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# Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai  
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## Pujya Guruji receives the Padma Bhushan Award



The great grand day finally arrived. The whole Mission awaited it with bated breath! After pranaams to Pujya Gurudev, Pujya Guruji accompanied by Swami Nikhilanandaji and Smt. Prarthna Saran reached the grand Rashtrapathi Bhavan and were escorted to the Durbar Hall, a very historic hall where many other dignitaries have been received and honoured by our

Nation! The President of India arrived at exactly 11:30am and was saluted by military drums. Then all rose for the National Anthem. The awardees were all great achievers in their own fields and there was huge applause for each one as the President himself pinned on the medals - Padma Vibhushan, Padma Bhushan and Padma Shri. Pujya Guruji was so simple, gracious, holy and divine among the other glitterati. It is a big moment of pride for Chinmaya Mission worldwide!

The award, by Gurudev's blessings, bestows on the mission National honour, prestige, pride of recognition and the fragrance of a country's love and salutation.

# Chinmaya Sandesh

May 2016 Spiritual Monthly Bulletin of Mumbai.

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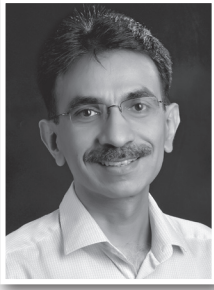
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# From the President's Desk

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*Om Shree Chinmaya  
Sadgurave Namah!*

We all know that the Padma Bhushan is conferred upon Pujya Guruji for his immense service to the nation in the field of spirituality. The announcement came before the Republic Day but the ceremony actually took place on 12<sup>th</sup> April at the Rashtrapati Bhavan. Pujya Guruji looked simple, gracious, holy and divine among the other glitterati/awardees. It was a great moment of pride for all of us in the Chinmaya Family. Next day, I happened to speak to Pujya Guruji. I was actually hesitating what to say to a great saint like Pujya Guruji, is mere “congratulations” good enough and appropriate? Finally I could only say “Guruji we all are so

happy”. Then I said “Guruji, the most touching and inspiring moment was when Guruji came to New Delhi Ashram and kept the award/certificate in the hands of Pujya Gurudev’s statue. Upon this Pujya Guruji said something most memorable to me, Guruji said “It is HIS award and so I handed over to HIM”. Such a great gesture only can come from a great saint like our Pujya Guruji. Guruji has, as though, taught all of us how to selflessly serve and dedicate all our actions to the Guru or the Lord.

By the time you get to read this issue of Chinmaya Sandesh, the drums would have started rolling for the grand program of 100<sup>th</sup> Chinmaya Jayanti Mahotsav on 8<sup>th</sup> May. Did you see the cartoon on the appeal printed for 8<sup>th</sup> May program? The cartoon is actually drawn by Pujya Gurudev and it states “People coming for the Swami’s BIRTHLESS DAY”. Why “birthless day?” Because for a realized master like Pujya Gurudev there is no birth and there is no death. The 1<sup>st</sup> of 108 names of Pujya Gurudev that we chant is “Om Ajaya Namaha”

meaning “Salutations to the Unborn”. It is said that earlier Pujya Gurudev was reluctant in celebrating his birthday. Obviously he did not believe into all that from the stand point of Vedanta. But then devotees requested to please allow them to celebrate it as a special occasion.

It will be a day when everyone comes to Ashram, serves selflessly as a volunteer for the day. There will be satsang, bhajan, etc. It will definitely benefit the devotees because of the sadhana and will inspire everyone with higher values of life. It is a way of expressing gratitude to the great Guru. Finally Gurudev agreed and said “Ok, celebrate 8<sup>th</sup> May as my birthday”. Later, Pujya Guruji announced that it should be celebrated as “Sadhana Day”.

But this year 8<sup>th</sup> May is very very special. Yes, indeed it will be a “Mahotsav”. It is our Pujya Gurudev’s 100<sup>th</sup> Birthday. What to say about the greatness of Pujya Gurudev? No words can truly describe it. Our hearts simply swell with pride that we are devotees of such a great master and our eyes are moistened with gratitude.

The most befitting way to express our gratitude to Pujya Gurudev shall be to attend 8<sup>th</sup> May

program and offer Abhisheka on the Vighraha (statue) of Pujya Gurudev.

No devotee can miss this once in a lifetime opportunity. It is once in a lifetime opportunity because Abhisheka of Vighraha (statue) of great Rishi like Pujya Gurudev happens very very rarely and so it will not happen again during our lifetime. This being the Sadhana Day, there will be a Chinmaya Sadhana Mela for all age groups. So let us all be there and make the day truly a grand and spectacular occasion.

Chinmaya Pradeep is getting ready. By the grace of Pujya Gurudev and with blessings and in the holy presence of Pujya Guruji and other Acharyas, it will be inaugurated on 19<sup>th</sup> May.

Dream of Pujya Guruji to create such a vision park depicting life and teachings of Pujya Gurudev is coming true with sincere and dedicated efforts of Swami Swatmanandaji and his team. Chinmaya Mission Mumbai takes pride in dedicating Chinmaya Pradeep Unto Pujya Gurudev.

*Unto Him Our Best.*

**Mukul Patel**

*President -*

*Chinmaya Mission Mumbai*

# Chinmaya Chintan

## Sankara, the Spiritual General

Swami Chinmayananda



Bhagavadpada Acharya Sankara was not only a great thinker and the noblest of Advaitic philosophers, but he was essentially an inspired champion of Hinduism and one of the most vigorous missionaries in our country. Such a powerful leader was needed at that time, when Hinduism had been almost broken up within the enticing entanglements of the Buddhistic philosophy, and consequently the decadent Hindu society came to be broken up and disunited into numberless sects and denominations, each championing a different viewpoint and mutually quarreling in endless argumentations. Each pundit, as it were, had his own followers, his own philosophy,

*It was indeed a vast program that Sankara had to accomplish within the span of about twenty effective years : for at the age of thirty-two he had finished his work and had folded up his manifestation among the mortals of the world.*

his own interpretation. Each one was a vehement and powerful opponent of all other views. The intellectual disintegration, especially in the scriptural field was never before so serious and so dangerously calamitous as in the time of Sankara.

It was at such a time, when our society was fertile for any ideal thought or practical philosophy to thrive, that the beautiful values of non-injury, self-control, love and affection of the Buddha came to enchant alike the kings and their subjects of this country. But the general decadence of the age did not spare the Buddhists also, and they among themselves precipitated different viewpoints, and by the time Sankara appeared on the horizon of the Hindu history, the atheistic school of Buddhists (Asadvadis) had enticed away large sections of the Hindu folk.

It is into such a chaotic intellectual atmosphere that Sankara brought his life-giving philosophy of the Non-dual Brahman of the Upanishads. It can be very well understood what a colossal work it must have been for any one single man to undertake in those days, when modern conveniences of mechanical transport and

instruments of propaganda were unknown.

The genius in Sankara did solve the problem, and by the time he had placed at rest his mortal coil, he had whipped the false Buddhistic ideology beyond the shores of our country, and has reintegrated the philosophical thoughts in the then Aryavarta. After her centuries of wandering, no doubt richer for her various experiences, but tired and fatigued, Bharat came back to her own native thoughts.

In his missionary work of propagating the great philosophical truths of Upanishads and of rediscovering through them the true cultural basis of our nation, Acharya Sankara had a variety of efficient weapons in his resourceful armoury. He was indeed preeminently the fittest genius who alone could have undertaken this self-appointed task as the sole guardian angel of the Rishi-culture.

An exquisite thinker, a brilliant intellect, a personality scintillating with the vision of Truth, a heart throbbing with industrious faith and ardent desire to serve the nation, sweetly emotional and relentlessly logical, in Sankara the Upanishads discovered the fittest Spiritual General.



It was indeed a vast program that Sankara had to accomplish within the span of about twenty effective years : for at the age of thirty-two he had finished his work and had folded up his manifestation among the mortals of the world.

He had brought into his literary dexterity, both prose and poetry, and at his hands, under the heat of his fervent ideals, the great Sanskrit language became almost plastic.

He could mould it into any shape and into any form. From vigorous prose, heavily, laden with irresistible arguments, to flowing rivulets of lilting tuneful songs of love and beauty, there is no technique in language that Sankara did not take up ; and whatever form he took up he proved himself to be a master in it. From masculine prose to soft feminine songs, from marching militant verses to dancing songful words, be he in the halls of the Upanishad commentaries, or in the temple of the Brahma Sootra expositions or in the amphitheatre of his Bhagavad Geeta discourses, or in the open flowery fields of his devotional songs, his was a pen that danced, itself to the rhythm of his heart, and to the swing of his thoughts.

Pen alone would not have won the war of culture for our country. He showed himself a great organizer, a far-sighted diplomat, a courageous hero and a tireless servant of the country. Selfless and unassuming, this mighty, angel strode up and down the length and breadth of the country, serving his motherland and teaching his countrymen to live up to the dignity and glory of Bharat. Such a vast program can neither be accomplished by an individual nor sustainingly kept up without institutions of great discipline and perfect organization. Establishing Mutts, opening up temples, organizing halls of education, and even establishing certain ecclesiastical legislations, this is mighty master left nothing undone in maintaining what he achieved.

Periods of revival especially in art and culture, are generally preceded by an enthusiasm in the ancient books, and this is as it should be. With reference to the period in which it is happening, revivalism is a revolution, but at the same time, with reference to the past, it is only an attempt to imbibe the best that was, in order to reinforce with it, the present. The cultural atmosphere in our country at this moment is ripe for a revival movement

and many brilliant signs of it are everywhere evident for all those, who have got eyes to see. Deep philosophical discussions are now and then heard, today even in the most unexpected sitting rooms of the busy cities. All over the country, crowds of the faithful are increasingly attending the shrines. Discourses upon the scriptures are becoming increasingly popular, and in very many of them the discussions are often found to be serious and deep. In the context of this new-found enthusiasm in the country, we should presume that we are already in an era of cultural revival.

Against such a background, the life and works of Adi Sankara are indeed an inspiration for this country to re-live the glorious Hindu culture. The Acharyas of old never found the leisure in their lifetime to write their autobiography or celebrate their birthdays. Self-effacement was the very spirit that governed their life and activities. Therefore, all that we know about our great Rishis and mystic scholars are but traditions clothed in exaggeration, together describing an adorable creature fleeting across History, an ethereal light that flashes across in its own blinding glory.

There are a number of books dealing with the life and work of Adi Sankara in Sanskrit. Amongst them, Sreemad Sankara Dig Vijayam of Sri Swami Vidyananya, the incomparable pontiff of Sringeri in the 14<sup>th</sup> century, is the most popular and outstanding work. The deep knowledge and vast study of Sri Madhav, while he was the Prime Minister of the Vijayanagaram Empire, matured themselves in Sri Swami Vidyananya to yield to posterity the immortal master-piece Sri Sankara Digvijaya.

