

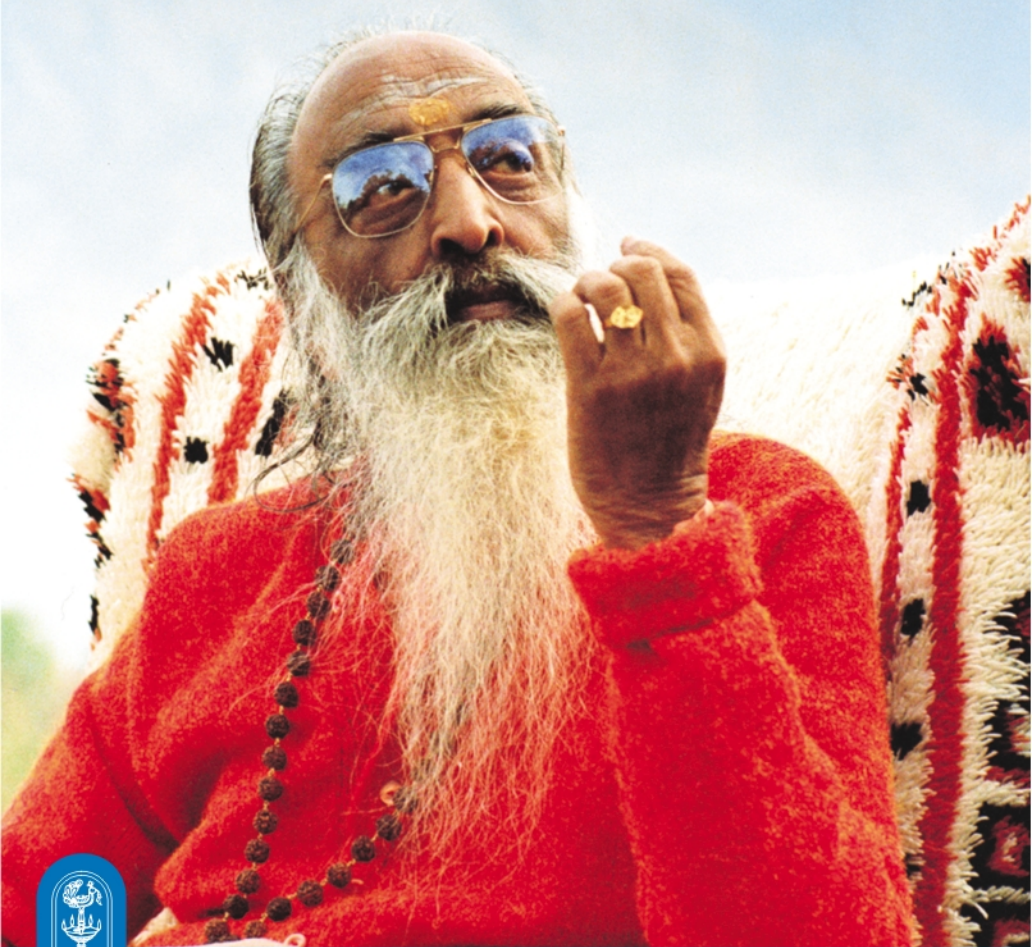
April 2016

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Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai
Chinmaya Sandesh - Lotus XXXXIV, Petal 4, 3rd & 4th April, 2016

Values-YourSELFie

CLICK WITH VALUES...

12th - 15th May 2016 (Thurs - Sun)

AT CHINMAYA VIBHOOTI, KOLWAN

Annual Balavihar Summer Camp

for children & parents

BASED ON BHAGAWAD
GEETA CHAPTER 16

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

with Pujya Guruji Swami Tejomayananda, Swami Swatmananda & Brni.Nidhi Chaitanya, Br.Ved Chaitanya, Br.Yukt Chaitanya & Balavihar Sevikas

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Chinmaya Yuva Kendra

Global Youth Wing of Chinmaya Mission

Presents

Chyk

Can Success be achieved without Stress?

Can Meditation bring about any changes
in our day-to-day lives?

Should I follow my Passion or settle
for a practical career?

A Youth Camp

A Journey

An Experience

Based on 3 yogas of Srimad Bhagavad Geeta

by **Swami Swatmananda**
Acharya, Chinmaya Mission Mumbai

What will I get? | **Dexterity, Purity, Clarity!**

Special
Feature

Live Performance of the Theatre Act

Just Like That



Trek
Group
Discussions
Debates

CAMP
HIGHLIGHTS

For details please refer page 33

Chinmaya Sandesh

April 2016 Spiritual Monthly Bulletin of Mumbai.

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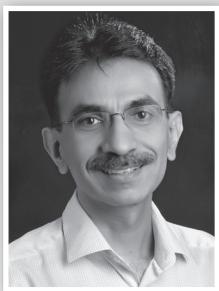
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www.chinmayayuvakendra.org

www.chinmayakid.org

From the President's Desk



Om Shree Chinmaya Sadgurave
Namah!

Rama Navami is on 15th April. Our lives are greatly influenced by stories of fascinating and enthralling epics like Ramayana. As children we grew up listening to its inspiring stories and it provided a sound foundation for our value system. Through each and every event of Lord Rama's life we get to learn the right values and virtues of life. The essential principle behind all of Lord Rama's actions was Dharma the value that He cherished the most. Dharma alone is our true friend. It is said that Knowledge is our friend when we are travelling, wife is our friend when we are at home, medicine is our friend when we are ailing and Dharma is our friend at the time

of death and thereafter. When a student goes to a medical college we expect him or her to graduate as a doctor and surely not as a patient. Similarly when we read or study Ramayana we must become like Lord Rama and not like Ravana or Manthara. We have to imbibe Lord Rama's vision of life and learn how to face life with dignity and poise.

Hanuman Jayanti is on 22nd April. Lord Hanuman is an epitome of devotion, strength, wisdom and remover of all obstacles. Hanuman is an ardent devotee of Lord Rama and is worshipped for his unflinching devotion and service to his master. Hanuman is called Mahavir since with his strength he is capable of accomplishing any task. Lord Hanuman is considered to be Buddhimatam Varishtam. We must learn from him to become wise. Because with education a person becomes merely intelligent. But intelligent people are not necessarily wise people. True wisdom comes by worshiping Hanuman (by learning scriptures). He is also Sankata Mochana and can

remove obstacles in all our endeavors. Chant the most famous Hanuman Chalisa and bring similar quality in our lives.

8th May 2016. What is this date? It is Pujya Gurudev's 100th Birthday! The day we all have been waiting to celebrate. Celebrate it not merely as a Birthday but celebrate the Vision and Mission of the great master. The yearlong celebration which started last year will culminate on this day. He touched and transformed millions of lives. We all must ask to ourselves "what Pujya Gurudev did to me? what does word Chinmaya mean to me? To me, his grace flows endlessly embracing me and empowering my mind. Just a remembrance or a glance at his photo is enough, and then "Chinmaya" happens - endlessly, limitlessly and magically. My questions are answered even without asking. A look into his eyes annihilate any wrong impulse and as if he says "My son you cannot do this". And instantly the right direction is given. Pujya Gurudev has made me a better me. He pulls me out of all my negativities and pushes me to rise above and evolve. I am sure that we all have experienced the same with Pujya Gurudev. For all of us Pujya Gurudev relentlessly worked for

the revival of Hindu culture and brought a spiritual renaissance. It is our turn to offer unto him our best and express our gratitude towards him.

For the 100th Chinmaya Jayanti Mahotsav on 8th May, Chinmaya Mission Mumbai has planned grand celebrations at Powai Ashram. It is a daylong program having Chinmaya Vighraha (statue) Abhishek and Chinmaya Sadhana Mela as its highlights. There are programs for all age groups. This is a rare opportunity to offer an Abhishek on Pujya Gurudev's pratima. So don't miss. Become an Abhishek Yajmaan. Look for detailed announcement and various donation options. All proceeds shall be utilized towards Chinmaya Pradeep project-a Multimedia Outdoor Exhibition around Pujya Gurudev's Kutia in Powai Ashram depicting Pujya Gurudev's Vision & His Work.

We welcome each of you to come on 8th May. Our Master was grandness impersonated. Let us all get together and make this 8th May a truly truly truly grand and spectacular occasion.

Unto Him Our Best!

Mukul Patel

President -

Chinmaya Mission Mumbai

Chinmaya Chintan

The Subtle Art of Meditation

Swami Chinmayananda



In two brilliant stanzas (Gita, Ch. 6. 24-25), the subtle art of meditation has been explained. The secrets of how to bring the mind to single-pointedness, and what to do thereafter with that mind in concentration, how to approach the Truth and ultimately realise it in an act of deliberate and conscious becoming - are all exhaustively indicated in these two significant stanzas.

Renouncing all (sarvān) desires fully (aśesatah) by the mind, control all the sense-organs from their entire world of sense-objects. Herein, every word demands a commentary, since every phrase leaves a hint which is so important in ultimately

assuring the seeker a complete success. It is not only sufficient that all desires are renounced, but each desire must be totally eradicated. By these two terms (sarvān and aśesatah), no trace of doubt is left in the mind of the seekers as to the condition of their mental equipoise during moments of higher meditation. The term (aśesatah) means that even the desire for this perfection in yoga is to be, in the end, totally renounced!

‘Renunciation of desire’ is advised here as a very necessary and important qualification, but unfortunately, the unintelligent ignored this significant qualification, and perverted our sacred religion by acting

and behaving as though it recommended a life of indolence with neither any ambition to achieve, nor any desire to accomplish. The term 'born of sankalpa' is a very significant term, qualifying the desires that are to be renounced totally and fully. Here it is used to mean 'the renunciation of all agitation-breeding-desires'.

Once this renunciation of disturbing desires has been accomplished, the individual's mind gains strength and stamina to assert itself, at first to make the wild horses of the sense-organs tame so that they run under greater control, and then to restrain all the sense-organs from all sense-objects from all sides.

It is scientifically very true that our mind is not able to control our sense-organs, for it has been rendered weak and thoroughly impotent due to the permanent agitations caused by its own false desires. Once the mind gets strong as a result of its conquest over desires, it discovers in itself all the strength and capacity to control the sense-organs from all sides. This process of quietening the mind can never be accomplished by any hasty action, or by any imagination,

or by any strange and mysterious method. It is clearly indicated by the very insistence of the Gita in this stanza, that the seeker should "attain quietude as a result of his withdrawal from the world of sense-objects, by degrees." Slowly, slowly (śanaih śanaih), the mind gains more and more quietude.

No doubt, when the sense-organs have stopped their mad onrush to their respective sense-objects, a certain amount of mental quietude is gained. The methods of intensifying this inner peace have been indicated further.

"Patiently, with the intellect, the mind is to be controlled, and rested in the contemplation of the Self." This advice is important to every seeker as it gives the next item of the programme for a meditator when he has accomplished, through the exertion of mind during his meditation, a total withdrawal from the sense-world. A total rejection of the sense-world is possible only during meditation.

The mind that is thus brought to a relative quietude is next to be controlled by the still subtler personality layer in the meditator, which is his intellect. Just as the sense-organs are

controlled and restrained by the mind, the mind is now treated by the discriminating intellect and brought under complete restraint. The mind cannot be restrained except by fixing its entire attention on one idea to the total exclusion of all other ideas. The mind is a 'thought-flow', and as such, the constant thought of the nature of the Self is to be the exercise by which the mind should be restrained by the intellect. A mind that has merged in the steady contemplation of the Self becomes still, and a divine quietude comes to pervade its very substance. This is the last lap of the journey to which deliberate and conscious action (purusārtha) can take any seeker.

Krishna's exhaustive theory, which can be practised by any sincere devotee, concludes in these two stanzas with a warning as to what the seeker should avoid at his moment of inward silence and peace; the Lord does not instruct the seeker here on what he should positively do.

The divine Flute-Player says: "Let him not think of anythings,"

when he has once reached this state of peace within.

After the 'halt-moment' there is nothing more for the seeker to do and achieve. All that he has to do is to avoid starting any new line of imagination. "Undisturbed by any new thought wave, let him maintain his inner silence and come to live it more and more deeply," is all the instruction that the technique of meditation gives to the meditator. "Knock and thou shalt enter," is the promise. You have 'knocked', and into the Supreme Presence thou shalt enter ... ere long (acirena).

No two simple-looking stanzas anywhere in the spiritual literature of the world, including the sacred books of Hinduism, can claim to have given such an exhaustive wealth of useful instructions to a seeker as these two stanzas in the Gita. Even in the entire bulk of the Divine Song (Gita) itself, there is no other similar couple of stanzas which can, in their pregnant import, stand a favourable comparison with this perfect pair.

Source: Tapovan Prasad, December 2008



Like God the vision of God too is beyond words.

- Swami Chinmayananda

Tejomayam

Three Kinds of Knowledge

Swami Tejomayananda



Lord Krishna describes to Arjuna the three-fold classification of all knowledge beginning with the sãttvic type.

That by which one sees the One Indestructible Reality in all beings, the undivided in the divided, know that knowledge as pure (sãttvika). (Gita, 18.20)

When we are able to see the presence of the One in all, the imperishable Reality permeating all things, it is called sãttvic, or the highest vision. Sattva means good, noble, sublime, exalted. With this vision one's entire outlook on life changes. Perhaps this can be better understood using the example of our body. We know that it has many different

parts - the hands, the fingers, the stomach, the head, and the legs - but even though the parts are many, it is still a whole. The hand may be different from the leg or the face, yet we are present everywhere in the body. Therefore we do not get attached to one part, and we also do not have a particular like or dislike for any of them. For example, we do not say that yesterday I liked my right hand, but today I like my left hand better. We are everywhere in the body; therefore pain or discomfort in any part causes us equal concern.

In the same way, a person with sãttvic vision sees the one Truth, the one Reality, everywhere. This results in pure love for every

person and being. That is the beauty of sattva, it inspires love and spontaneous service (sevā). Such people do not inquire whether someone belongs to their group, nation, or race. The question of racial discrimination would be solved completely if people considered everyone in the world as belonging to one family. When we have this sāttvic vision, we will act for the welfare of all, wherever we are.

Unfortunately, we do not yet see this attitude in the world today as people are often attached to their state or language, and national integration is in name only, or proclaimed in speeches. But a person who has the vision of one nation does not perform actions that benefit his state or constituency exclusively. A truly sāttvic person considers the welfare of the entire world.

Lord Krishna now expounds upon the most common kind of vision called rājasika jñāna:

But that 'knowledge' which sees in all beings various entities of distinct kinds, (and) as different from one another, know that knowledge as rājasika (passionate). (Gita, 18.21)

That knowledge by which one sees things and beings as different

from each other is the second type, the mediocre or rājasic vision. If a person sees all things as different from himself, he will constantly think, 'This is mine, and this is yours.' Or, 'I like this and I dislike that.' Every action is then based on 'me' and what I like and dislike. Since these two keep changing continuously, our pursuits also change, and as a result we are in constant turmoil.

This is the reason why rājasic people are very active and restless. They have strong desires accompanied by feelings of competition and jealousy.

