

November 2015

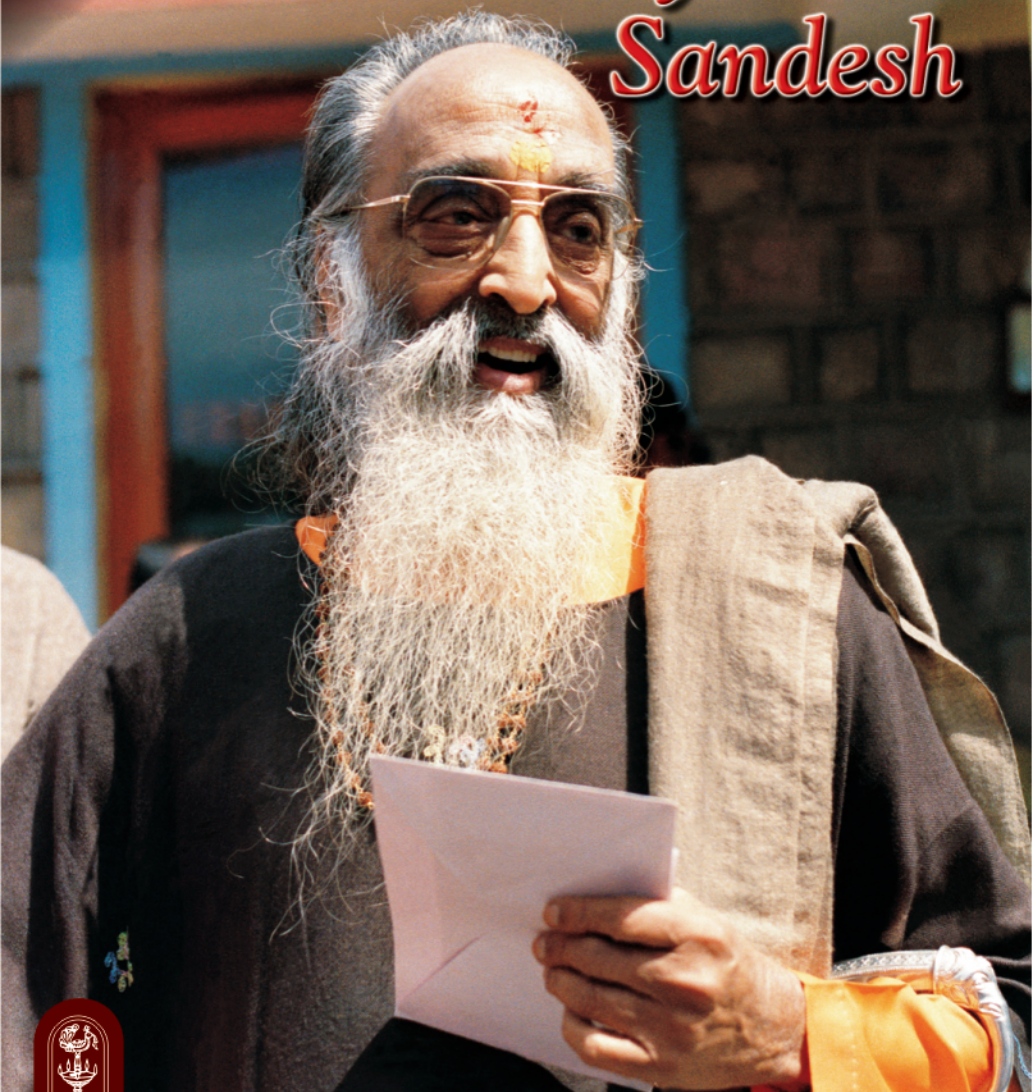
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Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai
Chinmaya Sandesh - Lotus XXXXIII, Petal 11, 3rd & 4th Nov., 2015

CHINMAYA MISSION WELCOMES YOU TO
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SPIRIT OF INDIA

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Chinmaya Sandesh

November 2015 Spiritual Monthly Bulletin of Mumbai.

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About us :

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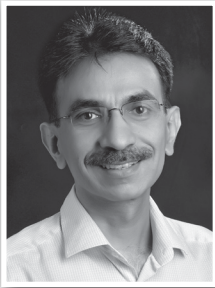
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From the President's Desk



Om Shree Chinmaya Sadgurave
Namah!!

Diwali or Deepavali is celebrated with great enthusiasm all over the country and even abroad. It is the most important Hindu festival. We proudly say “I have seen so many Diwalis” relating with the number of years of age. One Diwali celebrated is as though one year of life lived. We all clean our homes specifically to get rid of old and unwanted things just before Diwali. We get rid of old clothes, furniture and appliances also. And then everyone is on a shopping ride. Buying new clothes, furniture, jewellery and even new cars. Small children get special quota for their stuff like toys and sweets. Young ones nowadays may even be lucky to get a new mobile phone. We also give gifts to our relatives and friends. In short,

everyone is in a great celebration mood.

The concept of “Sharing” is deep rooted in our culture. When we buy new clothes, jewellery and cars it is to share the joy with our family members. When we give gifts to friends and relatives it is to share the joy with others. And when we donate to those in need then it is to share the joy with ourselves because, Puja Gurudev has said “Greatest Joy is in Giving”. So we must share the joy with others and specially by giving and supporting those in need.

Every festival in our culture has a deeper spiritual significance. We celebrate Diwali as a festival of lights and as a day when Lord Rama returned to Ayodhya after conquering Ravana. It is the day of celebrating victory of Good over Evil. We also invoke blessing of Goddess Maha-Lakshmi during Diwali. It is not only for material gain but more for the gain of Virtues. It is for Prosperous and Righteous life. But actually the celebration of Diwali as the “victory of good over evil” refers to the light of higher knowledge dispelling all ignorance, the

ignorance that veils one's true nature, not as the body-mind-intellect, but as the unchanging, infinite, immanent and transcendent Reality. With this awakening comes compassion and the awareness of the oneness of all things, and knowledge overcomes ignorance. Diwali is the celebration of this inner light over darkness, knowledge over ignorance, right over wrong, good over evil. Let us light the lamps of knowledge and dispel the darkness of ignorance.

And for all of us the New Year comes with grand celebration of Chinmaya Anand Utsav to be held in December. There have been so many announcements all over Mumbai. In every Satsang the Acharya speaks about it, many pages of Chinmaya Sandesh are filled with it and so many pamphlets are being distributed for the same. Can you not feel the "Grandness" of this event?? A week long of high intensity programs. That is how we can give a befitting tribute to a great master like Pujya Gurudev in His Birth Centenary Year.

And how do we do it? Pujya Gurudev has shown us the direction in the word "Yagna Spirit". We have to come together selflessly with the spirit of service above self. Performing every

task with utmost dexterity and dedication. It is said that when only few perform and others enjoy it is called "Manoranjan i.e. entertainment" but when everyone gets involved it is called "Utsav-celebration".

To fulfill our motto "*Maximum Happiness To Maximum People For Maximum Time*" we also need to reach out to maximum people. And therefore we have made elaborate plans for publicity of this Utsav. You will come across articles in newspapers, hoardings, advertisements, announcements in digital media, etc. Please give maximum publicity to the events and programs. Best medium is the word-of-mouth. Get maximum people to participate in our Utsav. Pujya Guruji's Gyan Yagna is titled "*Geeta For All - Non Believers or Believers*". Believers will come anyway. But we have used the word Non Believer first. So get a "Non Believer" to this Gyan Yagna, be it your friend or yourself, and let Pujya Guruji establish his or her faith in Vedanta. Come, let's celebrate Chinmaya Anand Utsav.

Unto Him Our Best!

Mukul Patel

President -

Chinmaya Mission Mumbai

Chinmaya Chintan

Deepavali Jyothi

Swami Chinmayananda



In honour of the victorious return of Lord Krishna, after destroying the enemies, the joyous populace illumined the entire city, once upon a time, on the banks of the Jamuna. That glorious day of victory over the enemies was called Divali, which is the colloquial form of Deepavali meaning “the array of lights”.

In Hinduism, the great saints and sages taught the subjective philosophy of true living in the form of stories in order to entertain the average man who, otherwise, would not be able to follow the exhaustive and deeply-learned arguments of the master.

Philosophy expounds the ultimate Reality and the Higher

*To all my Hindu
brothers everywhere,
I appeal that this day
be a day of prayer
and expression of love.
Get out of your homes
in the evening and
embrace every other
individual in society
not because they are
Hindus but because
they, too, are small
flames of the same
Light Divine*

Consciousness. Such significant stories, which are in themselves complete and attractive, when they also signify something nobler and diviner, are called mystic stories. Mysticism is the heart of all scriptural literature. It is the medium by which ancient seers explained the inexplicable, described the indescribable.

Destroying the political enemies of a nation is not in itself an assurance of prosperity, peace and joy. No doubt, a nation must destroy its enemies and keep constant, alert vigilance to defend its freedom, but its population must grow in its economic well-being and they must be trained and educated to live harmoniously – striving enthusiastically in all fields of productivity. This programme of prosperity in the political field is very well understood by the average man and therefore, the great mystics of old took this as a striking metaphor to indicate the spiritual unfoldment that must be subjectively gained by every seeker in his or her own inner personality.

The mighty, divine individual in each one of us must, by constant effort and watchfulness, endeavour to destroy all the negative tendencies of lust, greed,

selfishness, egoism, vanity etc. by the cultivation of the positive qualities of love, kindness, cheerfulness, understanding, mercy, compassion – and other spiritual virtues. When the individual does destroy in himself or herself all subjective enemies and cultivates the inner riches, then that personality becomes enriched and a noble example that lights the path for others to travel through this world.

On this sacred day of Deepavali all over India, at dusk, when dark-ness intensifies, all homes are illuminated by lights in tiny mud-pots with oil and wick. Although government houses and public buildings would be illuminated by flood lights and electric bulbs, private houses of even the wealthy would be decorated, from the gateway onwards, along the porches and even upon the roof, with these little flames of hope and joy. This indicates a society wherein each member is a little lamp of piety, goodness, love and mutual understanding – and in such a society alone, does true goodwill and enduring prosperity come to stay – victoriously.

To all my Hindu brothers everywhere, I appeal that this day be a day of prayer and expression

*Divali is a day
dedicated to
inner purity and
noble character.
Cultivation of
character is the
promise for national
resurgence.*

of love. Get out of your homes in the evening and embrace every other individual in society not because they are Hindus but because they, too, are small flames of the same Light Divine.

May this day be considered a day of peace and cheer, reassuring man that he is essentially divine. When the veiling vulgarities in us are cleansed, the pure divine light can impart a joyous sense

of perfection in the ways of men and women.

Divali is a day dedicated to inner purity and noble character. Cultivation of character is the promise for national resurgence. Political awakening, economic growth, social reforms and educational programmes are all wonderful programmes, but let us remember that all these depend upon the character of the people. Here is a happy day dedicated to the opening-up of our hearts.

Let all meet their friends and neighbours at the same table. Let all misgivings be forgotten, all grievances forgiven. Let us remind ourselves, at least on this great day, that we can be victorious over our impulses, and come to illumine for the world around, the lamp of wisdom from the land of spiritual light.

**H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY
NOVEMBER - 2015**

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01 to 07 Dec, 15	Kolkata	+91 - 98300 58355

Tejomayam

The Actual Game

Swami Tejomayananda



Let us take the case of cricket. It is a very well known and popular game. In cricket, there is a huge field with the pitch in the center. There are three stumps on either side. There is a single batsman, who has to face the bowler. There are other fielders, all of them trying to get the batsman out. The bowler bowls different kinds of balls and the fielding goes on changing. In the stadium there are thousands of spectators, some encouraging, others hostile.