Today, there is throughout the country a great enthusiasm in Sankara. The signs of revival are everywhere around us. On Sri Sankara Jayanthi day, we find celebrations everywhere. Unfortunately, none of the thundering platforms successfully bring out the PERSONALITY of this Kalady Master. A lot is known of Adi Sankara, but very very few know of "The Sankara". The more we learn to adore him, not as a divine incarnation but as a sincere man inspired to serve the country and reconquer the nation back from its slavery to alien ideologies, the more we shall successfully pay our tribute to our own culture.

*Source : Tapovan Prasad, March 1978*

**11<sup>th</sup> May - Adi Shankara Jayanti**

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# Tejomayam

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## Pujya Gurudev's Contribution to Advaita Vedanta

Swami Tejomayananda



Vedas are the eternal books of knowledge of the Hindus, and they are compiled and edited in book form in four volumes by Sri Veda Vyasa - the Rig Veda, the Yajur Veda, the Sama Veda and the Atharvana Veda. Each of these Vedas has in itself three distinct divisions the Mantras, the Brahmanas and the Upanishads. These Upanishads contain the fiery declarations of realised Truth, made by Masters who had tried to capture the Infinite in a web of finite words. These Upanishads are named also as Vedanta, meaning, literally, 'the end of the Veda', and metaphorically 'the fulfilment of Knowledge'.

*Swamiji says, "Ours is an age of science. The new India, thrilled with her freedom. is looking forward to a healthy future wherein the maximum number can come to enjoy the maximum amount of peace and happiness in life."*

Vedanta declares that there is only one Truth, indicated as Brahman. It is Absolute Existence- Knowledge-Bliss. Anything experienced, other than Brahman, is just an appearance. The individual who is experiencing himself as a limited being and is also experiencing the world of names and forms, is in reality Brahman Itself. This illusion of a limited individual and the world is caused by ignorance of the Truth. Vedanta is a means to gain knowledge of that Truth.

This knowledge is gained by listening to the Upanishads from a realised Master, contemplating and understanding the same through logic and finally meditating and getting established in the Truth - as 'I am Brahman'. This knowledge liberates the individual from all bondage and bestows on him the absolute Bliss.

“These wisdom sparks were handed down by the Master to his disciple. The disciple learned from his guru and carried the torch of knowledge which he maintained, tended and nourished by his own experience and conclusions until he handed it over, intact and blazing to his disciple. Thus, from the teacher to the taught the Knowledge

Supreme has travelled down, gaining in authority and wealth of details in the hands of each succeeding Master.”

Such a brilliant line of seekers, each carrying the same Truth gets disrupted in due course of time. This happens due to lack of demand for this knowledge. People get interested in other things. The enthusiasm to seek the Higher is lost. During such periods of decadence, great Masters come and restore the line by generating new zeal for the knowledge.

During the Mahabharata Period, there was such a break, which was restored by Sri Krishna by bringing out as though a 'new edition' of the Vedas in the form of the Srimad Bhagavad Geeta. It was meant for the people of that time and for those who came later.

After Buddha, again, there was a period of decadence of Hinduism. Due to strong Buddhist influence, atheism crept in. And those who were believers in the Vedas, were engrossed only in their ritualistic portions. Adi Sankaracharya came and, by the force of his logic and realisation, re-established the superiority of the Upanishads in the hearts of the people.

Hinduism with its glorious tradition of this Upanishadic wisdom, saw yet another setback in more recent times.

Constant attacks from the Muslims with their attempt to subdue Hinduism, and later, the long period of the British rule with the influence of Western thoughts, further weakened us. Indians started losing their self esteem. They lost the enthusiasm to study and understand the scriptures. This gave rise to a feeling of inferiority complex. Indians slumped into a state of ignorance and lethargy.

At such a period in the history of India, after Swami Vivekananda, another great master Swami Chinmayananda arose in the horizon. His coming was like the rising sun. It dispelled the darkness of ignorance and re-established the path of Vedantic wisdom. The work that was dreamt of and started by Swami Vivekananda was developed into reality and increased a thousand fold by Swami Chinmayananda.

Swami Chinmayananda did not impart any new knowledge; in fact no Master teaches anything new. The knowledge of Vedanta as was revealed to the rishis of yore, was the same as taught by

Swamiji. Knowledge is eternal and it remains unchanged. But the practical applications of knowledge and, the means to prepare ourselves to know the Truth, change as per the changing times. For example, the laws of electricity have not changed, but the application of the laws has changed tremendously from the time it was first discovered. Similarly, the Truth as revealed in the Upanishads, though unchanged, needs constant re-interpretation to suit the changing scenario. The old words are rejuvenated by giving them new meaning. The lost enthusiasm of people is thus kindled again. This is the way great Masters work.

Swamiji took the knowledge of Vedanta to the modern educated elite through the medium of English language. The knowledge, which had remained dormant and hidden from many in the Sanskrit language, gained a new vigour and life when it came in touch with the beautiful flow of Swamiji's English.

Swami Chinmayananda says in his introduction to the Kenopanishad, "The Upanishad mantras fulfil their function only through their pregnant' suggestiveness'. They do not

directly and openly express or explain things, but with their 'indicative meaning', in their secret 'import', in their meaningful 'suggestiveness', they simply guide us to the very presence of the Truth. Hence we always need the interpretations of a guru to fully understand the meaning of the Upanishads. Any amount of mere reading would not reveal to us their fuller and ample wealth of meaning. These mantras are jealous, shy and secretive by their very nature".

Swamiji gave a new life to the teachings of Vedanta through his masterly interpretations of some words which had lost their utility and had failed to inspire anyone in the modern era, for example, the word 'yagna' as it appears in the 9th verse of Chapter III of the Bhagavad Geeta. Its ritualistic interpretation in the present context would be very uninspiring and futile. Swamiji gave it a new vigour by interpreting it as "any selfless work undertaken in a spirit of self-dedication for the blessing of all is yagna."

Again, the 11<sup>th</sup> verse of the same chapter mentions the word devata, which traditionally means the deities like Rudra, Varuna, Indra, etc. Swamiji says, "In understanding the stanza in

its more universal application we have to interpret the term 'deva' as the very presiding deity in any field of activity, who blesses the worker in that field with his profit. The deity that thus blesses can be nothing other than 'the productive potential' in that given field."

Similarly, the word annam in the 14<sup>th</sup> verse of the Geeta, Chapter III, is interpreted as 'enjoyable profit' and 'rains' are interpreted to mean "the conditions necessary for the field to smile forth."

Thus, many examples can be given wherein through revolutionary interpretations, Swamiji rekindled the fire of enthusiasm in the hearts of millions to study and practise the teachings, of Vedanta. It became more understandable and practical.

The complete philosophy of Vedanta with its practical applications was explained by Swamiji with the help of a wonderful chart devised by him, known as the BMI Chart.

In the chart, 'Om' represents the Reality indicated in the Upanishads as Brahman. Ignorance of this Reality gives rise to the perception of the World of objects (O), Emotions

(E) and Thoughts (T). This world is experienced through the instruments of the Body (B), Mind (M) and Intellect (I) respectively. The Reality expressing through the equipment of BMI is experienced as the Perceiver (P), Feeler (F) and Thinker (T) respectively. The quality of BMI is determined by the beginningless ignorance of the Reality and also the impressions of the past actions called the Vasanas (V). The vasanas are the cause for bondage. They prevent the person from knowing the Truth. Vasanas manifest at the intellectual level as desires, at the mental level as agitations and at the physical level as actions. The pressure of the vasanas on M and I forces the person to act, which in turn creates more vasanas. Thus, a person gets thoroughly bound.

When a person acts without ego and ego-centric desires, then the existing vasanas get exhausted and no new vasanas are created. Thus, the pressure of the vasanas the mind and intellect can now be withdrawn from the world of OET and directed towards the contemplation of the Truth. Through constant sincere contemplation of the Truth, the person comes to comprehend the Truth - as "I am Brahman".

Thus, Swamiji gave a new outlook to Vedanta with his daring interpretations and beautiful method of teaching. He instilled a new life to Hinduism by inspiring people and giving them a wonderful vision to realise the truth, for themselves and the world at large.

Swamiji says, "Ours is an age of science. The new India, thrilled with her freedom. is looking forward to a healthy future wherein the maximum number can come to enjoy the maximum amount of peace and happiness in life. From time immemorial ours has been the land of spiritualism, and the whole world has always been looking up to us to teach them the right way of living and the true moral standards of behaviour. In no other field can we so immediately come to excel ourselves as in the field of spirituality, since we have a full theory and a complete technique of rehabilitating man as a better social being and a greater unit in nature. This great mission can be accomplished only by an awakened India that has grown strong in her morality, firm in her ethics and devoted in her spiritual strength."

*Source : Tapovan Prasad, June 2000*

# Acharya Manan

## Om Geeta Jnana Yagna Pracharakaya Namah

by Swami Swatmananda



This is an apt name of Poojya Gurudev Swami Chinmayananda. Today there is an increasing interest in people from all walks of life to study the Bhagavad Geeta. Globally Srimad Bhagavad Geeta is being considered as one of the best books which empowers us with the right knowledge required to face the increasing pressures and stress of modern life. The credit for this goes largely to Poojya Gurudev. For more than four decades Gurudev spoke every evening on the Geeta, apart from so many management talks, college talks, university programmes etc. Someone once remarked, seeing the crowds that

sat to listen to this God-chosen orator, "Ah! What a miracle! In this audience I see hands that once held 'bottles', holding The Holy Geeta."

After Sri Krishna gave the knowledge of the Geeta to Arjuna thousands of years ago, Geeta was, as though, searching for an abode to stay. The search ended after more than 5000 years when she finally found the abode in Poojya Gurudev. Sri Krishna taught the Geeta to Arjuna. Poojya Gurudev took it all over the world. The Geeta could not have got a better person than Poojya Gurudev who spread her message to all age groups. He wrote the Holy Geeta for elders, Art of Man-Making for the Youth, and Geeta for Children for the kids. He addressed the corporate world and inspired Management wisdom through the Geeta etc. He was the 'chosen' instrument to spread the message of the Geeta globally.



Gurudev learnt the major Upanishads and other introductory texts like Panchadashi from His Guru Sri Swami Tapovanji Maharaj. Due to failing health Swami Tapovanji said – “Okay, I’ve taught you the Upanishads, now you study the Geeta on your own. If you have a question, we will discuss it.” It is so amazing that Gurudev learnt the Geeta through self-study.

Inspired by the 18th Chapter of the Geeta, Gurudev conceived “Geeta Gnana Yagna”. In the fire of Knowledge the ignorance would be burnt out. This is one of the most revolutionary concepts for Hindu Cultural Revival being followed even today. Many organizations are following this concept even now.

India won her political independence in 1947. Yet the cultural independence was not won. Slavish mentality persisted. Educated Hindus had become disconnected from their cultural roots. The priest class upheld only the letter and not the spirit of their religion. At such a critical time, through the Geeta Gnana Yagnas Gurudev envisioned a revival of moral values and spiritual goals. Thus, from December 1951 onwards

Gurudev embarked on this grand vision. Gurudev conducted more than 525 Geeta Gnana Yagnas on the Geeta apart from thousands of individual talks on the Geeta. Swami Chidananda Maharaj of Divine Life Society looked at Gurudev and said – “Here is 100 Krishnas. What He has done in one life time cannot be achieved by all of us put together even in 10 lives!”

