

Chinmaya Sandesh

January 2017 Spiritual Monthly Bulletin of Mumbai.

Content

President's Desk	5
Chinmaya Chintan	7
Tejomayam	9
Guruji's Itinerary	14
Acharya Manan	15
o Central Prog. & Reports	18
o Chinmaya Sagar Zone	39
o Chinmaya Mahima Zone.....	46
o Chinmaya Jayam Zone	49
o Chinmaya Priyam Zone	52
o Chinmaya Bhakti Zone	58
o Jagadeeshwara Zone	61
o Chinmaya Narayan Zone.....	63
o Chinmaya Prerana Zone	67
o Other Announcements.....	68
Tariff & Sponsors	82

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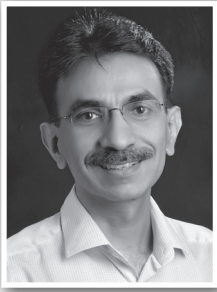
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From the President's Desk



Om Shree Chinmaya Sadgurave Namah!

“Gita Jayanti” was celebrated on 10th December 2016. It is the day when Lord Krishna gave the supreme and sacred knowledge to Arjuna in the battlefield of Kurukshetra. This Gita Jayanti was special because it was celebrated with mass chanting of 18 verses (one from each chapter) of Srimad Bhagavad Gita by devotees all over the world. It was an initiative of Government of Haryana, the state in which the town of Kurukshetra is situated. This was supported by various organizations, specially, Chinmaya Mission. Chinmaya Mission centres all over the world joined in this mass chanting and also had other programs like Sampoorna Gita Parayana and Gita chanting competition, etc. This time in Mumbai 14,000

children participated in Gita chanting competition and it had elders also participating in the competition. We consider Bhagavad Gita to be one of the most sacred Indian scriptural texts. But, with mass chanting all over the world, Gita truly became a global text.

In fact, Bhagavad Gita is truly a universal text. It is not merely a Hindu holy book. Nowhere does it mention the word Hindu. It is relevant and applicable to each and every human being, be it from any religious or cultural background. The knowledge and message which was delivered by Lord Krishna thousands of years ago, in the battlefield, to a warrior Arjuna, is as relevant today and equally applicable to all of us. Srimad Bhagavad Gita is considered to be the essence of all Upanishads. Upanishads are essence of our scriptures i.e. the Vedas. Thus Gita is revered the world over as it represents the highest knowledge and wisdom.

Arjuna represents anyone of us. We usually get confused, emotionally overwhelmed, not knowing what to do, doing wrong

things due to wrong attachments and so on. The most important and correct choice ever made by Arjuna in his life was to opt for Lord Krishna to be on his side in war and giving up the choice to choose Lord Krishna's huge and mighty army. Duryodhana was very happy to get Krishna's army, but he did not realize that the wars are not won merely by numbers but are ultimately won by the people who are on the side of Dharma and who have a friend-philosopher-guide like Lord Krishna. Not only in war, but in every situation in life, be it in family/relationships/business/job/sadhana, when we know how to live a righteous life and have a Guru to whom we can surrender and obey then our life would be full of happiness, contentment and evolution. One very important blessing that we can ask from our elders or the Guru is to have the ability to think and choose correctly.

It is said that a Guru is not a person but is a phenomenon. When we become a true disciple then the Guru happens to us. When Pujya Gurudev Swami Chinmayananda became a true disciple, Guru happened to him in the form of Paramguru Pujya Swami Tapovan Maharaj. Gita

Jayanti day also happens to be Tapovan Jayanti day. What a coincidence! As a great disciple, Pujya Gurudev received "Jnana" of Gita through "Vairagya" of Swami Tapovan Maharaj. Pujya Gurudev is considered to be a "Gitacharya". He relentlessly worked for the revival of our culture by spreading the knowledge and wisdom of the Gita. "Gita Jnana Yajnas" were the unique way by which Pujya Gurudev had reached the highest knowledge to thousands of devotees. Pujya Gurudev made Gita accessible to all of us.

As one of the 108 names of Pujya Gurudev we chant "Om Gita-Jnana-Yagna-Pracharakaya Namah" Salutations to the propagator of the knowledge of Srimad Bhagavad-Gita.

Pujya Gurudev has said "Chinmaya Yajnas are all conducted by Him, and we are all but workers in His army. Let us realise our insignificance and learn to surrender unto Him and be the torch bearers in His Mission."

Unto Him Our Best.

