00 am.

Later from 11.00 am to 1.00 pm, we had Ram Keertan (like every year) by Shri Joshi Maharaj where he traversed us through the story of Lord Ram and his Glories in Marathi. The small cradle for the new born - Lord Ram was put up by the devotees and the event ended with Aarti filling the whole area with elevated mood of Raam Naam.

Around 95-100 devotees attended the puja and had lunch Prasad before leaving the centre.

### **Hanuman Jayanti Celebration on 11<sup>th</sup> April @ Chinmaya Bhakti**

Hanuman Jayanti was celebrated at the centre. Hanuman Chalisa was chanted 11 times followed by Puja and Aarti of the Sree Hanumanji followed by Prasad distribution.



# Satsang on Gyaneshwari

in Hindi

by **Brni. Sandhya Chaitanya**

(*Acharya - Kalyan*)

every 1<sup>st</sup> Sunday of the month

*Please contact the Bhakti centre  
for the Date and Timings of the Talk on 65235162*

---

## New Chyk Class (13 yrs to 24 yrs)

**Text - Team Work**

(the text is about leadership and how to become a good leader)

A great opportunity for youths to transform

every Sunday - 4.00 to 5.00 pm

*Contact - Yuvaveer Vibin - 9488121692*

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## New Balvihar & Chyk Classes

New Balvihar class - 10.00 am to 11.00 am

New CHYK classes - 11.00 am to 12.00 pm

Venue: Kambar Darbar, Opp. Burabhai Marriage Hall,  
Nr Mayur Cinema, Shantilal Modi Road, Kandivali (West).

*Contact : Sevak - Yuvaveer Vibin - 9488121692*

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## Training on Geeta Chanting Chapter - 16

with explanation alongwith  
**Vedic Chanting** based on the book

**“Pushpaanjali”**

by **Shri S. K. Dixit**

on every Tuesday from 7.00 pm to 8.00 pm



## Sessions by Br. Damodara Chaitanya

### Amrtabindu Upanisad

Weekly Discourse (in English)

Fridays starting from - 7<sup>th</sup> April 2017

6.00 pm to 7.00 pm

Venue : 001, I Wing, Ekta Bhoomi Garden,  
Next to Solitaire Honda Centre, Rajendra Nagar,  
Borivali (East), Mumbai 400 066.

To register your participation, please call 8180547011  
or 02265235162 (Between 4.00 pm & 8.00 pm)  
[www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

Entry Free All Are Welcome



### The Holy Geeta (Chapter - 16)

Weekly Discourse (in English-Hindi-Marathi)

6.00 pm to 7.00 pm on 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>

Sundays starting - 9<sup>th</sup> April 2017

Venue 001, I Wing, Ekta Bhoomi Garden,  
Next to Solitaire Honda Centre,  
Rajendra Nagar, Borivali (East), Mumbai 400 066.

To register your participation, please call 8180547011  
or 02265235162 (between 4.00 pm & 8.00 pm)  
[www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)

Entry Free All Are Welcome

# Jagadeeshwara Zone

## (Powai)

**Hanuman Jayanti Celebrations**  
@ Jagadeeshwara Zone on 16<sup>th</sup>  
April.

It was a well turned out event with Havan, Hanuman Chalisa Chanting and a talk on Mahima of Sankat Mochan.

Zonal Acharya Raoji gave explanation of a verse from Sunder Kand of Ramacharit Manas regarding Glory of Hanumanji.

**Atulitabaladhamam -**

has immesuarable strength, being Amsha of Kesari, Vayu and Rudra. He imbibed all their qualities.

**Hemashailabhadeham -**

his body shines like golden Meruparvat. Has the splendour of mother Anjani.

**Danujavan Krusanum -**

he is the fire for the forest of Asuras (all negative qualities).

**Jnaninam Agraganyam -**

foremost among wise.

**Sakalagunanidhanam -**

Treasure house of all virtues in particular, humility.

**Vanaramadheesham -**

eventhough Sugreeva was the throne-king Hanuman was the Lord of their hearts.

**Raghupatipriyabhaktham -**

he is the first in the list of devotees whom Ramji loves.(He was-embraced/enveloped by Ramji who is Brahman - Satchitananda Swaroopa).