In 1953 the ‘Holy Geeta’ was printed with commentary on all the 18 chapters along with word-to-word meaning and translation of the verse. Even today we are inspired reading the commentary written in 1953. Every word of it is so relevant even today. It is timeless Wisdom. The very index of the ‘Holy Geeta’, and the classification of verses on important topics of daily life shows Gurudev’s Vision of the Geeta.

In 1957 Poojya Gurudev conducted the first Geeta Gnana Yagna in Mumbai after successfully conducting such yagnas in Pune, Chennai, Bangalore and other cities.

Let us dedicate his Birth Centenary Year to spread the message of Srimad Bhagavad

Geeta through innovative methods and programmes and reach out to the many who are not yet exposed to this great knowledge.

Personally, may every member of Chinmaya Mission, all devotees, all area-sevaks, committee members, all CHYKs and everyone in the Chinmaya Family recite atleast one chapter of the Geeta daily. Let us take this as our Sadhana. Come what may, we must chant one chapter daily.

Poojya Gurudev would often autograph the Geeta commentaries with – “Read 2 verses daily, twice a day for 1 year. If symptoms persist repeat the dosage.”

“You may have gone through the Geeta many times. But let the Geeta go through you once. Transformation is sure to happen.” This is our chance to let Geeta go through us.

Jai Bhagavad Geeta! Jai Gurudev!

### H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY MAY - 2016

23 April to 01 May, 16	Sidhbari	+91-1892 234 325
03 to 08 May, 16	Sidhbari	+91-1892 234 325
11 to 15 May, 16	Kolwan	+91 - 90110 04542 (M)
16 to 21 May, 16	Mumbai	+91 - 22 2857 8647
22 to 27 May, 16	Kenya	+254 732 516018
01 to 06 Jun, 16	Sidhbari	+91 - 1892 234 325



In the darkness of ignorance, we attach ourselves to the unreal and the fleeting.  
In the light of knowledge, we identify ourselves with the Real and Permanent.

- Swami Chinmayananda

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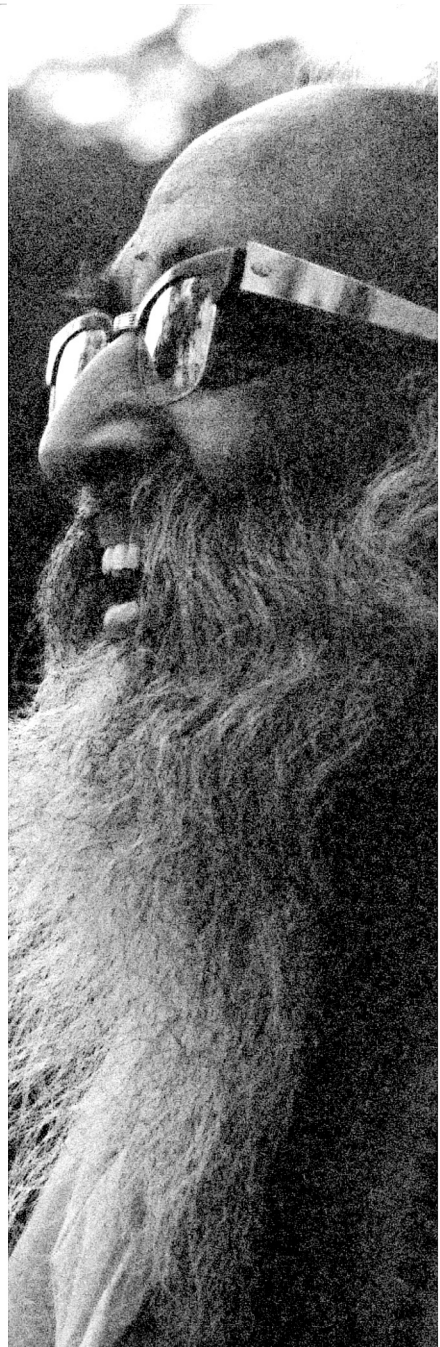
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*Pujya Gurudev  
Swami  
Chinmayananda  
lived a life of  
vision and  
inspiration,  
knowledge &  
transformation,  
culture &  
integration,  
sadhana &  
liberation.*

*Thus, His  
100<sup>th</sup> Birth  
Anniversary is  
a celebration  
of all this.*

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# नाम साधना

लिखित जप / Love Letter to God

In Kaliyuga it is said that Naam Japa is the best means to reach the Lord. Chanting the Lords's name, many have attained Him.

For eg. 1. when the dacoit Ratnakar chanted Bhagawan's Naam, he got transformed into Saint Valmiki and he then went on to compose the Ramayan. 2. in the Ramayan the monkeys wrote Bhagawan Ram's name on the stone to make the stone float.

Thus, only by repeating Bhagawan's Naam as a Sadhana one reaches Him. Bhagawan's Naam has the power to help reach the Sadhaka to his Sadhya i.e. Goal, which is Bhagawan Himself.

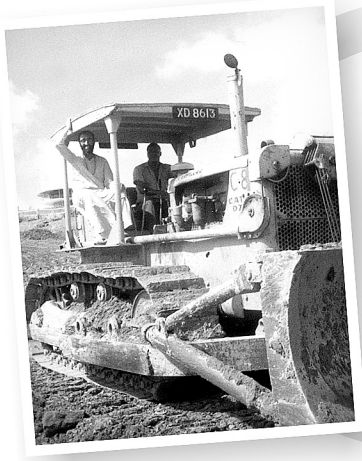
ॐ श्री चिन्मय सद्गुरवे नमः

(Please do the Likhit Japa in all 21 lines below)

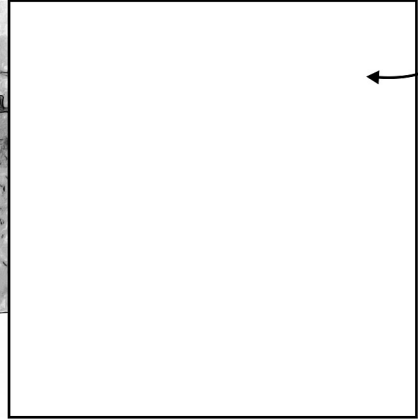
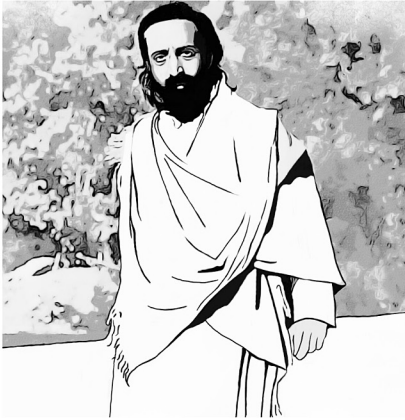
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17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_

# रूप साधना

रूप साधना  
from रूप to स्वरूप



sketch Him here



त्राटक

***Trāṭaka - to look or to gaze***

It is a method of meditation that involves staring at a single point such as Gurudev's Photo or Om etc. By doing so, the restless mind too comes to a halt.

*Trāṭaka* is said to enhance the ability to concentrate. It increases the power of memory and brings the mind in a state of awareness, attention and focus.

# गुण साधना

## गुण साधना

3G to CG

(3 Gunas to Chinmaya Gurudev)

Once Pujya Gurudev had made an indulgent man with not a very good reputation, the one to inaugurate one of his Yagnas. Pujya Gurudev wrote him a letter informing him about the inauguration and also instructing him on how to prepare himself for the big day. Gurudev in His letter had told him that he will have to abstain from drinking, smoking, non-veg consumption, etc. On the day of the inauguration in his speech that gentleman expressed how a letter by Pujya Gurudev transformed him and helped him grow over his weaknesses.



*Who could fail to be inspired when Gurudev wrote like this? Pranav Saran was a lucky boy to receive this encouragement:*

Continue your daily exercises for health and strong body. Plunge yourself in study and score the best you can. The future career depends upon your healthy mind and continuous efforts. Be regular in your daily prayers and faith in yourself and in Lord's protection fearlessly enter into your chosen field of honest action. You will never know what is failure!



*Gurudev wrote to young Siddhartha Reddy, who was unwell, not only to alleviate his immediate pain, but also to prepare him for adult life.*

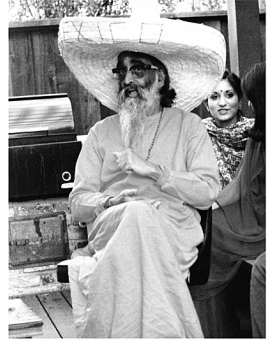
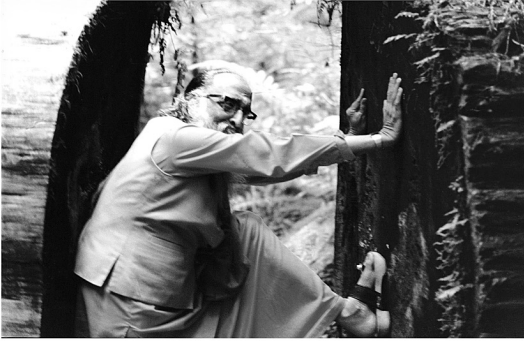
Your sweet letter. Life in this world is always like this - some pain will be with us all always. Even if we have no physical pains and all people love us, then we mentally create sorrows for ourselves. It has to be so. Prayer is the only steady, joyous state. Surrender to Him all your pains. Be a hero and in spite of pains you SMILE!! You will soon get well - Jai Jai Jagadeeswara. Be regular in your japa. Do it lovingly, sincerely.

## Is Peace better or Agitation???

Answer on Page 26

# लीलीला साधना

लीला साधना  
*lived life as a sport*



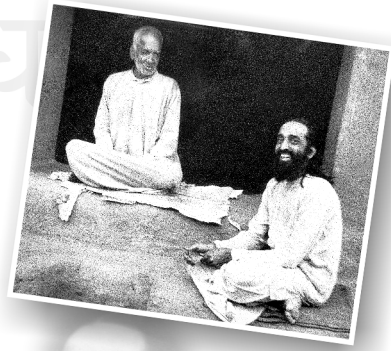
o

Please send a personal anecdote with Pujya Gurudev  
along with a picture to support it (if possible)  
at [chinsandesh@gmail.com](mailto:chinsandesh@gmail.com)

# सम्बन्ध साधना

## सम्बन्ध साधना

*from alone to Alone all alone*



*The very air that you breathe in Sandeepany is by the grace of Swami Tapovan Maharaj.*



*Pujya Gurudev was a great orator, an eloquent speaker, but when asked to speak about Swami Tapovan Maharaj, all that Gurudev would do is be quite and tears would roll down.*

### Match the following

Father

Mother

Sister

2<sup>nd</sup> Sister

Cousin Sister

Cousin Sister

Eldest Aunt

Poothampalli

Yogiraja Bhairananda

Mother's Family Home

P. Neelakanta Menon

Parukutti Menon

Choppully Kunjkittu Menon

Kanakam

Kouchi Amma

Kula Guru

Vadakke Kurupath Kuttan Menon

Sittassi



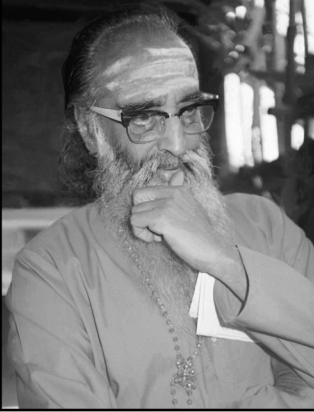


# स्वस्वरूप साधना

## स्वरूप साधना

### Thy Own Self

Please expound any 1 of the below 3 quotes of Pujya Gurudev in not more than 100 words and email it to [chinsandesh@gmail.com](mailto:chinsandesh@gmail.com).  
The best 3 replies will be published in the July issue.