Mukul Patel

President -

Chinmaya Mission Mumbai

Chinmaya Chintan

New Year Greetings

Swami Chinmayananda



I wish you all a Happy New Year.

Time flows on irresistibly. Nobody can stop it. In that eternal flow of time, it is man who superimposes divisions and names as day and night, as months and years. To the common folk 365 such days-and-nights bring, according to their calendar, a New Year. But, in fact, to the large majority, there is no new-ness about it. Every year is a dragging continuity of the previous year. Every month is a shameless prototype of the sorrows and imperfections of the previous month. Every today an echo of a yesterday that has passed. To the unintelligent thoughtless persons, there is very little of any new-ness as

The seeds in the barn cannot produce at the end of a year a rich harvest, unless we plough the land, sow the seed, weed it out, water the growth, protect it from dangers and wait for the ripening.

their days, months and year roll by. On the high-road of life they constantly miss their buses.

The field-of-time can be cultivated and brought to bear fruit and profit if we sincerely farm our own life. The seeds in the barn cannot produce at the end of a year a rich harvest, unless we plough the land, sow the seed, weed it out, water the growth, protect it from dangers and wait for the ripening. So too, the field-of-time cannot smile forth to provide us with our joys in life unless we cultivate it properly.

Plough the time with study. Sow the seeds of your own goodness in the ample field-of-time. Water them with your devotion to the Perfect. As the seeds grow, the weeds also shall strike their roots in the same field and raise their heads. Carefully remove them; one by one, uproot the evils from yourself. Protect the bosom from the grazing bulls of sensuousness and temptations, of passions and lusts. And wait... till the virtues ripen and are ready for the harvest. One who is capable of thus making use of Time and steps forward in his own inward

growth and beauty, that one alone can wait for the New Year - of glorious promises, of fruitful expectations, of assured peace and guaranteed success.

Through self effort, strive to create beauty in yourself. When the inner equipments-of-experience are consciously tuned up through study, devotion, service and meditation, the fallow fields-of-time shall come to smile forth into plenty and joy, around such an individual.

The Mission Members are seekers who are consciously striving to gain self-improvement and who are deliberately living every hour of their day in the awareness of the Higher Ideal. In all your attempts at attunement with the Perfect, bring all the aspects of your personality - the physical, the mental and the intellectual. May the coming year bring to all sincere seekers the full reward for their self-controlled life of ennobling thoughts, in terms of their own experienced inner peace and outer achievements!



The difference between BRAHMAN and the world of objects is the lateral inversion. CONSCIOUSNESS is Infinite; the world is finite.

- Swami Chinmayananda

Tejomayam

Guidelines for Living

Swami Tejomayananda



Bhagavan Sankaracharya's introduction to the *Bhagavad Gita* is simple, brief, precise and to the point. If you want to learn the art of brevity, there is no better teacher. He remains focussed through all his commentaries. His words are simple, yet they explain everything.

He says that the entire cosmos has risen from the unmanifest *prakrti*, but *Para-matma* is beyond even that. All the fourteen *lokas* or worlds, which make up one *brahmanda* or universe, are contained in this *prakrti*. Like this, there are many *brahmandas*. In the midst of this whole creation is our world with its seven continents. The

The Lord knew that pravrtti or action alone would not support the world. So he sent another set of people, like Sanaka, Sanandana, Narada and other munis, who were also His mind-born children. He then taught them nivrtti dharma or sannyasa dharma

Lord created the world, and after that he was confronted with the task of taking care of it or sustaining it. Everything in nature follows a pattern and works in harmony, but the Lord faced a problem with respect to human beings - they needed to be given directions. In the whole of nature, human beings alone can create discord and conversely, they alone are capable of doing something great. Knowing this, God gave directions to them on how to live beautifully in this world, and how to make the best use of this world, blessing themselves and others.

Guidelines for living are to be found in various texts handed down by the Lord Himself, in different forms. The Lord, with His mind, created the *saptarsis* like Marichi, Atri, Bhrigu, Angiras and others and gave them the guidelines for an active life in the world (*pravrtti dharma*). Based on the *Vedas*, He explained to them the righteous method of living in this world, rooted in action. In the *Bhagavad Gita*, this knowledge of the rules of life is known as *karma yoga*. Bhagavan Manu in *Manu Smṛti* has also

given detailed and exhaustive rules to be followed. All these together are known as *Dharma Sastra*. This is a manual designed to help us make the best use of what we have, very much like the manuals that accompany products in the market.