Last of all is the tāmasikajñāna:

But the 'knowledge' that clings to one single effect, as if it were the whole, without reason, without foundation in Truth, and narrow, that is declared to be tāmasika (dull). (Gita, 18, 22)

The tāmasic vision of life is dull, dark, and low. A tāmasic person becomes totally attached to one thing and presumes it to be the whole. Let us take the example of a person who regards money as all-important. His entire life's energy, time, and efforts are geared toward making or accumulating money, by whatever means. Such a

person does not give importance to anything else, including his health or his family.

Similarly, there are people who would do anything to gain power. And there are also those who give too much importance to a particular ideology, such as communism or socialism. Even people who say that their religion is the only true religion have a narrow-minded approach to life. This can create additional conflict in them and often leads to fanaticism. They forget an important principle: to live and let live. If everyone followed this maxim, there would be no problem.

Another misapprehension we often have is that we consider the body alone as the self and we deny the existence of Ātman. When we pamper the body, we become extremely selfish and ignore our spiritual growth. Another problem is our apparent need to manipulate people and situations. Attachment to finite things - whether material objects or an ideology - is the cause for this. Those who are attached to some ideological concept do the most damage. They are often highly learned, and in order to promote their ideology, may use all kinds of intellectual and

emotional arguments or social considerations to influence others and promote their own ideas. Thus people who have a tāmasic vision are naturally self-centered because they take the part for the whole and therefore have no consideration for anyone other than themselves.

The rājasic or tāmasic visions will always promote conflict. A person would be considered entirely tāmasic if he were to benefit himself at the expense of others. We are horrified when we read of such incidents in the newspapers, but they happen all the time. We may criticise such actions from the comfort of our living rooms, yet we often do the same in our own family situations. We frequently see brothers and sisters fighting amongst themselves for property, each one thinking of his or her own benefit alone, rather than considering the welfare of the entire family.

The Mahabharata war was caused by a rājasic and tāmasic vision. Although they were one extended family, the Kauravas created a division with their cousins, the Pandavas, because they looked upon them as different - the sons of Pandu. So they cheated the Pandavas

out of the land that belonged to them and refused to return even a small portion. Not only that, right from childhood they even tried to kill the Pandavas. Characterised by seeing only the differences between them, now at the brink of war, the Kauravas still denied the lawful rights of the Pandavas, thus invoking mass destruction.

Another example of tāmasic vision can be drawn from the Ramayana. Kaikeyi, who refused to consider the welfare of all, wanted her son Bharata to be king and demanded that Rama, the rightful heir, be sent to the forest. However Rama and Bharata did not allow her scheme to succeed. With sāttvic vision, they saw themselves as one family and readily gave up their personal interests for the good of all. While Rama was in the forest, Bharata ruled in his name so that the country would not suffer, but at the same time Rama's rights to the throne were not jeopardised.

Therefore it is the sāttvic vision alone that can bring harmony. Most parents have this vision. They tend to think of the welfare of the entire family and treat all their children alike. At times there may be a need to give

more to one child over another. But that does not mean that the parents love one child more than the other, they simply think of the welfare of all. However, if parents begin to favour one child excessively over another, then they are developing a rājasic or a tāmasic vision, which will hurt the entire family.

We see similar situations in large corporations. Each of the department heads wants more funds and resources for their divisions. However, if the managing director has the interest of the entire company at heart, he will always act with a sāttvic vision, and not favour one division over another. He will allocate the resources in such a way that the welfare of the entire organisation is kept in mind. Such objectivity is required for a company to progress.

We should look at all pursuits of life, whether individual, family, or social, with the vision of oneness, seeing the One in the many. Then there will be love and consideration for everyone equally. If we do not have such a vision, we tend to have a narrow-minded attachment to one thing and thus lose sight of the total picture.

Source: Tapovan Prasad, December 2008

Acharya Manan

Om Adviteeyaya Namah

by Br. Ved Chaitanya



Chandogya Upanishad says, 'Ekamevaadviteeyam', the Supreme Reality is only one; without a second. Our humble prostrations at the lotus feet of the sage who not only realized but lived this Upanishadic statement, our Param Puja Gurudev Swami Chinmayanandaji.

Puja Gurudev was a Jnani, a Bhakta, a Vedantin, a Sadhu, a Yogi, a Guru & much more, all in one! His entire life was in service of the greatest Truth, the Advaita, the one non-dual Reality. He learnt, understood, enquired, experienced, taught & lived Advaita. He used to say, "You are never away from Him. You are in Him, with Him, as Him. You are Him alone! Rest

in Him who is ever the same in your heart & watch the parade of events in the stream of time!"

We might have seen Him doing japa, giving talks, organizing programs, building ashrams & so on. But in His heart there was absolute Non-duality! A man of realization may be seen doing different things in the world; but he remains in the constant feeling of being Brahman.

The Vedas say, 'Brahmavit Brahmaiva Bhavati', the Knower of Brahman becomes Brahman. The Supreme Reality, the Brahman is 'Adviteeya' & hence Puja Gurudev who realized this Brahman is also 'Adviteeya'.

Adviteeya also means unique; no one is like him. This word is so apt for Gurudev. His teaching style, His oratory, His analogies & examples, His wit, His inspiring words, His ideas, His vision, His fearlessness, His patriotism, His laugh, His glance, His love, His compassion, His grace, everything is absolutely unique!

Adviteeyam!!! Bringing the Vedic Knowledge from Himalayas to the planes; teaching the Upanishads in English so that maximum people can understand; building an army of monks trained in Vedanta through Sandeepany Sadhanalaya; constructing ashrams right in the heart of cities; giving this sacred Knowledge to all the people of any caste, creed, gender or stature; Inspiring the youth to work for the society & country;

He left His mark of uniqueness on everything!! He envisioned small children chanting Bhagavad Geeta, youngsters serving the society with the knowledge of Vedanta, adults studying sacred scriptures & living an ideal life,

elderly people living in true solitude (Vanaprasthas), sincere sadhakas spending their time in ashrams doing their sadhana, Eastern & Western scholars coming together to discuss their philosophies! His unique vision became a reality. Today in Chinmaya Mission we see all these things happening which nobody could have imagined, except this unique Master! Once a young man named Rajaram went to Pujya Gurudev for His autograph. Gurudev signed with a message, "Be a Raja outside & Ram inside." This is exactly how Pujya Gurudev lived; as a unique king outside & as the highest Reality inside!!!

Om Adviteeyaaya Namah!!!

H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY APRIL - 2016

01 to 05 Apr, 16	Singapore	+65 - 6396 7949
06 to 09 Apr, 16	Jakarta	+ 62 - 21 314 4058
11 to 16 Apr, 16	Delhi	
17 to 22 Apr, 16	Noida	+91 - 120 6500 749
23 to 01 May, 16	Sidhbari	+91-1892 234 325
03 to 08 May, 16	Sidhbari	+91-1892 234 325

Chinmaya Mission Mumbai
invites you to



th

CHINMAYA JAYANTI MAHOTSAV

8th May 2016 (Sunday) 7am - 4pm
Sandeepany Sadhanalaya, Powai



Chinmaya Vighraha Abhishek

A unique expression of our love and devotion to our Guru

Pujya Gurudev Swami Chinmayananda lived a life of vision and inspiration, knowledge and transformation, culture and integration, sadhana and liberation. Thus, His 100th Birth Anniversary is a celebration of all this.

We welcome all Chinmaya families in all zones of Mumbai to join us at the **100th Chinmaya Jayanti Mahotsav**. The entire programme is **FREE**. Participation in all activities is optional.

The main highlight of the event is the **Chinmaya Vighraha Abhishek** - a unique expression of our love and devotion to our Guru.

My Heart is your Temple. The Sweet thought and reminiscences I have of you is the Fragrance. Love is the Water. Oh, the Universal One, I invite you to accept my Worship.



Significance of Chinmaya Vighraha Abhishek:

1. An expression of continuous gratitude flowing in our heart towards Poojya Gurudev. **Om Sri Chinmaya Sadgurave Namaha.**
2. A prayer that may our thoughts become single-pointed and flow towards the Lord constantly. **Vande Chinmaya-Sadgurum.**
3. Abhishek not only sanctifies the Murti but also purifies our mind. **Om Anandaaya Namaha**
4. Abhishek also helps one to invoke Divine Grace for fulfilment of material and spiritual desires. **Om Nihsprihaaya Namaha**
5. The best of substances - chandan, kumkum, haldi - are poured in devotion on Him. The best in us must be poured in seva at His feet. **UNTO HIM OUR BEST**
6. Waters from 7 sacred rivers - namely, Ganga, Yamuna, Godavari, Narmada, Tungabhadra, Kaveri & Brahmaputra - will be brought together and 51 Yajmans will offer special Abhisheks, to mark how His inspiration flows in the entire nation. **OM BHARATA GAURAVAYA NAMAHA. BE ONE OF THE 51 MUKHYA YAJMANS & SUPPORT CHINMAYA PRADEEP.**

The greatest and the highest Abhisheka is to pour the waters of pure love on the Lord in one's heart. External abhisheka leads to internal abhisheka eventually and unites one with the Lord.

Incase you are not able to come, Abhisheka can be done by your nominee or an Acharya on your behalf.

Funds raised through Chinmaya Vighraha Abhisheka will be used for Chinmaya Pradeep - India's first outdoor multimedia and multimediu vision park.

To know more, visit - chinmayamissionmumbai.com or facebook.com/pradeepchinmaya/

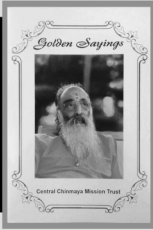
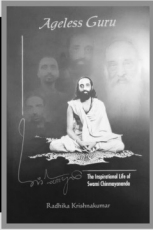
In the scriptures, various types of spiritual practices are prescribed to connect with the Form of the Lord (Saguna Saakar Roop Sadhana). We bring to you the unique **Chinmaya Sadhana Mela based on the Saguna Saakaar Sadhana.**

Highlights of Chinmaya Sadhana Mela:

Roop Sadhana: Paint His form, that's how we transform.			Naam Sadhana: Turn within again, Chant His name. Learn His 108 names , Let's play the Games.
	Guna, Leela, Sambahda Sadhana: Come, His sevaks will tell you His story!		
Read " Ageless Guru " and make your notes. We will have puzzles and riddles and quizzes and jokes.		Dham & Svarup Sadhana: Also do reach His Kutia and meditate, To meet us IN there, He forever awaits!	
	Do perform the Chinmaya Vighraha Abhishek for sure. And pour all your love upon our Beloved Master.		Come do Sadhana the Chinmaya way, And celebrate Him on this 8th May!

Preparation for Sadhana-Mela

- 1. Read the book "Ageless Guru" and "Golden Sayings".
- 2. Learn the meanings of Puja Gurudev's 108 names in english



Let us use this opportunity to do more Sadhana and evolve, as that will be the ideal way to celebrate the 100th birthday of the "birth-less Swami"!!

100th Chinmaya Jayanti Mahotsav Participant Registration Form

Sr.No	Name	Gender	Age	Mobile No.
1				
2				
3				
4				
5				

Address: _____

Area: _____ City: _____ Pin Code: _____

Email: _____

Would you like to register for the bus-transport facility for above participants? ☐ Yes ☐ No.

Would you be having breakfast? ☐ Yes ☐ No.

Would you be having lunch? ☐ Yes ☐ No.

Would you be there for the screening of "On a Quest? ☐ Yes ☐ No.

Tick suitably to be a Yajmaan of the unique Chinmaya Vighraha-Abhishek:

- | | |
|--|--|
| Mukhya Yajmaan (Panchamrit + Saptasindhu Abhishek) | <input type="checkbox"/> ₹ 100000 (2-3 people) |
| Chandan Abhishek in Gold Kalash | <input type="checkbox"/> ₹ 51000 (2-3 people) |
| Kumkum Abhishek in Silver Kalash | <input type="checkbox"/> ₹ 21000 (2 people) |
| Haldi Abhishek in Copper Kalash | <input type="checkbox"/> ₹ 11000 (per head) |
| Water Abhishek in Big Copper Kalash | <input type="checkbox"/> ₹ 5000 (per head) |
| Water Abhishek in Small Copper Kalash | <input type="checkbox"/> ₹ 3000 (per head) |
| Water Abhishek in Big Mud Kalash | <input type="checkbox"/> ₹ 1000 (per head) |
| Water Abhishek in Small Mud Kalash | <input type="checkbox"/> ₹ 500 (per head) |
| Water Abhishek in Small Mud Kalash for CHILDREN BELOW 14 | <input type="checkbox"/> ₹ 250 (per head) |

(ALL PROCEEDS WILL BE UTILISED TOWARDS CHINMAYA PRADEEP PROJECT)

MODE OF DONATION: ☐ CASH ☐ CHEQUE

Cheque should be in favor of **CHINMAYA SEVA TRUST**

Please tick who will perform the Abhishek:

☐ Abhishek by Self

☐ Abhishek by the following Nominee Name: _____ Mobile No. _____

☐ Abhishek by an Acharya (Incase you or nominee are not able to come)

Cheque Details:

Cheque No. _____ Amount: ₹ _____

Bank Name: _____

Branch: _____

Signature: _____

Date: _____

Schedule for the Day

7:15am	Registrations
8am	Breakfast
8:30am - 9:30am	Chinmaya Aradhana in Open-air Auditorium
9:30am - 12:30pm	Chinmaya Vighraha Abhishek & Chinmaya Sadhana Mela
12:30pm	Lunch Mahaprasad
2pm - 4:30pm onwards	Screening of "On a Quest"

*Valet Parking Available

To Register, logon to **chinmayamissionmumbai.com** or call us on any of the following numbers:

Chinmaya Sagar Zone (Navy Nagar to Prabhadevi)
Shaman Agarwal **(8108274222)**

Chinmaya Mahima Zone (Dadar to Mahim, Matunga, King's circle, Wadala)
Harsha Thakkar **(9029058887)**

Chinmaya Jayam Zone (Bandra to Vile Parle)
Vijay Patil **(9819978073)**

Chinmaya Priyam Zone (Andheri-W, Juhu)
Mamta Shah / Sharda Mangal **(022-26112358/9)**

Chinmaya Bhakti Zone (Jogeshwari to Dahisar)
AKK Nair **(9867416223)** Office **(022-65235162)**

Chinmaya Prerana Zone (Airoli to Panvel)
MGK Mallya **(9769315467)** Office **(022-27448811)**

Chinmaya Jagadeeshwara Zone (Andheri-E, Powai, Vikhroli to Bhandup)
Yogesh Basole **(9769412643)**

Chembur-Ghatkopar Zone (Kurla to Ghatkopar, Mankhurd, Chembur)
Prasad Deole **(9821187608)**



Chinmaya Mission Mumbai
welcomes you to

Values - Your SELFie

CLICK WITH VALUES

Annual Balavihar Summer Camp for children & parents based on Bhagawad Geeta Chapter 16

12th - 15th May 2015 (Thurs - Sun) @ Chinmaya Vibhooti, Kolwan

with

Pujya Guruji Swami Tejomayananda,
Swami Swatmananda & Brni. Nidhi Chaitanya,
Br. Ved Chaitanya, Br. Yukta Chaitanya & Balavihar Sevikas

Age-Group : 5 - 8 years & 9 - 12 years & their parents
(for Residents of Mumbai & Navi Mumbai only)

Important Points:

*There will be parallel sessions for Parents on
Bhagwat Geeta Chapter 16 by Swami Swatmananda*

5 - 8 year olds will be allowed to attend the camp only with parent(s)

Children attending the camp must strictly be between 5 - 12 years ONLY.