### **Vatajatam Namami -**

Prostrations to Hanumanji who is the son of Vayu. We should pray to Hanumanji to grant us Buddhi, Bala, Yasha, Dhairya, Nirbhayatwam, Arogayta, Ajadyam & Vakpatutwam and follow the principle of Karma Yoga in all actions to be truly successful. Among all Stutis of Hanuman, the Hanuman Chalisa is very Prabhavashali and Popular. Chanting Hanuman Chalisa 11 times with all devotion, will purify our hearts so that Hanumanji can reside along with Bhagawan Ram/Seeta & Lakshman) in it.

### **“Jo Yaha Padhe Hanuman Chalisa Hoya Siddhi Saki Gauresa”**

The event ended with chanting of Hanumanjis favourite chant of

Jai Ram Jai Ram Jai Jai Ram and the devotees left filled with the warmth, bliss and serenity of the Great Raja Ram and his favourite devotee Hanumanji

This was followed by breakfast prasad.

### **Shishuvihar classes @ Sandeepany Sadhanalaya**

Shishuvihar opened its innings on Wednesday, the 12<sup>th</sup> of April in Jagadeshwara Zone at Sandeepany Sadhanalaya. The classes will be conducted at Bal Mandir.

A weekly Wednesday class entailing Mother-Toddlers sessions would be held for the same between 5.00 to 6.00 pm. at Sandeepany Sadhanalay.



Tara Cultural Trust  
Sandeepany Sadhanalaya, Powai

## Chinmaya Jayanti Celebrations (Pujya Gurudev's Birthday)

Monday 8<sup>th</sup> May 2017 • 10.30 am to 12.30 pm  
at Jagadeeshwara Temple

### Programme

- Bhajans • Talks by Acharyas & Senior Devotees
  - Gurudev's Paduka Puja & Maha Aarti
- Visit to Gurudev's Kutia • Lunch Prasad

### Sponsorships

Yajman : Rs.7500 • Bhiksha : Rs.15000

All donations in favour of "Tara Cultural Trust"  
All are invited to participate.

## Study Classes in Powai

### Class for Elders

Sunday • 10.30 to 12.00 pm

**Atma Bodha - by Acharya Raoji**

Venue : Geetha Mandir, Sandeepany Sadhanalaya,  
Powai Ashram, Mumbai - 400 072.

## Study Class

**Text Self Unfoldment - Sevak M. W. Kulkarni**

Tuesday • 6.30 to 8.00 pm

Venue : Sanjay Gaikwads, Residence at Eden - 2  
C - 405, Eden Market, Hiranandani Gardens

# Chinmaya Narayan Zone

## (Chembur, Ghatkopar to Bhandup)

### Geeta Sandesh Vahini on 1<sup>st</sup> & 2<sup>nd</sup> April

In the morning, the temple on wheels was stationed at R. N. Gandhi High School, Vidyavihar. Children of both primary and secondary sections paid a visit. The children were very enthusiastic and had a very keen interest in the explanations provided by the volunteers. The trustee Smt. Arati Gandhi offered great hospitality to the volunteers. Her staff members & teachers also visited the Vahini.

In the afternoon, the Vahini was hosted by Shree Hanuman Mandir, Chembur. Over 150 enthusiastic devotees visited the Vahini. On 2<sup>nd</sup> morning the Vahini was set in the premises of Ahobila Matt, Chembur. Nearly 150 devotees ushered inside the Vahini, patiently viewing each panel.

In the last session, the Vahini was escorted to Mount View society, Mankhurd. Smt. Chitra Ahuja hosted the Vahini welcoming with bhajans and chantings. A Paduka Puja was conducted in her house premises. She took

the idol of Lord Krishna from the Vahini inside her house with bhajans and performed a puja. Over 60 members visited the Vahini. Every visitor was given TITI goodies including books, and prasad pustikas. The response in these two days was very over whelming.

### Sampoorna Geeta Parayan @ residence of Smt. Sushama Barve

Sampoorna Geeta Parayan was held at the residence of Smt. Sushama Barve on 24<sup>th</sup> March. Smt. Barve is a study group member and active participant in most of Chinmaya group activities. Her family members were very happy and proposed to host more such sessions.