The Lord knew that *pravrtti* or action alone would not support the world. So he sent another set of people, like Sanaka, Sanandana, Narada and other *munis*, who were also His mind-born children. He then taught them *nivṛtti dharma* or *sannyasa dharma*, which is not merely withdrawal from action, but a spiritual life based on knowledge and dispassion (*jnana-vairagya laksanam*).

Bhagavan Sankaracharya says that the *Vedas* have given these two kinds of *dharmas* -*pravrtti* and *nivṛtti*. These statements by Sri Sankaracharya have become points of reference. They are precise, and encased within them are the essence of the voluminous *Vedas*, teaching us the *Dharma Sastra* and *Adhyatma Sastra* (Knowledge of the Self).

We must know how to live and act in this world, but we

must also know how to withdraw from it. Examples of how *pravrtti* and *nivrtti* function can be taken from our everyday life. At the physical level, supposing someone wants to stay awake, working continuously, non-stop, it is just not possible. Even if one attempts to do such a thing, it will cause untold harm to the body. We often hear of people committing mistakes of all kinds, because they are starved of sleep. There have been innumerable accidents caused by people dozing off at the wheels, while driving a car. When we are tired, we say something, while we mean something else. In hospitals, out of exhaustion, doctors may even give wrong medicines. On the other hand, it is not healthy to sleep too much. Even at the grossest level, both *pravrtti* and *nivrtti* are required. You must rest sufficiently in order to work efficiently. From sunrise to sunset, *pravrtti dharma* prevails, and night is the time for rest, our *nivrtti dharma*. With the invention of electricity, our lives have become unnatural and sometimes nights turn into nightmares!

These principles can also be applied to the corporate world. Most companies have a manu-

facturing wing and a separate wing for research and development. The corporate giants run huge factories, headed by a team of managers, who take credit for everything. However, the products being manufactured are the result of the dedicated efforts of the researchers silently working in the laboratories, following *nivrtti dharma*. The product and the factories are there for all to see, but without some serious thinking behind the scenes, the company will not be able to manufacture anything. Even the prosperity of a company depends on both *pravrtti* and *nivrtti*. *Nivrtti* does not mean that you withdraw completely and sit down without doing anything. There must be harmony between the thinking and the production. Suppose there is a company with a wonderful research wing, but totally incapable of producing anything, it will have to close down soon! A company with only a good manufacturing facility cannot sustain itself for long, because each product has a certain life span, and if no new products are developed, the company will certainly stop prospering.

When we study the history of religions, we find that those who

Today there is a huge outcry against 'terrorism', but infinitely greater is the evil of the ecological imbalance in the world, leading to global warming

established religions or sustained them were of a meditative bent of mind. Their inspiration came through their meditation, but they also knew that everyone is not inclined to meditation. To sustain the religion, they developed traditions, rituals and customs. Even though *dharma* originated from *nivrtti laksana*, the spiritual masters have also prescribed the path of *pravrtti* for its sustenance. To maintain the balance, we should be able to see the importance of both *pravrtti* and *nivrtti*.

Even in a very simple statement - 'Think before you act' - there is a harmony between *pravrtti* and *nivrtti*. Before you do something or speak something, you must reflect calmly on what you plan to do or say.

If you are able to think quietly before you act, your action will be more effective. Action without thinking can be quite disastrous. Thoughtless action and actionless thought are both incomplete and cannot give the desired result. Though in our everyday life both action and deep thinking are required, we find that some people are more inclined towards thinking, while others are action oriented. A short *sutra* that I coined is: "Don't work restlessly and don't rest worklessly!" Rest is very important, so intersperse your work with rest, but do not just rest without doing any work. In short, avoid laziness.

If this *nivrtti-pravrtti dharma* of meditation and action, thought and action is properly followed, there will be integration. *Dharma* has been beautifully defined as '*abhyudaya nisreyasa hetu*' - the cause of all-round prosperity and *moksa* or final liberation. *Dharma* is that which leads to all-round material prosperity without spiritual impoverishment. In the process of following *dharma*, you will become spiritually rich. People often think of *dharma* in terms of the 'other' world. Such a *dharma* cannot be sustained. By allowing *dharma* to guide our everyday activities in this

world, we are paving the path to prosperity and peace of mind here and now.