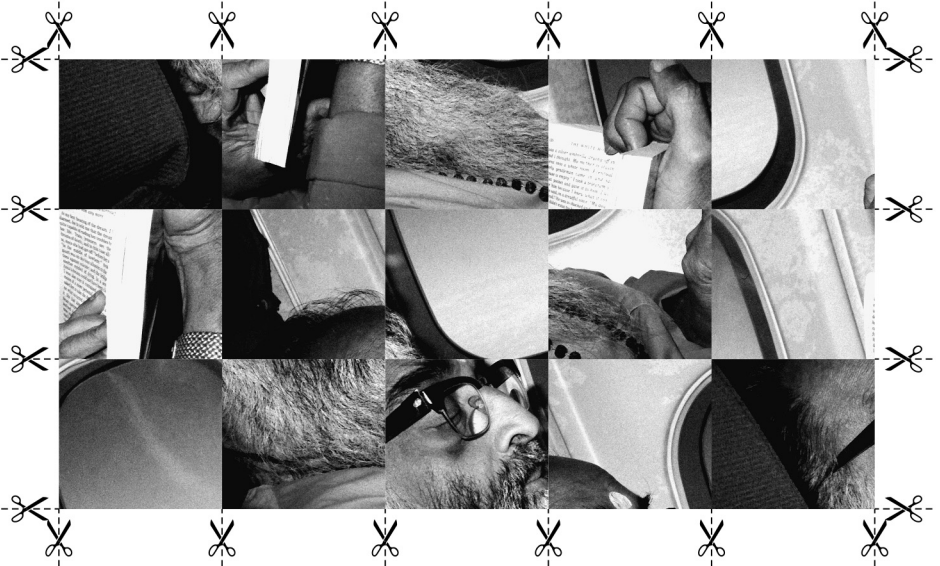
*If at all I exist,  
I exist only in your imagination*

*Not to do what you want to do  
is Freedom*

*From alone to Alone  
all alone*

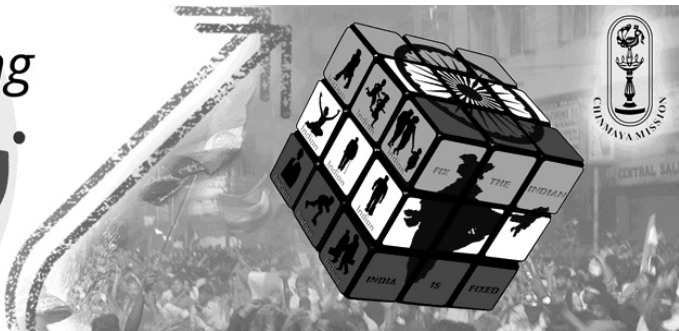
Answer to Page 22 - *Rajasik Agitation is better than Tamasik Peace*

### Jumbled Picture of Gurudev



# Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



## **2<sup>nd</sup> April, Spiritual and Patriotic Transformation:**

A workshop on Spiritual transformation was conducted by trainer Tapan Parikh at Udaan India Foundation. A session on Patriotic Transformation at Orion school was conducted by trainer Deepak Khanna. Students of Udaan India Foundation also made a skit presentation on TITI in their school annual day.

## **9<sup>th</sup> April, Emotional Transformation:**

The session was conducted for the teachers of Jai Hind college by trainer Abha Shroff.

## **12<sup>th</sup> April, Emotional Transformation:**

Trainer Shrikant Kanetkar conducted a workshop on Emotional transformation at Trishul NGO.

## **16<sup>th</sup> April, Emotional and Intellectual Transformation:**

Trainer Ananya Goenka

conducted a workshop on Emotional Transformation at Seva Sadan society. On the same day, 2 TITI sessions were conducted at the Orion school by trainers Shrikant Kanetkar and Sriram Sankar on Intellectual and Emotional Transformations.

## **17<sup>th</sup> April, Intellectual Transformation:**

Trainer Pooja Gupta conducted a workshop on Intellectual transformation at the Raheja Classique Complex.

## **18<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> April, Physical, Cultural, and Spiritual Transformation:**

Physical, Cultural, Spiritual Transformation sessions were conducted by trainer Tapan Parikh for the teachers of Mahila Sangh school, Vile Parle. Other sessions are also scheduled for the month. The Principal of the school is very happy with the difference TITI is making to her students and teachers.

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

12<sup>th</sup> - 15<sup>th</sup> 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 <sup>th</sup> April	After 26 <sup>th</sup> 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](http://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](http://www.chinmayamissionmumbai.com)

You can also write to us on: [bv.mumbaicm@gmail.com](mailto: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:

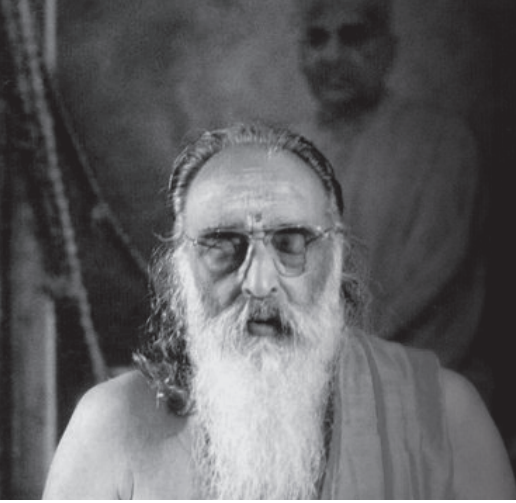
Bhavana Sarawal: 9833188196, Bhuvana Chandran: 9920744979

● 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 3<sup>rd</sup> 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 3<sup>rd</sup> August 2015 to 22<sup>nd</sup> 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.

9 - 15 May	Intellect	Witness	Remain a witness to the activities of the BMI and the world. "I am a sakshi, an uninvolved & undisturbed witness"
16 - 22 May	Body	Cleanliness	Follow cleanliness about and around you.
23 - 29 May	Speech	Guru-Paduka Stotram	Chant Guru Paduka Stotram & 108 names of Gurudev offering flowers to the Padukas.
30 May - 5 June	Intellect	Every Breath A Teaching	Every day read at least 3 anecdotes of Pujya Gurudev's life from "At Every Breath a Teaching"

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.*

*Let's get inspired by #42ChinmayaSadhanas & let's inspire others to do #42chinmayasadhanas*

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

# Chinmaya Arogya Seva

They are tiny hamlets in the wilderness - at times green and pretty but often dry and arid. We had not heard of them before 2001, but now they are familiar names- Lavkar and Pindwal! No, they are not names of unusual Gujarati food - they are very tiny villages in Dharampur district of Gujarat.

People here have no access to health care and live confined to their villages. Chinmaya Arogya Seva led by Dr. Madhuriben Sheth has been working for the health of the local tribal population and the students of 3 residential schools.

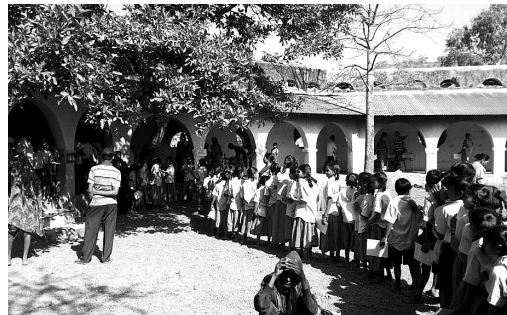
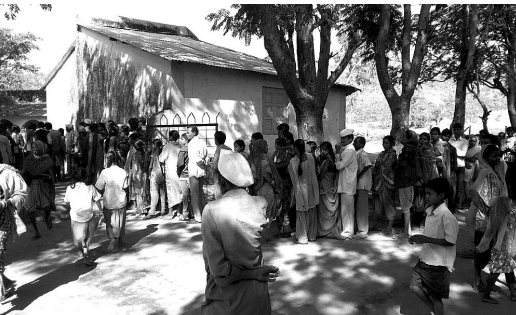
Pediatricians, ophthalmologists, internists, orthopaedicsurgeons, ENT surgeons, gynaecologists, dermatologists and dentists all get together for this camp which requires tremendous organization. Our main supporters in this activity have been, Mr. Sunil Dalal, Managing Trustee

of the Jashoda Narottam Public Charitable Trust (JNPCT) and the Mohanlal Dayal Hospital (MDH) and his wife Swati. Without their support this activity would not have been possible.

JNPCT has been doing amazing work in this area and we have piggy- backed on their services to deliver health care.

As we drive into the gates of the school we see lines of patients waiting – some old, some holding a wailing child, some with 3 tugging at the sari. We examine and treat around 800 to 1000 patients from the villages nearby. 250-300 children from 3 residential schools are regularly followed up every camp ensuring that they maintain good health.

Trained pharmacists dispense medicines prescribed by the doctors and trained community health workers do the counseling.





Patients suffering from conditions beyond the care of the camp are taken to M.D. Hospital and treated free of cost by them. The highlight of the camp however, is the heartwarming bhajans sung by the school children, alongwith manjiras and dholaks. All-in-all it's a fulfilling experience.

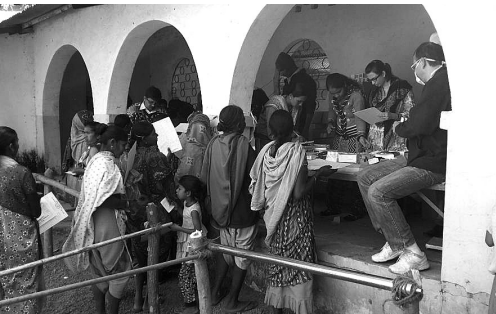
Puja Gurudev says *"Its our need to give and giving of oneself is the best gift of all."*

*Dr. Khushnuma Mansukhani.*

**N.B:** The Arogya Seva project is an extension of the very successful eye camps (cataract surgeries) that began two years

back. Drs. Anil Mansukhani & Nitin Balakrishnan, Ophthalmic surgeons and devotees, pledged to do 1,000 surgeries free of cost, as their homage to Puja Gurudev before the Vishwa Sannam in 2001.