This camp is open only to residents of Mumbai & Navi Mumbai

*Parents will be allowed to attend the camp only if at
least one child from the family is part of the entire camp*

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

	Before 25 th April	After 26 th April
For 5 - 8 year olds :	Rs.3500 per head	Rs. 3750 per head
For 9 - 12 year olds :	Rs. 3750 per head	Rs. 4000 per head
For parents :	Rs. 4500 per head	Rs. 5000 per head

Travel Arrangements:

- Participants can travel to Chinmaya Vibhooti through private transport. To know the travel route to Chinmaya Vibhooti, please logon to: <http://goo.gl/jkVYBF>
- Optionally, participants can also choose to join us in the common bus transport which will be arranged as per requirement. All buses will be AC buses considering the welfare of the children in the scorching summer heat.
- Registrations for Bus-transport, must be made at the time of registration for the camp.
- Contribution per head for transport is Rs.1800 to-and-fro and Rs.1000 one-way.

For Transport route and details, call : Rakhee (Central & South Mumbai) 9820977191/ Shyamala (Chembur/Ghatkopar) 9930001546 / Jalaja (Andheri/Juhu) 9821261313 / Manjula Suresh (Navi Mumbai) 9969066853

You can register online on www.chinmayamissionmumbai.com

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

For details and registrations log on
www.chinmayamissionmumbai.com

You can also write to us on: bv.mumbaicm@gmail.com

You can also courier / deliver your registrations on the following
Address : Chinmaya Priyam, 5, Jain Vihar, NS Road No.3,
Juhu Scheme, Mumbai - 400056

Tel. No. 26112358/59 (Office Hours : Mon-Fri 12.00 pm - 6.00 pm)

Call us now: South Mumbai - Smita Patel: 9820194861,

Nimisha Parekh: 9820579342 ● Worli: Sarika Pherwani: 9820300281

● Parel -Dadar - Jivika: 9820183198 ● Sion - Matunga - Wadala:

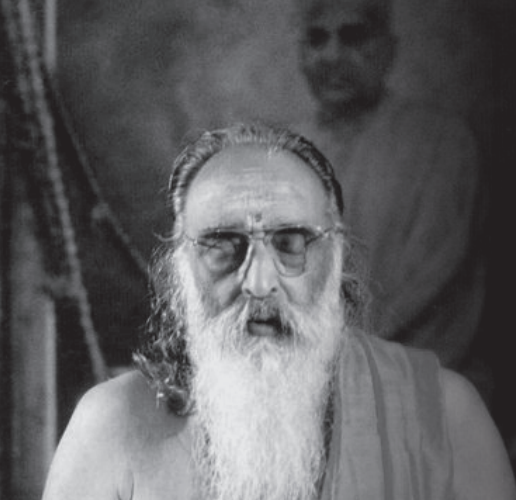
Bhavana Sarawal: 9833188196, Bhuvana Chandran: 9920744979

● Powai: Sandhya Rajesh: 9167147921

● Chembur: Manisha Deole: 9892403235, Indira Someshwar 9987702690

● Navi Mumbai: Dr. Gitanjali Taori: 9820812432

● Juhu - Andheri: Mamta Shah 26112358 / 26112359



42 Chinmaya Sadhanas

Chinmaya Mission Mumbai
invites you to participate in

42 Chinmaya Sadhanas

*(42 Sadhanas for 42 weeks as an offering to commemorate
42 years of Service by Swami Chinmayananda)*

**Launched on 3rd August 2015 -
Chinmaya Aradhana Day / Sadhana Day**

From 1951 to 1993 Swami Chinmayananda served the society selflessly, out of Causeless Infinite Compassion. He came down from the Himalayas to uplift us. Every moment of these 42 years was an expression of His Love for us, urging us to do sadhana & break out of our false-identification with the Body-Mind-Intellect.

“Spiritual Life is all-inclusive. Your physical, mental and intellectual involvement is unavoidable. At each level the ‘Sadhana-emphasis’ is different.

We are now drowned in our Body-Mind-Intellect (BMI) identification. We have to use creatively that very BMI to get out and go beyond them into the Higher State. BMI in their tamed and quietened condition, become a comfortable ladder to reach the Higher.” - Swami Chinmayananda in Practice of Vedanta.

In HIS Birth Centenary Year, let us do 42 Sadhanas as an expression of our gratitude to HIM.

Objective:

Cultivate the attitude that I am a Sadhak and Self-Realisation is my goal in and through my daily life. It will also introduce us to 42 different sadhanas and if any of these sadhanas inspire us, we can continue it for the rest of our lives.

Method:

From 3rd August 2015 to 22nd May 2016 are 42 weeks.
Each week we will be doing one sadhana from Monday-Sunday.
Each month the sadhanas will be for Body-Mind-Intellect-Speech.
One aspect will be covered in one week.
So every month our BMIS will be getting fine-tuned.

11 - 17 April	Mind	Japa	Japa - Mental Japa of Ishta Mantra Or “Om Shri Chinmaya Sadgurave Namah” - 27 times or 108 times
18 - 24 April	Intellect	Sthitaprajna Lakshana	Read the commentary of Poojya Gurudev on the Man of Perfection, everyday - 3 verses.
25 - 1 May	Body	Brahmacharya	For one full week follow Brahmacharya. Conserve the vital energy of the body. Do not dissipate it in indulgence. Do everything in moderation
2 - 8 May	Speech	Hindu Culture	Explain different aspects of WHY DO WE in Indian Culture to someone different everyday

The sadhana of the week with the description, how to do it, how long to do it & the benefits will be mailed to you on the previous Sunday.

*You can perform the sadhana and if you like,
take a picture/selfie and post it on
facebook/twitter/instagram/google + /social media with the
#42chinmayasadhanas #CBCC100.*

*Lets get inspired by #42ChinmayaSadhanas
& lets inspire others to do #42chinmayasadhanas*

*To know more about the sadhanas &
register free for #42ChinmayaSadhanas at goo.gl/io97fa or
log on to www.chinmayamissionmumbai.com*

Executive Committee - Chinmaya Mission Mumbai

Post	Name
Global Head	Swami Tejomayananda
Trustees	Pratapbhai Patel Dr. Madhuriben Seth Veena Thadani, Jagdish Thakker Amar Jaisinghani Parindra Kadakia R. Nandakishor Abha Shroff
Acharyas	Swami Swatmananda Swamini Krishnapri- yananda Swamini Samarpitananda Brni. Nidhi Chaitanya Br. Yukta Chaitanya Br. Ved Chaitanya
Immediate Past President	Swami Swatmananda
President	Mukul Patel
Vice President	Vivek Krishnani Bharat Shah
Secretary	Anjali Dalal
Joint Secretary	Shruti Somani
Office Representatives	SG Adkar Reshma Kunder
Chinmaya Sagar Zone President	Vinita Asrani
Chinmaya Mahima Zone President	Mangala Panchpakesan
Chinmaya Jayam Zone President	Ashok Shah
Chinmaya Prakash Zone President	Chitra Vora
Chinmaya Bhakti Zone President	Arvind Agrawal

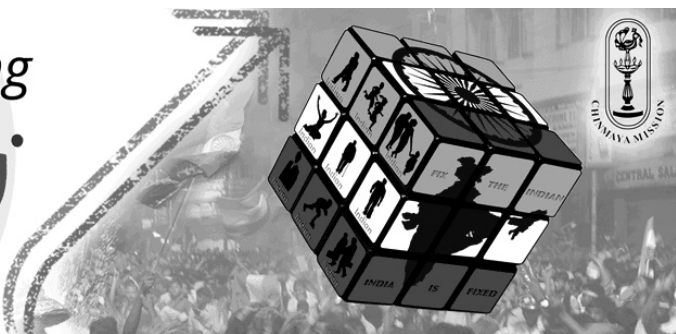
Post	- Name
Chinmaya Prerana Zone President	- MGK Mallya
Jagadeeshwara Zone President	- Yogesh Basole
Chinmaya Narayan Zone President	- Prasad Deole
Finance	- Rajbir Singh
Ashram Sevakar	- Anil Punjabi
Sandesh Incharge	- Br. Yukta Chaitanya Kapil Narang
CHYK Secretary	- Aravind Raghavan
CHYK Secretary (Navi Mumbai)	- Vaidehi Chhatre
CHYK Joint Secretary	- Deepak Khanna
Geeta Chanting Incharge	- Br.Ved Chaitanya Manjula Vasudevan
Balavihar Incharge	- Brni. Nidhi Chaitanya Srividya Vaidison
Sishuvihar Incharge	- Roma Sanghavi
Setukari Incharge	- Ramkumar P.
IT & Website Incharge	- Shraddha Mhapankar
Publicity & P R Incharge	- Shruti Somani
Corporate Workshops Incharge	- Milind Sanghavi Shilpa Mawani

Executive Committee - Chinmaya Sandesh

Post	- Name
Sandesh In Charge/Working Editor	- Br. Yukta Chaitanya
Sandesh Coordinator	- Kapil Narang
Proof Reader	- Gauri Dailani Shaheen Shaikh

Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



After successfully achieving the target of 1008 workshops in 2015, the TITI team enthusiastically continues to conduct sessions at various institutions for various groups.

After the ITIT session at Shanmukhananda Hall in Dec. 2015, there has been an increased demand for TITI sessions by schools and colleges. So far, 108 workshops have already been conducted in 2016, and the count continues.

All 7 levels of transformation were conducted at the University Department of Human Development, SNDT Women's University, Juhu and at D J Sanghvi College of Engineering. Sessions were also conducted at the following management institutions: Institute of Business

Studies and Research, Belapur; SIES - College of Management Studies, Nerul; Thadomal Shahani College of Management, Bandra. Other colleges include: VPM Polytechnic, Nirmala Niketan College of Home Science, New Marine Lines, and Dr. B.M.N.College of Home Science, Matunga.

Various sessions for school students were conducted at Adarsha Vidyalaya High School & Jr. College, Jasudben M. L. School, Paranjpe Vidyalaya, Shri. N. D. Bhuta High School, Cosmos High School, and at BEST WAYS Tutorials, and for NGO - UDAAN INDIA FOUNDATION. A session on emotional transformation was also conducted at Mahalakshmi Ladies Club for 70-80 year old ladies.



Interruptions are the spice of life.

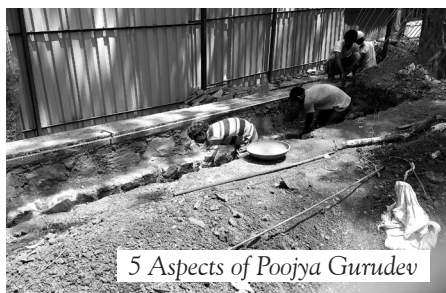
- Swami Chinmayananda



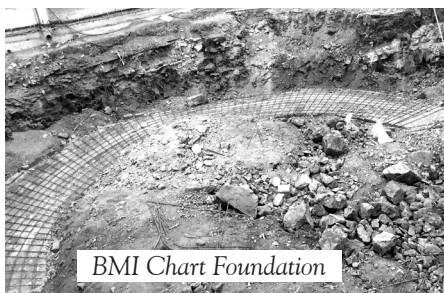
CHINMAYA PRADEEP

Illumining A Timeless Vision

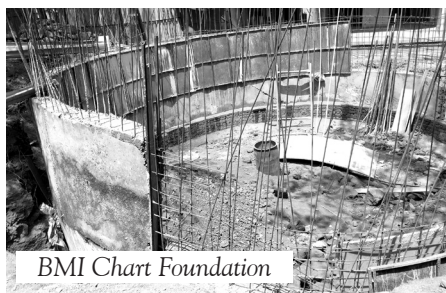
The Progressh so far ...



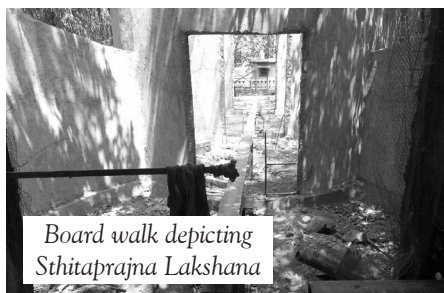
5 Aspects of Poojya Gurudev



BMI Chart Foundation



BMI Chart Foundation



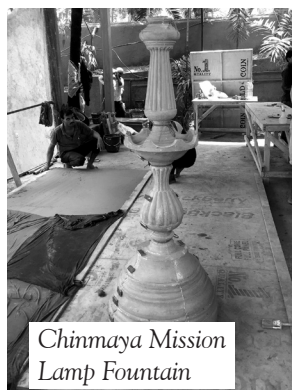
Board walk depicting
Sthitaprajna Lakshana



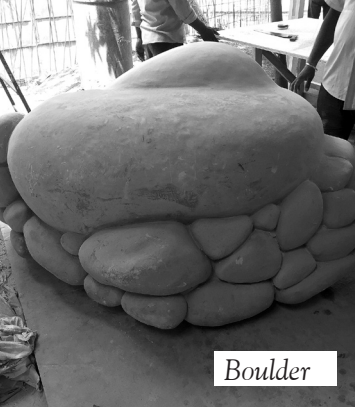
Hinduism Tree



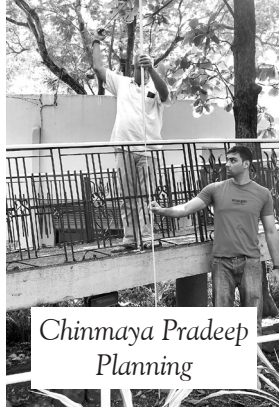
Mahavakyas Temple



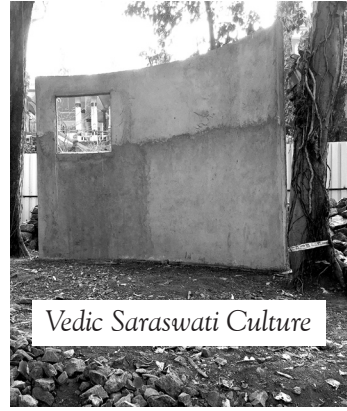
Chinmaya Mission
Lamp Fountain



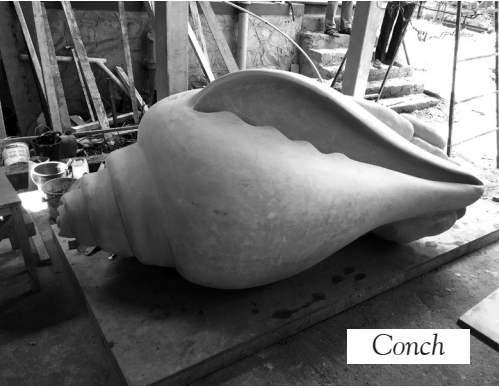
Boulder



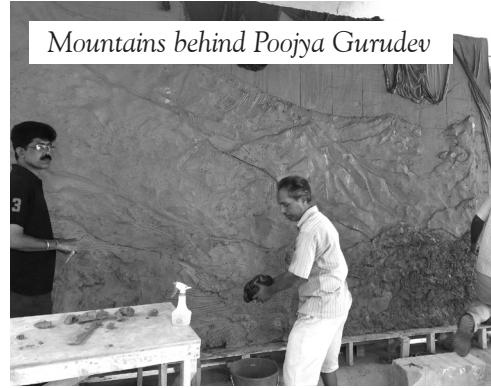
Chinmaya Pradeep
Planning



Vedic Saraswati Culture



Conch



Mountains behind Poojya Gurudev



Kindly note that Pujya Guruji has posted Swami Nirbhayanandaji to Vasai. Swami Nirbhayanandaji will shortly shift to Vasai and take forward Pujya Gurudev's Vision and Mission in the areas in and around Vasai. He will also support Tarapur. We wish him all the success.