Under such circumstances, how can the batsman be successful?

- a. He must be fearless, not get scared of the bowler and the fielders.
- b. He must know how to face all types of balls. If he knows how

to face only one type of ball, then when a different type of ball is bowled he gets out.

- c. He must be alert, otherwise he can get out – stumped, run out and in so many other ways.
- d. He must maintain his balance and not get excited especially when he has scored ninety runs! If he gets excited and anxious, he may get out.
- e. He must learn to face a hostile crowd with courage and not get overpowered by the tactics of the opposite team. When wickets keep falling and then a batsman enters the field and starts scoring, then the game becomes interesting.

We face different kinds of bowling – various types of problems, medical problems, social problems, political problems etc. If you are a specialist in one field, for example a doctor is a specialist in medical problems, then you can solve problems in that field, but when other problems come you don't know what to do. A specialist in one field is able to face those situation but is 'stumped' when other situations arrive.

- f. His behavior must be perfect because all the spectators in the stadium are watching. People are watching on television, listening to the commentary or reading about it in the newspapers the next day. One man playing and the eyes of the entire nation are on him, especially during foreign tours. One act of misbehavior and not only does he get a bad name, but so does the entire nation. He should not allow the other team to overpower him in any way, specially emotionally. This is the important thing to remember.

We now come to our life. Our field may be very limited to our house, our school, our office. In whichever field we may be working there are many people who are trying to pull us down. It is a test. Many people encourage us – friends, relatives, family members.

We face different kinds of bowling – various types of problems, medical problems, social problems, political problems etc. If you are a specialist in one field, for example a doctor is a specialist in medical problems, then you can solve problems in that field, but when other problems come

The three stumps are the body, mind and intellect. The intellect is different from the faculty of discrimination. When there is a difficult situation or problem, you become physically weak, emotionally upset and confused, intellectually incapable of finding any solution; all three stumps are down, we are “out” and walking back to the pavilion (for example in the examination hall).

you don't know what to do. A specialist in one field is able to face those situation but is 'stumped' when other situations arrive.

Hence, whether it is a loss of health, wealth or emotional disturbance one must know how to face these problems. The difficulty is that we try to face the world with a little bat – our university degree.

What is the bat with which we should play the game of life? It is the bat of right discrimination. Knowledge we may have but discrimination or understanding is different. Our own knowledge is killing us because discrimination on how to use and where to use that knowledge is absent or insufficiently present.

Three friends set out abroad for higher studies, telling each other that they would meet after five years. The first one learnt how to put a dead body together; the second one learnt to give life to a dead body. The third had made a general study of life. They came across dead tiger cut up by a hunter into pieces. The first one put the pieces together and asked the second one to give life. The third friend cautioned them against it and went up a tree when they refused. The second one gave life to the tiger, which then killed the two friends, as they had no discrimination power as to where to use the newly acquired knowledge, even when

advised by the third friend.

So discrimination is rare. Swami Vivekananda said, “The most uncommon thing in the world is common sense.” Therefore we find that one particular degree does not help all types of situations and what to do in each situation and make the best of it. In the Mahabharata, Bhagawan Sri Krishna had to face many difficult situations but he did so with a smile and knew exactly what to do each time.

The three stumps are the body, mind and intellect. The intellect is different from the faculty of discrimination. When there is a difficult situation or problem, you become physically weak, emotionally upset and confused, intellectually incapable of finding any solution; all three stumps are down, we are “out” and walking back to the pavilion (for example in the examination hall).

So in the game of life, we should stand in the field fearlessly, bat with right discrimination and protect our physical, mental

and intellect stumps from the problems which can shatter them.

Even if it is a short game and we get out quickly, it does not matter. Play the next inning well. Never be worried and anxious, otherwise we will fail the next time too. Do not take anything for granted. We must be ever alert, just like the army, which has to be alert even during peace time.

When the player is playing, he must remember that the whole country is watching. He must behave properly and be disciplined at all times even though the match is only for five or six hours. He will not be recognized as a great man only by his game. His full greatness will be recognized only with all round personality development. We may not appreciate all these things at once. Only when we live our life, we will understand slowly all the rules, laws, dharma – all that goes to make up our personalities.



Know what to do. And then do it yourself.

- Swami Chinmayananda

Acharya Manan

Overcoming Attachment

Swami Swatmananda



Srimad Bhagavad Gita is called as 'Ashoka-Upanishad'. Its theme is to 'destroy grief' and make one's life happy. Grief is caused due to attachment. It is the glue that keeps us stuck in the cycle of birth and death. Attachment appears cool, soft and binding unlike anger, which is hot. Attachment arises out of inalertness and takes over our entire personality. For example, we barely dip a corner of a paper in an oil cup yet the oil gets absorbed and it pervades the entire paper.

Attachment – Features

Attachment to one's image & Body Mind Intellect is - 'I' & attachment to things & beings is - 'my.' Attachment is defined by Poojya Gurudev as - i + i want.

Attachment covers our vision and makes us blind. Dhritarashtra was attached to his son. Duryodhana was attached to wealth & power. Arjuna was attached to the fruits of action & sense of doership. These three characters cover most common attachments of human mind.

It expresses as Raag – Likes & Dvesha – Dislikes and distracts one from one's duty.

Attachment is an emotional pattern. Our mind gets fixated. We can't do without it. Our sense of self & security entirely depended on that person, job, relationship, object...When separated from it one may even feel physical pain.

When Attachment has its way we become possessive. Then we want the person, situation or object... to be exactly as we want it to be, rather than what it is. We want it to be ours and ours alone.

Attachment makes us psychology dependent. Strongest of men become weaklings due to attachment. Sant Jnaneshwara

Maharaj says - "A Drone is capable of boring through a thick log of wood but it cannot come out of the soft petals of a flower due to its attachment to nectar." Dependency is Pain & death. Independence is freedom & life.

Attachment also has its own attachments that come along into our lives:

- Jealousy ■ Anger ■ Fear
- Insecurity ■ Loneliness
- Psychological Dependence

Steps in Overcoming attachment

Step 1 - Recognize it

We must recognize our attachments at all the 4 layers of our personality. Through introspection and self-observation we can find out where we are attached. Ask – What am I attached to? When we sincerely ask ourselves, we will know. We must also accept with humility that I am attached to.....

- Don't resist it saying – 'I am not attached at all....'
- Don't justify – 'everybody thinks that way... its natural to be attached'
- Don't disguise it as – 'i think its love and how can we live without it'
- Don't give importance – my attachment is special.

Its because of my 'unique' circumstances.

- Don't condemn yourself for having attachments. Strive objectively to rise above them.

Step 2 - Reverse, don't run!

Bhagavad Geeta does not want us to leave the object of attachment and escape. Renunciation is not of the object but of the dependency and doership. We must neither run away nor ruin ourselves by giving-in to attachment, but we must REVERSE our thinking. Staying where we are we have to shift our attitude.

Sri Ramakrishna Paramhansa said - If the boat is in water there is no problem. If the water enters the boat, the boat will sink. If we live in the world there is no problem. If the world lives in us we are bound.

Occasionally, going away for a short while helps to cultivate detachment. When one is ready, then alone one can drop the lower for the higher. Till then we must work on shifting our attitude.

Step 3 - Remind the mind

Due to our fanciful imaginations and vasanas of the past we give inflated value to things, people and situations. We must deflate

the inflated value (Exaggeration) we have given. This is called - Prati-paksha bhavana. To see the other side and know the real worth of something is Prati-paksha bhavana. In Bhaja Govindam Sri Adi Shankaracharya exhorts us to see the real-worth of money, pleasures, relationships, time etc. When we reflect on the pains that attachment to all this brings and when we look deeper, we reverse our fanciful thinking and the mind becomes balanced. It stops craving and attains a healthy sense of equanimity and detachment because the mind never gets attached to something that causes pain. See the pain of pleasure and pleasure of pain.

Step 4 - Remember its impermanence

Poojya Gurudev Swami Chinmayananda said – “However much you hold on to the world, it will slip. God, even if you ignore will not leave u.” Change is the nature of the world and it is ephemeral. It is often compared to peeling an onion. Layers after layers one peels and tears roll down one’s cheeks yet one finds that ultimately its all empty and there’s nothing substantial. When we know firmly that something is temporary and we have to drop it one day we will not get attached

to it. Mind gets attached to something only because it thinks that the object exists by itself, has happiness and it can satisfy me. When we reflect on the impermanent nature of the world we get dispassion. Shri Krishna in the Geeta says – “Having attained to this impermanent & painful world, seek The Permanent”

Step 5 - Attach & Detach (Devotion / Self-Knowledge)

Mind gets attached only if it finds joy and happiness in something. Mind gets detached where there is pain. Assuming that Objects, people and situations have happiness, the mind gets attached to them. This is delusion caused by ignorance - Not knowing that my nature is BLISS. Hence Poojya Gurudev said – “Attach & Detach”. Attach to the Higher & Detach from the lower. Detach the mind from the lower & Attach it to The TRUTH / GOD – the real source of Happiness. In the XII chapter Sri Krishna says – “Absorb the mind and intellect in Me alone. You will attain Me there is no doubt”

This Self-Knowledge is the ultimate cure of all attachments because it destroys ignorance, which is the root cause of delusion, which leads to attachment.

Call For Volunteers

Chinmaya Mission Mumbai is organizing
"CHINMAYA ANANDA UTSAV"

- Grand Celebration of PujyaGurudev's Birth Centenary Year -
from 13th to 20th December 2015
at the prestigious Shanmukhananda Auditorium.

Highlights of the event are:

Grand Musical Concert by Shankar Mahadevan
based on Spiritual & Patriotic Songs.

GyanYagna based on 15th Chapter of
Bhagwad Geeta in English by PujyaGuruji.

Corporate Conclave where many
eminent speakers are on the panel.

GeetaUtsav will have plays and dramas
by our own CHYK and Balvihar groups.

A week of high intensity programs
to give a befitting tribute to Pujya Gurudev.

**Volunteers are required in large numbers for
organising such a massive event. For all the above
programs/events we need volunteers for:**

Venue management which will include

Green Room, Stage, Audience Management

Book Sales

Parking Assistance

Security, etc.

*Bus Transport Facility which is to be provided
for ease of travel by devotees from various zones to the venue.*

***Our volunteers would make the event a memorable and enjoyable
experience for all. This will be our service UNTO HIM. Please
come forward and serve in the name of Pujya Gurudev.***

To register online use link <https://goo.gl/XX6a8x> or
call 22814646 - 22884646 (12 noon to 7 pm)

Must Watch

Daily TV Telecast of

Talks on the Holy Geeta

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Monday - Friday 7.30 am to 8.00 am

&

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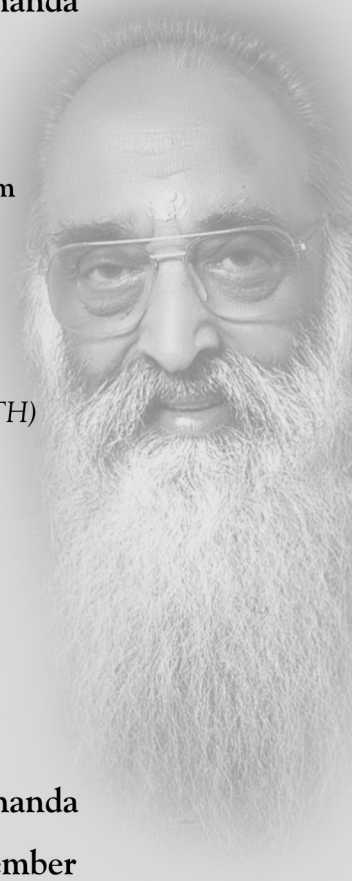
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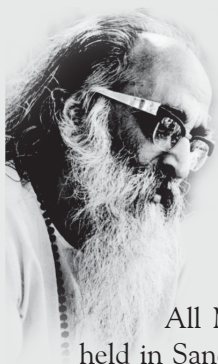
Bhagavad Geeta - Chapter 8 in November

Monday to Thursday 10.00 to 10.30 p.m

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

on subscription basis and
for the Cable please contact your local Cable Operator.