Dharma is the source of all-round prosperity and spiritual unfoldment. Sri Sankaracharya says that this *dharma* must be followed according to one's stage of life and station in life. *Brahmacarya asrama* is a stage in life devoted to study and learning. In *sannyas ashrama* the activity continues, but the emphasis is on *jnana* and *vairagya*. In *grhastha ashrama*, the emphasis on *pravrtti* is greater, but slowly one must learn how to withdraw. According to their aptitude and temperament, the people of the four *varnas* - *brahmana*, *ksatriya*, *vaishya* or *sudra* - must follow their *dharma*.

Everyone has to work and sleep, follow *pravrtti* and *nivrtti*, without any exceptions. Moments of deep thinking and withdrawal should be followed by right action. The emphasis on *pravrtti* and *nivrtti* may change from time to time, even with the same person.

We find that among the people who follow the path of *dharma*, those with *bhakti* are able to sustain it; the majority find it difficult to sustain the discipline required on the path

of *dharma* and slowly they begin to compromise. The mind says, "Today I could not do my *japa*....*does* not matter." Earlier, the same person would make up for the shortfall in *japa*, but slowly laziness sets in and there is willingness to compromise. Sometimes the tendency to do something wrong also gains strength. The majority of people are not able to remain steadfast; the balance is disturbed and *adharma* increases.

Today there is a huge outcry against 'terrorism', but infinitely greater is the evil of the ecological imbalance in the world, leading to global warming. We are all responsible for creating this imbalance, which can ultimately destroy this world. An imbalance in the body or in the society is called 'disease'. We destroy our lives with our wrong habits, addictions and wrong thinking. When the damage has set in, we begin to worry about our future and wonder if there is any hope for us. It is heartening to note that there is hope even then, if only we determine to take the path of goodness or turn towards *Bhagavan*. God, in His kindness, takes an *avatara* (incarnation) to protect goodness and those who are good.

In the *Mahabharata*, the Lord came in the form of Sri Krishna to protect the *brahmanas*; for if *brahmanas* are protected, then *dharma* is protected. Unfortunately, the concept of *brahmanas* is so degraded today that we are not able to understand the import of this statement. *Brahmanas* here means leaders or visionaries. When we view it in this light, this takes on a new meaning.

In world history, we find that great movements were always led by great leaders or visionaries. Interestingly enough, we also find that the first task of any dictatorship is the imposition of censorship. Thinkers and leaders are the first to be imprisoned. In recent memory, we have the case of Mahatma Gandhi being imprisoned on several occasions. It is only the leaders who are put

away, because the masses follow the leader. Nelson Mandela served several years in jail. They could neither kill him (because of world opinion), nor could they set him free. In the end, we see that his thinking triumphed and he took over as the President of South Africa. The great thing about him is that in time he renounced even that post.

Following the same line, the *Ramayana* says, '*vipra dhenu sura santa hita lina manuja avatara -Bhagavan* takes *avatara* for the sake of the *brahmanas*.' In chapter three of the *Bhagavad Gita*, it is said: *yadyadacarati sresthas-tattadevetaro janah* - whatever the great person does, others follow. Therefore, in the protection of a great person, a leader, a visionary or a thinker, *dharma* is also protected.

Source : Tapovan Prasad, Nov. 2011

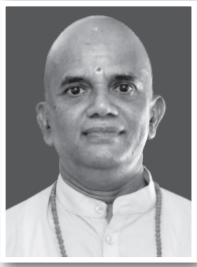
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Acharya Manan

GOT

(Gathered & Occupied Thoughts)

by Br. Damodar Chaitanya



The thoughts gathered from teachings and some occurred while reflecting on teaching which may help in the flight of alone to alone:

Ignorance of Self - How Maya plays her card so well!

The first ignorance is 'not knowing my real nature of absolute Consciousness' and the second is 'identifying with this BMI as Me/Mine'. So, removing this 'I' and 'Mine', by enquiry, alone is the means for end of sorrows, as this 'BMI' is ever subject to the sorrows of old-age, disease and death.

It is worth understanding that the

illusive Maya generally manages to keep us away from the enquiry as far as possible. Because during young age, one does not bother about 'disease, old-age and death'. But, when one starts experiencing these sorrows at the later age, he will have no time nor fitness to enquire about the Truth. Thus, one leaves the body with ignorance and continues with repeated births. So, better start the enquiry now.

Sorrow is due to notion of 'Me' and 'Mine'

An unknown thing does not affect me in any way as it is not 'Mine'. But, when the same thing comes into my contact and remains with me for some time, it becomes 'Mine' and anything happening to it affects me. In the same way, though 'My' BMI too is thing, since I am deeply identified with BMI from time immemorial, anything happening to it, affects me greatly as it has become

'Me' now. Hence all sufferings like when a metal pot receives some dent due to fall, etc. the space inside it too gets seemingly affected due to the dent.