New Zonal Committee of Chinmaya Bhakti Zone (Borivali Centre) is being formed under guidance of Chinmaya Mission Mumbai and they will continue with the activities and classes in the zone and arrange talks by various Acharyas. Executive committee list of Bhakti Zone shall be published next month.



Chinmaya Yuva Kendra

Executive Committee - Chinmaya Yuva Kendra

Post	Name
Acharya In-Charge	Swami Swatmananda
Acharya Chinmaya Mahima	Br. Yukta Chaitainya
Acharya Chinmaya Priyam	Brni. Nidhi Chaitanya
Acharya Navi Mumbai	Br. Ved Chaitanya
Secretary	Aravind S Raghavan
Jt. Secretary	Deepak Khanna
Chyk Theater coordinator	Sriram Sankar
Global Chyk Website Coordinator	Karthik Iyer
On Site Member Module based classes	Ankita Siraswar Vatsal Sharma
Design & Creatives	Saurabh Bhandari
MY Session Coordinator	Shivani Vartak
CSK Support	Shaheen Shaikh Reshma Kunder
TITI Circles Coordinator	Jahnvee Joshi
Chyk Zonal Coordinator- Bandra, Khar, Mahim	Akash Khilnani
Sandesh Coordinator	Aparna Raman
Website Coordinator	Nityamukta R. Bannerjee
Chyk Zonal Coordinator-	Ananya Somani
South Mumbai	Heta Bhuta
(Chyk Secretary, Navi Mumbai)	Vaidehee Chattrre
Powai Ashram Coordinator	Tapan Parikh Ashwini Bhuta

Report on “Just Like That” play during Guruji’s All Maharashtra and Goa Camp @ Vibhooti by Mumbai CHYK.

The enthusiastic CHYKs got yet another opportunity on Feb 27th, 2016 to perform their 2nd show of “Just Like That” based on Karma Yoga during the all Maharashtra and Goa Camp at Chinmaya Vibhooti.

The Karma Yoga module of the play was performed in front of an audience strength of around 300. Many of whom were in the age group of 45-60 years. The audience was very appreciative.

Some of whom said things like “our country is in safe hands now” and “we loved the enthusiasm and spirit in which you guys performed” really lifted the spirits of our Chyks. Guruji who had seen the Mumbai show

earlier said that he enjoyed it even more this time.

All these left a great sense of satisfaction in the minds of Chyks. The highlight of the event was a unique experience for audiences to interact with characters themselves after the show during the dinner.

Despite some technical problems with lights and projector minutes before the play; the CHYKs showcased true spirit to spread the message of the Gita and Gurudev. Many members from other centers also enquired as to how this could be done in their centers.

Many were curious to know as to what was the content of the second module of the play and expressed their desire to see it in the future.

- compiled by Aparna Raman



- Om Lamps & Diyas
- Padukas
- Rudraksha beads & Japa Malas
- Om Pendants
- Photographs of Gurudev
- T-shirts
- CORD products and lots more...

Whatever we have
are HIS gifts...



Presents an entire range of Chinmaya Mission souvenirs



For more details and queries please contact us
Sandeepany Sadhanalaya, Saki Vihar road, Powai, Mumbai - 400 072
Email: enquiries@chinmayashish.com or Call: +91 22 2857 9525



Chinmaya Yuva Kendra
Announces



CHYK Bhajans & Chanting Class

Sundays, 10.30 to 11.30 AM

Age: 12-28 years

Venue: Outside Swadhyaya Kaksha, Sandeepany
Ashram,

Next to Rennaissance Hotel, Powai

Contact: Chinmaya Mission 8108043204

Email: mumbai@chinmayayuvakendra.org



Key Features:

- Learn to chant Ganapati Atharvashirsha , Mantra Pushpam etc. in an authentic manner
- Understand basic meaning of the shlokas and benefits of chanting
- Learn soulful and peppy Bhajans
- Perform Chanting and Bhajans on festivals and other occasions at different places in Mumbai
- Get tuned within and without

*Chinmaya Yuva Kendra,
Mumbai announces a module based class*

“On Excellence”

What is meant by Excellence?

How can one achieve excellence in Life?

***Find the answers in four classes through PPTs,
videos, activities, movies etc.***

Eligibility: From 16 to 28 years.

**10.00 am to 12.00 pm
on 2nd, 9th, 16th and 23rd April (All Saturdays)**

Venue: Bal Mandir, Sandeepany Sadhanalaya,
Near Renaissance Hotel, Powai.

Entry is Free. But by registration only.

*For Registration and further details,
Contact: Aravind - 9619030879, Deepak - 9833350887
or Email us at: mumbai@chinmayayuvakendra.org*



Telecast of Chinmaya Ananda Utsav on Sri Sankara TV

Duration - 30 mins each

**1st episode - 4th April - 7.00 pm
2nd episode - 5th April - 7.00 pm
3rd episode - 6th April - 7.00 pm
4th episode - 11th April - 7.00 pm
5th episode - 12th April - 7.00 pm
6th episode - 13th April - 7.00 pm**



Chinmaya Yuva Kendra

Global Youth Wing of Chinmaya Mission

Chyk

Presents

Can Success be achieved without Stress?

Can Meditation bring about any changes in our day-to-day lives?

Should I follow my Passion or settle for a practical career?

A Youth Camp A Journey An Experience

Based on 3 yogas of Srimad Bhagavad Geeta

by **Swami Swatmananda**
Acharya, Chinmaya Mission Mumbai



What will I get? | Dexterity, Purity, Clarity!

Special Feature

Live Performance of the Theatre Act

Just Like That

Trek
Group
Discussions
Debates

CAMP
HIGHLIGHTS



20th to 22nd May 2016 | **Friday-Sunday**



12 to 28 Years



Chinmaya Vibhooti,
Kolwan (Near Lonavala)



Aravind / Deepak
+91 81080 43204

	Before 12th May	After 12th May
Camp Donation	₹ 1800/-	₹ 2500/-
One way Transport	₹ 600/-	₹ 800/-
Two Way Transport	₹ 1000/-	₹ 1500/-

**REGISTRATION
DETAILS**

Cheques can be in Favour of
"CHINMAYA SEVA TRUST".
Cash Payments also accepted.
For online registration and payment
Visit: <https://goo.gl/mAJOnc>



Chinmaya Seva Trust | Address: F3, Panchsheel Bldg, C Road, Churchgate, Mumbai - 20.
Phone: 22884646/22814646 Email: mumbai@chinmayayuvakendra.org
Website: chinmayayuvakendra.org || chinmayamissionmumbai.com



॥ चिन्मय विश्वविद्यापीठ ॥
CHINMAYA VISHWAVIDYAPEETH

UNIVERSITY FOR SANSKRIT & INDIC TRADITIONS
Under Section 3 of UGC Act 1956

&

All India Chinmaya Yuva Kendra(AICHYK)

invites

Young Visionaries of the Nation for

Post Graduate Diploma in

Youth Empowerment Programme-2016-17 (PGD-YEP)

Learn, Serve & Grow

A unique value based post-graduate leadership programme in English for dynamic youth who want to empower themselves and empower the society.

Programme Theme

Learn for 3 months. Serve for 9 months and Grow for Life is the theme of this programme. It provides interactive, experiential learning & an opportunity to be positive contributors to the country.

Programme History

9 batches of YEP have been completed so far since 2002 under the guidance leadership of Swami Mitrananda. For the first time, this programme, the 10th batch, will be a PG Diploma programme, following semester pattern under the Chinmaya Vishwavidyapeeth, a University for Sanskrit and Indic Traditions.

The program will be facilitated by Swami Swatmananda, Senior Acharyas, Senior faculty, Youth Experts, Leaders & Professionals.

Programme Duration: 12th June 2016 to 12th June 2017.

Course Outline

Semester 1:

Learn: 12th June 2016 to 15th August 2016

- Fundamentals of Vedanta, Bhakti, Hindu Culture
- DVD Talks by Swami Chinmayananda
- Leadership skills, Awakening Indians to India
- Conversational Sanskrit, Vedic Chanting
- Yoga, sports & games
- Training in Soft skills & Public speaking

- Practical Management Lessons through group discussions, workshops, games & other activities
- A unique training methodology combining experiential learning, adventure & other projects

Serve in an urban centre: 16th August 2016 to 10th Jan 2017

- Students will be posted in an urban Chinmaya Mission Centre for Service.
- Be positive contributors to society by serving in various wings of Chinmaya Mission
- Inspire youth & children from various schools & colleges through sessions, workshops, seminars, etc

Semester 2:

Learn: 16th Jan 2017 to 31st Jan 2017

- Training for rural development & organising camps/events
- Social service training
- Overview of various service opportunities
- Spiritual sessions

Serve in a rural centre: 2nd Feb to 2nd April 2017

- Students will be posted to a rural centre
- Social service in general
- Specific area of rural service

Learn & Serve: 3rd April to 31st May:

- Posting in specific centres for

assisting/taking camps

- Hands-on experience at childrens' camps and youth camps in summer.

Periodic Evaluation through exams, assignments and assessment of the service period during the semesters will be a part of this entire course.

Valedictory Session: 1st June to 12th June 2017. Final evaluation and service period presentations.

Grow for LIFE!

- On completing the one-year period of study & service 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, expertise in conducting workshops, training programmes, managing events etc.
- Experience the satisfaction & joy of having made a difference by serving the Nation

Eligibility

Young graduates below 25yrs of age, with good knowledge of English and keen desire to learn & to serve the Nation and ready to commit one year **EXCLUSIVELY** for this course. Intake will be subject to a pre-admission interview process.

Duration:

One Year - from 12th June 2016 to 12th June 2017

Inauguration on 12th June 2016 by Poojya Guruji Swami Tejomayananda, Chancellor of Chinmaya Vishwavidyapeeth At Sandeepany Sadhanalaya, Powai
Last date for registration is 31st May 2016.

Campus

Teaching and training will be held at the Chinmaya Vishwavidyapeeth Campus situated at Chinmaya Vibhooti, the Vision centre of Chinmaya Mission & a scenic spiritual retreat at Kolwan - an hour's drive from Pune & 3-hour drive from Mumbai.

Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi, Dist Pune - 412 108

Programme Fees

Application & Prospectus: Rs.500/-

Programme Fees: Rs. 60,000/- for Indian Students. \$1100/- for Overseas students.

(Includes stay, food, training material). Scholarship will be available for deserving students.

All cheques / DDs for fees can be drawn in the name of 'Chinmaya Vishwavidyapeeth/'

Contact:

For applications please mail -
yep.aichyk@gmail.com,
university@chinfo.org
www.chinmayayuvakendra.org
www.chinmayamission.com

Appeal for Scholarships

PGD-YEP, a one-year Post-Graduate Diploma in Youth Empowerment

by Chinmaya Vishwavidyapeeth, a University for Sanskrit and Indic Traditions, marks the beginning of a new batch of youngsters from across the world coming together in the presence of dynamic monks from the Mission & other management professionals to dedicate a year of their lives to being positive contributors to society & serving our Nation.

Programme Fees is subsidised for all students. We would also like to offer full or partial scholarships to deserving students and also support all students during their service period by offering a minimum stipend.

Such a highly valued higher education programme that will create ethical and value-based contributors to society in different spheres of public life, needs active philanthropic support. We therefore seek your support for 25 students, which is the proposed intake to this programme.

Contributions to the above scholarship can also be done under CSR - Corporate Social Responsibility as per Section 125 and Schedule VII of Companies Act, 2013. Promotion of Education is an important activity that can be undertaken as CSR under the Companies Act.

All cheques/DDs for student scholarship donation can be drawn in the name of All India Chinmaya Yuva Kendra - CCMT A/C. All donations are exempt under section 80G of Income Tax Act.

You Too Can Contribute in this Visionary Programme in Various Ways...



॥ चिन्मय विश्वविद्यापीठ ॥
CHINMAYA VISHWAVIDYAPEETH

UNIVERSITY FOR SANSKRIT & INDIC TRADITIONS
Under Section 3 of UGC Act 1956

&

All India Chinmaya Yuva Kendra (AICHYK)

Post Graduate Diploma in
Youth Empowerment Programme 2016-17

Sponsorship Options for Scholarship

Date: _____

From: _____

Address _____

Area: _____ City: _____ State: _____

Pin: _____ Tel No.: (R) _____ (O) _____

Email: _____

To,

Chinmaya Vishwavidyapeeth

PGD-YEP Cell

c/o All India Chinmaya Yuva Kendra
Chinmaya Seva Trust - Bombay,
F3, Panchsheel Bldg, 'C' Road, Churchgate,
Mumbai - 400 020. Phone: 22814646, 22884646

Dear Sir/Madam,

With reference to your appeal for Sponsorship / Donation towards
“Youth Empowerment Programme-2016-17” we are sending herewith our
contribution by Cash/Cheque

No. _____ Dated _____ Drawn on _____

Bank _____ Branch in favour of “All India Chinmaya

Yuva Kendra - CCMT A/C”

(Please tick the relevant option)

We need support for 25 students

Scholarships

- o Per Student for entire duration of 1 year - Rs.1.10 Lakhs
- o Per Student for the study period of 90 days - Rs.60,000/-
- o Per Student Expenses during Service period of 9 months - Rs.50,000/-
- o Per Student Travel & Outdoor Experiential Learning - Rs.20,000/-

Annadaan

- o Per Student for 90 days - Rs.20,000/-
- o Bhiksha for Acharyas, Faculty & all Students
 - Lunch or Dinner - Rs.15,000/-
 - Breakfast - Rs.10,000/-

Course Material

- o Per Student - Course Material like books, stationery etc. - Rs.5,000/-
- o Per Student - T-shirts, Bags etc. - Rs.3,000/-

General Donation to support the programme
(Any amount is welcome)

Yours Faithfully,

Signature

For more details contact :

Swami Swatmananda - chinmaya.swatmananda@gmail.com

Chinmaya Seva Trust - Bombay,

F3, Panchsheel Bldg, C Road, Churchgate, Mumbai - 400 020.