Looking for a place, the Mohanlal Dayal Hospital seemed an ideal location with a large tribal drainage area. The camps were so meticulously planned and executed that the success rate was 100%. And the camps continued!!! These have been temporarily discontinued as the operation theaters are being redone. We hope to restart soon.



# Chinmaya Yuva Kendra

## Report on “On Excellence” Module-Based classes:

A diverse group of 22 youngsters consisting of junior college students, engineering students, entrepreneurs, lawyer, horticulturist, MBA Executives, Government employee and others came together to kick-start the first of the four module based classes “On Excellence” at Sandeepany Sadhanalaya, Powai on 9<sup>th</sup> April. The only common thread binding this group was their quest to achieve Excellence. What is also interesting is that a large proportion of the youngsters were those who did not have much background in Chinmaya Yuva Kendra.

The session began with an ice-breaker activity where the teams displayed good bonding and amazing creativity. The session covered the points of what is excellence, the need for a vision, the concept of Life, importance of Life, speciality of humans, difference between work and action etc. through ppts and activities. The session was coordinated by Ankita Siraswar with support from other Chyks.

The youngsters participated wholeheartedly. The remaining aspects of the topic will be covered in the subsequent classes to be held on 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> April respectively.





# Chinmaya Yuva Kendra

Global Youth Wing of Chinmaya Mission

*Chyft*

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** | **Friday-Sunday**  
**May 2016**

**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](mailto:mumbai@chinmayayuvakendra.org)  
Website: [chinmayayuvakendra.org](http://chinmayayuvakendra.org) || [chinmayamissionmumbai.com](http://chinmayamissionmumbai.com)

Chinmaya Vishwavidyapeeth  
&  
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 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.

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

**Programme Duration:**15<sup>th</sup> Aug. 2016 to 15<sup>th</sup> Aug. 2017

Programme Outline

### **Semester 1:**

**Learn: 15<sup>th</sup> August 2016 to 27<sup>th</sup> October 2016**

- Fundamentals of Vedanta, Bhakti, Hindu Culture
- DVD Talks by Swami Chinmayananda
- Leadership skills, Awakening Indians to India
- Transforming Indians to Transform India workshops
- 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: 2<sup>nd</sup> November 2016 to 25<sup>th</sup> March 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, se-minars, etc

**Semester 2:**

**Learn & Serve: 27<sup>th</sup> March 2017 to 31<sup>st</sup> May 2017**

- Training for taking Balavihar, teenagers' and Youth Camps (27<sup>th</sup> March to 2<sup>nd</sup> April)
- Posting in specific centres for assisting/taking camps
- Hands-on experience at children's camps and youth camps in summer.

**Learn: 2<sup>nd</sup> June to 7<sup>th</sup> June 2017**

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

**Serve: 10<sup>th</sup> June to 10<sup>th</sup> August:**

- Students will be posted to a rural centre

- Social service in general
- Specific area of rural service

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

**Concluding Sessions: 12<sup>th</sup> August to 15<sup>th</sup> August 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 Yuva-veers 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 15<sup>th</sup> August  
2016 to 15<sup>th</sup> August 2017**

Inauguration on 15<sup>th</sup> August  
2016 by Poojya Guruji Swami  
Tejomayananda, Chancellor of  
Chinmaya Vishwavidyapeeth - a  
At Chinmaya Vibhooti, Kolwan.

Last date for registration is 31<sup>st</sup>  
July 2016.

**Campus**

Teaching and training will  
be held at the Chinmaya  
Vishwavidyapeeth Campus  
situated at Chin-maya 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 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.

The 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...**

Chinmaya Vishwavidyapeeth  
&  
**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, stationary 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

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## **Text : Art of Man-Making**

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

Venue : Chinmaya Sagar, Churchgate

Contact : Sw. Swatmananda - 9920144559

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## **Text : Bhaja Govindam**

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

Venue : Sandeepany, Powai

Contact : Jitu Chandran - 9987941432

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## **Text : Game of Life**

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

Venue : Sandeepany, Powai

Contact : Srikant S. - 8898525917

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## **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)

**Graduation day for Teacher's Foundation Vedanta Course on 30<sup>th</sup> March @ Chinmaya Sagar, Churchgate**

Under the tutelage of Brni Nidhi Chaitanya, 16 people completed the one-year study programme to become Sevaks/Sevikas of the Foundation Vedanta Course (FVC). The 'graduates' put up a skit on advertisement jingles to explain the concepts of Vedanta. Swami Swatmananda graced this occasion and gave an inspiring talk on the role and responsibilities of Sevaks/Sevikas. New FVC study classes will start in Sagar Zone from June onwards by these Sevaks/Sevikas.



**40 Spiritual Hacks - A series of 9 sessions based on Shri Adi Shankara's Sadhana Panchakam by Sw. Swatmananda @ INT, Babulnath**

**Satsang** : Sat = Truth (A Self Realized Master), Sang = Company so keep the company of Realized Masters, of seekers, read books and hear talks, which inculcate good thoughts & values and maintain positivity of the mind. Satsang creates detachment and instills interest towards God and disinterest towards the world of objects. It also eliminates delusion, fear & sorrow.

**Love** : Bhakti is the highest form of love. It helps one to rise above one's ego and individuality and unite with Him. Bhakti will go deep in only those who practice values under a Guru's guidance.

**Guru** : Why a Guru? To light a candle, another lit candle is required. Gu=darkness, Ru=remover; the remover of ignorance. Stay firm and totally devoted to the Guru. Be completely available to Him and ask Him relevant questions.

**Guru Padukas** : pa is to protect - protection from temptations. du is to burn - burn one's ignorance. Kaa shines - reveals the Self - effulgent Self in us. Paduka is

the symbol of the ideal the Guru stands for i.e. the Self.

'OM' - AUM is a Vedic mantra: a subtle and powerful pointer to the Truth. Om is a complete mantra by itself.

The 4 Mahavakyas - 1) *Prajanam Brahama* - the definition of the Truth, Consciousness is Brahama. 2) *Tat Tvam Asi* - student is initiated to the Truth, That Thou Art. 3) *Ayam Atma Brahama* - direct experience of the student. I am That. 4) *Aham Brahama Asmi* - declaration of the student, I am That.

Read the scriptures to clear all doubts by doing Shravana, Manana & Satsang. Study, think & discuss.

### Teachers training for Shishuvihar on April 9<sup>th</sup> at Chinmaya Sagar, Churchgate.

The workshop was conducted by Roma Sanghavi and Radhika



Jesrani. 15 people from all over Mumbai attended the workshop. Plans have been made for 4 new classes in South Mumbai, commencing in June 2016.

### Ram Navmi Celebrations talk on "Why Did Rama Do So?" by Brni. Nidhi Chaitanya on 12<sup>th</sup> April @ Prem Puri Ashram, Babulnath

The many controversies, revolving around Shri Rama, compel one to ask, why did He



do what He did? Was He truly an embodiment of Dharma? Nidhiji expounded on these questions and thus cleared our doubts.

- Why didn't Shri Rama not break His father's vow for the larger good? If the King starts breaking promises, disaster follows.
- Why didn't He go back when Bharat went to get Him, after all, now His father's vow had been honored? It

was not about His father. It was to honor a commitment without any excuses.

- Why did He make fun of Surpnakha and allow Laxman to cut off her ears and nose? She was a rakshasi, and when she attacked Sita, Laxman acted to protect Sita.
- Why did He give into the whims of Sita and chase the golden deer? To fulfill His marital vow of giving His wife all that she desires. After telling Sita of the dangers of the golden deer, He gives her the freedom to choose her actions.
- Why did He break the rule and kill Vali from the back? Vali was an animal and had broken many rules himself.
- Sita's Agni Pariksha - didn't Shri Rama trust her? He loved and trusted her unconditionally therefore He went to Lanka to get her back. The Agni Pariksha was done to shut the mouths of others who spoke ill of her. (here Nidhiji clarified that there is no mention of a dhobi - washerman in Ramayan)

The event concluded with Q&A, a quiz on the Ramayan and Aarti of the Lord and Poojya Gurudev.

## A workshop on 'Finish With a Flourish' by Swami Swatmananda on 14<sup>th</sup> April @ CCI Club

The talk was especially for those pursuing a sport currently. Through activities, video clips and the acronym HIGHER, Swamiji shared motivational and inspirational tips on how to excel in the field of sports! Some excerpts from the session:

Aspiration + Inspiration = Transformation

H - Higher Vision

I - In line with your passion

G - Go beyond Limitations

H - Hold on to your plan

E - Exercise Mindfulness

R - Result

We Can. We Must. We Will.

If you fail to plan, you are planning to fail.

Not to do what you 'feel' like doing is Freedom.





3 hours of Multitasking is equal to 1 hour of focused work!!

Learn to be here and now!

**Ram Navmi & Poojya Gurudev's 100<sup>th</sup> Birthday (Hindu Tithi) Celebrations on 15<sup>th</sup> April @ Chinmaya Sagar, Churchgate**

A day of dual celebrations! What could have been a more befitting tribute to Poojya Gurudev on His 100<sup>th</sup> Birthday but a Paduka Pooja performed by His devotees? Love and devotion was

apparent in each one present. This was followed by Ram Janma celebrations and then the event concluded with bhajans by Ramesh bhai.

**Geetathon Sessions**

In view of Pujya Gurudev's Centenary Year celebrations, Chinmaya Sagar organised a month-long Geetathon, from 8<sup>th</sup> April to 7<sup>th</sup> May 2016.

People and groups from the Mission and outside of it, invited home the Lord in His Geeta Chariot, along with Pujya Gurudev's Padukas and hosted Geeta Satsangs which were conducted by our Sevikas and Brahmacharis, on topics selected by the hosts. A befitting tribute to our Sadguru in keeping with his vision.

Please refer Page 46 for details.