- Hari om -

All Mumbai Finals

Dear Geeta lovers,

All Mumbai final of Geeta Chanting Competition 2015 was held in Sandeepany Sadhanalaya, Powai on 25th October 2015. More than 300 children from 14 zones of Mumbai were selected for this grand finale. Geeta Chanting Competition for C & D groups was conducted in the morning session followed by their prize distribution. Swami Bodhatmanandaji addressed the parents during the prize distribution ceremony. Food packets were served to the participants and their parents.

Geeta Chanting Competition for A & B groups was conducted in the afternoon session followed by their prize distribution. Swami Nirbhayanandaji addressed the parents during the prize distribution ceremony for the evening session.

During both the sessions TITI workshops were conducted for the parents in Saraswati Nilayam.

Br. Ved Chaitanyaji welcomed the Acharyas & all present for the event. He also thanked the parents and briefed them about next rounds of this year's International Geeta Chanting Competition. All parents were very happy with the arrangements made by our Geeta Chanting Competition team.

The names of the 84 children selected to represent Mumbai at the State Level, on 8th November 2015 at Chinmaya Sandeepany Ashram, Toap - Sambhapur, Kolhapur - 416122 from 10:30 am to 5:30 pm. are given on page 16.

- Hari Om -



Group A					
Name	Area	Prize	Name	Area	Prize
Kenisha Patil	Prakash	W-1	Bansi Bharat Bhanushali	Prerana	C-6
Anvi Kumawat	Prerana	W-2	Udhita Narayanan	Chembur	C-7
Soham Amol Ambekar	Mahima	W-2	Sreenath Hariharan	Bhakti	C-8
Mrigaya Gotmare	Prerana	W-3	Antara PrabhudEsai	Mahima	C-9
Roshni S Karde	Bhakti	W-3	Bhakti Subash Kode	Bhakti	C-10
Shourya Pathak	Jayam	W-3	Heer Mehul Mehta	Prerana	Q-1
Radhika Halbe	Jayam	C-1	Om Sachin Gawade	Prerana	Q-2
Subha Aparaj	Chembur	C-2	Avani B Rane	Bhakti	Q-3
Aishwarya Ramaswamy	Ghatkopar	C-3	Ojas Bhat	Bhakti	Q-4
Aditya P Varshney	Prerana	C-4	K. T. Ganga Raju	Prerana	Q-5
Ananya Phatak	Bhakti	C-5	Kavya Santosh	Bhakti	Q-6

Group B					
Name	Area	Prize	Name	Area	Prize
Siddhant S Nair	Jagadeeshwara	W-1	V. Ramasubramaniam	Jayam	C-6
Anirudh Shenoy	Jagadeeshwara	W-2	Shlok Bhat	Prerana	C-7
Bhavya Singh	Prakash	W-2	Nidhi Shetty	Prerana	C-8
Akhila Balasubramanian	Ghatkopar	W-3	Padmapani Bhosale	Prerana	C-9
Titiksha Golla	Prerana	W-3	Hansika Tillu	Prerana	C-10
Palguni Rao	Chembur	W-3	Aadya Tekurkar	Ghatkopar	Q-1
Vedant Bhat	Prerana	C-1	Chaitanya Lad	Jayam	Q-2
Mahati Radhesh	Chembur	C-2	Atharva Mandhare	Prerana	Q-3
Anjana Nandakumar	Bhakti	C-3	Akshaj A Sukhatankar	Prakash	Q-4
Rachita Narayanan	Chembur	C-4	S Sriram	Chembur	Q-5
Navaneeth Krishna B M	Prerana	C-5	NithyA Kannan	Chembur	Q-6

Group C

Name	Area	Prize	Name	Area	Prize
Name	Area	Prize	Dhruv Singh Negi	Prerana	C-7
Maya Subbaraman	Ghatkopar	W-1	Akshata PRasad	Prerana	C-8
Nandana Prabhu	Chembur	W-2	Anurama Gopalkrishnan	Chembur	C-9
Vani Mukundan	Jagdeeshwara	W-2	K.R. Raghavi	Bhakti	C-10
Vedant Bharat	Prerana	W-3	S Shanta	Prerana	Q-1
Sai Sadhana Shankar	Chembur	W-3	V. Srinidhi	Prerana	Q-2
K.R. Guru Bharathi	Chembur	W-3	Aditi Venkateshwaran	Prerana	Q-3
Shravya Atreya	Prerana	C-1	Aditri Chandrasenan	Jagdeeshwara	Q-4
Rithvik Subash	Prerana	C-2	Gaurav D Jangle	Prakash	Q-5
Krishna Kripa M Prabhu	Prerana	C-3	Gauri Ghag	Bhakti	Q-6
Aditi Dilish Nair	Bhakti	C-4	Alankritha Raghuraman	Prerana	Q-7
C Sai Vrinda	Jagdeeshwara	C-5	Pallavi Taori	Prerana	Q-8
S Srivathsan	Chembur	C-6			

Group D

Name	Area	Prize	Name	Area	Prize
Kalyani S Sathe	Bhakti	W-1	Mahima Pathawar	Ghatkopar	C-3
Balaji Natesh	Mahima	W-2	Rushikesh Narvekar	Ghatkopar	C-4
Rajeshree Mahunta	Chembur	W-2	Ashwini Shenoy	Jagdeeshwara	C-5
Abhishek Raghuraman	PrErana	W-3	Vinay Paskanti	Mahima	C-6
Bhagyashree Mahunta	Chembur	W-3	Aditya Bedarkar	Jayam	C-7
Bhagyashree Sawant	Jagdeeshwara	W-3	Saroja Subramanian	Chembur	C-8
Shreya Mohan	Bhakti	C-1	Saigayathri Ramkumar	Ghatkopar	C-9
Kaustubh R Pimpale	Bhakti	C-2	Siddarth Sonti	Jagdeeshwara	C-10

W = Winner, C = Consolation and Q = Qualified.

GEETATHON

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

**Daily Geeta Satsangs anywhere in
Matunga, Mahim, Dadar,
Parel, Wadala, Sion, Chembur & Ghatkopar...**

**... also in South Mumbai - Worli, Juhu - Andheri West,
Goregaon - Dahisar, Navi Mumbai - Parel**

**From 17th September 2015 (Ganesh Chaturthi Day)
to 21st December 2015 (Geeta Jayanti Day)**

A Simple 60 minutes program including:

- Talk / Satsang on Geeta by a Sevak / Acharya

- Video-clip by Pujya Gurudev Swami Chinmayananda on relevant topic

- Chanting of Geeta Shlokas(optional)

- Chinmaya Arati

- A grand Geeta Chariot with Krishna & Arjuna comes to the home hosting the Geetathon talk along with Padukas of Pujya Gurudev Swami Chinmayananda

- The host family also receives a copy of The Holy Geeta and beautifully photograph of Pujya Gurudev holding the Geeta

***Every day Krishna's Geeta Chariot will Visit at least one home,
Every day Chinmaya's Geeta talk will Inspire at least one family.***

Let it be your home, your family.

Block The Geetathon Date For Your Home Now!

Hosting a Geetathon on a Festival, Birthday,
Anniversary, etc can be extra special!

Write to: gmg.mumbai@gmail.com

or call our Sevaks:

Matunga, Mahim, Dadar, Parel, Wadala, Sion,
Chembur & Ghatkopar:

Bhuwana Chandran - 9920744979

Chandrika Vora - 9820548988

South Mumbai - Churchgate to Worli:

Anjali Jhunjhunwala - 9967044556

Sujata Kelkar - 9819534510

Andheri Lokhandwala, Versova, Four Bungalows, Juhu:

Swati Chitalia - 9819904606

Mamta Shah - 26112358 (Mon-Fri 12pm-6pm)

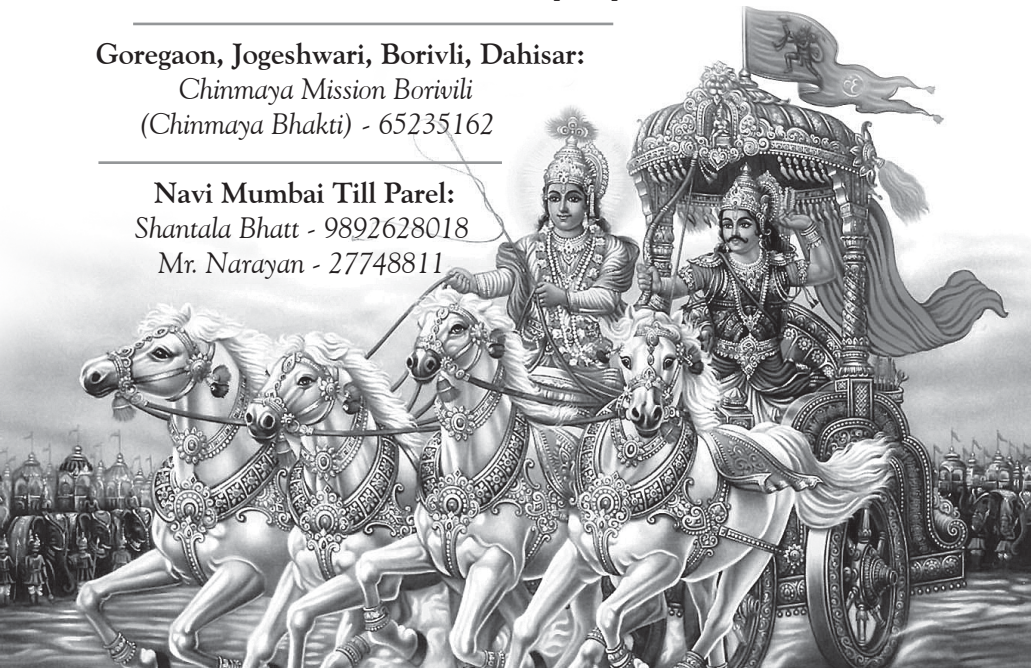
Goregaon, Jogeshwari, Borivli, Dahisar:

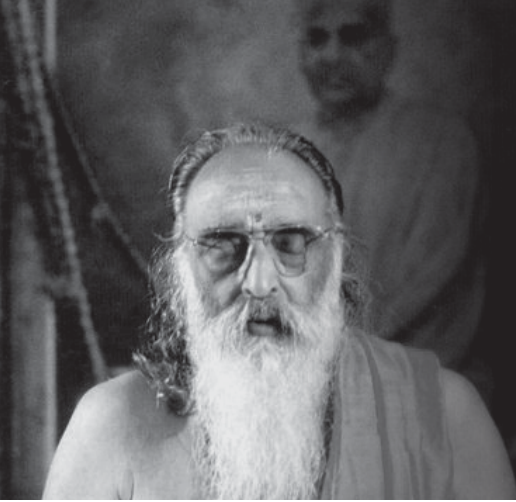
*Chinmaya Mission Borivli
(Chinmaya Bhakti) - 65235162*