List of classes of Chinmaya Yuva Kendra

Text : DROP

(Sunday) 10.30am to 12:00pm ● Age - 12-28yrs

Venue : Chinmaya Prerna, Kharghar

Contact - Br. Ved Chaitanya : 9867738802

Text : Art of Man-Making

(Saturday) 7.00 to 8.30pm ● Age : 16-28yrs

Venue : Chinmaya Sagar, Churchgate

Contact : Sw. Swatmananda - 9920144559

Text : Bhaja Govindam

(Sunday) 9.00 to 10.30am ● Age : 16-28 yrs

Venue : Sandeepany, Powai

Contact : Jitu Chandran - 9987941432

Text : Game of Life

(Sunday) 11.30 to 12.15 ● Age : 12-15yrs

Venue : Sandeepany, Powai

Contact : Srikant S. - 8898525917

Text : Bhajan & Chanting

(Sunday) 10.30 to 11.30 ● Age : 12-28yrs

Venue : Sandeepany, Powai

Contact: Srikant S. - 8898525917

Text : Holy Gita

(Sunday) 9.00 to 10.00 pm ● Age : 16-28yrs

Venue : Online on SKYPE

Contact : Aravind R. - 9619030879

Chinmaya Sagar Zone

(South Mumbai)

Executive Committee - Chinmaya Sagar Zone

Post	Name
Acharya	Sw. Swatmanandaji
Trustee	Dr. Madhuriben Sheth
Zonal President	Mrs. Vinita Asrani
Zonal Secretary	Mrs. Geeta Kothari
Treasurer	Mrs. Shilpa Mavani
Jt. Treasurer	Mrs. Jyoti Kapoor
Yagna Co-ordinators	Mrs. Vinita Asrani
Seva Projects	Mr. Shrikant Adhiya Mr. Amit Nanavaty
Corporate Workshops	Dr. Abha Shroff Mr. Milind Sanghavi Mrs. Shilpa Mavani
Sagar in Charge	Mrs. Geeta Chopra Ms. Varsha Dalal Mrs. Asmita Merchant Mrs. Tripti Doshi
Study Group Corodinators	Mrs. Anjali Jhunjunwala Mrs. Reena Rajpal Mrs. Aditi Agarwalla Mrs. Namrata Agarwalla
Bal Vihar Co-ordinators	Mrs. Vishakhaben Nanavaty Mrs. Meenal Roopchand Mrs. Smita Patel
Shishu Vihar Co-ordinators	Mrs. Roma Sanghavi Mrs. Radhika Jesrani

Post	Name
Pre-Chyk/Yuva Kendra Co-ordinator	Mrs. Shruti Somani Ms. Ananya Somani Ms. Heta Bhuta
Chinmaya Setu Kari	Mr. Jagdeesh Jaisinghani Mrs. Ritika Mulchandani
Geeta Chanting in-charge	Mrs. Vibha Mittal Mrs. Sujata Murali
Chinmaya Sandesh	Mrs. Anjali Jhunjhunwala Mrs. Gopika Kapoor
Bhajan Group	Mrs. Hansaben Khagram
Ghar Ghar Mein Geeta	Mrs. Reena Rajpal Mrs. Neelam Mani Mrs. Geeta Chopra
Data base In-charge	Mrs. Radhika Jesrani
Shivam In-Charge	Mrs. Shailza Jhunjhunwala
Chinmaya Vani	Ms. Varsha Dalal Mrs. Premilla Jhangiani Mrs. Nirupa Reshamwala
IT & Web In- Charge	Mrs. Monisha Wadhwani Mr. Jagdeesh Jaisinghani
TITI Workshops	Mrs. Shaman Agarwal
Member	Mrs. Anjali Dalal Dr. Mrs. Sujata Kelkar

‘40 Spiritual Hacks’ - a series of 9 sessions based on Shri Adi Shankara’s Sadhana Panchakan by Swami Swatmanandaji @ INT, Babulnath

Why should one do Sadhana?
In order to attain the highest happiness.

What are the sadhanas that one should do? In His text, Shankara states 40 different sadhanas, which we can choose from.

The first one being, Study The Vedas Daily. Vid = by which we know.

Daily studies of the scriptures improves clarity (vivek), empowers the mind and intellect and keeps us rooted in our culture.



Second one being Do Your Karma. Karma is actions done with the body, mind & intellect with an intention and a sense of doership, which fructifies into a result. All actions must be backed by values. Do actions with the right attitude so that they do not bind us.

Swamiji also explained the 6 types of actions – daily, obligatory, selfish, prohibited, for atonement & meditation on the form.

“Mindful Parenting” @ Chinmaya Sagar on 28th Feb. by Dr. Sunitha Shankar

It was a well attended session with around 50 parents seeking parental guidance in bringing up their 5 - 12 year olds. Dr. Sunitha explained through day-to-day examples and experiences. The three important points of Time-

Limits-Caring were stressed upon to improve parental skills. The parents went home well-equipped in bringing up their children as resilient and value-based human beings.

Meenal Roopchand

Shivratri Celebration by Shishuvihar group @ Creative Kids Nursery, Cuffe Parade on March 2

There were 20 kids with their teachers and it was a half hour session. The children learned about the symbolism of Lord Shiva, sang Shiva bhajans and performed abhishek on the Shivlinga. They also did a Shiva puzzle activity, which later they took home. The teachers and children thoroughly enjoyed the session and are looking forward to other festival celebrations at the nursery.

Radhika Jasrani



A visit to Sandeepany Sadhanalaya, Powai by the Devi Group & Study Group members on 6th March

Around 50 members visited the

Powai Ashram. The visit was an eye opener for many members. It gave a sense of how well-organized and professionally run is the Mission. The tour's highlight was the seva bhava at the Ashram which was experienced everywhere in all departments from the stockroom to the CEO's office! The tireless efforts of all the back-end work from Archives to IT and Publications was there for all to see.

We started our morning by Swami Bodhatmanandaji's talk and a welcome by Manisha Khemlani and ended with a delicious lunch at the Annakshetra!

Swamiji shed light on what is the Purpose of our Lives and



how to Dwell on the teaching of the Scriptures through Meditation. Vedanta's promise is total freedom! No Disturbance of the Mind. We first do Shravanam (listening) then Mananam (reflection) and then Nidhidhyasanam (meditation).

The visit to the Ashram will be remembered by all for many years to come.

Vibhu Nagral

New Chinmaya Sethukari Class

How often have you been told that you have to “Build bridges” or you shouldn't be “Burning bridges”. Of course we all have heard it several times. But have you looked at it from point of view of your life? The way of the wise is to know which bridge to build and which to burn so that you reach your destination.

Announcing a new class (*details on page 44 bottom*) for those who are in the age group between 30 - 45 years. Let's reflect aloud under the guidance of Swami Swatmanandaji as you crossover from youth to middle age. Please enroll fast, before you reach a stage where you can only look back at life as “water under the bridge”



Sessions by Swami Swatmananda

Geeta Power

Weekly Study of Geeta Verse-by-Verse

Talks on Geeta Ch. 3 - Karma Yoga

April 14th, 21st & 28th (Tues to Thurs) • 12.30 to 1.30 pm

Venue: Mrs. Parul Bhammar, 18th Floor, Usha Kiran Bldg,
Charmaichel Road, Behind Jaslok Hospital.

As Swami Swatmananda is busy with Chinmaya Pradeep and
YEP Batch 10, these classes will resume in August 2016.

Contact: 9820185255

Upanishad Darshan

Taittiriya Upanishad

Talks on Ch. 2 - Brahmananda Valli

As Swami Swatmananda is busy with Chinmaya Pradeep and
YEP Batch 10, these classes will resume in August 2016.

Time: 7.15 to 8.15 am

Venue : Chinmaya Sagar, Panchsheel Bldg., 'C' Road, Churchgate

New Study Class for Chinmaya Sethukaris

Manah Shodhanam

Every Monday 7.30 to 8.30 pm

Venue: Chinmaya Shivam, Worli

Contact - 022-22814646, cmsagar@gmail.com

As Swami Swatmananda is busy with Chinmaya Pradeep and
YEP Batch 10, these classes will resume in August 2016.

Sessions by Swami Swatmananda (contd...)

Geeta In Practice

Monthly Sessions - Vision of Geeta in Power Capsules

- Chapter 15** - April - 5th, 6th, 7th (Tues-Thurs)
Chapter 16 - April - 26th, 27th, 28th (Tue-Thurs)
Chapter 17 - May - 24th, 25th, 26th (Tues-Thurs)
Chapter 18 - May - 31st (Tue)
June - 1st (Wed), 2nd (Thurs), 7th, (Tue), 8th (Wed)

Time: 7.15 pm to 8.15 pm

Venue: Chinmaya Nursery, Kemps Corner, behind Hotel Shalimar

*For registration kindly send a SMS along
with your full name on 8108043204.*

*Please call & confirm on the above number to
find out changes in dates of programme.*

All are Welcome

A new class for Junior CHYKs based on the Hanuman Chalisa

Age: 12-15 yrs

@ Marine Drive

Every Sunday ● 3.30 to 4.30 pm

To register contact : 9820131623

Celebrate Hanuman Jayanti

by chanting it 108 times

22nd April 2016 ● 8.30 am to 5.30 pm

Venue: Chinmaya Sagar, Panchsheel, Churchgate

Ram Navami Celebrations

Ramo Vigrahavaan Dharma
Rama - The Embodiment of Dharma

by Brni. Nidhi Chaitanya

on 12th April 2016 (Tuesday) 10.15 am to 1.00 pm

- 10.15am : Invocation
10.30am - 11.30am : Talk on *“Is Rama really an embodiment of Dharma in spite of all that He did?”*
11.30am - 11.45am : Q & A / Informal Discussions
11.45am-12.45 : Ramayan Quiz based on Kishkindha Kaand & Sunder Kaand & prize distribution.
12.45-1pm : Archana followed by Arati
Venue : Prem Puri Ashram, 5th floor, Babulnath.

All are welcome. Entry free

Ram Navami Celebrations

RAM NAVMI day when HE is enshrined in one's heart!
Rama is the name for the Ananda that is inherent in every heart.

Come, let us celebrate HIS birth in our hearts and also our
PUJYA GURUDEV's 100th BIRTHDAY
(as per the Hindu Tithi)

15th April 2016 (Friday)
11.00 am. to 11.45am Paduka Puja
12pm. to 12.45 Shree Ram Janma Badhai

Venue : Chinmaya Sagar, Churchgate.



For Details and Booking

South Zone:

Colaba to worli Area

Please Contact:

Reena Rajpal

9820283667

Sujata Murali

9820504696



Chinmaya Mission South Mumbai

welcomes you to



*...Krishna goes home-to-home
with a message of Geeta for everyone*

Daily Geeta Satsangs anywhere in
South Mumbai (Colaba to Worli)

From 8th April 2016 to 7th May 2016

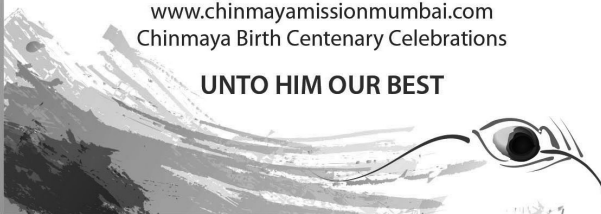
A Simple 60 minutes program including:

- Talk / Satsang on Geeta by a Sevak / Acharya
- Video-clip by Pujya Gurudev Swami Chinmayananda on relevant topic
- Chanting of Geeta Shlokas (optional)
- Chinmaya Arati
- A grand Geeta Chariot with Krishna & Arjuna comes to the home hosting the Geetathon talk along with Padukas of Pujya Gurudev Swami Chinmayananda
- The host family also receives an inspiring token along with a copy of an autographed photograph of Pujya Gurudev Swami Chinmayananda.

Any donation to support the socio-spiritual out-reach activities and service-projects of Chinmaya Mission, are welcome. All cheques should be in favour of 'Chinmaya Seva Trust'.

www.chinmayamissionmumbai.com
Chinmaya Birth Centenary Celebrations

UNTO HIM OUR BEST



Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

Executive Committee - Chinmaya Mahima Zone

Post	Name
Acharya	Br. Yukta Chaitanya
Trustee	Jagdish Thakker
President	Mangala Panchapakesan
Vice president	Chandrika Vora
Secretary	Sunitha Shanker
Jt.Secretary	Jaishree Rao Anamika Chakravarty
Treasurer	Bhuvana Chandran
Convener of meetings	Sunitha Shanker
Shishuvihar	Bhavana Sarawal
Balavihar	Nalini Bhargava
Chyk	Sunitha Shanker
Setukari	Sunitha Shanker
Vanaprasta	Sheela Chitnis
Data Base	Sunitha Shanker
Website/IT	Jaishree Rao, Varad Rao
Geeta Chanting	Mangala Panchapakesan Vijayalakshmi
Study Group	Vibhu Nagral
Events	Bharat Shah
Corporate	Vivek Krishnani
Book Sales	Nisha Parekh
Book Sales	Dimple Parekh
Centre	V. S. Bhat
Festivals	Mangala Panchapakesan
Swaranjali	Ramakant Pai
Photography & Video Recording	Achal Sarawal
Publicity	Harsh Lapsia

Ganesha Atharva Sheersha
for Balvihar Children by Br. Yukta Chaitanya

Every Saturday • 4.30 - 5.00 pm

Venue : Chinmaya Mahima Centre, Opp. Paradise Talkies,
Opp. SBI Bank, Mahim 16.

Contact: Sarika Pherwani on 9820300281

New Study Class
on Tattva Bodha

by Br. Yukta Chaitanya

Every Monday starting from 14th March • 4.30 - 6.00 pm

Venue : Chinmaya Mahima Centre, Opp. Paradise Talkies,
Opp. SBI Bank, Mahim 16.

Contact: Br. Yukta Chaitanya on 9820000444

Geeta Chanting Class
for beginners by Sri. H. P. Ishwar

Every Monday and Thursday • 11.00 am - 12.00 noon

Venue : Flat # 505, Dosti Elite, A Wing,
Near Sion Telephone Exchange, Sion East.

Contact: Smt. Vinita Acharya on 9821020403



Develop noble and enduring qualities.
Watch in others for weaknesses,
which you should guard against in yourself.
Love all. Serve all. Love creates and lust
destroys the peace in the heart of man.