### **Bhajans by Bala Vihar children on 30<sup>th</sup> March**

Bala Vihar children from Pestom Sagar rendered Bhajans & Shlokas under the guidance of Sevika Gayatri Ramesh, at Shree Guru Datta temple, Chembur. This was the second performance by these children at the temple. The temple authorities were very happy with the performance and requested for more such program in the future.

### **Cancer Detection camp @ Chinmaya Diagnostics Centre**

Chinmaya Diagnostics Centre conducted a free cancer detection camp for women on 2<sup>nd</sup> April. The camp was organised in association with Vasantha Memorial Cancer detection centre. About 26 women were examined at the camp.

### **Hanuman Chalisa chanting @ the residence of the Thandani family**

On the auspicious occasion of

Hanuman Jayanthi, the Thadani family had organised 108 times Hanuman Chalisa chanting at their place in Chembur on Sunday, 9<sup>th</sup> April. A team of committed Mission members led by Smt. Shyamala Acharya, Smt. Jaya Moni and Smt. Shyamala Radhesh started the chanting at 8.00 am & continued with ardent devotion and relentless enthusiasm. The family members also participated all through with zeal and had arranged breakfast & lunch Prasad for all who had come. Around 30 Sadhaks attended the chanting.



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## **Stotra Chanting Class**

Every Wednesday • 5.00 to 6.00 pm

### **Sevika : Brni Sailatha**

First Floor, Shiv Geet Building, Garodia Nagar,  
Opp. Union Bank, Ghatkopar (East), Mumbai - 400 077

## Study Classes - New Balvihar class

Every Monday from 5.30 to 6.30 pm

**Sevika : Smt. Chitra Ahuja**

Venue : 4, Mount Society, BARC Gate No. 6, behind Central Bank,  
Mankhurd, Mumbai - 400 074

Contact : 9320077411 / 8450995152

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## Study Class - Sad Darshan

Every Monday from 7.00 to 8.30 pm.

**Sevak : Sri. Prasad Deole**

Venue : Flat No. 302, Mayfair Mystic, R B Mehta Road,  
Near Vikrant Circle, Ghatkopar (East), Mumbai - 400 077

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## Study Class - Bhagwad Geeta

Every Sunday ● 7.00 to 8.30 am

**Sevak : Sri. Prasad Deole**

Venue : Saraswati Vidyalay, Near Chembur Post Office, Chembur,

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## Study class - Self Unfoldment

Every Sunday ● 4.30 to 6.00 pm

**Sevak : Shri. Prasad Deole**

Venue : Flat No. 302, Mayfair Mystic, R B Mehta Road,  
Near Vikrant Circle, Ghatkopar (East), Mumbai - 400 077

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## Study Class : Ishavasi Upanishad

Every Thursday ● 4.30 to 6.00 pm

**Sevika : Brni Sailatha**

Venue : Flat No. 302, Mayfair Mystic, R. B. Mehta Road,  
Near Vikrant Circle, Ghatkopar (East), Mumbai - 400 077

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# Chinmaya Prerana Zone

## (Navi Mumbai)

### 4<sup>th</sup> Annual Day Celebration of Chinmaya Fine Arts on 28<sup>th</sup> March @ Chinmaya Prerna

The function was inaugurated by Swamini Swaprabhanandaji, Br. Ved Chaitanyaji, & Shri Parindra Kadakia, Trustee (Chinmaya Mission).

There were performances by students of Guitar, Keyboard (Junior & Senior), Tabla. Carnatic (Vocal), Hindustani (Vocal). The performances of the students were excellent. There was a grand exhibition of artwork done by students of Drawing & Painting in the Temple complex. There are 102 students registered for different faculty, out of which 63 performed. The programme concluded with 50 minutes scintillating Hindustani (Vocal)

recital by Ms. Shweta Deshpande (Disciple of Vidushi Smt. Shubha Mudgal), accompanied by Shri Avinash Patwardan on Tabla and Shri Mukund Pandit on Harmonium.

Swamini Swaprabhanandaji and Br. Ved Chaitanyaji distributed certificates & gifts to Fine Arts Students, and felicitated the Faculty teachers. This year 4 students were given token of appreciation for their dedication in attending classes regularly for a long period (4 years) and scored good grade in competitive exams too.

The function concluded with Ashirvachan by Br. Vedji followed by Maha Prasad. About 200 attended the function.