Navi Mumbai Till Parel:

Shantala Bhatt - 9892628018

Mr. Narayan - 27748811





42 Chinmaya Sadhanas

Chinmaya Mission Mumbai
invites you to participate in

42 Chinmaya Sadhanas

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

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

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

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

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

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

Objective:

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

Method:

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

9 - 15 Nov.	Mind	Punctuality	Maintain Punctuality
16 - 22 Nov.	Intellect	Chinmaya Quotes	Read atleast 10 Quotes of Poojya Gurudev & post one or two on facebook/whatsapp daily
23 - 29 Nov.	Body	Sleep	Sleep latest by 10.30 pm. Daily & wake up by 6.30 am.
30 Nov - 6 Dec.	Speech	Gayatri Mantra	Worship the Lord - Chant Gayatri Mantra daily atleast 11 times
7 Dec - 13 Dec.	Mind	Om Sri Gurubhyo Namah	Every time you drink any liquid - tea, coffee, milk, water, medicine - chant Om Sri Gurubhyo Namah mentally before drinking it

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

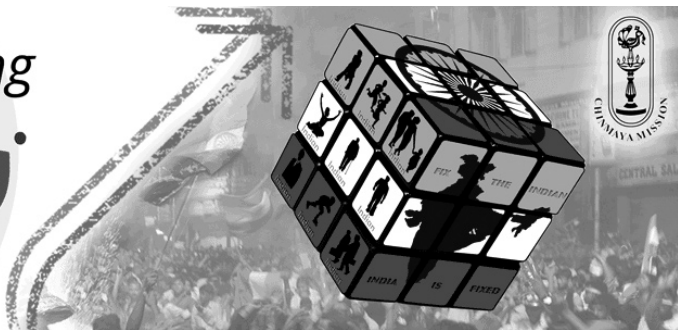
*You can perform the sadhana and if you like,
take a picture/selfie and post it on
facebook/twitter/instagram/google+/social media with the
#42chinmayasadhanas #CBCC100.*

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

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

Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



22nd August, *Emotional, Universal, Physical and Cultural Transformation*

Trainer Chitra Vishwanathan conducted session on Emotional Transformation at Saraswati Vidyalaya. The session was for Std. IX students.

On the same day 2 workshops on Emotional Transformation were held for two classes of Std. 11 of Nirmala Niketan College of Home Science by trainer Jahnvee Joshi.

2 sessions on Universal transformation was taken by trainer Milind Sanghvi for students of NGO Vidya. Extremely enthusiastic youth. Keen to learn and always look forward to the next session.

Trainer Sriram Shankar conducted Physical Transformation for the kids of Bangaona school of NGO Vidya.

Trainers Geetha and Aravind Raghavan conducted two sessions at Babasaheb ambedkar school on cultural transformation. The session was well received by both the students and teachers attending it.

Trainer Tapan Parikh and Ankita Siraswar conducted Intellectual Transformation session for the commerce students of B. K. Shroff college, Kandivali.

24th August 2015, *Spiritual Transformation, Emotional Transformation.*

Trainer Sujata Kelkar conducted session on Spiritual Transformation for the students of MVM Junior college.

Also trainer Shivani Vartak conducted session for the students of Parle Tilak school. Both the parallel sessions were well received.

Trainer Chitra Vishwanathan conducted Emotional

Transformation for students of Jhunjhunwala College.

25th August 2015,
Cultural Transformation,
Spiritual Transformation.

Trainer Chitra Sridhar conducted Cultural Transformation for the students of HVB Global Academy.

Trainer Sandhya Rajesh conducted session on Spiritual Transformation at Orion ICSE School.

Trainer Sriram Shanker conducted Emotional Transformation for the students of Bhavan's college.

26th August 2015,
Emotional, Intellectual and
Cultural Transformation

Trainer Rakesh Gupta conducted two sessions on Emotional and Intellectual Transformation for students of A H Wadia college.

Also trainers Geetha Raghavan and Sandhya Rajesh conducted Cultural Transformation for the students of Parle tilak school.

27th August 2015,
Patriotic Transformation,
Intellectual transformation

Trainer Sandhya Surve conducted Patriotic transformation session for B.Ed students at H J College.

Trainer Jahnvee Joshi left the kids highly inspired with her confidence and the clarity on the topic Intellectual Transformation.

28th August 2015,
Cultural Transformation

Trainer Geetha Raghavan conducted an amazing session in Cultural Transformation for Hansraj Jivandas College of Education for B. E. D students.

Trainer Tapan Parikh took Cultural Transformation for the students of thakur college.

31st August 2015,
Emotional, Universal, Physical
and Cultural Transformation

Trainer Mayur Nayak conducted session in Emotional Transformation for the students of H J College of Education.

Trainer Ankita Siraswar conducted 2 session on Universal Transformation for the students of MVM Junior college.

Trainer Chitra Sridhar conducted Cultrual Transformation for the students of HVB Global Academy.

Trainers Tapan Parikh and Geetha Raghavan conducted 2 sessions of Physical Transformation for the students of Parle Tilak School.

Chinmaya Jyoti yatra

sandesh vahini

RJ
Nov 7 Ajmer
Nov 9 Ajmer
Nov 10 Udaipur
GJ
Nov 12 Ahmedabad
Nov 14 Baroda
MH
Nov 23 Nagpur
Nov 25 Wardha
Nov 26 Amravati
Nov 27 Akola
Nov 28 Yavatmal
Nov 29 Pusa
Dec 1 Nanded
Dec 2 Udgir
Dec 3 Latur
Dec 3 Ambejogal
Dec 4 Beed
Dec 5 Aurangabad
Dec 7 Ahmednagar
Dec 8 Nashik
Dec 9 Chinchwad
Dec 10 Pune
Dec 12 Kolhapur
Dec 18 Savarde
Dec 20 Sangli
Dec 21 Pune
Dec 22 Khopoli
Dec 22 Navi Mumbai
Dec 23 Tarapur
Dec 24 Vasai &
Dec 25 Andheri
Dec 26 Mahim &
Dec 27 Sagar
Dec 28 Mulund
Dec 29 Chembur
Dec 31 Vibhool



The journey so far ...

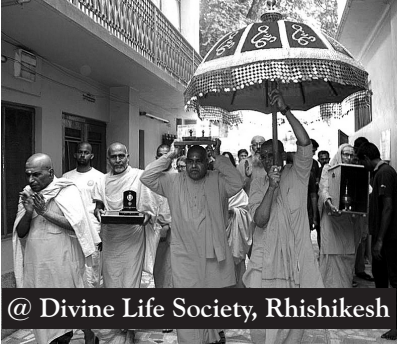
Day (till 26th Oct.)	-	172
Town / City covered	-	115
Temples visited	-	192
CM centres visited	-	87
Paduka Puja conducted	-	259+
Receptions enroute	-	395
No. of visitors to the CSV	-	1,32,336+
No. of Yagnatarium shows	-	779
No. of viewers for Yagnatarium	-	27,181+
TITI / other sessions conducted	-	122
People reached through such sessions	-	17,210



Chinmaya Sandesh



@ Tapovan Kutir, Gangotri



@ Divine Life Society, Rhishikesh



@ Tapovan Kutir, Uttarkashi



@ Kashmir



Chinmaya Jyoti yatra sandesh vahini in Mumbai

Chinmaya Jyoti Yatra will be in Mumbai from 21st to 31st December.

Chinmaya Sandesh Vahini (Mobile Exhibition on Poojya Gurudev's Life) carrying Poojya Gurudev's Padukas, Vastra, Chinmaya Jyoti and the Commemorative Coins will visit every Zone.

Our Bhavana should be as if Poojya Gurudev Himself is coming to our Zone and hence we must have maximum participation in the programmes planned.

Let us also take this opportunity to express our Gratitude and invite new people to visit the Chinmaya Sandesh Vahini.

Every Zone will be having the following:

- a. Grand Reception
- b. Paduka Pooja
- c. Chinmaya Sandesh Vahini - time for devotees to visit the exhibition
- d. Transforming Indians to Transform India workshops
- e. Yagnatarium - a special animation show in a planetarium kind of environment only for students of Class VI, VII, VIII.
- f. Innovative special programmes planned by the Zone are mentioned alongside.

21st and 22nd Dec. (Monday & Tuesday) Chinmaya Prerana Zone(Airoli to Navi Mumbai)

Visit to various schools.

21st Dec. 5.30 pm. Cultural programe at CIDCO auditorium

22nd Dec. 5.00 pm. Sandeepany Sadhanalaya (Powai)

23rd Dec. Chembur-Ghatkopar

Adventure activities & Arms display.

24th Dec. Chinmaya Bhakti (Borivli)

Yoga and cultural programme in the evening

25th - 26th Dec. Chinmaya Prakash (Juhu - Lokhandwala)

Chant Mumbai Shaant Mumbai: 1008 children below 14 years will chant 21 times Hanuman Chalisa for Peace & Harmony

4.00 - 8.00 pm: Happiness Fest at Lokhandwala Joggers Park: a special exhibition cum fun-fair depicting concepts of Vedanta

26th Dec. 7.00 - 8.00am : Meditate for World Peace- an open for all open-air Meditation session

26th Dec. Chinmaya Mahima (Mahim - Prabhadevi - Parel)

Transformation Fest at Amulak School

27th morning 7.00 am. to 10.00 am. Transformation Walk from Siddhi Vinayak to Babulnath.

27th Dec. Chinmaya Jayam (Vile Parle - Bandra)

Evening programme at Ramakrishna Mission Khar

28th Dec. Chinmaya Jagadeeshwara Zone (Powai)

Visiting various areas. Evening Procession & Public Programme in Hiranandani

29th Dec. Chinmaya Sagar (Churchgate)

Meditation at Priyadarshini Park

30th Service Day and Volunteers Meeting for 31st December Programme

31st Dec. 7.00 am. leave from Somaya Grounds with a convoy of 300 cars to Chinmaya Vibhooti.

Detailed programme will follow.

If you would like to volunteer to offer seva to organize the CJY programmes, please mail us your name, address, cell number along with which programme you want to volunteer in at cjymumbai@gmail.com

31st Dec. - Last Lap of Chinmaya Jyoti Yatra

Mumbai will have the privilege of hosting the last lap of Chinmaya Jyoti Yatra. We have planned a grand convoy of 300 cars to escort Poojya Gurudev from Mumbai to Chinmaya Vibhooti. It's on 31st December morning 7.00 am from Somaya Grounds, Sion.

6.30 am	Assemble at Somaya Grounds
6.45 am	Inaugural Ceremony, Chanting & Welcome Address
7.00 am	Dignitaries Address
7.30 am	Flag off of the Convoy.
12.00 noon	Reception of Chinmaya Jyoti at Pirangut by Chinmaya Vibhooti Team

Exact details of the programme at Chinmaya Vibhooti & installation of Chinmaya Jyoti as a Akhanda Jyoti will follow.

We invite you to participate in this programme and if your car is available, it would be great!

People from other parts of India and abroad are also expected to join us. We have to rise to the occasion and serve them to the best of our abilities. We are planning the accommodation, hospitality etc. for them. Volunteers for this as well as the programme on 31st are welcome.