- Swami Chinmayananda

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)

Executive Committee - Chinmaya Jayam Zone

Post	Name
Acharya	Swamini Krishnapriyananda
Trustee Incharge	Abha Shroff
President	Ashok Shah
Vice President	Shailesh Chhaya Mukesh Trivedi
Secretary	Umesh Shah
Database Incharge	Sharda Mangal
Balavihar Incharge	Nalini Poduval Kamal Sahri
Geeta Chanting Incharge	Pratibha Shah
Centre & Book Sales In Charge	Manjari Parekh
Corporate Workshops Team	Sanjay Phadke Mahesh Bhatia
IT & Website	Safala Shroff
Sandesh Incharge	Roopa Kumar



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



Sessions / Camp by Swamini Krishnapriyananda

Rama Navami Celebrations

15th April 2016 • 11.00 am to 12.30 pm

Satsangh, Bhajans followed by prasad

Venue: 101 Garden Crest, West Avenue Road,
Santacruz West, Mumbai - 400054

Vishnu Shashranama Chanting

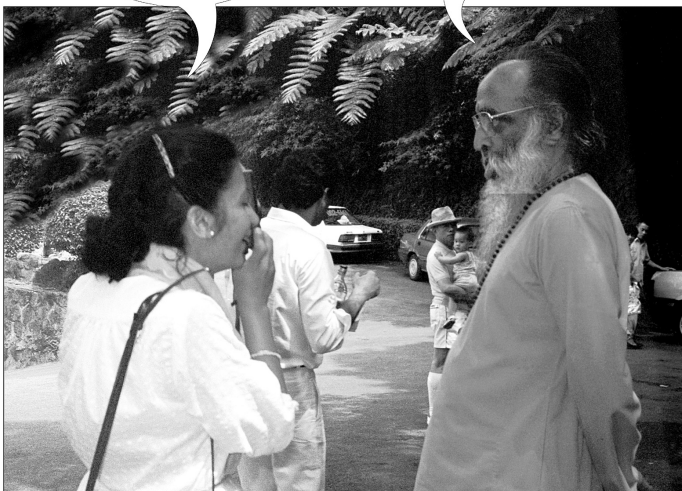
21st May 2016

on the Occasion of Budh Purnima

Venue : 101, Garden Crest, West Avenue Road,
Santacruz West, Mumbai - 400054

Don't move
Swamiji!

I never do.





Sessions by Swamini Krishnapriyananda

Guru Purnima Celebrations

Paduka Puja & Gurudev's Video Clipping

17th July 2016 • 11.00 am to 12.30 pm

Vedanta Saar

Every Monday from 4.00 to 5.30 pm

Ashtavakra Geeta

Every Wednesday from 5.00 to 6.30 pm

Ishyavasya Upanishad

Every Thursday from 4.00 to 5.30 pm

Bhaja Govindam

Every Saturday from 10.30 to 11.30 am

Bhaja Govidam

Every Sunday from 10.30 to 11.30 am

Venue for all the above programmes at
101, Garden Crest, West Avenue Road,
Santacruz West, Mumbai - 400054



Hindi camp at
Adi Shankara Nilayam CIF Kerala

EXPERIENCE YOURSELF by

Nidhidhyasan

(Meditation)

By Swamini Krishnapriyanada
(Acharya Chinmaya Mission Santacruz)

18th September to 22nd September 2016

Guided Meditation with Lectures on
Aaparokshanubhuti, Brahmandand Valli and Vakya Vritti

Other camp highlights
Paduka Puja, bhajans and Satsang
2 days site seeing at Kerala (optional)

Camp Inaguration

18th evening 5 pm and concludes at 22nd evening at 6 pm

Please book your tickets on the
18th morning by flight and return on 25th september
(if you book in advance it s the same as the train fare!)

**Camp Donation 4000 per person for
non AC rooms and Rs 5000 for AC rooms.**

Further Details please contact | Meena Ruparel 09223413586
Vijay Patil 09819978073

Chinmaya Priyam Zone

(Andheri & Juhu)

Executive Committee - Chinmaya Priyam Zone

Post	Name
Acharya	Brni. Nidhi Chaitanya
Trustee	Pratap B. Patel
President	Chitra Vora
Vice-President	Anu Oberoi Vivek Bhatija Vinit Gupta Komal Mour
Secretary	Ritu Parashar
Joint Secretary	Rakesh Gupta
Centre Incharge	Mamta Shah
Chinmaya Sandesh Incharge	Pooja Gupta
Web & IT Incharge	Chitramala Moorthy
TITI Team	Pooja Gupta (Incharge)
Special Assignments	Usha Munshi Suhasini Lohia Suman Nagpal Lopamudra Choudhury



All joys known to me in my daily life are
because of me and the objects of my liking.

- Swami Chinmayananda

**Special Devi Group Camp
on Sadhana Panchagam from
3rd - 5th March @ Chinmaya
Vibhooti, Kolwan by Brni.**

Nidhi Chaitanya

Sadhana Panchakam was covered in a very inspiring manner and all the participants were very deeply touched and motivated.

Gayatri Havan was conducted at Pranav Ganesh temple on 5th morning.

Meditation sessions were conducted in the Dhyana Mandir at Pranav Ganesh Temple.

There were also FAQ videos of Pujya Gurudev and the movie "Way of the Peaceful Warrior" were screened after dinner.

The ladies particularly enjoyed the informal Satsangs and Q&A sessions with Nidhiji.

**Talks on Remembering
Shiva on Shiva Aparadha
Kshamapana Stotram on 1st
and 2nd March**

Very poetically the depth of devotion was explained from a practical standpoint.

The importance of dedicating our thoughts to the Shiva - who is the Self - the Ultimate Auspiciousness - was reiterated very inspiringly.

The talks were followed by Japa and Guided Meditation.

Upadesha Saram

Talks in English

by Br. Sujay Chaitanya

(Acharya, Chinmaya Mission, Mangalore)

From 23rd to 28th May 2016

07.00 pm to 08.30 pm

Venue: Versova Welfare School Hall,
Gymko Lane, Seven Bungalows, Andheri (West).

All are Welcome

Feminity to Infinity

Overcoming Negativity, Discovering Divinity

Exclusive 3-day Devi Group Camp

with Brni. Nidhi Chaitanya

27th - 29th September 2016 (Tuesday - Thursday)

- FOR LADIES ONLY -

Camp Highlights:

- ❑ Talks on Overcoming 6 Negativities : Dependency, Anger, Unfulfilment, Assumptuousness, Insecurity, Ego
- ❑ Q & A Sessions on “Spirituality, Myths & Superstitions Related to Women”
- ❑ Meditation for Empowerment & Positivity
- ❑ Gayatri Havan with 108 Ahutis
- ❑ Tips on Sadhana for Women through Informal Satsangs
- ❑ **Special Highlight: Special Ladies-only Raas-Garbaa Night**

Camp Donations : 27th - 29th September 2016

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 4000
Individual accommodation non-AC cottage	: Rs 5000
Twin sharing AC cottage	: Rs 5000 per person
Individual accommodation AC cottage	: Rs 6000 per person
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.1000 for one-way and Rs.1800 for both ways

Venue : Chinmaya Vibhooti, Kolwan

For Details & Registrations,

Contact : 26112358 / 26112359 / 9320286048



Sessions by Brni. Nidhi Chaitanya

Venue: Chinmaya Priyam, Juhu

TITI Training the Trainer

70 Trainers...

*went to schools, colleges, clubs, offices and
conducted 1008 iTransform workshops in 2015
touched nearly 50000 lives transformed many....*

Now it's your turn...!

**Be an iTransform Trainer,
Make a difference to the Nation...**

Age-Limit: 60 years & below

Who can be a Trainer? students, teachers, housewives,
businessmen, or anyone passionate about the Nation

Time: 2.00 pm - 4.00 pm

18 th April	- Monday	- TITI - An Introduction
19 th April	- Tuesday	- Patriotic Transformation
20 th April	- Wednesday	- Physical Transformation
21 st April	- Thursday	- Emotional Transformation
22 nd April	- Friday	- Intellectual Transformation
25 th April	- Monday	- Cultural Transformation
26 th April	- Tuesday	- Spiritual Transformation
27 th April	- Wednesday	- Universal Transformation
28 th April	- Thursday	- Public Speaking
29 th April	- Friday	- Process Orientation

Venue: 5, Jain Vihar, Plot No.40, Swastik Society, NS Road#3, Juhu
Scheme, Mumbai 400056. Mumbai - 4000049

To enrol, call Pooja: 9870410805



Sessions by Brni. Nidhi Chaitanya

Monthly Geeta Darshan - 2016 Dates

Talks on Bhagavad Geeta (*in English*)

13th - 17th June • 11.00 am to 12.30 pm

Chapter - 8 : Power of Thought

8th - 12th August • 11.00 am to 12.30 pm

Chapter - 9 : Power of Knowledge

3rd - 7th October • 11.00 am - 12.30 pm

Chapter - 10 : Power of Divinity

14th - 18th November • 11.00 am - 12.30 pm

Chapter - 11 : Power of the Lord

Venue: Chinmaya Priyam, Juhu. • Contact : 26112358 / 26112359

Must Watch

Daily TV Telecast of

Talks on the Holy Geeta

by Pujya Gurudev Swami Chinmayananda

Monday - Friday 7.30 am to 8.00 am &

Talks on Vivekachoodamani

Saturday & Sunday 7.30 am to 8.00 am

on

भक्तिसागर

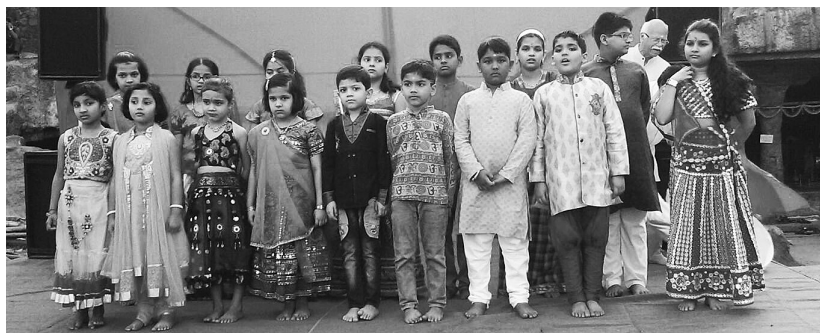
Bhakti Sagar TV Channel

(available on Cable TV Only and Not on DTH)



Chinmaya Bhakti Zone

(Goregaon to Bhayandar)



On 7th March, on Mahashivratri day, the Balavihar children from Borivali under the able guidance of Smt. Sitalaxmi alias Sudha V Iyer an engineering student gave a wonderful performance from 5.00 to 6.00 pm with Bhajans & devotional songs at Mandapeswar Caves, Borivali (W) entertaining the audience on the invitation of Mandapeswar Utsav Samithi.

Ms. Sudha Iyer being felicitated with the statue of Lord Shiva & certificates and to all the Children. The audience were very much impressed with the Balavihar children wonderful non-stop performance for an hour & many enquired about how to send their wards to Balavihar classes.

Karma Yoga (Geeta Ch 3)

Talks in English

by **Br. Sujay Chaitanya**

(Acharya, Chinmaya Mission, Mangalore)

From 14th to 20th May 2016

07.30 pm to 09.00 pm

Venue: Ayyappa Temple, Bangur Nagar, Goregaon (West).

All are Welcome

Jagadeeshwara Zone

(Powai)

Birthday Havan

We have been celebrating our children birthday every year in different ways, eg. calling children friends, having games, blowing off candles and cutting of cake. Somewhere along the way in our hectic lives we are missing out on how our parents celebrated our own Birthdays.

Jagadeeshwara Zone, Powai Mumbai, has launched a 'Free Birthday Havan' (Aayush havan) to be performed on the first Sunday of every month. Children having their birthdays in a particular month can register for the Havan to be conducted on the first Sunday of that month. The timings are from 9.30 to 11.30. 9.30 to 10.30 am is the Havan then 10.30 to 11.30 is Balavihar.



This initiative was launched on the auspicious day of Mahashivratri. We had a stall with a tag line "Celebrate your Children Birthday with Ganesh, Krishna, Hanuman" which was a big hit and hundreds of them registered on the spot for this free birthday havan.

When new families come in to celebrate their children Birthday Havan they are introduced to Balavihar and Chyk. Here no cost is involved for families and all can celebrate their Birthday. New families can be told of different activities of Mission for Children and grown ups. This is a cost effective and mass scale activity which can be taken up by all zones. This also involves less time i.e. first Sunday of every



month for about 2 hours only.

On March 13th the first Free Group Birthday Havan was celebrated at the Powai temple. After initial registration, the students' of the vedanta course sang beautiful bhajans. This was followed by a small talk by Acharya Raoji. He spoke on the importance of Havan in our lives and how children are benefitted.

This was followed by the Birthday Havan at the yagna shalla attached to the main Shiva Temple. It was a beautiful sight in the green surroundings with birds chirping and the panditji

lighting the holy fire and reciting the vedic mantras.

Small children from toddlers in mothers arms to kids looked at the Holy fire trying to understand the vedic mantras which were being recited for their long and healthy life.

After the Havan all were given Prasad and Bal Vihar Magazine.

This was followed by an introduction to balvihar, the free Sunday class for kids aged between 5 years and 12 years.





Celebrate your Children's Birthday with



Ganesh



Krishna



Hanuman

Register Online : www.BirthdayHavan.com

Birthday Havan is on First Sunday of Every Month for all having Birthday in that month



Chinmaya Mission Jagadeeshwara Zone Powai, Mumbai.
[Http://www.chinmayamissionmumbai.com/zone/chinmaya-jagadeeshwara-zone](http://www.chinmayamissionmumbai.com/zone/chinmaya-jagadeeshwara-zone)

Time 9.30 am. to 11.30 am. Call to Register : 9167988875 / 982591238 / 9819387744



Executive Committee - Chinmaya Jagdeeshwara Zone

Post	- Name
Guiding Acharyas	- Acharaya M L P Rao
Trustee	- Amar Jaisinghani
Imm.Past President	- Shri Ghanshyam Bhatia
Zonal President	- Shri Yogesh R Basole
Zonal Secretary	- Smt Nutan Bhalla
Joint Secretary	- Smt Sheela Naik
Vice President - Corporate Events	- Smt. Sarama Pani
Vice President - Non Corporate Events	- Smt Prerana Shinde
Treasurer	- Shri Sudeep Murumkar
Database & Website In Charge	- Namrata Y Basole
CHYK In Charge	-
TITI In Charge - Non Corporate	- Smt Geetha Raghavan
TITI In Charge - Corporate	- Arvind Raghavan
Balavihar In Charge	- Sandhya Rajesh
Geeta Chanting In Charge	- Prerana Shinde
Geeta Chanting Members	- Sunil Gambani Ajay Kumar Sharma Mrunal Baghel Sheela Naik
Vanaprastha In Charge	- Shri Vinod Mehrotra
Chinmaya Vani Sales & Exhibition I/C	- Shri Atul Palkar
Publicity In Charge	- Shri V.N. Gopalakrishnan
Chinmaya Sandesh	- Smt.Sandhya Rajesh
Members	- Shri Srinivas Reddy Shri Prakash Warrior Smt Geetha Vijayan Shri Prakash Warriar Shri Krishnan Kongot Shri Sadashiv Mendon Shri Kandoi K L
Powai Ashram - Invitee CEO,	- Shri Kirti Bhima Tara Cultural Trust

Tara Cultural Trust

Sandeepany Sadhanalaya, Powai

Ramanavami

on Friday 15th April 2016 • 10.30 am to 12.30 pm

Programme

Bhajans	-	10.30 to 11.00 am
Satsang	-	11.00 to 12.00 noon
Ram Janma Utsav	-	12.00 – 12.30 pm
Prasad	-	12.30 pm

Sponsorships

Ram Janma Utsav	:	Rs. 7500
Pooja Yajman		
Bhiksha	:	Rs. 15000

All donations in favour of “Tara Cultural Trust”

Venue: Jagadeeshwara Temple, Saki Vihar Road, Powai,
Mumbai - 400072

All are cordially invited to participate



The secret of success behind all men of achievement,
lies in the faculty of applying their intellect in all
their activities, without being
misled by any surging emotions or feelings.
The secret of success in life lies in keeping
the head above the storms of the heart

- Swami Chinmayananda

Chinmaya Narayan

Executive Committee - Chinmaya Narayan Zone

Post	-	Name
Trustee	-	Veena Thadani R. Nandkishore
Zonal President	-	Prasad Deole
Vice President	-	Viraj Sadekar
Zonal Secretary	-	Rajshekar
Joint Secretary	-	P. B. Someshwar
Treasurer	-	Neeta Vishwasrao
Meeting Convenor	-	Rajshekar
Report to Sandesh	-	Viraj Sadekar
Centre Incharge	-	P. B. Someshwar
Area Sevak	-	Shyamala Acharya
Database Incharge	-	Shri. Japtiwale Sriram Venkatesh
Website Incharge	-	Manisha Deole
CHYK Incharge	-	Chitra Vishwanathan Santosh Velhal
Balvihar Incharge	-	Chitra Prem Ujwala Sethna
Geeta Chanting Incharge	-	Indira Someshwar Dinesh
Devi Group	-	Lata Rajasekhar Meenakshi
Activity/Project	-	Dr. Narayanan
Study Group Incharge	-	C S Dinesh
Yagna Incharge	-	Shri. Rajsekhar
TITI	-	Shyamla Venugopal Chitra Vishwanathan
Chinmaya Vani Incharge	-	V. Narasimham

Chembur-Ghatkopar Zone is now CHINMAYA NARAYAN ZONE!