## Geetathon Sessions

**Topic : Truthfulness** on 8<sup>th</sup> April

Host : Balvihar-Int Centre, Babulnath

*Sevak/Sevika : Roma Sanghavi* attended by 15 Parents/15 Children

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**Topic : Freedom From The Mind** on 8<sup>th</sup> April

Host : Usha Venkatraman, Prabhadevi

*Sevak/Sevika : Dr. Madhuri Seth* attended by 18 devotees

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**Topic : Anger & Forgiveness** on 9<sup>th</sup> April

Host : Nalini Rajpal, Napeansea Road

*Sevak/Sevika : Dr. Madhuri Seth* attended by 22 devotees

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**Topic : Was Rama Right?** on 9<sup>th</sup> April

Host : Sandhyaji & Alkaji, Churchgate

*Sevak/Sevika : Brni. Nidhiji* attended by 12 Parents/28 Children

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**Topic : 3 Paths & Gunas** on 9<sup>th</sup> April

Host : Rekha, Prem & Jiya Hathiramani, Colaba

*Sevak/Sevika : Dr. Sujata Kelkar* attended by 20 devotees

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**Topic : Duties - Which One To Choose** on 11<sup>th</sup> April

Host : Shashi Sadarangani, Altamount Road

*Sevak/Sevika : Shruti Somani* attended by 12 devotees

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**Topic : Relevance Of The Geeta-3 Paths 7 Gunas** on 12<sup>th</sup> April

Host : Smt. Usha Vij, Marine Drive

*Sevak/Sevika : Dr. Sujata Kelkar* attended by 10 devotees

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**Topic : Fulfillment In Relationships** on 13<sup>th</sup> April

Host : Basanti Didwania, Gamadia Road

*Sevak/Sevika : Brni. Nidhiji* attended by 19 devotees

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**Topic : Importance Of Geeta For Children** on 15<sup>th</sup> April

Host : Lokesh & Harsha Bharwani, Malabar Hill

*Sevak/Sevika : Brni. Nidhiji* attended by 6 devotees



## Sessions by Swami Swatmananda

### **Wise & Otherwise**

Talks on Geeta Ch.3 - Karma Yoga

### **Geeta Power**

Weekly Study of Geeta Verse by Verse

June: 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> (Thursdays)

July: 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> (Thursdays)

12.30 pm to 1.30 pm

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

Contact: 9820185255

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### **Upanishad Darshan**

#### **Taittiriya Upanishad**

Talks on Ch. 2 - Brahmananda Valli

June: 14<sup>th</sup> to 18<sup>th</sup> • July: 5<sup>th</sup> to 9<sup>th</sup>

7.15 to 8.15 am

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

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### **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



## Sessions by Swami Swatmananda

### Geeta In Practice

*Monthly Sessions - Vision of Geeta in Power Capsules*

**Geeta Chapter 16** 24<sup>th</sup> to 26<sup>th</sup> May  
on Divine & Demonic Estates of the mind

7<sup>th</sup> to 9<sup>th</sup> June - **Geeta Chapter 17**  
Programme Yoga or Geeta Way of Life

21<sup>st</sup> to 23<sup>rd</sup> June & 12<sup>th</sup> to 14<sup>th</sup> July - **Geeta Chapter 18**  
Summary of the Geeta.

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*

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### Shishuvihar Class for Children

Age : Between 0-3 years & 3-5 years

**New batches starting in June**

For registrations please contact:

Contact: Roma Sanghavi - 9820297889 / Radhika Jasrani - 992003225

---

### 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



# Sessions by Swami Swatmananda (contd...)

## Setukari Class

**Text: Manah Shodhanam**

**Eligibility: 29 to 45 yrs**

June: 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> • July: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> • August: 1<sup>st</sup>

Mondays 7.30 pm to 8.30 pm

Venue: Chinmaya Shivam, Flat no.304, Shiv-Shaila Appartments,  
Dr. E Moses Road, Worli Naka, Mumbai - 400018.

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## 1 - Year Foundation Vedanta

Certificate Course 2016 (in South Mumbai)

(In association with Chinmaya International Foundation (CIF), Kerala)

### Course Highlights:

- Systematic and Graded understanding of important concepts of Vedanta and life
- Thorough clarity and in depth Knowledge of Vedanta in a span of just one year
- Regular written evaluations to ensure clear understanding and perfect grasp
- Special sessions on Meditation, Chanting and personal Sadhana, Presentations,
- Group Discussions, Video-clips, Activities etc. to convey concepts practically
- Course Material DESIGNED BY SWAMI CHINMAYANANDA based on important preliminary texts of Vedanta
- Regular guidance and personal support from trained and qualified Sevak/Sevika of Chinmaya Mission

**Contribution Fees: Rs.3500**

This Is Not A Tution Fees.

This donation is towards the infrastructural expenses of the course.

The course by itself is FREE.

## Upcoming Batches In South Mumbai

### Tripti Vyas

Starting on: 14<sup>th</sup> June 2016 (Tues)

Every Tuesday from 11.00 am to 12.30 pm

Venue : Chinmaya Sagar Office, Panchsheel Bldg, Ground Floor, 'C'  
Road, Churchgate, Mumbai - 400020.

Contact: 9820970919

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### Sunita Shah & Jasmine Ashar

Starting on: 22<sup>nd</sup> June 2016 (Wed)

Every Wednesday from 11.00 am to 12.30 pm

Venue : 503-B, Ghaswala Tower, PG Solanki Path,  
Near Minerva Theatre, Mumbai - 400007.

Contact : 9867213188 / 9820863799

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### Bina Kejriwal & Nirupa Reshamwala

Starting on: 18<sup>th</sup> July 2016 (Monday)

Every Monday from 2.00 pm to 3.30 pm

Venue : Chinmaya Nursery School, G1 Shalimar Apts, A.K. Marg,  
Behind Shalimar Hotel, Kempes Corner, Mumbai - 400036

Contact : 9821041490 / 9821347058

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### Smita Patel & Bhavna Saraiya

Starting on : 10<sup>th</sup> August 2016 (Wednesday)

Every Wednesday from 11.00 am to 12.30 pm

Venue : 8-B Suvas Apartment, 8<sup>th</sup> Floor, Opp. Regency Hotel, Keno-  
rita Building, Rungta Lane, 68 F, Napeansea Road, Mumbai - 400006

Contact : 9820194861 / 9820398747

in order to register kindly fill out the registration form and contact  
the chosen sevak / sevika of that class for further details

# Chinmaya Mission Mumbai Foundation Vedant Course

## Registration Form

Tick the batch you want to join:

- Every TUESDAY from 14<sup>th</sup> June 2016  
11.00 am to 12.30 pm by *Tripti Vyas*
- Every WEDNESDAY from 22<sup>nd</sup> June 2016  
11.00 am to 12.30 pm by *Sunita Shah & Jasmine Ashar*
- Every MONDAY from 18<sup>th</sup> July 2016  
2.00 pm to 3.30 pm by *Bina Kejriwal & Nirupa Reshamwala*
- Every WEDNESDAY from 10<sup>th</sup> Aug 2016  
11.00 am to 12.30 pm by *Smita Patel & Bhavna Saraiya*

Full Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Full Mailing Address: \_\_\_\_\_

\_\_\_\_\_ Pin Code: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Mobile no.: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Educational Qualification: \_\_\_\_\_ Present Occupation: \_\_\_\_\_

### Cheque Details :

Bank: \_\_\_\_\_

Cheque Number: \_\_\_\_\_ Branch: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cheque should be drawn in favor of “*Chinmaya Seva Trust*”

(Kindly mention your name & mobile number behind the Cheque)

# Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

## Visit to Khopoli Ashram

Mahima Zone organised a Sampurna Geeta Parayan at Khopoli Ashram on 10<sup>th</sup> April 2. The initiative for this Parayanam was taken by Shri H. P. Eswar, a senior Sevak of the Mission.

The trip started with all the 23 devotees, meeting at the Prasanna Ganapati Mandir, Matunga. After praying to Lord Ganesha for a successful Yatra, the bus departed for Khopoli at 6.45 am.

We reached the Ashram at 8.30 am and were greeted very warmly by Swami Medhajanandji and the people at the Ashram. We were served delicious breakfast. The Parayanam started at 9.00 am and ended at 12.30 pm with

Aarti to the beautiful Radha Krishna Moorti and Gurudev.

Swamiji then sang some beautiful bhajans and the devotees joined him. He also, gave a small discourse on the different types of devotees of Bhagwan.

On the return to Mumbai at 3.00 pm, we took a small detour to have Darshan of one of the Ashtavinayak's at Mahad. All returned feeling totally blessed and contented.



# Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)

Yagna on 'Gateway to Self Realisation' by Swamini Krishnapriyananda on 1<sup>st</sup> to 3<sup>rd</sup> April 2016 in Hindi @ National College Bandra.

Swaminiji spoke at length on *Gateway to Self Realisation* based on Bhagawat Geeta in the evenings and Nirvana Shatakam in the morning.

The evening session was attended by about 50 - 60 devotees and the morning session by about 25.



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## Geeta Jnana Yagna

(Chapter V - Karma Sanyasa Yoga)

talks in English

by **Br. Sujay Chaitanya**

(Acharya, Chinmaya Mission, Mangalore)

From 5<sup>th</sup> June (Sunday) to 9<sup>th</sup> June (Thursday)

07.00 pm to 08.30 pm

Venue: Conference Hall, National College,  
Linking Road, Bandra (W), Mumbai 400 050.

Contact : 9820082713, 9321235035, 9821157503



### SHRADDHANJALI

*Smt. Kusum Chikhle* passed away on 7<sup>th</sup> April. She was a very senior devotee of Pujya Gurudev and has served the Mission and Pujya Gurudev's vision with a lot of love

and dedication.

We pray for her Sadgati! Hari Om.



Sessions by  
**Swamini Krishnapriyananda**

**Vishnu Shashranama Chanting**

21<sup>st</sup> May 2016

on the Occasion of Budh Purnima

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

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**Guru Purnima Celebrations**

**Paduka Puja & Gurudev's Video Clipping**

17<sup>th</sup> July 2016 • 11.00 am to 12.30 pm

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**Vedanta Saar**

Every Monday from 4.00 to 5.30 pm

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**Ashtavakra Geeta**

Every Wednesday from 5.00 to 6.30 pm

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**Ishyavasya Upanishad**

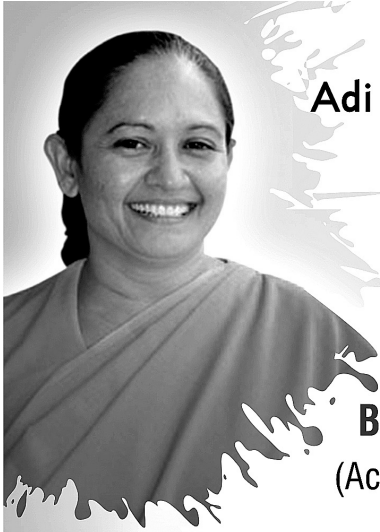
Every Thursday from 4.00 to 5.30 pm

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**Bhaja Govindam**

Every Saturday & 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)

**18<sup>th</sup> September to 22<sup>nd</sup> 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**

**18<sup>th</sup> evening 5 pm and concludes at 22<sup>nd</sup> evening at 6 pm**

Please book your tickets on the  
18<sup>th</sup> morning by flight and return on 25<sup>th</sup> 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)

**Corporate Talk @ Jolly Board Ltd on 9<sup>th</sup> March by Brni.**

**Nidhi Chaitanya**

- It was attended by the Chairperson Mr. Arvind Jolly, their top executives, clients and associates. There were about 250 - 300 people in the audience
- Everyone was extremely inspired as Nidhiji explained practical applications of the Geeta from various standpoints.
- A very stimulating Question-Answer session concluded the session.

**Talks on Bhagawad Geeta Chapter 7 on 28<sup>th</sup> March - 1<sup>st</sup> April 2016 by Brni. Nidhi Chaitanya**

- It was attended by about 25 regular attendees.

**Fun with Ram on 14<sup>th</sup> April by Brni. Nidhi Chaitanya @ Chinmaya Priyam**

- Over 30 Shishuvihar and Balavihar children from all of Nidhiji's classes enjoyed a wonderful Ramanavami celebration.