**Geeta Sandesh Vahini @  
Chinmaya Prerna from 10<sup>th</sup> to  
17<sup>th</sup> April**

The Navi Mumbaikars got a chance to host the Vahini from 10<sup>th</sup> to 17<sup>th</sup> April and tour across all the nodes, viz. Panvel, Kharghar, Koparkhairne, CBD Belapur, Nerul, Airoli, Vashi and Sanpada.

Enthusiastic sevaks and sevikas got a chance to bring the Geeta Sandesh to the masses with more than 4000 visitors to the GSV in 7 days. Explaining the nuances depicted in the panels within the Vahini were 15 lively Chyks and prechyks, to a mesmerized stream of visitors!

This was a perfect example of

a leader creating more leaders- under the guidance of Vedji, Vidhuji and the Yuvaveers, the eloquent CHYKs bowled over all those who heard them. Language was no barrier, as the narrators adapted to the regional languages as per the need of the audience.

Morning walkers & joggers, Yoga enthusiasts, school students & teachers, Balvihar children & parents, Residential society members, temple goers.... everyone got the blessings of Mother Geeta. If Hanumanji was atop Arjuna's flagstaff in Kurukshetra, He was very much here in Navi Mumbai too, as Hanuman Jayanti was celebrated when GSV was here in Navi Mumbai!





Br. Ved Chaitanyaji gave parallel talks to students, teachers and other visitors who had assembled to hear more about this noble cause. For younger children, the Yagnatorium was the U.S.P. of this event. Another attraction was the quiz session for the ones who had viewed the Vahini exhibits. Every visitor to the GSV got a gift to treasure too i.e. the TITI book, Chinmaya Mission information booklet & Activity pamphlet. This was in keeping with Gurudev's legacy of distributing books as Prasad!

Interspersed through the path were the holy Temples where Geeta chanting was done and Bhajans sung. As the Vahini rolled on, the wheels set in motion, the significance was not lost on Gurudev's devotees. Were these the wheels of Time or the cycle of Samsaara? Had the Geeta Vahini come to take us to those gates where Gurudev said He would wait for us? Only Gurudev could have made the path so clear ...

## Ramanavami & Hanuman Jayanti Celebrations

Ramanavami was celebrated in a grand scale on Tuesday, 4<sup>th</sup> April between 9.00 am to 12.30 pm. Programme started with Sundar Kaanda Parayana led by Br. Ved Chaitanyaji. It was followed by Bhajans & Shodashopachaar Puja of Shri Rama. Janmotsav was celebrated at 12.00 noon. Swamini Swaprabhanandaji gave a short talk on the significance of Ramanavami. More than 125 people participated in the function and partook Mahaprasad.

## Hanuman Jayanti on Tuesday 11<sup>th</sup> April

With lot of enthusiasm Hanuman Chalisa was chanted seven times on 11<sup>th</sup> April between 7.00 pm to 8.00 pm with more than 100 people participating. The programme concluded with Aarti and Prasad distribution. The attendees then saw the Geeta Sandesh Vahini - A



mobile exhibition on Shreemad Bhagawad Geeta.

### **Shravana Sadhana on 13 & 14 Chapters of the Bhagawad Geeta by Br. Ved Chaitanya @ Chinmaya Prerna**

The thirteenth & fourteenth chapter was taken from 29<sup>th</sup> March to 4<sup>th</sup> April during the Chaitra Navaratri. The sessions were interesting witnessing audience of more than 100 people every day! It also saw growing young audience.

The thirteenth chapter named 'Kshetra-Kshetrajna-Vibhaga-Yoga' talks about the highest Self Knowledge. Through the analogy of field & knower of the field, Lord explains our true Self to be different from the three bodies (gross, subtle & causal) & of the nature of Existence-Consciousness-Bliss. He also proves the inaction of the Self.

The fourteenth chapter named

'Gunatraya-Vibhaga-Yoga' explains in detail the three guna-s of the mind - Sattva, Rajas & Tamas. Their nature, effect & result is beautifully explained in this chapter. Lord concludes His teaching with the explanation of Gunateeta (one who has gone beyond the three guna-s), answering Arjuna's questions.