**Please fill up the following participation form
to participate in the last lap - <http://eepurl.com/bDgLa5>**

**If you are bringing a car which will travel in the convoy,
please fill up the following form: <http://eepurl.com/bw7lzv>**



Chinmaya Mission Mumbai
Invites you to

I Transform India Transforms



A Leadership Conclave with



Shri Devendra Fadnavis
Hon. Chief Minister of Maharashtra



Swami Tejomayananda
Global Head, Chinmaya Mission



Shri Kumarmangalam Birla
Chairman, Aditya Birla Group



Saturday 19th Dec 2015 9am to 1pm

Sri Shanmukhananda Chandrasekarendra

Saraswathi Auditorium, Sion



Dr. Swati Piramal
Vice Chairperson, Piramal Enterprises Ltd.



Amish
Author, Shiva Trilogy & Scion of Ikshvaku



Swami Swatmananda
Acharya, Chinmaya Mission Mumbai

India is on the rise. Its the emerging bright-spot amidst the prevalent economic situation.

Make in India

Skill India

Digital India

Clean India.....Transformed India.....

What is common in these is India and its Individuals. Only when Individuals transform holistically, India can transform.

I Transform India Transforms is to empower individuals with inner strength, higher vision and spirit of service, enabling a national transformation and emergence of India as a global super-power. The programme is based on the vision -

“ You change and
the world around you will change.

Its a Leadership Conclave with eminent leaders from diverse backgrounds. They will share their insights on topics mentioned below:

On Transforming India: Hon. Chief Minister of Maharashtra Shri Devendra Fadnavis

On Leadership Excellence: Sri Kumarmangalam Birla

Leading through Scientific Innovation: Dr. Swati Piramal

Transformation based on culture: Amish, Author Shiva Trilogy

Spiritual Application for Corporate Transformation: Swami Tejomayananda

Transforming Indians to Transform India Movement: Swami Swatmananda

Through talks, videos and panel discussions, the eminent speakers will share their insights in leadership, politics, science, literature and spirituality to imbibe the feeling of

“ Nation Above Self and be a positive
contributor globally.



GLIMPSES OF OUR EARLIER PROGRAMMES.



Mr. Ajay Piramal at "Success & Beyond"



Mr. Mukul Patel (President Chinmaya Mission Mumbai) welcoming Mr. R. Gopalakrishnan



Mr. Kekoo Nicholson at "Emotions@Work"



Ms. Yati Doshi, Swami Swatmananada & Mr. Ashwin Sanghi at "Work-Life Balance"

WHO SHOULD PARTICIPATE

- Corporate Organizations
- Entrepreneurs & Professionals
- Business Leaders
- Leaders in Government
- Students & Youth (18yrs & above)
- Deans, Principals, Teachers & Faculty
- Concerned Citizens from all walks of life

WHAT WILL IT INCLUDE

- Insights on Personal Transformation & Leadership
- Enhancement of Spiritual Quotient
- Ways to contribute towards a Transformed India
- Talks & Panel Discussions
- Personal Transformation Kit & Packed Lunch

**Prior registration
is required**

minimum suggested donation per person

	Upto 12th Dec	After 12th Dec
Ground Floor (Front)	₹ 3000/-	₹ 3500/-
Ground Floor (Back)	₹ 1500/-	₹ 2000/-

Students ₹ 500/- (1st balcony) and ₹ 300/- (2nd balcony)
Balcony seats are only for students with
a valid ID (18yrs and above)

Every donor pass will contribute towards Chinmaya Transformation Scholarship towards
deserving students, empower students through 7 FREE workshops on 7 levels of
Transformation(details on transformindians.org) and for farmer's relief in Maharashtra.

Cheque to be drawn in favour of "CHINMAYA SEVA TRUST"
and sent to: Chinmaya Sagar, F-3 Panchsheel, C Road,
Churchgate, Mumbai - 400020

Register online: goo.gl/YLNZ4j

To register & for OFFLINE Donor Passes

Shaman: **+91 8108274222**, Abha: **+91 98211 41024**,
Shilpa: **+91 84248 23158**

For ONLINE Donor Passes please visit us at

chinmayamissionmumbai.com or

Book from our ONLINE DONOR PASS PARTNER



Swami Chinmayananda was one of the pioneers who brought the knowledge of
Vedanta and the Bhagavad Geeta to the corporate world for maximising efficiency,
success and happiness. Continuing that legacy, Chinmaya Mission Mumbai conducts
regular corporate programmes to empower individuals, teams and the nation.



Our Motto: "Maximum Happiness to Maximum People for Maximum Time"

chinmayamission.com

Transformation Walk “Route to Roots” on Sunday, 27th December 2015

Poojya Gurudev Swami Chinmayananda started his work from a Ganesh Temple. We have organized a walk from Siddhivinayak Temple to Babulnath via Mahalakshmi Temple on Sunday, 27th December from 7.00 to 10.00 am.

As a part of the Nation-building programme - Transforming Indians to Transform India (TITI), we will to conduct a Transformation Walk through which we want to convey the message - ‘I Transform. India Transforms.’ Children, students, youth, elders, home makers, professionals etc. will gather together for this walk along with Chinmaya Sandesh Vahini - a bus depicting the life & vision of Swami Chinmayananda. Malkhambh, Lezim, youth dressed up as national leaders etc. will be a part of this grand walk which is to depict all the 7 levels of transformation.

We welcome all mumbaikars to register and participate in large numbers.

**Please mail your name, address, age, gender and
cell number to us at cjy.mumbai@gmail.com**

Chinmaya Birth Centenary Celebrations

(8th May 2015 to 8th May 2016)

Good News! Good News! Good News!

For all devotees of the Lord and Pujya Gurudev, who will be attending the Chinmaya Anand Utsav on Dec. 14th, 15th, 16th, 17th, 18th, 19th evening and 20th morning a FREE BUS SERVICE has been arranged to facilitate your travel from your respective zones to the venue. For bus enquiry contact:

- | | |
|---|---|
| ■ Sagar Zone
Chaula Bhimani 9820597124
Amit Bhimani 9820132018 | ■ Bhakti Zone
Muralidharan 09221515431
Chinmaya Bhakti 6523 5162 |
| ■ Jayam Zone
Vijay Patil 9833367073 | ■ Jagadeeshwara Zone
Perna Shinde 98925 91238 |
| ■ Prakash / Priyam Zone
Chitraji 9821661914
Mamtaji 2611 2358 (12.00 to 6.00 pm) | ■ Perna Zone
Akila Ganesan 9820516556
Office 2774 8811 |

Chinmaya Sagar Zone

(South Mumbai)

The First Shishuvihar Camp in South Mumbai on 3rd & 4th of Sept. @ Chinmaya Sagar.

25 toddlers (age group of 3 - 4 years) accompanied by their respective mothers assembled on Day 1 in the evening between 6.30 - 7.30 pm.

"Krishna has so many names because Krishna does so many things" was reinforced with the aid of visual power point, songs and props which included various colours and attributes of Krishna: "Bansi Bajaiya", "Makhan Chor", "Yashoda Nandan". The little ones danced to the tunes of "Krishna is so beautiful", "Krishna Loves You", "Gopala Radha Lola" all melodiously sung by Avanti Nagral on the keyboard.

With the help of their mothers, all the young ones artistically put together a Krishna photo-frame.



The next morning, on Day 2, from 10.30 am-12.00 noon, the birth of baby Krishna was celebrated to mark the festival of Janamashtmi. Children were fascinated as they rocked the cradle of Bala Gopala.

Krishna's Butter Bash, a simple story of Krishna's playful antics kept everyone engrossed as they listened & keenly watched visual images on screen. Once again with the help of their mothers mini pots filled with goodies were decorated, after which the children partook in a mini version of the Govinda Matkiphor. All the toddlers went home happy with gifts of bamboo flutes and tiny Matkikalakands.

Roma Sanghvi

**Ageing Gracefully a talk on
19th Sept. by Sw. Swatmananda
@ Jai hind college**

Swamiji, in his simple yet eloquent style explained Ageing Gracefully is the Art of Leaving and not the Art of Living.

Time moves ahead mercilessly and change is constant. The body is also subject to change - childhood, youth, old age. Even in old age when the body is weak and infirm, the mind is restless with desires and strong attachments which make it difficult to let go.

There are 4 stages in life :

- Student: (0 -25 years) for learning and acquiring knowledge
- Youth : (26 - 50 years) earn and burn, for acquiring name, wealth, fame and righteousness
- Middle age : (51 - 75 years) U- turn, A person reflects on his life and understands that power, position, wealth are all temporary pleasures. An individual should perform his obligatory duties with a selfless attitude, surrendering all actions to the Lord, this helps him develop dispassion, makes the mind pure and

single pointed. He should spend his time in satsang, in the company of good people, to develop dispassion, devotion and dharma. The individual should develop a WOW (happy 'with or without') attitude

- Old age: No return - is to live in simplicity - a life of solitude, silence and spirituality. A person should reduce his involvement in worldly activities at home, work, and learn to let go. One must think of a post retirement Seva plan of Yagna (selfless cause), Dana (charity) and Tapas (austerity)

To reach the desired spiritual level, an individual should attend satsang, read and study the scriptures, drop harmful food and sleep habits and practice pranayam. This makes the mind steadfast and it can stay in silence, from alone to Alone all alone. Go deep within to know the bliss within. To know this, we must detach from the lower and attach to the higher, as given by Swami Chinmayananda.

The talk which was interspaced with anecdotes and video clippings of Pujya Grudev was well received by an audience.

**Area finals) 2nd International
Gita Chanting Competition on
11th October @Walsingham
House School.**

130 children of varied age groups chanted Ch. 15 of the Geeta. While the competition was being held, the waiting parents had an session of Geetathon conducted by Dr. Sujata Kelkar who gave an inspiring talk on Setting Goals.

Prizes were given out by Swami Swatmanandaji. The first prize winners of each group received "The Chinmaya Transformation Scholarship" of Rs 6000.

**Leading with Purpose - a
Corporate Workshop 17th
October @ the St Regis Hotel**

Around 50 people attended the workshop. The ice breaking session through a bingo-activity was thoroughly enjoyed by all.

Mr. Mariwala, Chairman - Marico Ltd., shared the ideals and values based on which the Marico brand withstood stiff competition in the past and the vision that helped the company grow to its stature today.



The values of equanimity and compassion have helped **Mr Prashant Jain**, *Executive Director & CIO, HDFC Mutual Fund*, in his tenure as head of his company.

Swami Swatmananda elaborated upon the difference between a mission, vision, goal and purpose in life. Through workbook activities, video clips and Q&A sessions he clarified the doubts of the audience, the reason for having a purpose and how to discover one's purpose in life.



Shree Mahalaxmi Pooja

9th November 2015 (Monday) ● 10.30 am. to 11.30 am.

Venue : Chinmaya Sagar, Panchasheel Bldg., Churchgate



Sessions by Swami Swatmananda

Wise & Otherwise

Talks on Geeta Ch. 3 - Karma Yoga

Geeta Power

Weekly Study of Geeta Verse-by-Verse

No classes in the month of November & December.

Classes will resume in January 2016.

12.30 pm to 1.30 pm (Thurs)

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

Contact: 9820185255

Geeta In Practice

Monthly Sessions - Vision of Geeta in Power Capsules

No classes in the month of November & December.

Classes will resume in January 2016.