Brahman & Maya

We need words to express meaning of something. Once the meaning is understood, words do not matter. Similar is the relationship between Brahman & Maya. We need Maya, expressed as World, etc., to comprehend Brahman. Once the Brahman is comprehended, there exists neither Maya nor world. It is like gold and ornaments. To know gold, ornaments are useful, but there is no ornament in gold.

All-pervading Brahman

How to understand Brahman is all-pervading Consciousness? If Consciousness were not to be all-pervading, then we would have to carry Consciousness to everywhere, wherever we go to keep this BMI live, like we fill fuel for vehicle now and then during our journey.

प्रारब्ध & पुरुषार्थ

These are the two aspects that concern an individual. Individual's joys and sorrows are based on प्रारब्ध on which he has

no control and as long as प्रारब्ध is not exhausted, he will continue with the body and go through the experiences. These experiences also involve interaction with other embodied ones. On the other hand, the individual has the liberty to choose his पुरुषार्थ in the way he prefers it to happen and create a better future.

World & Objects

Due to poor light, a rope is not clearly understood as rope but perceived to be a snake, a stick, a crack on earth, etc. As long as such notions are perceived in the rope, they will continue to exist. Only when one is able to see the rope as rope alone, the snake, etc. cease to exist.

Similarly, when an individual is able to see the ever-changing world, etc. as mere names & forms in the One Homogeneous Brahman, then he realises that the world is only a relative reality. It is like on waking, dream ceases to exist.

Law of Karma is independent & fair

We seekers often feel that the God does not provide us relief from sorrows, etc. But, even incarnating Gods themselves were subjected to the Law of Karma, as

witnessed from the miseries faced by Shri Ramachandra and Shri Krishna during their mortal lives. What would be our fate, if due to external influence, rain water turns hot or sunlight becomes cool or dull! Do we desire such a change?

Brahman as the Substratum

The earth is the substratum for the physical world comprising of human, animal and plant kingdoms, etc. What holds the earth as also the sun, the moon, the stars, the galaxies and the rest of universe? It is the Brahman, the Consciousness, which is the essence in all these manifestations.

Incarnation of Gods

Some of us 'intellectuals' have difficulty in accepting and understanding the concept of incarnations of Gods like Bhagawan Krishna, etc. If we think a little, we can understand that we all are also incarnations. It is depending upon one's

capabilities that one becomes leader, another international leader, Guru, Guide, God and so on. Like we had Gandhiji, Vivekanandaji, our Gurudev and so on as great personalities. Thus, if we extend this understanding, it would be convincing to accept Gods.

Why I am not able to perceive Ishwara?

This entire Universe itself is Ishwara. But, due to limitations of our equipment we are not able to perceive the whole creation. It is like a small being within the body of an elephant cannot perceive elephant as a whole.

Though Consciousness is the essence in all appearances in the Universe, we see them as different names and forms and identify with the ready-made world rather than the essence. Like we perceive waves instead of seeing their essence i.e. water. Similar is the case with this BML, which I call 'Me/Mine', having identified with it.



Leap from the shores of duality into the rugged boat of discrimination and play ceaselessly towards the horizon of experience

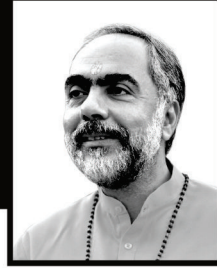
- Swami Chinmayananda

Master Your Mind

Through Dhyana Yoga based on Chapter 6 of Bhagwad Geeta

27th Feb - 2nd Mar 2017 (Mon - Thu)

7pm - 8:30pm at Bhaidas Hall, Juhu



by

Swami Swaroopananda

Regional Head of Chinmaya Mission UK, Australia and Far East Director, Chinmaya International Residential School (CIRS)

Master Your Mind is a series of talks by **Swami Swaroopananda** to reach the vision and knowledge of the Geeta to maximum people. Participation in the talk-series will be open & free to all. It aims at empowering the modern-thinking, educated members of our society with life-transforming spiritual tips and techniques to transform life.