### **Yajna by Swamini Swaprabhanandaji on Bhagawat - Canto 9 between 5<sup>th</sup> - 10<sup>th</sup> April @ Chinmaya Prerna**

During the auspicious days from Ramanavami to Hanuman Jayanti, Swamini Swaprabhanandaji conducted Shrimad Bhagavat Katha in Hindi, at Mahalakshmi temple, Kharghar. The Katha discourses were inspirational, interspersed with bhajans and daily life examples to help relate to the scriptural teachings.



ALL INDIA CHINMAYA YUVA KENDRA



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On Life, Vision & Work of Swami Chinmayananda. On Vision, motto, programmes of CHYK

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2

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3

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**Swami Swaroopananda**  
(Global Head, Chinmaya Mission)  
Secret of Success & Global CHYK



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**Swami Chidrupananda**  
(National Director- AICHYK- North)



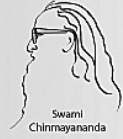
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# Chinmaya Study Group Sevaks' Training Camp



For Study Group Sevaks & Sevikas



If you are already a Sevak/Sevika OR an aspiring Sevak/Sevika of a Study Group, then this is for YOU! We need to be constantly inspired and learn how to inspire others with the eternal principles of our Scriptures and be updated with fresh ideas and methods of doing so.

**A Rare Training camp by  
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**At Chinmaya Vibhooti Vision Centre, Kolwan,**

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- Communication & People skills
- Innovative ways to make classes more interesting
- Sadhanas/Q&A/How to take the Study Group movement forward
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- How to create new Sevaks
- Mock classes



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- Shri. Parindra Kadakia
- Shri. Nandakishore
- Smt. Vinita Asrani
- Smt. Anita Raina Thapan
- Shri. C.K. Guruprasad
- Shri. P. Ramkumar

## Camp Highlights include :

Visit to Chinmaya Jeevan Darshan, Meditation, Visit to Swanubhooti Vatika

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**"Service in this world is the  
highest prayer."**

Pujya Gurudev  
Swami Chinmayananda



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by Pujya Guruji Swami Tejomayananda  
& supporting acharyas & faculty

**11<sup>th</sup> to 14<sup>th</sup> May, 2017**

**Camp for Bala Vihar Sevaks & Sevikas**

**18<sup>th</sup> to 21<sup>st</sup> May, 2017**

**Camp for Chinmaya Yuva Kendra Sevaks & Sevikas**

**25<sup>th</sup> to 28<sup>th</sup> May, 2017**

**Camp for Study Group & Vanaprastha Sevaks & Sevikas**

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Friday 2<sup>nd</sup> June to Sunday 4<sup>th</sup> June 2017

REPORTING: 2nd June 2017 before 11 AM

DEPARTURE: 4th June 2017 after lunch

## Drg Drishya Viveka

A Camp in English by  
Swami  
Advaitananda



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### Camp Highlights:

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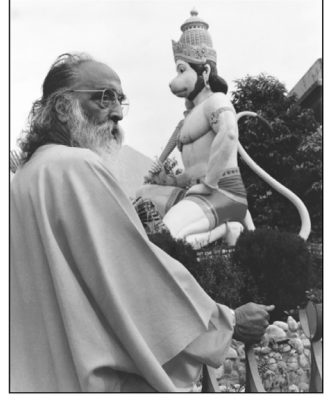
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awaits you at...*

**Shri Hanuman  
Mastakabhishek  
Celebrations at Sidhbari**

**Camp:** 2<sup>nd</sup> to 7<sup>th</sup> October 2017

**Pujas:** 8<sup>th</sup> to 10<sup>th</sup> October 2017



**Texts:**

**Sundarkand from Valmiki Ramayana** in English  
by Pujya Guruji Swami Tejomayananda

**Sankat Mochan Hanuman Ashtakam** in English  
by Pujya Swami Swaroopananda

**Shri Rama Charitra** in Hindi by Pujya Swami Subodhananda

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*Come! Behold the Beloved Sevak of the Lord!*

To Register

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What a joy it is, what an honour indeed,  
To take forward a tradition, to follow Gurudev's lead.

In the very same way, as per His own design,  
We will offer our love, to the Devotee Divine.

Come one, come all, be part of the celebration,  
Let's open our hearts, and pour out devotion.

But once in five years, this occasion does come,  
Hanumanji is calling us, for His Mastakabhishekam!