7.15 pm to 8.15 pm (Tues - Thurs)

Venue: Chinmaya Nursery, Kemps Corner, behind Hotel Shalimar

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

Upanishad Darshan - Taittiriya Upanishad

Talks on Ch 2- Brahmananda Valli

Talks Will Resume In January 2016

Please Note: No talks in the month of Oct, Nov & Dec 2015

Time: 7.15 to 8.15 am

Venue : Chinmaya Sagar, Panchsheel bldg, 'C' Road, Churchgate

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

Geetathon sessions so far in Chinmaya Sagar

Date	Host	Area	Acharya / Sevak	Topic
21 Sept.	Gayatri Nayak	Gandevi	Dr. Sujata Kelkar	Why surrender to Guru
22 Sept.	Dr. Jatin Choksi		Dr. Sujata Kelkar	Equanimity
23 Sept.	Anjali Beralia	Marine Drive	Swamini Amitananda	Spiritual way of life, karma yoga
24 Sept.	Kumud Jhavar	Worli	Swamini Krishnapriyananda	Surrender to Guru and forgiveness
25 Sept.	Chaula Bhimani	Church Gate	Dr. Sujata Kelkar	Surrender to Guru and forgiveness
26 Sept.	Pram Kataria	Church Gate	Dr. Sujata Kelkar	Attachment and karmayoga
27 Sept.	Nishita Jhaveri	Valkeshwar	Ms. Varsha Dalal	Karma, bhakti and jnana yoga
28 Sept.	Ameeta Shah	Valkeshwar	Ms. Varsha Dalal	What is devotion?
29 Sept.	Kalpana Vyas	Mahalaxmi	Dr. Sujata Kelkar	Devotion and attachment
30 Sept.	Radhika Patel	Peddar Road	Dr. Sujata Kelkar	Goal setting
1 Oct.	Shobha Swargai	Worli	Dr. Madhuri Sheth	Karma and destiny
2 Oct.	Mission members	Church Gate	Ramesh Ji	Bhajans for Gandhi Jayanti
3 Oct.	Tripti Doshi	Marine Drive	Manju Malkani	Acceptance
4 Oct.	Pareesh Shah	Lower Parel	Dr. Sujata Kelkar	Success without stress
5 Oct.	Mrs. Poojara	Church Gate	Ms. Varsha Dalal	Devotion & Bhajans by Ramesh Bhai
6 Oct.	Sonia Goyal	Church Gate	Shruti Somani	Where is happiness?

6 Oct.	Sunita Taparia	Valkeshwar	Swamini Krishnapriyananda	Shraadh
7 Oct.	Tarana Khubchandani	Worli	Swami Swatmananda Ji	Success without stress
8 Oct.	Jyoti Chokhani	Babulnath	Dr. Sujata Kelkar	Pooja, Shraadh, why do we do it? Isn't being good, good enough?
9 Oct.	Mr. Hemdev	Tardeo	Anjali Dalal	Service above self
9 Oct.	Raina Ji	Colaba	Br. Yukt Chaitanya	Equanimity and fortitude
10 Oct.	Chona ji	Tardeo	Dr. Sujata Kelkar	Witness
11 Oct.	Parents of Geeta Chanting participants	House School	Walsingham Goal setting	Dr. Sujata Kelkar
11 Oct.	Pankaj Sheth	Tardeo	Dr. Sujata Kelkar	Vision for youth
12 Oct.	Mr. Khurana	Tardeo	Dr. Madhuri Sheth	Essence of karmayoga
13 Oct.	Mrs. Chabaria	Tardeo	Swamini Aaradhananda Ji	3 paths of Geeta
14 Oct.	Jaishree Parekh	Tardeo	Swami Swatmananda Ji	How to overcome raag and dwesh
14 Oct.	Vinita Asrani	Cuffe Parade	Vitina Asrani	Karma yoga
15 Oct.	Manju Aggarwal	Marine Drive	Manju Malkani	Devotion
15 Oct.	Nazareth	Tardeo	Swami Swatmananda Ji	Fate vs free will
16 Oct.	Mrs. Vat	Tardeo	Swami Swatmananda Ji	Equanimity and fortitude

Shishuvihar Class for Children

Age: 3-5 yrs

Sevika : Roma Sanghavi

5.00 pm to 6.00 pm every Friday • Contact: 9820297889

Venue: 24 Gulistan, 2nd floor, Carmichael Road,
(road parallel to Peddar road), Mumbai - 400 026.

A new class for Junior CHYKs

based on the Hanuman Chalisa

Age Group 12-15 yrs. at Marine Drive every Sunday - 3.30 to 4.30 pm

For Registrations Contact : 9820131623

Commemorative Coins of Puja Gurudev

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

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

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

thus represents a combination of spiritual and material prosperity – a symbol of “Mukti” and “Bhukti”.

Attractively packed, these coins fit in perfectly in the puja altar in every Chinmaya home!

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

So please hurry as stocks are limited!!!



Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

Geeta Chanting Competition - Mahima Zone Finals (Area 9)

The Area Finals of International Geeta Chanting Competition was held on 6th Sept. at SIES School, Matunga.

This year there was a record entry of more than 2800 students from 12 schools, who participated in the Competition. After the initial elimination at the school level, 300 students were selected for the Area Finals.

To the parents who accompanied the children, Br.Yukt Chaitanya gave a detailed introduction about Puja Gurudev, Chinmaya Mission and the upcoming centenary year program. After which, Bhavana Sarawalji conducted an Emotional

Transformation TITI workshop for them. The response was good and many came forth to give positive feedback.

Geeta Chanting Competition - Mahima Zone Finals (Area 5)

The Area Finals of Geeta Chanting Competition was held on 11th Oct. at Balmohan Vidya Mandir School, Shivaji Park.

More than 500 students registered for the Competition. After the initial elimination at the school level, 42 students were selected for the Area Finals.



Geetathon sessions so far in Chinmaya Mahima

Date	Area	Acharya / Sevak	Topic
23 Sept.	Ashok Towers	Listening in Relationship	Brni Nidhi Chaitanya
24 Sept.	Ashok Towers	Karma Yoga	Br Yukt Chaitanya
26 Sept.	Ashok Towers	Managing Stress and anxiety	Brni Nidhi Chaitanya
28 Sept.	Dosti Acres	Who am I	Br Yukt Chaitanya
29 Sept.	Dosti Acres	Goal of Human Birth	Br Yukt Chaitanya
30 Sept.	Dosti Acres	Managing the Manager	Br Yukt Chaitanya
30 Sept.	Ashok Towers	Profile of a Perfect Person	Brni Nidhi Chaitanya
02 Oct.	Dosti Acres	Happiness	Br Yukt Chaitanya
04 Oct.	Dosti Acres	Karmayoga	Br Yukt Chaitanya
05 Oct.	Dosti Acres	Who Am I	Br Yukt Chaitanya
06 Oct.	Dosti Acres	Atharvasheersha	Br Ved Chaitanya
07 Oct.	Matunga	Resilience - the Geeta way	Dr Sunitha Shanker
10 Oct.	Matunga	Geeta way of Life	Swami Swatmananda
10 Oct.	Matunga	Essence of Geeta	Br Yukt Chaitanya
12 Oct.	Matunga	Essence of Geeta	Swami Swatmananda
14 Oct.	Matunga	Mindfulness - the Geeta way	Dr Sunitha Shanker
18 Oct.	Matunga	Introduction of Geeta	Dr Sunitha Shanker
28 Oct.	Matunga	I am reasonably good ... do I need spirituality	Swami Swatmananda

Chinmaya Swaranjali Classes

Every Sunday 3.00 to 4.30 pm

Venue: Chinmaya Mahima, Opp. Paradise Talkies, Mahim (W).

Contact: Poornima 9833563430 / Vivek Bhat 9819553720

Talks Series on Bhagawad Geeta

Chapter 2 (Sankhya Yoga)

by Br. Yukt Chaitanya

every Wednesday 5.30 - 7.00 pm.

Venue: Erica, 1st Floor, Dosti Acre, Wadala (E),

Contact : Smt. Shaila Namjoshi 9867649116

Geeta Chanting Class

for beginners by Sri. H. P. Ishwar

Every Monday and Thursday • 11.00 am - 12.00 noon

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

Contact: Smt. Vinita Acharya on 9821020403

Area-wise schedule for Geetathon in the Mahima Zone. Please contact your area incharge to get a session organised at your home

Area	Date	In-Charge	Number
Ashok Towers	17 th Sept to 26 th Sept	Radhika Balakrishnan	9820927802
Dosti Acres	27 th Sept to 6 th Oct	Manjiri Lavakare	9702251222
Matunga	7 th Oct to 16 th Oct	Bhavna Sarawal	9833188196
Sion	17 th Oct to 26 th Oct	Bhuvana C.	9920744979
Mahim/ Shivaji Park	27 th Oct to 5 th Nov	Br. Yukt Chaitanya	9820000444
Wadala	6 th Nov to 15 th Nov	Chandrika Vora	9820548988
Prabhadevi	16 th Nov to 25 th Nov	Sunita Shanker	9930297647

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)

'Essence of Bhagawad Gita' a talk by Sw. Bodhatmananda on 11th October @ Juhu Gymkhana

Swami Bodhatmanadaji is the resident Acharya of the current batch of the Vedanta Course at Sandeepany Sadhanalaya, Powai.

Swamiji gave the essence of all 18 chapters of the Bhagawad Geeta in Gujarati, thus describing the simple and peaceful way of life.

The talk was followed by a question answers session and was attended by 75 to 80 new people.

The entire talk was sponsored by Jyotsnaben Shah and family on the occasion of her 75th birthday.

Area Final of the International Geeta Chanting Competition on 18th Oct. @ GMES High School High School, Vile Parle

Br. Yukt Chaitanya conducted

a movie workshop on Parenting for the parents of the children participating in Geeta Chanting Competition. The movie chosen was 3 idiots.

The trustees, principal, president, vice president and the secretary attended the function along with the teachers of the school.

Br. Yukt Chaitanya beautifully pointed out the discrimination between the right and the wrong actions & steps taken by the parents and the teachers who play a major role in the life of our children.

The entire workshop was very well received by the parents, some of whom were also teachers. Some even came forward and spoke of their own experiences and reinforcing as to how effective were the suggestions pointed out by Yuktji.

The program was followed by the prize distribution ceremony.



The quieter the mind, the sharper the intellect.

- Swami Chinmayananda



Chinmaya Mission
organises



NIDIDHYASAN

A Spiritual Camp in Hindi

by Swamini Krishnapriyananda



Dates: 26th - 30th November, 2015 (Wed to Sun)

Venue: Sarsolidham Kudal, near Sindhudurg, Maharashtra

Camp donation Rs. 4000/- only per head

Inauguration of Camp on 26th November, 2015 at 5 pm
to be concluded on 30th November, 2015 by noon

Railway Ticket booking by delegate

Cheque be made in favour of 'Central Chinmaya Mission Trust'

Camp Co-ordinator - Meena Ruparel (9223413586, 9833923586)

Camp Acharya - Swamini Krishnapriyanandaji (9322406135)

Email - chinmayajayam@gmail.com

Chinmaya Prakash Zone

(Andheri & Juhu)

Unto Him Our Best, a vision talk by Sw. Swatmanandaji on 9th Oct. @ Juhu Gymkhana.