- Swamiji has been nominated as the next Global Head of Chinmaya Mission, as a successor to HH Swami Tejomayananda
- Swamiji has spent 25 years traversing the globe, sharing the wisdom of Vedanta with hundreds of thousands of people
- Equally at ease expounding ancient scripture in an ashram or conducting a management seminar at Ford or Harvard, Swamiji's practical and contemporary approach makes him a highly sought-after speaker and spiritual guide
- Over the past quarter of a century, Swamiji has written dozens of books, spoken on spiritual texts such as the Hanuman Chalisa and Bhagavad-Gita and provided timeless spiritual guidance on contemporary issues
- Swamiji's Annual Global Camp for youngsters and teenagers in CIRS (Coimbatore) is one of the most looked-forward and fun youth-programs of the CHYK year all over the world
- Swamiji has conceptualised a unique corporate program called "Make It Happen" which is a highly sought-after module with companies world-wide
- Swamiji's CDs and books are some of the best-seller publications of Chinmaya Prakashan, and are popular amongst audiences and readers all over

Your generous donation will support this event and also the visionary project "Chinmaya Pradeep".

Chinmaya Pradeep is a first of its kind permanent outdoor Vedantic Vision park using multiple mediums & multimedia. It is designed to invoke deeper thinking, reflection, contemplation & silence.

Chinmaya Pradeep is the story of a sceptic's transformation to a seeker & a spiritual master. It is also the story of the decline of Vedic Saraswati Culture and the role that Swami Chinmayananda played in its revival. It has the essence of the Upanishads, Bhagavad Geeta, Vedanta, Hindu Culture, Personal transformation and Service.



Master Your Mind

Through Dhyana Yoga based on Chapter 6 of Bhagwad Geeta

27th Feb - 2nd Mar 2017

(Mon - Thu)

7pm - 8:30pm at Bhaidas Hall, Juhu

Built around the Kutia of Swami Chinmayananda in Sandeepany Sadhanalaya Powai, Mumbai, Chinmaya Pradeep is spread over 20,000 sq.ft. It is based on 11 verses of Kritajnataa, a composition of Swami Tejomayananda which expresses gratitude to Swami Chinmayananda. Chinmaya Pradeep is to illumine the timeless vision that Swami Chinmayananda had for the individual, for Chinmaya Mission, for Hindu culture, for India and for the whole world.

The Vision park was inaugurated on 12th June 2016 and has been inspiring many visitors everyday.



Donation Options: (Please tick your preference and fill up the details in the form overleaf.

Tear this page and handover the same with the cheque/cash to the Chinmaya Priyam centre, Juhu or call on numbers provided at the end of the form.)

Dainik Yagna Gnana Jyoti Yajmaan ₹ 10000 per day
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Geeta Pustak Vitaran Yajman ₹ 1 lakhs
(Free Bhagwad Geeta books will be distributed to all attendees)

ANY OTHER AMOUNT ₹ _____

Master Your Mind

Through Dhyana Yoga based on Chapter 6 of Bhagwad Geeta

27th Feb - 2nd Mar 2017

(Mon - Thu)

7pm - 8:30pm at Bhaidas Hall, Juhu

Date:

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Chinmaya Seva Trust

Churchgate, Mumbai.

Please find enclosed here with a sum of ₹

(Rupees.....) by

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Branch.....

favoring 'CHINMAYA SEVA TRUST' as a donation.

I understand that this is donation is not refundable.

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call **26112358 / 26112359**

or write to: **cmpriyam@chinmayamissionmumbai.com**

for online donation visit **chinmayamissionmumbai.com**

Sri Shanmukhananda Fine Arts & Sangeeta Sabha

Presents

Dr. V Subramaniam Endowment Lecture

by **Swami Mitrananda**

*(Acharya Chinmaya Mission Chennai,
National Advisor - All India Chyk &
Trustee Chinmaya Vishwavidyapeeth)*

Vision of Life

Date :

26th January 2017 (Thursday)

Time :

10.00 am

Venue:

Sri Shanmukhananda
Chandrasekhar
Saraswati Auditorium.

For more information

Contact - 9930297647



Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



TITI workshops were conducted ...

@ Recreation Club, Shastri Nagar, Lokhandwala



Patriotic Transformation was conducted by Pooja assisted by Sudhir on 19th Nov followed by Physical Transformation debut by Pooja on 20th Nov. Pooja has joined the league of trainers who have mastered all 7 levels of transformation. Unrelenting motivation & enthusiasm by Team Priyam!!!

@ Chembur 19th Nov

On 19th Nov Chitra conducted Emotional Transformation for a group friends and contacts. An interactive & enthusiastic session!

@ Byculla Udaan NGO

Patriotic Transformation for 5th to 7th standard by Nimisha assisted by Anita. As always the children enjoyed the session and the enactments by Nimisha.