*The 7<sup>th</sup> Shri Hanuman Mastakabhishek*  
*On 10<sup>th</sup> October, 2017*

At **Sidhbari** (this happens only once in 5 years!)  
Camp dates: 2<sup>nd</sup> to 7<sup>th</sup> October & pujas begin on 8<sup>th</sup> October

*In the presence of Pujya Guruji Swami Tejomayananda &  
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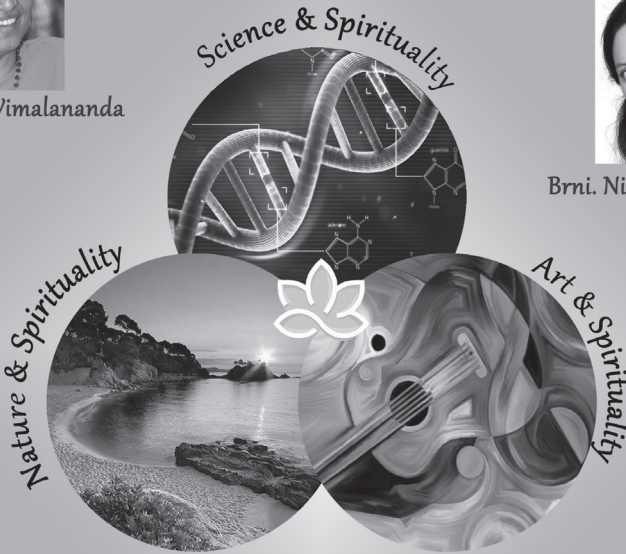


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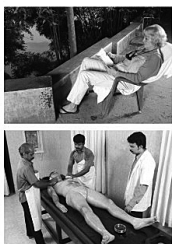


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bringing blessings with gifts

Presents an entire range of Chinmaya Mission souvenirs



For more details and queries please contact us  
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## Geeta Sandesh Vahini @ Prerna Zone



## Geeta Sandesh Vahini @ Narayan Zone



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## YEP - YOUTH EMPOWERMENT PROGRAMME - BATCH 11

A unique value based post-graduate leadership programme in English for dynamic youth who want to empower themselves & the society, who want to serve the Nation positively and make a real difference. The programme is conducted FREE for the deserving students, by Chinmaya Vishwavidyapeeth & All India Chinmaya Yuva Kendra.

### PROGRAMME THEME

**LEARN FOR 3 MONTHS. SERVE FOR 9 MONTHS AND GROW FOR LIFE.**

**Programme Duration:** 1 year. 12th June 2017 to 10th June 2018

## HIGHLIGHTS OF THE PROGRAMME

### LEARN FOR 3 MONTHS:

Fundamentals of Vedanta & Spirituality

Leadership skills, Awakening Indians to India

Transforming Indians to Transform India workshops

Conversational Sanskrit, Vedic Chanting, Hindu Culture

Yoga, sports & games

Training in Soft skills, Management & Public speaking along with experiential learning, adventure & other projects

### SERVE FOR 9 MONTHS

Students serve to empower youth & children from various schools & colleges through sessions, workshops, seminars etc., Rural & Social service.

### PROGRAMME HISTORY

10 batches of YEP have been completed so far since 2002. **This is the 11th batch. The program will be facilitated by Swami Swatmananda, Senior Acharyas of Chinmaya Mission, Youth Experts, Leaders & Professionals.**

### GROW FOR LIFE!

The students will be awarded a Post Graduate Diploma in Youth Empowerment Programme (PGD-YEP). They are called Yuvaveers and they equip themselves with holistic growth, greater self-confidence, Dedication & Service attitude.

### ELIGIBILITY

Young graduates below 25 yrs of age.

Cheques can be made in the name of "Chinmaya Seva Trust"

**We seek support of generous donors and Corporates (through CSR) to fund this programme for 50 deserving youth.  
Cost per youth: Rs.1 lakh.**

### PER PERSON COST:

#### COST OF 3 MONTHS' TRAINING:

Rs.35,000 (Per month - Rs.12,000/-)

#### COST OF 9 MONTHS' SERVICE:

Rs. 65,000 (Basic Stipend is paid per month to students)

#### COST FOR 1 YEAR PROGRAMME:

Rs.1 lakh

CHINMAYA

YUVA KENDRA

CHINMAYA

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YUVA KENDRA