- All the children - ranging from the age of 7 months to 9 years - were dressed adorably in get ups of Ram, Hanuman and Seeta.
- All the children enjoyed the fun action songs on Ram, which Nidhiji taught them.
- There were also games and activities which put the children on a roll.
- Nidhiji very interactively summarised Ramayan for the kids through actions, songs and dance.
- The kids also prepared a beautiful heart pendant with Ram's & Sita's pictures on it. They looked very cute as they wore it through the rest of the sessions.
- The session concluded with a beautiful arati.

**Ramanavami Utsav on 15<sup>th</sup> - 16<sup>th</sup> April at Chinmaya Priyam**

- The session started on 15<sup>th</sup> with a really inspiring session "Dare to Question Ram" where the participants were welcomed to ask any questions they had about Ram. Nidhiji patiently



answered every question giving logical references and eye-openers from Ramayan.

- It was followed by an exciting quiz on Ramayan. Nidhiji conducted the quiz for 6 teams of class-members. It was a very informative and interesting experience.

- On 16<sup>th</sup>, there was a very inspiring workshop on the movie “On a Quest”. Nidhiji stopped the movie in many points in the movie, and there were various interactions on many deeper aspects of Vedanta, spirituality and Pujya Gurudev.

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## Upadesha Saram

Talks in English

by **Br. Sujay Chaitanya**

(Acharya, Chinmaya Mission, Mangalore)

From 23<sup>rd</sup> to 28<sup>th</sup> May 2016

07.00 pm to 08.30 pm

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

*All are Welcome*



### SHRADDHANJALI

*Smt. Meenaxi Buch* passed away on 1<sup>st</sup> April. She was a very senior devotee of the Mission. She had served Pujya Gurudev with a lot of love and reverence.

We pray for her Sadgati! Hari Om.

# Feminity to Infinity

Overcoming Negativity, Discovering Divinity

**Exclusive 3-day Devi Group Camp**

**with Brni. Nidhi Chaitanya**

27<sup>th</sup> - 29<sup>th</sup> 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 : 27<sup>th</sup> - 29<sup>th</sup> 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,  
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Time: 2.00 pm - 4.00 pm

13<sup>th</sup> - 17<sup>th</sup> June & 20<sup>th</sup> - 24<sup>th</sup> June

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

To enrol, call Jahnvee : 9870410805



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 by Brni. Nidhi Chaitanya

### Monthly Geeta Darshan - 2016 Dates

Talks on Bhagavad Geeta (*in English*)

13<sup>th</sup> - 17<sup>th</sup> June • 11.00 am to 12.30 pm

**Chapter - 8 : Power of Thought**

8<sup>th</sup> - 12<sup>th</sup> August • 11.00 am to 12.30 pm

**Chapter - 9 : Power of Knowledge**

3<sup>rd</sup> - 7<sup>th</sup> October • 11.00 am - 12.30 pm

**Chapter - 10 : Power of Divinity**

14<sup>th</sup> - 18<sup>th</sup> 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 Priyam-Prakash Zone: Quarterly Report Jan - Mar 2016

### Gayatri Sadhana - Talk & Meditation

Dates : 10<sup>th</sup> January

Participants - 35

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### Sishuvihar Training

by Roma Sanghavi • Dates : 5<sup>th</sup> February  
Participants - 22 / Venue : at Chinmaya Priyam

---

### Talk on Meditation

Dates : 6<sup>th</sup> February • Participants - 70  
Venue : Father Agnel College of Engineering

---

### Shivratri Talks on

“Shiva Aparadha Kshamaapanaa Stotram”  
Dates : 1<sup>st</sup> to 2<sup>nd</sup> March • Participants - 25

---

### Devi Group Camp at Chinmaya Vibhooti on Sadhana Panchakam

Dates : 3<sup>rd</sup> - 5<sup>th</sup> March  
Participants - 10

---

### Women’s Day Talk at Essar Group

Dates : 8<sup>th</sup> March  
Participants - 200

---

### Talks on Chapter 7 of Bhagawad Geeta (part of Monthly Shravan Sadhana)

Dates : 28<sup>th</sup> March to 1<sup>st</sup> April • Participants - 25

---

### Weekly Talks at DJ Sanghavi on “Just Being”

Dates : Jan - March  
Participants - 150

---

### Welcome to the World:

### 5 Week Course for Pregnant Women

Dates : Feb - March  
Participants - 10

## Regular Classes / Talks by Brni. Nidhi Chaitanya

### Talks - Kathopanishad

8.00 am to 9.30 am (Sundays)

Registered Participants - 50 ● Regular Attendees - 40

---

### Sanskrit Class

9.45 am to 10.45 am (Sundays)

Registered Participants - 30 ● Regular Attendees - 25

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### Devi Group in "Tirth" Bungalow

11.00 am to 12.30 pm (Mondays)

Registered Participants - 8 ● Regular Attendees - 8

---

### Advanced Vedanta Course

4.30 pm to 6.00 pm (Mondays)

Registered Participants - 21 ● Regular Attendees - 21

---

### Weekly Talks on Bhagawad Geeta:

6.30 pm to 8.00 pm (Mondays)

Registered Participants - 70 ● Regular Attendees - 60

---

### Advait Makarand Course at The Club:

4.00 pm to 5.30 pm (Tuesdays)

Registered Participants - 60 ● Regular Attendees - 30

---

### Sishuvihar Junior : 0 - 2 year olds :

6.00 pm to 7.00 pm (Tuesdays)

Registered Participants - 20 ● Regular Attendees - 14

---

### Corporate Study Group at The Club:

7.30 pm to 8.30 pm (Wednesdays)

12 - 15 Top level corporates & businessmen

---

### Mananam Course on Tattvabodh:

11.00 am to 12.30 pm (Thursdays & Fridays)

Registered Participants - 60 ● Regular Attendees - 40

---

### Sishuvihar Senior : 2 - 4 year olds :

5.00 pm to 6.00 pm (Thursdays)

Registered Participants - 20 ● Regular Attendees - 12

---

### Balavihar : 5 - 8 year olds

6.30 pm to 7.30 pm (Thursdays)

Registered Participants - 20 ● Regular Attendees - 15

---

## Upcoming Events:

**Spiritual Parenting Workshop**  
10<sup>th</sup> April 2016  
Venue : Chinmaya Priyam

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**Ramanavami Utsav: Ramayan Quiz, Dare to Question,  
Movie Workshop on "On a Quest"**  
15<sup>th</sup> - 16<sup>th</sup> April 2016  
Venue : Chinmaya Priyam

---

## Upcoming Classes:

**Class Details - Bhagawad Geeta Course**  
**Sevak : Nidhi Chaitanya**  
Starting Dates : Dec 2016  
Registered Participants - 59 (*Provisional Registrations*)  
Expected Registrations - 100 - 120

---

**Class Details - Short Courses for Youth**  
**Sevak : Nidhi Chaitanya**  
Starting Dates : Jan 2016  
Registered Participants - 12 • Expected Registrations - 25

---

## Upcoming Camps:

**Annual Gurupoornima Camp on Dakshinamoorthy Stotram**  
**(Camp is full. All bookings done)**  
Starting Dates : 14<sup>th</sup> - 19<sup>th</sup> July  
Registered Participants - 52 • Expected Registrations - 52  
Venue : Uttarkasi

---

**Devi Group Camp: Feminity to Infinity**  
**Sevak : Nidhi Chaitanya**  
Starting Dates : 27<sup>th</sup> - 29<sup>th</sup> September  
Registered Participants - 32 • Expected Registrations - 120  
Venue : Chinmaya Vibhooti

---

## Ongoing Foundation Vedanta Courses:

(Saturday) 8.00 am to 9.30 am

**Sevak - Anu Oberoi**

Number of Participants : 12 ● Venue : Lokhandwala

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(Saturday) 9.30 am to 11.00 am

**Sevak - Advait Chitalia**

Number of Participants : 25 ● Venue : Juhu

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(Tuesdays) 11.00 am to 12.30 pm

**Sevak - Meghna Patel**

Number of Participants : 30 ● Venue : Juhu

---

(Sundays) 11.00 am to 12.30 pm

**Sevak - Mukul Patel**

Number of Participants : 20 ● Venue : Juhu

## Upcoming Foundation Vedanta Courses:

(Saturday) 8.00 am to 9.30 am

**Sevak - Nidhi Chaitanya**

Starting Date : June 2016

Number of Registrations - 21 ● Expected Registrations - 35  
Venue : Juhu

---

(Wednesdays) 11.00 am to 12.30 pm

**Sevak - Nidhi Chaitanya**

Starting Date : June 2016

Number of Registrations - 22 ● Expected Registrations - 30  
Venue : Juhu

---

(Fridays) 4.00 pm to 5.30 pm

**Sevak - Nidhi Chaitanya**

Starting Date : June 2016

Number of Registrations - 7 ● Expected Registrations - 20  
Venue : Juhu



# Chinmaya Bhakti Zone

(Goregaon to Bhayandar)

Karma Yoga (Geeta Ch 3)

Talks in English

by Br. Sujay Chaitanya

(Acharya, Chinmaya Mission, Mangalore)

From 14<sup>th</sup> to 20<sup>th</sup> May 2016

07.30 pm to 09.00 pm

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

All are Welcome

---

## Jagadeeshwara Zone

(Powai)

**Celebrate your Children's Birthday with**

Ganesh Krishna Hanuman

Register Online : [www.BirthdayHavan.com](http://www.BirthdayHavan.com)

**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

**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)

# Chinmaya Narayan Zone

(Chembur, Ghatkopar to Bhandup)

Sampoorna Geeta Parayan on 8<sup>th</sup> April, @ residence of Shri Viraj Sadekar, Garodia Nagar, Ghatkopar

As part of Ghar Ghar Mein Geeta, the Geeta Chanting group chanted the entire Bhagawad Geeta.

About 20 members participated in the chanting. The chanting concluded with Geeta and Gurudev Aarati followed by Prasad.



On 11<sup>th</sup> April, Sampoorna Geeta Parayana was held at the residence of Smt. Kajal Sheth Garodia Nagar, Ghatkopar (E). Nearly 25 members were present for the chanting. After Geeta and Gurudev Aarati, devotee dispersed partaking prasad.

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## Study Class - Self Unfoldment

Every Sunday 4:30 to 6.00 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 - Upadesh 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)

Talk on “Secret of Happy Living” @ CBD Belapur on 27<sup>th</sup> March by Br. Ved Chaitanya

Br. Vedji gave a very interesting talk on in the house of Shri Rajeev Govindan. He said enjoy life by making it as simple as possible and not to suffer by complicating it. Have positive approach in anything you do and make matters simple.

About 50 people attended the talk. The initiative for this was taken by the Study Group members of CBD Belapur. These types of talks will be held once a month in different houses in and around CBD Belapur.