@ Gopal Sharma International School

Physical Transformation for 6th and 7th std on 24th November

6 parallel sessions! 6 parallel sessions, 6 Trainers, 4 volunteers, over 150 students!!!

Yuvaveers Ashwini, Varsha, Malvika and Vibin made their debut assisted by Chitra V, Sandhya, Deepak, Anaghaa. Geethaji and Aravind took the other 2 sessions. The Yuvaveers were simply awesome in their debut; very confident, conveyed the points beautifully & interacted very well with the students. The students enjoyed these interactive sessions. Congratulations!!!

@ H. M. N. College, Matunga

On 26th Nov Emotional Transformation for FYJC students by Aparna assisted by Chitra. A session full of energy, enthusiasm & drama too!!



Feedback: The session was really, really, very, very motivating and transforming. It definitely will bring about changes in me. I am speechless! – 16 year old student

@ Udaan, Byculla - NGO



On 26th Nov Anita made her debut in TITI by conducting Physical Transformation for 5, 6 & 7 stds

@ Recreation Club, Shastri Nagar, Lokhandwala

Universal Transformation by Rakesh assisted by Sudhir on 27th Nov. this was followed by the Interactive summary session

by Pooja assisted by Sudhir as the participants had undergone all 7 levels of transformation.

@ Children's Academy, Kandivili

On 27th November Patriotic Transformation session was conducted for Parents of Geeta Chanting competition by the young & energetic Yuvaveers Vibin & Malvika! Around 120 parents participated in the workshop. The session was very well received. Most said the session was an eye opener for them and that they would like their children to attend it too!

@ Greater Mumbai Education Society, Vile Parle

27th November: Emotional transformation session for the parents of children participating in Gita chanting competition at the Zonal level by Chitra and Pritul. There were around 110 participants for the session. The session was very fulfilling with the enthusiasm, interaction & participation of the parents.

@ S. M. Shetty college, Powai

Physical Transformation for around 70 SYB Com students conducted at S. M Shetty College by Yuvaveers Ashwini and Varsha assisted by Geethaji & Sandhya on 28th November.

Another awesome session! Feedback from a participant: I attended a wonderful session... It was very nice , informative, participative, and knowledge based... I enjoyed it... Thank you for all the things...

@ SIES College, Sion West

On 3rd December Chitra conducted Emotional Transformation for the Teacher trainees of the college - a very engaging and much appreciated session!

@ Chembur

Mala took a session on Spiritual transformation on. 6th December at her residence. Although a small group everyone enjoyed and participated heartily.

@ SIES Institute of Comprehensive Education, Sion West

7thDec:Emotionaltransformation session for the students pursuing Post Graduate Diploma in Counseling.

@ Hiranandani Yagna grounds

Cultural Transformation at by Geethaji assisted by Aravind The projector did not work So Geethaji had to deliver the whole module with the acronym conveying all the points of every slide without any technical support. She enthralled the

audience with her anecdotes, activities and explanation!!!

@ SIES Institute of Comprehensive Education, Sion West



8th Dec: Intellectual Transformation by Amar Shukla assisted by Chitra Participants for students of Teacher's training, Special Education, Certificate course in Counselling & faculty members. It was an excellent workshop. Very engaging, interesting, inspiring & thought provoking!!

@ B. M. N. College, Matunga

9th Dec: Intellectual by Manisha assisted by Chitra for SY students

@ Mahakali Ayyappa Seva Sangh

10th Dec: A very insightful Spiritual transformation workshop by Aravind assisted by Geethaji at Mahakali Ayyappa Seva Sangh for around 30 members. The members seem interested in doing the sessions in their respective societies.

@ Bhavna Trust, Deonar



13th Dec: Emotional Transformation sessions by Chitra assisted by Ms. Paresha (study group member) for around 130 FY Degree students.

@ SIES college, Sion West



15th Dec: 2 parallel sessions on Emotional Transformation by Chitra V Keyuri assisted by Chithra S. & Paresha Shah for FY Degree students

It is truly commendable bcoz we are in the third year of TITI now, and keep the inspiration ignited and keep going with such scale of voluntary work is indeed a rare feat. Congrats to everyone in the team.

– Acharya Nidhiji

My Transformation Transforms Nation!