The Chembur Ghatkopar Zone has now been named Chinmaya Narayan by Pujya Guruji, in memory of Shri Narain Bhatia.

He was a remarkable administrator, CEO and Trustee who passed away in February this year.

TITI 'Training the Trainer' program

TITI 'Training the Trainer' program was organized from 26th to 28th of February. Training in 3 levels of transformation was conducted by senior & dedicated trainers of Team Mumbai. Details are as under,



1. Physical Transformation by Sri Tapan Parikh
2. Spiritual Transformation by Smt. Nimisha Parekh
3. Cultural Transformation by Smt. Geetha Raghavan

The training was attended by 20 aspiring trainers.



Sampoorna Geeta Parayan @ the residence of P. B. Someshwar on 18th January

As part of Ghar Ghar Mein Geeta, the Geeta Chanting group chanted the entire Bhagawad Geeta at residence of Smt. Indira and Shri. P B Someshwar at Munjal Nagar, Chembur (West).

Sampoorna Geeta Parayana @ the residence of Shri Natarajan, Near Gandhi Maidan, Chembur on 22nd January

The host was so pleased that he offered to take the Chanting Group members to Shringeri Math in Karnataka to chant in the presence of Shankaracharyaji.

**Geeta Chanting in honour of
Sri Nageshwar Rao on 23rd
January**

On 29th January 2016, members of Chinmaya Narayan Zone chanted some chapters of Geeta in honour of late Shri Nagendra Rao, who left for his heavenly abode at the age of 92 years.

Shri Rao was a very humble Sevak of the Mission. He used to be always available to do seva during any function of the Mission in the Zone. An ex-employee of Canara Bank, he excelled in the Banking sector as well. After partition, he travelled to Karachi to close the branch of Canara Bank there. He was also an excellent Yoga teacher and used to teach yoga to young and old with humour and proficiency. The family members of Shri Rao profusely thanked Chinmaya Mission for this gesture.



**Sampoorna Geeta Parayan
@ the residence of Ajay
Abhyankar on 14th February**

The Geeta Chanting group chanted the entire Geeta at the residence of Shri Ajay and Smt Madhavi Abhyankar, at Postal Colony, Chembur (East). Nearly 10 to 12 members were present, and also many family members of the host were also present.

**Sampoorna Geeta Parayan @
the residence of Sri Manjunath
Prabhu on 15th February**



Sampoorna Geeta Paarayana was held at the residence of Shri Manjunath and Smt Maya Prabhu, at Tilak Nagar, Chembur (West).

**Ghar Ghar Mein Geeta @
the residence of Lakshmi
Natarajan on 24th February**



The session was conducted at Smt. Lakshmi Natarajan's residence. It was attended by around 20 people who watched 4 video clippings of Pujya Gurudev lucidly explaining concepts of Geeta with the help of BMI chart. The sevak, Dr. Narayanan handled the question answer

session. The session was followed by Aarti & lunch Prasad.

**Sampoorna Geeta Parayan
@ the Residence of Ujjwala
Sethna on 19th February**

Sampoorna Geeta Parayana was conducted at the residence of Smt.Ujjwala Sethna a devotee & Bal Vihar Sevika. One special feature of the Parayana was, one of the lady devotees, chanted entire Bhagawad Geeta by heart.



Study class - Self Unfoldment

Every Sunday 4:30 to 6 pm

Sevak : Shri. Prasad Deole

Venue : B-207 Parasnath, Sudha Park, Ghatkopar (East),
Mumbai - 400 077.

Bhagawad Geeta Chanting Class

Every Thursday between 4.00 and 5.00 pm

Sevak - P. B. Someshwar

Venue: Lotus Bldg, Flat No. 703, 60 ft Road,
Near Vikrant Circle, Ghatkopar (East), Mumbai - 400 077

Contact: 9820118913

New Classes for

Pre-Chyk - Smt. Mini Pillai

(Every Thursday) 3.30 pm to 4.30 pm

Sevika - Smt. Indira Someshwar

Venue : Bldg No. 11, Flat No. 104, B Wing, Tilak Nagar,
Chembur (West), Mumbai - 400 089

Contact : 9702928405

Balvihar Classes

(Every Thursday) 6.00 pm to 7.30 pm

Sevika - Smt. Poonam

Venue : Opp. Kedarnath High School, (New Building),
Nehru Nagar, Kurla (East), Mumbai 400 024.

Contact - 9870002304

New Classes Started

Study Class - Updesh Saar

Every Monday at 7.00 to 8.30 pm

Sevak : Shri. Prasad Deole

Venue : A-603 Parasnath, Sudha Park, Ghatkopar (East),
Mumbai - 400 077

Chinmaya Prerana Zone

(Navi Mumbai)

Executive Committee - Chinmaya Prerana Zone

Post	Name
Acharya	Br. Ved Chaitanya
Acharya	Swamini Samarpitananda
Trustee	Parindra Kadakia
Zonal President	M G K Mallya
Vice President	Amol Khair
Secretary	Srinivas Boddula
Jt. Secretary	Aruna Joshi Chinmaya Prasad
Treasurer	Shantala Bhat
Manager Admin. & Accounts	Shivaramakrishnan Bindu
Database In Charge	Asha Krishna
Website In Charge (Sewika - Ghansoli)	Sharada Bharat
Centre & Publicity In Charge	S Vaidyanathan
Geeta Chanting In Charge	Manjula Suresh
School & College Workshop In Charge	Vidhu Sharma
Corporate Event In Charge	Hemant Marathe
Memorial Lecture In Charge	Dr. Lakshmi Varanasi
Jt. Memorial Lecture In Charge	Vaijayanthi
Chinmaya Vani Jt. In Charge	Rupal Pillai

Post	-	Name
Membership In Charge	-	Indira Ramakrishnan
Balavihar In Charge	-	Akila Ganesan
Jt. Balavihar In Charge	-	Trupti Marathe
CHYK Secretary	-	Vaidehi Chhatre
CHYK Joint Secretary	-	Chaitanya
Setukari In Charge	-	Jahnvee Joshi
Study Group In Charge	-	Radhika Mallya
Vanaprastha In Charge	-	P N Kalra
Swaranjali In Charge	-	Pratima Rao
Area Sevika - Airoli	-	Dr. Gitanjali Taori
Area Sevika - Koparkhairne	-	Hemamalini Sureshkumar
Area Sevika - Sanpada	-	Thangamani Vaidyanathan
Area Sevika - Nerul	-	Shailaja
Area Sevika - Juinagar	-	Gopakumar K M
Area Sevika - Seawoods	-	Trupti Marathe
Area Sevika - NRI	-	Ranjani
Area Sevika - Belapur	-	Mr. Koundinya
Jt. Area Sevak - Kharghar	-	Bhagyashri Pushpaveni
Area Sevak - Kamothe	-	Jagatjit Patro
Area Sevak - Panvel	-	Chetana Kadam
Invities	-	M P Haran J N Madan H K Ramarao K Karunakaran

Matru Pooja conducted at Vivekananda Sankul School - Sanpada on 20th Feb.

The Primary English and Marathi Medium School arranged a Matru Pooja at 7.30 am. It was conducted by the Principal and her host of teachers. One of the teacher did the Ganapathi pooja and Saraswathi pooja followed by Matru pooja.

Br. Ved Chaitanyaji conducted the Matru Pooja guiding the children and explaining the significance of the same. The students who did not participate were accommodated at the periphery of the quadrangle and the pooja was conducted by

participating students at the centre. This pooja is a regular feature in the school, which was started 7 years back. On the whole it was a very divine experience in the morning with the chanting and the programme concluded with bhajan and prasad distribution.



Commemorative Coins of Pujya Gurudev

The nation led by the Honourable Prime Minister, Shri Narendra Modi paid tribute to Pujya Gurudev, Swami Chinmayananda with the release of a commemorative coin on 8th May 2015 at his residence, 7 Race Course Road, in Delhi.

It gives us great pleasure in informing you that the Commemorative Coins are now available for everyone to purchase.

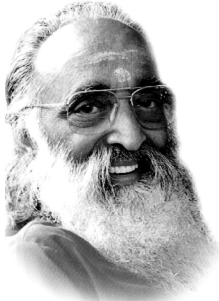
These unique coins (made of silver alloy) are representative of Lakshmi (wealth) and Narayana (Guru). It thus

represents a combination of spiritual and material prosperity - a symbol of "Mukti" & "Bhakti". Attractively packed, these coins fit in perfectly in the puja altar in every Chinmaya home!

Please contact Chinmaya Sagar, Churchgate on 22814646 or enquiry@chinmayamissionmumbai.com and get one home soon. The cost per set will be INR 7000/- only.

So please hurry as stocks are limited!!!





Param Pujya
Swami Tejomayananda
 (Head of Chinmaya Mission Worldwide)

Invites applications for

A Six Month Residential Basic Purohit Course

**Comprehensive study of the Principles and Practice of Hindu Rituals (Puja Vidhi & Havan),
 Vaidik Chanting, Basic Sanskrit and Hindu Culture (Dharma, Samskaara & Festivals)**



Guided by

Swami Sharadananda
 (PG in Advaita Vedanta, well versed in Paurohityam)

Resident Acharya

Brahmachari Atharvana Chaitanya
 (Graduate of Sandeepany Sadhanalaya)

Course duration : 29 Aug. 2016 to 28 Feb. 2017

Eligibility:

- Only for Boys / Men
- For **15 - 30 years: Free** (Cost of boarding, lodging and study materials will be borne by Chinmaya Vaidika Vidyapeeth, Coimbatore)
- For 31 - 45 years: Course Donation: Rs. 18,000/-
- For 46 - 60 years: Course Donation: Rs. 30,000/-
- For all candidates outside India: Course Donation: US\$ 750
- Understanding of any one of the following languages: Hindi / English/ Gujarati/ Tamil
- Knowledge of Sanskrit is NOT a must

*** Last date for Receipt
 of application
 30th June 2016**

Benefits after the Course:

- Certificate will be awarded on completion of Course
- Perform rituals with enhanced knowledge and dexterity and offer such seva
- Serve as a professional Purohit in temples and homes



For application form & further details contact:
 Course Coordinator,

Chinmaya Vaidik Vidyapeeth,

Chinmaya Gardens, Nallur Vayal Post, Siruvani Road, Coimbatore 641114

Tel: 0422-2615637 / 93604-61566 | Email: chinmayagarden@gmail.com

Application form can be downloaded from www.chinmayagardens.com



Must Watch

Daily TV Telecast of

Talks on the Holy Geeta

by Pujya Gurudev Swami Chinmayananda

Monday - Friday 7.30 am to 8.00 am

&

Talks on Vivekachoodamani

Saturday & Sunday 7.30 am to 8.00 am

on

भक्तिसागर

Bhakti Sagar TV Channel

(available on Cable TV Only and Not on DTH)

& now also on



Sri Sankara TV

Regular TV Telecast of

Talks on the Holy Geeta

by Pujya Gurudev Swami Chinmayananda

Bhagavad Geeta - Chapter XV - XVI in April

Monday to Friday 10.30 to 11.00 p.m

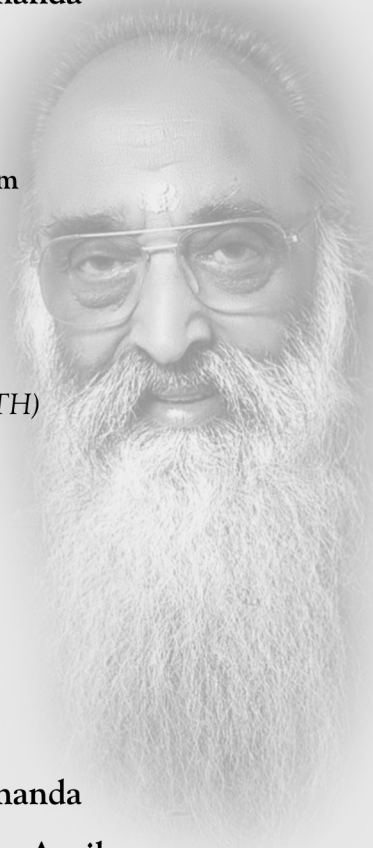
Sri Sankara TV is available on DTH services

(Tata Sky-832, Airtel-688, Videocon-698, Big TV-829,

Dish TV-907, Sun Direct-704, DD Plus-196)

on subscription basis and

for the Cable please contact your local Cable Operator.





Summer School 2016
kalaṃyoga
the heart of indian art
the philosophy and practice of indian art and culture

**JULY
2 – 11
2016**

with Śatāvadhāni Dr. R. Ganesh as Academic Director
Dr. Shrinivasa Varakhedi as Programme Director

The Summer School 2016, Kalāyoga: In this Summer School, participants will explore the depths of different Indian Art forms and appreciate their rootedness in Sanskrit poetry and envision the oneness that pervades diverse art forms such as literature, music, dance, drama, painting and sculpture.

Camp Fees (non-refundable)	For Indians	For Others
For College and University Students	₹ 6,500	US\$ 500
For Others	₹ 11,000	US\$ 800

Fees includes saatvik vegetarian food and accommodation and does not include travel to the venue.