**Annual Day Celebration of Chinmaya Fine Arts on 8<sup>th</sup> April @ Chinmaya Prerna**



3<sup>rd</sup> Annual Day of Chinmaya Fine Arts was celebrated in a grand scale on Gudi Padva day between 6.30 to 9.00 pm at Shree Mahalakshmi Temple Auditorium, Kharghar.

The function was inaugurated by Swamini Samarpanandaji, Br. Ved Chaitanyaji, Chief Guest Smt. Swapna Datar (Famous Violinist) and Guest of Honor Smt. Mangala Chandrashekar, (Principal, Vaswani International School, Sanpada) & Shri Parindra Kadakia (Trustee Chinmaya Mission, Mumbai).

There were performances by students of Guitar, Keyboard and Tabla. The programme concluded with 30 minutes scintillating solo Tabla performance by a 9<sup>th</sup> std. student, Master Anirudh Pandit and Violin recital by Chief Guest



Smt. Swapna Datar accompanied by Shri. Avinash Patwardhan on the Tabla.

Swamini Samarpitanandaji distributed gifts to Fine Arts Students, Chief Guest. Guest of Honor felicitated the Faculty teachers. The function concluded with Ashirvachan by Br. Ved Chaitanyaji followed by Mahaprasad. About 200 people attended the function.

**Geeta Shravana Sadhana by Br. Ved Chaitanya from 13<sup>th</sup> to 17<sup>th</sup> March on Chapter 1 and from 9<sup>th</sup> to 15<sup>th</sup> April on Chapter 2 @ Chinmaya Kharghar**

By the grace of God and Pujya Gurudev, Shravana Sadhana on Srimad Bhagawad Geeta has started at Shree Mahalakshmi Temple, Kharghar. The sessions were interesting witnessing

audience of more than 100 people everyday! It also saw growing young audience.

In the first chapter we saw background of Srimad Bhagawad Geeta. Br. Vedji explained about the mental condition of Duryodhana and Arjuna. Duryodhana due to his ego and fear makes a fool of himself. On the other hand Arjuna, being overpowered by sorrow and delusion gives seemingly correct arguments for not fighting the war. We also saw the genius of Bhagavan Ved Vyasa in creating a word painting of their mental condition and of war.

In the second chapter we saw Arjuna surrendering to Lord Sri Krishna after which Lord talks about Self Knowledge, thus showing the purpose of human birth. Then He talks about Karma Yoga as a means to fulfill





the purpose. When Arjuna asks Bhagawan, “Who is such a person deeply rooted in Self Knowledge”, Bhagawan describes this person through the most beautiful eighteen verses famously known as Sthita-Prajna-Lakshana.

The third chapter is planned from 12<sup>th</sup> to 17<sup>th</sup> June 2016.

### **Report of Birthday Havan**

An Aayushsookta Havan was conducted in Shree Mahalakshmi Temple, Chinmaya Prerana, Kharghar for Balavihar children. This is a new initiative taken by the Navi Mumbai Zone to invite all the balavihar children to participate in the havan. This havan will be conducted every month on a particular Sunday where all the balavihar children celebrating their birthday in that month will come together to Chinmaya Kharghar Ashram with their parents. Children will perform the Havan.

For the first time this Birthday Havan for the month of April was conducted on 10<sup>th</sup> April in our Temple premises. The havan was performed by the pujari Sri Suraj Vyasji and around 17 children in and around Navi Mumbai participated with their parents. For many parents it was their first visit to our ashram. All children performed the havan and our Acharya Swamini Samarpitananda gave Aashirvachan to the children and parents. Programme concluded with Prasad distribution and Shanti Path.

### **Report on Ramanavmi Celebrations, 2016**



Ramanavami was celebrated on Friday, 15<sup>th</sup> April 2016 between 9.00 am - 12.30 pm at Chinmaya Prerana, Kharghar. Programme started at 9.00 am with Sundarkaand Parayan lead

by Br. Ved Chaitanyaji. Ram Janmotsav Pooja started by 11.15 am and ended at 12.30 pm. Br. Ved Chaitanyaji conducted the pooja. About 100 people participated in the function.

### Movie Workshop

A movie workshop was organized by Chinmaya Yuva Kendra at Chinmaya Prerana, Kharghar, Navi Mumbai on the movie PEACEFUL WARRIOR. The workshop was attended by 40 participants of various age groups (above 13 yrs) and was conducted by Br. Vedji.

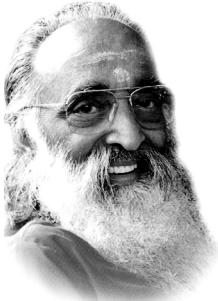
The workshop began with the movie session where all enjoyed the movie after which there was a short reflection session where the participants reflected peacefully on what all they had learnt from the movie and would be willing to apply in their life. The session was followed by Lunch. After lunch, a group discussion

session was conducted where the participants were given a sheet of important dialogues of the movie and were divided into five groups for discussion on the given dialogues.

The group discussion session concluded with representatives of each group sharing their group's thoughts and learning over the given dialogues and Br. Vedji's remarks on the same. The next session conducted was the game session where the groups were given a list of activities in which each group member had to perform one of the activities given in the list.

The participants shared great moments during the sessions, bonding and rejoicing. By the end of workshop all the participants had become members of one huge family, "The Chinmaya Family". The workshop was definitely a great success.





**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](http://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**

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(available on Cable TV Only and Not on DTH)

**& now also on**



**Sri Sankara TV**

Regular TV Telecast of

**Talks on the Holy Geeta**

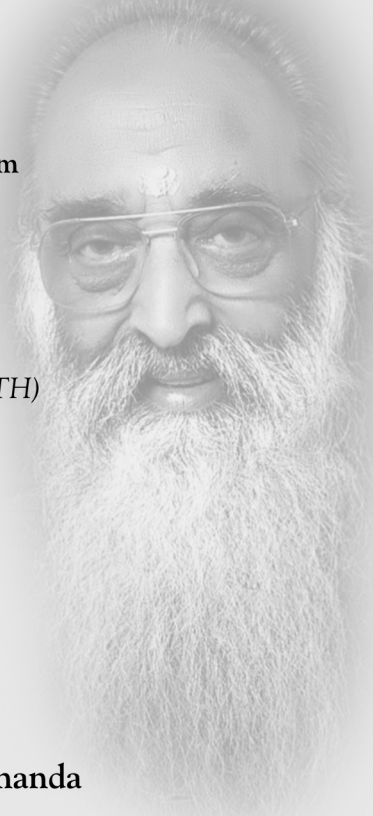
by Pujya Gurudev Swami Chinmayananda

**Bhagavad Geeta - Chapter XVII - XVIII in May**

Monday to Friday 10.30 to 11.00 p.m

Sri Sankara TV is available on DTH services  
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For Others	₹ 11,000	US\$ 800

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# Vedanta Unveiled



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Head, Chinmaya Mission worldwide

on Ādi Śaṅkarāchārya's Dakṣhiṇāmūrti-stotram

28<sup>th</sup> Oct to 3<sup>rd</sup> Nov 2016

at **Adi 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

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For more details, contact

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Email: [welcometocif@chinfo.org](mailto:welcometocif@chinfo.org)

Register online @ [www.chinfo.org/vedanta-unveiled](http://www.chinfo.org/vedanta-unveiled)

Central Chinmaya Vanprasth Sansthan  
Rasulabad Ghat Road, Allahabad -211004

Announces

## 150<sup>th</sup> Camp on Art of Graceful Ageing

in English

6<sup>th</sup> to 14<sup>th</sup> 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 elderlyies.

**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, Vindhyaivasini 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

16<sup>th</sup> - 23<sup>rd</sup> 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 24<sup>th</sup> 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.

# 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



Celebrate auspicious occasions like Ganesh Chaturthi, Janmashtami, Raksha Bandhan

Experience the joy of Gurukula living.



Learn spiritual practices like Meditation, Japa, Puja, Homa.



Bond with the Global Chinmaya Mission

Learn Sanskrit



Venue: **Chinmaya Gardens**

Nallur Vayal Post, Coimbatore - 641114

0422 - 2615637 / 2613493

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)

Rs. 18,000 ( AC Room)

Rs. 6,000 per person for

dormitory accommodation

with common toilet

Contact

Co-ordinator

09360461566

Register on line at [www.chinmayagardens.com](http://www.chinmayagardens.com)

# Sadhana Camp on Atmaram (by Samartha Swami Ramdas)

in Marathi

by Swami Advaitanandaji

24<sup>th</sup> to 30<sup>th</sup> July 2016

Camp donation : Rs. 3000/-

Venue : Chinmaya Sandeepany Ashram, Kolhapur

For registration contact : Swami Atmadevananda - 96230 74457

Email : [atmadev@gmail.com](mailto:atmadev@gmail.com)

## 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 8<sup>th</sup> 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.

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Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi, District Pune 412108, Maharashtra, India





## Chinmaya Vibhooti, Kolwan – Upcoming Events 2016

Dates	Acharya / Faculty	Title/Text	Language
12 <sup>th</sup> to 15 <sup>th</sup> May	Pujya Guruji Swami Tejomayananda & other acharyas	Balavihar Camp for Children & Parents	English
17 <sup>th</sup> to 22 <sup>nd</sup> May	Shri Vinay Nair	Simpli5 – Mathematics Camp organised by CIF and School of Vedic Maths	English
20 <sup>th</sup> to 22 <sup>nd</sup> May	Swami Swatmananda	Just Like That camp for Youth	English
13 <sup>th</sup> to 19 <sup>th</sup> July	Swami Ramakrishnananda	Easy Sanskrit Camp	Sanskrit & English
5 <sup>th</sup> August to 15 <sup>th</sup> September	Swami Advaitananda	Chinmaya Sadhak Course (6 weeks)	Hindi
26 <sup>th</sup> to 28 <sup>th</sup> August	Swami Advaitananda	Camp on Nirvana Shatakam	Hindi
27 <sup>th</sup> to 29 <sup>th</sup> September	Brni Nidhi Chaitanya	Feminity to Infinity – Camp for Ladies	English
12 <sup>th</sup> to 18 <sup>th</sup> October	Swami Advaitananda	Camp on Shri Krishna Leela	Hindi
23 <sup>rd</sup> to 31 <sup>st</sup> December	Pujya Guruji Swami Tejomayananda	Sampoorna Tulsi Ramayana Camp	Hindi

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*If you would like to organise a Camp, Conference, or Sevak Training Programme at Chinmaya Vibhooti, please contact us:*

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12<sup>th</sup> - 15<sup>th</sup> May 2016 (Thurs - Sun)

AT CHINMAYA VIKROOTI, KOLWAN



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HIGHLIGHTS**

For details please refer page 33

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**Chinmaya Mission Mumbai**

invites you to the

**Inauguration of**



illuminating a Timeless Vision

**by Poojya Guruji Swami Tejomayananda**

on 19<sup>th</sup> May 2016  
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Venue: Sandeepany Sadhanalaya,  
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Chinmaya Pradeep is India's first Permanent  
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Life of Swami Chinmayananda

It will be open for public visit after 1.30 pm on 19<sup>th</sup> May.

[www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)