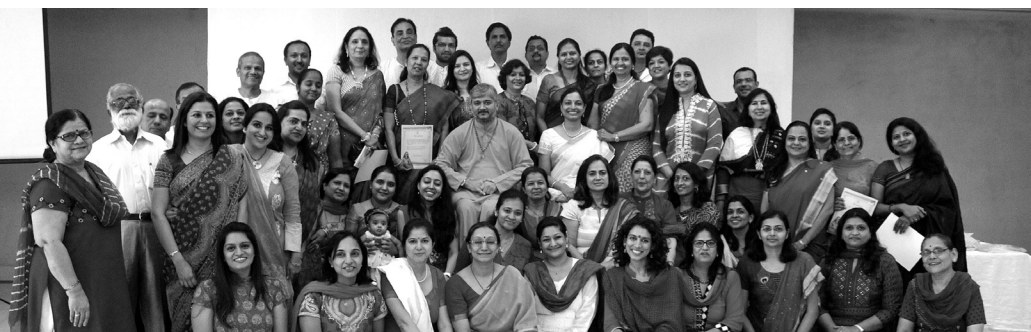
Key points of the talk:

1. We should overcome the 3 negativities - Mala, Vikshepa and Avarna. This will help one live a life of fulfillment and selfless service.
2. Nobody outside can be the cause of one's sorrow.
3. Choice is always with us to be happy or not, and happiness

can be experienced only if we cultivate Selflessness.

4. Remember that you are serving the Lord for a higher cause and to evolve by letting go off our selfishness.
5. Spiritual study should inspire one to serve, otherwise it is incomplete.
6. Keep the spirit of Yagna, and evolve.

Video clippings of Gurudev were shown which added even a deeper insight to Swamiji's talk.



Foundation Vedanta Classes Graduation

59 students from 2 batches of the Vedanta Course which had started under sevika Swati Chitalia in August 2014 graduated in an overwhelming ceremony on

9th October 2015.

Some students shared their inspiring experiences and benefits of joining the course. Swami Swatmanandaji handed over the certificates to all the graduating students.

Blessed Self ! Hari Om

For Programs / Classes / Courses in Andheri, Versova,
Juhu, Lokhandwala, please contact us at:

Chinmaya Priyam

Monday to Friday - 12.00 pm to 6.00 pm

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

Email : chinmayaprakash.juhu@gmail.com

Contact: 8424001011 / 9702880421

Contact Person: Mamta Shah

Regular Prayers At Chinmaya Priyam

108 Times Gayatri Mantra Japa

Every Sunday 8.00 am - 9.00 am

To register, sms GAYATRI to 9702874892.

7 Times Hanuman Chalisa Chanting

Every Tuesday 5.00 pm - 6.00 pm

To register, sms HANUMAN to 9702874892.

Guru Upasana & Geeta Chanting

Every Thursday 11:30 am - 12:30 pm

To register, sms GEETA to 9702874892.

Evening Arati

Monday - Friday 5:45 pm - 6.00 pm

Centre remains closed on Saturday & Sunday

Entry Free. All are Welcome.

Call 26112358 or write to chinmayaprakash.office@gmail.com

Bhagavad Geeta Study Class in Andheri

Shloka-wise chanting and detailed explanation from Chapter 1)

Every Saturday, 5.30 - 7.00 pm

Sevika - Smt. Sadhana Choudhary

Venue - 304, Ankur Society, opp Jaliwala Masjid,
Near Bhavans College, Andheri (West), Mumbai - 400 058.

For Details, and to register, Contact - 9819836138

ENTRY FREE.

Chinmaya Birth Centenary Celebrations

(8th May 2015 to 8th May 2016)

Donation Options

Dainik Yagna Yajmaan:	Rs. 3 Lakhs
Geeta Doot Yajmaan : <i>(FREE Bhagawad Geeta Distribution)</i>	Rs. 5 Lakhs
Gnana-Yatra Yajmaan : <i>(Facilitating the travel of seekers & devotees to attend the satsang)</i>	Rs. 5 Lakhs
Annadaan : <i>(Dinner-Pack for attendees travelling form far)</i>	Rs. 2.5 Lakhs
Arati Yajmaan :	Rs. 1 Lakhs
Prasad Yajmaan :	Rs. 30,000
20 sec film-let screening: <i>(3 Days during the Yagna)</i>	Rs. 35,000
10 sec slide display: <i>(3 Days during the Yagna)</i>	Rs. 25,000
Samoochik Parayan Yajmaan : <i>(on 20th December 2015 we will have Samuhik Geeta Parayan of selected chapters of Geeta at Shanmukhananda Hall during Geeta Utsav. Samasti Sankalpa and blessings will be invoked on the Yajmaan)</i>	Rs. 11,000
Purushottam Sankalpa Yajmaan: <i>(Chant Chapter 15 everyday and offer Rs 15 per day as Dakshina)</i>	Rs. 5,000

For further enquiries please contact your local centres (pg. 04) or call 22814646 / 22884646

Chinmaya Bhakti Zone

(Goregaon to Bhayandar)



Sessions by
Swami Nirbhayananda

Kaivalya Upanishd

for Spiritul Seekers

Every Thursday

6th, 20th Aug. 2015 • 6.30 pm to 7.30 pm

Venue : 001/I-Wing, Ekta Bhoomi Garden, Borivli (E), Mumbai - 66



Jagadeeshwara Zone

(Powai)

Kaivalya Upanishad

Sevak : Acharya M. L. P. Rao

every Sunday from 10.30 to 11.30 am

Venue: Geetha Mandir, Powai Ashram.

All are invited to attend. Entry Free



Liberation or attainment of perfection is a
condition experienced by the mind;
liberation is only for the mind because the
mind alone was in bondage

- Swami Chinmayananda

Chembur - Ghatkopar Zone

Gnyan Yagna by Swami Advaitanandji



Bal Vikas along with Chembur - Ghatkopar Zone of Chinmaya Mission have been organizing a yagna in Marathi in the 'Pitru Paksha' for the last four years. It is their way of paying a tribute to the departed members of the institute. This year the topics were Bhagavad Gita chapter 4 in the evening and Ganapati Atharvashirshyopanishad in the morning.

Swami Advaitanadaji in his lucid yet simple Marathi held the audience spell bound. After explaining in short about the Karma Yoga (3rd Chapter), Swamiji discussed the Yoga of Renunciation of action in detail.

He explained the Avatarvad, Varnavad and the reasoning for it. He highlighted the importance of performance of

twelve yagnas. In the morning, he narrated the meaning and importance of the Ganapati Atharvashirshyopanishad. It is one of the most popular stotras in Maharashtra. The stotra explains Ganapati in the form of "Nirguna Nirakar", 'Saguna Nirakar' and 'Saguna Sakar'. Swamiji expounded the vedantik significance of various verses from the stotra.

Bhajan Sandhya at the residence of Smt. Veena Thadani

As part of Ganesh festival, a Bhajan Sandhya was organized by Smt. Veena Thadani on 19th September at her residence.

Smt. Pramodini Rao accompanied by the tabla & harmonium team, rendered the soul stirring Bhajans. More than 50 people which included her relatives & friends, mission members and residents of Maitree Park attended the function.

Sampoorna Geeta Parayan ...

... on 16th Sept. @ the residence of Sri M. A. Gopalkrishnan by sevak P. B. Someshwarji.

... on 26th Sept. @ the residence of Smt. Suhasini Kamat by sevak P. B. Someshwarji.

... on 2nd Oct @ the residence of Dr. Shekatkar by sevak P. B. Someshwarji.

... on 12th Oct. @ at the residence of Smt. Preeti Dhadge by sevak P. B. Someshwar.

Ghar Ghar Me Geeta ...

... on 24th Sept. @ the residence of Smt Kalyani by sevak Shri Sriram. The topic covered was 'The Three Paths'.

... on 26th Sept. @ the residence of Sri Ganeshraj by sevak Shri

Murali Krishnan. The topic covered was 'Forgiveness based on Oneness'.

... on 2nd Oct. @ the residence of Smt. Anita Shenoy by sevak Shri Prasad Deole. The topic covered was 'The Three Paths'.

... on 3rd Oct. @ the residence of Smt. Kusum Bhandarkar by Brni. Sailatha. The topic covered was 'The Three Paths'.



New Classes Started Balavihar class

Every Tuesday at 5.00 pm

Sevika : Smt. Indira Someshwar

Venue: 1301, Tulsi Majestic, Plot No. - 7, Postal Colony,
Chembur (East), Mumbai - 400 071

Contact : 9820019676

Learning Bhagwad 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

Chinmaya Prerana Zone

(Navi Mumbai)

**Ganapati Atharvasheersha
Havan on 27th Sept. at
Chinmaya Prerna**

Anant Chaturdashi was celebrated in a grand manner in Chinmaya Prerana Ashram.

Ganapati Atharvasheersha Sahasravartana havan was performed. Devotees in and around Kharghar performed the Havan in large numbers.

Br Ved Chaitanya explained the importance of the Ganapati Atharvashisha and the programme concluded with Mahaprasad.

**Geeta Chanting Competition
(Area Level) of 2nd Chinmaya
International Geeta Chanting**



**Competition on 10th and 11th
October@ Chinmaya Prerana
Ashram, Kharghar**

Competition took place in 4 sessions. Around 1,250 students from various schools across Navi Mumbai and Raigad district participated in the competition

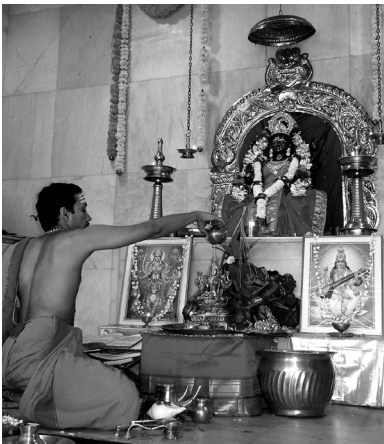
Br. Ved Chaitanya addressed the parents in each session on the topics of Parenting, Importance of Geeta and Essence of Geeta. All participants were given certificates.





Navaratri & Dassera Celebrations

Pujya Gurudev's Blessings and Mother Rajarajeshwari's Grace enabled us to do 'Shakti Upaasana' in the beautiful serene atmosphere of Chinmaya Prerana, Kharghar, Navi Mumbai from 13th to 22nd October 2015, guided by Br. Ved Chaitanya.



Navaratri began with 'Ghatasthapana' on 13th. Every morning we had Puja of Maha Ganapati, Panchayatana Devata & different forms of Mother. It was a lifetime experience to witness the Maha Saraswati, Shree Mahalakshmi, Maha Durga &

Shree Lalitatripurasundari Shodashopchar Puja, in the morning, afternoon, evening & night, performed so lovingly by Pujari Surajji.

Morning's parayana of 'Shree Durga Saptashati' was followed by Vedji's discourse on the Narada Bhakti Sutra. He explained the essence of this text and with each aphorism hooked us on to this haloed path of devotion. What were the qualities of a

true devotee, what were to be followed and what cautiously avoided, what were the divine traits of the holy sages...all this and more was covered. The Sutras though in Sanskrit were brought home to us because of Vedji's knack in making the words of the scriptures seem so easy to understand. No one could leave without wishing to imbibe these noble values entwined in the 84 Sutras.

We also recited Shree Lalita Sahsranaama Stotram at 4:30 pm. The beautiful form of the Goddess charmed every devotee's heart and we would be forgiven if we forgot to chant or pray when blessed with such a divine sight, day after day.

Every evening we had different cultural programs. Devotees pined to witness the Prasanna Puja followed by Rajopachaara. At 9.30 pm. Mother was taken for "Shayanagriha" amidst shankha & bell and melodious Lullaby "Jo Jo...". The day was over for devotees; yet the volunteers, Br.Vedji & Purohit Surajji would patiently change Mother's Shringar for the next day.