Contact Arundhati Sundar: +91-9061-972-220

Manisha Makhecha-Bhagat: +91-9995-113-322

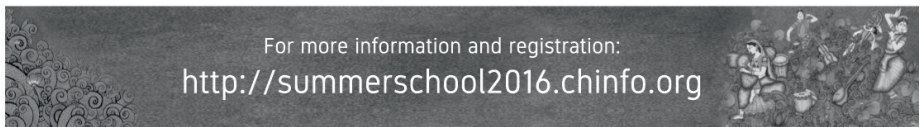
Sudhanshu Bhushan: +91-9312-236-528

Email: summerschool@chinfo.org

Chinmaya International Foundation, Adi Sankara Nilayam, Veliyanad,

Ernakulam – 682313, Kerala, India

+91-484-2747307 | office@chinfo.org | www.chinfo.org



For more information and registration:
<http://summerschool2016.chinfo.org>

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INTERNATIONAL
FOUNDATION

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Diwali 2016
with Gurujī



Vedanta Unveiled



Experience Sublime Satsang with
Pujya Gurujī Swami Tejomayananda

Head, Chinmaya Mission worldwide

on Ādi Śaṅkarāchārya's Dakṣiṇāmūrti-stotram

28th Oct to 3rd Nov 2016

at Ādi Sankara Nilayam

(Maternal birth home of Ādi Sankaracharya)

Upacharyas

Talks on Śrī Śuka Maharṣi's Śukāṣṭakam by Swami Advayananda

Guided Meditation & Diwali Pūjā by Swami Sharadananda

Camp Donation (non-refundable, on twin-sharing basis)

Non-AC Accommodation

Indian Residents: ₹ 8,500

Overseas Residents: US\$150

AC Accommodation

Indian Residents: ₹ 11,000

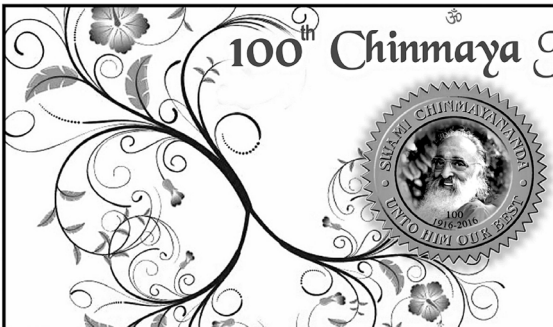
Overseas Residents: US\$200

For more details, contact

P. N. Sreenivasan: +91-9605-400-958 | R. Abin : +91-8891-769-450

Email: welcometocif@chinfo.org

Register online @ www.chinfo.org/vedanta-unveiled



100th Chinmaya Jayanti in Pune

Sunday 8th May 2016
(8 am to 8 pm)

Grand Celebration at
CHINMAYA MAAULI ASHRAM, Pune

Transport & Stay Facility
Register Today
cmpune@gmail.com
+91-9881192859, +91-9975596394
www.chinmayamission.com/pune


Chinmaya Mission Pune, birth place of Chinmaya Movement, cordially invites you for the

GRAND FINALE

of Birth Centenary Year Celebration of Pujya Gurudev Swami Chinmayanandaji

Poojanam


Shri Maha Vishnu
Havan & Sahasranam Archana
&
PADUKA MAHA POOJA



Paduka Pooja

Japa

Devotional
Melodious Naam Sankeertan
by
Smt. Madhuvanti Dandekar & Group



Chintanam

PUJYA GURUDEV
Yours Forever
Talk by
Swamini Kaivalyananda
Author Of The Unique Book



EXHIBITIONS

Life & Work of Pujya Gurudev
SWAMI CHINMAYANANDAJI
Grand Display of Books, CDs
Gift Articles, DVDs etc.

Registration Form	
To, Manager,	
Name:	Male / Female: Date Of Birth: DD. / MMM. /YYYY
Mobile Number:	Email:
Address: City: Pin Code:	
Transport Required ? (Yes / No) : (7 am Departure from nearest pickup point and 9 pm Arrival back to nearest drop point)	
Do You Need Overnight Stay Facility ? (Yes / No) : (Arrangement will be made in Chinmaya Maauli Ashram & Chinmaya Vibhoothi at extra cost depending on type of arrangement required by you.)	
Date & Time Of Arrival:	Date & Time Of Departure:
Registration Donation: Rs. 500 + Any Other Optional Offerings (List on Back of this page) Rs. = Total Rs.	
Mode of Transfer of donation / registration. (Mark ✓) (Cash <input type="checkbox"/> / Cheque <input type="checkbox"/> / D.D. <input type="checkbox"/> / M.O. <input type="checkbox"/> / Online Transfer <input type="checkbox"/> / Any Other <input type="checkbox"/>)	
Register Me For the 100 th Chinmaya Jayanti Programme.	Signature

Central Chinmaya Vanprasth Sansthan
Rasulabad Ghat Road, Allahabad -211004

Announces

150th Camp on Art of Graceful Ageing

in English

6th to 14th November, 2016

Faculty : H. H. Swami Yogasthananda
H. H. Swami Swatmananda • Dr. Sajjan Singh
Dr. Someshwar Lal • Smt. Manju Agrawal

Maximum Participants:
40 (Forty) on first come first served basis.

Accommodation: Four bedded ultra modern self contained rooms. 5 double bedded rooms also available and will be allotted to couples on first come first served basis.

Eligibility: Persons above 50 years of age both males & females irrespective of caste & creed.

Course content: Meditation, Spiritual Text-Nirvana Shatakam, Integral Yoga Theory & Practice, Accupressure theory & practice, subjects covering Emotional, Social, Financial and Spiritual Health of elderlies.

Camp Expenses : 8500/- per person but Rs. 9500/- per person for double bedded rooms (Non Refundable). Covers Boarding, Lodging, camp materials and travelling to and fro Ayodhyaji, Chitrakoot, Vindhyavasini Shaktipeeth, Varanasi, Triveni Sangam and important Temples in Allahabad. Also Akshayavatam (Immortal Banyan Tree) subject to permission from the Army.

Venue: Chinmaya Navin Sevashram, Rasulabad Ghat Road,
Allahabad - 211004

Contact: 09415338124, 09026352728

Email: yogasthananda@gmail.com

and deposit amount in a/c CCMT-CCVS No. 538802010000346
IFSC Code: UBIN0553883 with any branch of Union Bank of India.

Central Chinmaya Vanprasth Sansthan
Rasulabad Ghat Road, Allahabad - 211004

Announces

Third Himalayan Camp on Art of Graceful Ageing

Dates: 16th-23rd June, 2016

Faculty : H.H. Swami Madhavananda
H. H. Swami Yogasthananda • Br. Dev Chaitanya
Dr. Someshwar Lal • Smt. Manju Agrawal

Language : English and Hindi

Accommodation :

3/4 bedded Self contained rooms with hot water supply.

Maximum participants :

80 Nos. on first come first served basis.

Eligibility :

Persons above 50 years irrespective of caste & gender.

Course Content:

Daily Meditation. Sadhana Panchkam and Ramayana. Theory and practice of Accupressure and Yoga technique for keeping healthy. Subjects covering emotional, social & financial healths of elderlies.

Camp Donation :

Rs. 12500/- (Non-Refundable) per person covers course fees, camp material, board & lodging, travelling from Haridwar to Uttarkashi, Gangotri, Badrinath and back to Haridwar on 24th June, 2016.

Venue : Tapovan Kutir, Ujeli, Uttarkashi

Deposit full Camp donation in

A/c No. - 538802010000346 IFSC Code: UBIN0553883
of CCMT-CCVS with Union Bank of India, Red Eagle Army Head
Quarter Branch, Allahabad and email your name and address to
yogasthananda@gmail.com.

For further details contact : 09415338124, 09026352728.

*A rare opportunity for sadhana at sacred abode of
our Param Guru Swami Tapovanji Maharaj*

Spiritual Sadhana Camp in Hindi *at Uttarkashi (Himalayas)*

Organised by Chinmaya Seva Trust Maharashtra

Duration : 5th May 2016 to 11th May 2016

by **Swamini Mangalananda** : Aparokshanubhooti
(of Adi Shankaracharya)

Brni. Snehal : Gurupavanpuradheesh Panchakam
(of Tapovanji Maharaj)

Special Features : Celebration of Chinmaya Jayanti on 8th May,
Gangotri Visit (charges extra)

Camp - donation (Non-Refundable / Non-Transferable):
(only for lodging-boarding for seven days at Tapovan Kuti and registration)

A) Accommodation with unattached toilets - Rs. 4000 / -
(Rs. 3500/- for certified Chyks)

B) Accommodation with attached toilets - Rs 4500 / -

Kindly send the amount by Demand-Draft in favour of 'Chinmaya Seva
Trust Maharashtra' payable at Kolhapur, at the following address, by
Registered post only (no courier service).

Swami Atmadevananda, Chinmaya Ashram, Toap-Sambhapur,
Kolhapur - 416 122 (Maharashtra) • Phone : 0 96230 74457.

Venue : Tapovan Kuti, Uttarkashi , Uttarakhand, Pincode- 249 193

Camp Donation can also be deposited directly On-Line in Bank of Baroda (Branch Nagaon,
Kolhapur 416122) - Savings A/c Chinmaya Seva Trust Maharashtra No. 11530 10000
2244 (NEFT/RTGS:BARB-0-NAGAON) with immediate information by e-mail to
'atmadev @ gmail.com'

Last date for registration: 15th April 2016. (Seats Limited, Admissions will automatically stop
even before the last date, if all seats are full.) Campers willing to go in group to Uttarkashi
from Haridwar, will be required to meet at the prescheduled place at Haridwar on 4th May
2015 at 5.00 pm. From this place buses will set out for Uttarkashi on 5th May at 5.00 am to
reach Tapovan Kuti by lunch. Travelling charges will have to be borne by campers. Guidance
will be provided to delegates wanting to undertake Chaardham yatra after the camp. Note
that Railway reservations must be done at the earliest.

Chinmaya Dharma Sevak Course

(14th Six-Week Residential Course)

17th July to 27th August 2016

Foundation Vedanta Course

in English

Acharya
Swamini Vimalananda

Assisted by
Br. Paramesh Chaitanya

Divine Days in the presence of
Pujya Guruji
Swami Tejomayananda
(Head of Chinmaya Mission)



Learn the fundamentals of Vedanta / Jnana Yoga, Bhakti Yoga, Karma Yoga and Astanga Yoga



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Learn Sanskrit



Venue: Chinmaya Gardens

Nallur Vayal Post, Coimbatore - 641114

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chinmayagarden@gmail.com

www.chinmayagardens.com

Course donation:

Rs. 12,000 per person

Rs. 10,000 (below 40 years)

Rs. 6,000 (below 25 years)

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dormitory accommodation

with common toilet

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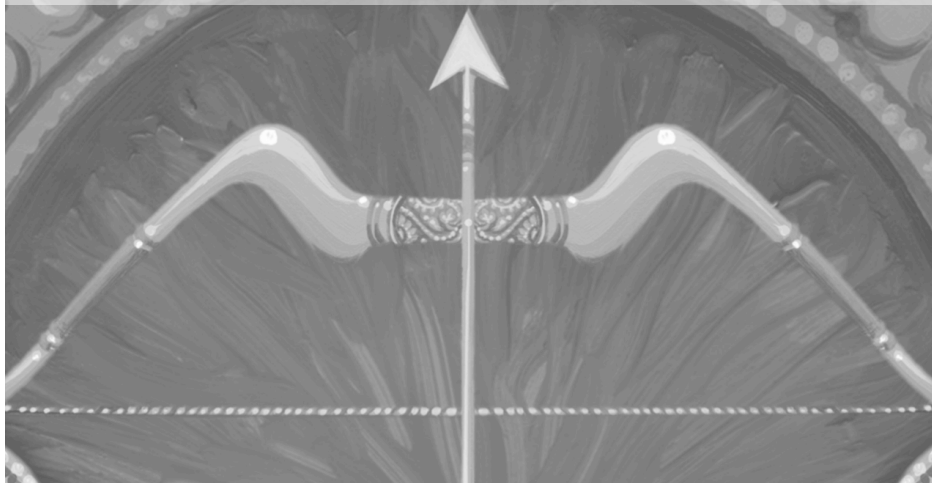
Sampoorna Tulsi Ramayana *In Hindi*

with Puja Guruji Swami Tejomayananda
December 23 – 31, 2016

9 Days of Divine Discourses in Hindi

with highlights including

Complete Recitation of Tulsi Ramayana,
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Prior to November 1, 2016: Rs. 6,500/-

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8th May 2014 - 8th May 2016

This is an exclusive tribute to Pujya Gurudev by
members of the Chinmaya Prakash Zone. Hence
this project is open only to members, attendees,
volunteers of Chinmaya Prakash Zone.

To participate contact : 9320286048

New Initiates on Shivaratri

On the auspicious occasion of Mahashivaratri, 6 more Chinmaya Mission Brahmachari and Brahmacharinis were initiated into Sanyas Ashram by Pujya Guruji at Sandeepany Sadhanalaya, Powai.

(From Left to Right standing)

1. Brni. Nivedita Chaitanya - Swamini Vinayananda
2. Brni. Girija Chaitanya - Swamini Samarpitanda
3. Brni. Prarthana Chaitanya - Swamini Kaivalyananda
4. Br. Gautam Chaitanya - Swami Aparokshananda
5. Br. Gopal Chaitanya - Swami Shrikananda

(From Right to Left sitting)

6. Br. Adarsh Chaitanya - Swami Atulananda
7. Br. Rahul Pathak - Br. Makarand Chaitanya



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Chinmaya Mission Mumbai
invites you to



CHINMAYA JAYANTI MAHOTSAV

8th May 2016 (Sunday) 7am - 4pm
Sandeepany Sadhanalaya, Powai

Chinmaya Vigraha Abhishek

A unique expression of our
love and devotion to our Guru

Details on
Page - 16.

chinmayamissionmumbai.com

“ My Heart is your Temple; The Sweet thought and
reminiscences I have of you is the Fragrance. Love is the Water.
Oh, the Universal One, I invite you to accept my Worship.

Funds raised through **Chinmaya Vigraha Abhisheka** will be used for Chinmaya Pradeep - India's first outdoor multimedia and
multimediam vision park. To know more, visit - chinmayamissionmumbai.com or facebook.com/pradeepchinmaya/

Puja Gurudev Swami Chinmayananda lived a life of vision and inspiration, knowledge and
transformation, culture and integration, sadhana and liberation. Thus, His 100th Anniversary
is a celebration of all this.

We welcome all Chinmaya families in all zones of Mumbai to join us at the 100th Chinmaya
Jayanti Mahotsav. The entire programme is FREE.

Participation in all activities is optional. the main highlight of the event is the **Chinmaya
Vigraha Abhishek** - a unique expression of our love and devotion to our Guru.

ALSO PARTICIPATE IN: **Chinmaya Sadhana Mela for all age-groups**

To Register, logon to chinmayamissionmumbai.com or

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