On 21st October 2015, we performed Shree Sookta Havan in a huge Kund. At 6.30 pm,



Utsavmurti was taken for Nagar Parikrama. What a sight it was! Rows of ladies with diyas, men holding Raj-danda & flags & devotees dancing with zest on drumbeats!!

On Dassera morning (6th anniversary of the consecration of Shri Mahalakshmi), Utthaapana of Ghatawas done. While the Divine Ceremony of Abhisheka with Nine Dravyas was being performed, the devotees at the temple reflected yet again at their good fortune in being able to celebrate Dassera in the abode of Goddess Mahalaxmi. Finally, the Vidyarambha Puja was performed on 23rd October 2015 at 8 am.

Celebrating The Birth Centenary Year of
Parama Puja Gurudev Swami Chinmayanandaji

ALL MAHARASHTRA & GOA CAMP

(in Hindi, English & Marathi)

MANISHA PANCHAKAM

(in Hindi)

by Pujya Guruji Swami Tejomayanandaji

23rd to 28th February 2016 (Tuesday to Sunday)

Sw. Advaitananda

Ramayana

(in Marathi)

Total 51 Acharyas of
Maharashtra and Goa



Sw. Swatmananda

Guru Paduka Stotram

(in English)

At Chinmaya Vibhooti,
Kolwan, Pune

Camp Donation Rs. 3,500

Opportunity to offer Bhiksha to 51 Acharyas & 1000 Devotees
Rs. 15,000 (Breakfast), Rs. 20,000 (Dinner), Rs. 25,000 (Lunch)
Guru Paduka Puja: Rs. 11,000. Aarati: Rs. 5,000
Yajaman for the Whole Camp: 5 Lakhs, Yajaman for One Day: 1 Lakh

For On-Line Bank Transfer: Bank: Indian Bank.

Branch: Camp. IFSC: IDIB000P087

A/c.Name: Chinmaya Mission Pune. A/c.No: 719594351.

Please convey details for receipt

Cheque to be made in favour of CHINMAYA MISSION PUNE

& send to: Chinmaya Maauli Ashram, Chinmaya Nagar,

Survey Number 16, Wadgaon Shinde Road, Lohagaon, Pune - 411047

For On-Line Registration - www.chinmayamission.com/pune

cmpune@gmail.com +91-9975596394, +91-9881192859

In the Birth Centenary year of Param Puja Gurudev Swami Chinmayananda,
& Auspicious year of Nev-kalevar of Lord Jagannath.

We are organising

SADHANA CAMP In HINDI

by

P. Swamini Nishchalananda

(Mumbai)

at Jagannath Puri-Odisha

Venue : Hotel Nayak Plaza, Puri

Camp Dates : 19th to 23rd Nov 2015

**Co-Acharyas : Brni. Pranoti Chaitanya-Ghaziabad
Br. Neeladri Chaitanya-Puri.**

Texts:

a) Chatuhshloki Bhagawata • b) Srimad Bhagawad-Geeta Chap XIII • c) Kishkindha Kand of Ramcharit Manas.

Special Features

1) Guided Meditation 2) Shree Guru Paduka Puja (Daily)

Camp Donation:

Rs. 7500/- per person (three persons in a non ac room)

Rs. 8500/- per person (two persons in a non ac room)

This includes only lodging & boarding only during the camp. Camp donation is Non-refundable & Non-transferable.

Payments:

Payment by cash or DD in favour of "Central Chinmaya Mission Trust" payable at Mumbai. Please mention on Envelope "For Puri Camp" & send it to Mrs. Usha Nair, CCMT, Mumbai.

Please register your name by giving the information Full Name, Age, Address, E-mail id, Landline no., Mobile no. & also Emergency contact number with name.

For further details please contact Camp Co-ordinators.

- | | | |
|--|--|--|
| 1. Mrs. Prerna Shinde/ Usha Nair
Mobile no: 09892591238/9890067238
Central Chinmaya Mission Trust
Sandeepany Sadhanalaya
Saki Vihar road, Powai, Mumbai-72.
Ph no: 022-28572367/2857 5806 | 2. Smt. Pratibha Dadarkar
Dadar, Mumbai. Tel No: 022-24142301
(After 7pm only) | 3. Mr. S. K. Dixit
Malad (East) Mumbai.
Mobile no: 09869105775 Tel.: 022 28777129/40037117 |
|--|--|--|

Last Date for Registration : 30th September, 2015

- N. B.: 1)** Camp inauguration on 19th of November 2015 early morning. All campers to reach Puri by evening of 18th November 2015 and leave by 25th November 2015 night from Bhubaneswar.
- 2)** How to Reach Puri :-
- Puri is 50 kms away from Bhubaneswar. Bhubaneswar can be reached by train or Air. Taxis are available from Bhubaneswar to Puri.
- 3)** Pilgrimage & sight-seeing in and around Puri & Bhubaneswar will be organised at extra cost, (19th November to 25th November 2015).



For further details contact camp Co-ordinators.

CCMT



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At Chinmaya Vibhooti, Kolwan



A camp in English by **Pujya Guruji Swami Tejomayananda** on his composition *Vedanta Chintanam*

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Academia of Sanskrit Research and Indology



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to commemorate the Birth Centenary Year (2015-2016)
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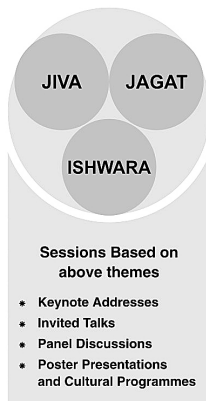


November 18-21, 2015 @ Chinmaya Vibhooti, Kolwan, Pune

Register Online @ www.chinfo.org/advaitaconference

SESSION TOPICS

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Individual Transformation and Self-unfoldment
Advaita Vedanta for a Fulfilling life
Role of Vedanta in Sustaining Social Harmony and Human Relationships
Exponents of Advaita Vedanta and their contribution-East and West
The Excellence of the Advaita World-view
Reorienting Education
Nation building & Nourishing leaders through Advaita
Vasudhaiva Kutumbakam - The entire world as one family
Advaita Vedanta and the Philosophy of Science
Saguna and Nirguna Brahma
Concept of Jiva-Brahmaikya (Supreme Oneness)
Swami Chinmayananda, the sage of Advaita and his contribution to humanity



EMINENT PARTICIPANTS INCLUDE

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- Dr. Shashiprabha
- Dr. K Ramasubramanian
- Justice B N Srikrishna
- Dr. K Sadananda (USA)
- Dr. Arindam Chakrabarti (Hawaii)
- Dr. Mani David Sastrigal
- Dr. A Raghuramaraju
- Dr. D R Kaarthikeyan
- Dr. Rajeev Sangal
- Dr. Dharm Bhawuk (Hawaii)
- Swami Tejomanandaji and Senior Acharyas of Chinmaya Mission
- Dr. Godabarisha Mishra
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Meditation Demystified VI

Dhyana Karo, Dhyana Rakho, Dhyana Dharo

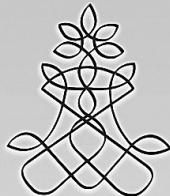
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Swamini Vimalananda
and **Swamini Ujjwalananda**



Dates :

28th Nov. to 3rd Dec. 2015
(Saturday to Thursday)



Venue :

Chinmaya Gardens,
sylvan and serene
ashram at the foothills
of the Nilgiris, Coimbatore.

Course Donation

(Non refundable)

Rs. 3,000/US\$50 per person

Rs. 2,500/ US\$45 per person (dormitory)

Rs. 4,000/US\$70 per person for
(AC accommodation)

Candidates must be between 18 & 65 years of age and of sound health. Prior knowledge of meditation techniques is not necessary.

Course Content :

- ★ Total 6 hours of Meditation per day
- ★ Principles & Practice of Meditation
- ★ Meditation on the Form and the Formless
- ★ Tuning and Fine-tuning for Meditation
- ★ Individual and Group Meditation
- ★ Introspection and Contemplation
- ★ Yoga, Prayer and Worship

For registration and further enquiries, please contact:
Administrator

Chinmaya Gardens

Nallur Vayal PO, Siruvani Road, Coimbatore 641114

+91-422-2615637/ +91-9360461566

chinmayagarden@gmail.com

"Meditate! Meditate!! Meditate!!!

*This is the highest vocation in life and man alone is capable of it.
Let us meditate and discover for ourselves its benefits and blessings."*

- Pujya Gurudev Swami Chinmayananda

"Vedanta Darshan"

(Advance Course in Vedanta)



2nd Four-Week Residential Course by
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and Brni. Darshika Chaitanya

Venue :
Chinmaya Gardens.
Sylvan and serene
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Dates :
13th Feb. to 10th Mar. 2016

The main course text : "Panchadashi"



Candidates must have knowledge of the fundamentals of Vedanta, or must have undergone the Dharma Sevak Course, or be Sevaks/Sevikas of Study class. They must have a strong desire to gain deeper knowledge of Vedanta. They must be below 65 years of age and of sound health (exceptions only on special permission). They must have sufficient grasp of English. Knowledge of Sanskrit not a must.

Accommodation:

1. Comfortable sharing rooms with attached bathrooms.
2. Dormitory with common bathrooms.

Food:

Sattvik Vegetarian food will be served.

Course Donation (Includes Accommodation & Food.)

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Below 25 yrs.	₹. 4000/-	₹. 2500/-
₹. 13,000/- per person for Air-conditioned Accommodation		

Course donation non refundable

For registration and further enquiries, please contact:

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The camp will begin on 24th December at 4.30 PM

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~ Swami Tejomayananda

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An offering unto Bhagawad Geeta

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Reaching Gurudev to Maximum People,
Taking Geeta to Every Home,
Touching Every Life, Transforming Every Family



8th May 2014 - 8th May 2016

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

To participate contact : 9320286048

Just Like That

A Play depicting the Essence of Karma, Bhakti & Jnana Yoga of Bhagavad Geeta

On Sunday

20th December 2015

10am to 12.30pm (with Interval)



Theatrical Performance by Chinmaya Yuva Kendra(CHYK), Mumbai

GEETA UTSAV

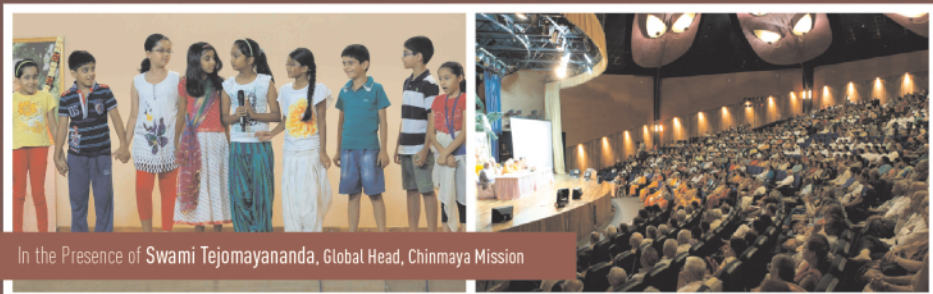
Celebrating Traditions, Talents and Inspiration based on the Geeta

On Sunday

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Highlights

- **Geeta Dhyanam:** Fusion of Indian and Western Dance forms
- **Geeta Chanting:** Soul Stirring Chants by Vocal Maestros and Mass chanting by elders, youth & children
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Sri Shanmukhananda Chandrasekarendra Saraswati Auditorium, Sion,

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and Believers**



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