Here are the 7 modules about which we would like to inform :

Physical: This will get our health back in form

Emotional: This will remove the wrong mindset that we form

Intellectual: This will provide ,for choosing our career, the right platform

Cultural: This will ensure that our duties we properly perform

Patriotic: This will help the citizens of the nation to reform

Spiritual: This will, to gain permanent bliss , show us 3 paths to conform

Universal: This will make us realise that all are uniform

These 7 modules have much more than this for us to transform.

Thereby, my blessed friends, our nation we can definitely transform

* Sandhya Rajesh

Chinmaya Yuva Kendra

'Just Like That' Performance @ Bhaidas Hall on 4th Dec.

Just Like That - A theatre act depicting the way to physical dexterity, mental purity and intellectual clarity through the entertaining and thought provoking journey of the Anand family was recently performed at Bhaidas Auditorium. This was the second full performance in Mumbai, the first ticketed show and the 6th overall show performed in the year 2016.

The awe-inspiring performance was witnessed by an appreciative audience of approx. 1100 people. The audience which included students, professionals, home-makers, businessmen, entrepreneurs and many others gave an overwhelming response to the show.



As part of this act, the members of the Audience were given a chance to choose their position as either a Theist / Atheist / Agnostic which set them thinking, especially the Atheists.

There was participation by around 50 CHYKs and Yuvaveers who put their best foot forward managing their work / college and other commitments to be present for the practice sessions.

They were extremely well supported by the volunteers from Chinmaya Priyam led by Brni. Nidhi Chaitanya who made sure that every requirement for the successful staging of the play was well catered to.

The efforts of the volunteers to reach out to maximum people was also evident in the huge audience turnout for the play on a Sunday morning. The display of Yagna spirit all around was proof that the spirit of the Gita depicted in the play was assimilated by the entire team.



Here are some of the impressions shared by the cast:

As our Pujya Gurudev says “No achievement is impossible for a man, if he knows how to act in the discipline of co-operation” So a big thank you to the entire cast for cooperating with my first attempt in acting. Like every time I have learnt a lot more than expected. Thanks - **CHYK Akash Khilnani** (Actor and Choreographer)

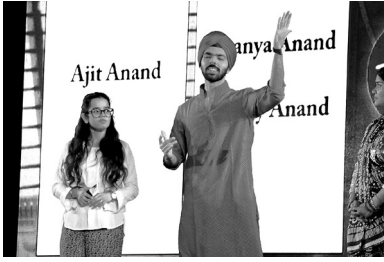
“My JLT experience has been wonderful. It was a learning curve and it brought about a change in my ideas, made me more positive and strong. The first time I saw the play, it felt great and it exposed me to the higher knowledge. But as time went by practicing and watching it again and again, I started realizing the essence of that knowledge and it made me more aware and happy. This is the first time I have acted and it was difficult but a whole new experience. I am very thankful to everyone for having me there and I feel so lucky to be a part of it, getting inspired and learning a lot.

Thank you!” - **Janak Pisharody** (Actor)

Hari Om. In spite of doing the dance and the play for the 2nd time, I was very nervous and couldn't do it properly. But the moment the person who was teaching us the dance (Akash) asked me to dance for HIM, it came out to be amazing. It was beautiful being part of it and learning to dedicate everything to HIM. - **Aditi Sharma** (Dancer & Actor)

Hari Om! I would consider myself fortunate that to be part of JUST LIKE THAT play as it helped me get rid of my nervousness about acting in front of such a large audience since school days. The premise of the play itself pushes one to give our best shot at whatever role one does. The dedication and passion displayed by each of the cast and crew was a constant motivator to an amateur actor like me to relax and feel the character I was performing. The importance of teamwork in such a project was emphasized throughout the practice sessions where everyone was an equal stakeholder in providing inputs to make the entire act a resounding success. I would thank CHYK for this opportunity and eagerly waiting to perform again in their next venture. - **Pranav Menon** (Actor)

It was very well received by all, many of them came forward to conduct JLT shows in different parts in Mumbai and other parts of the country, for reaching out to maximum.



Here are some of the feedbacks received from the youngsters in the audience:

This play has given me some ideas to explore more about philosophy and spirituality, Karma Yoga, Jnana Yoga and how I can apply certain aspects in my daily life. Meditation is something I would like to apply and calm my mind. The point about a confused theist and confused atheist is something I am pondering upon and I don't know where I belong yet - Aishwarya Iyer (20, BA student)

It was a wonderful play which was organized wonderfully. The different characters of the family portrayed different kinds of persons. There was



also generous amount of comedy or humor added in the play. It was quite good. Many concepts of Advaita Vedanta were explained well. - Yash Agarwal (Student)

It is a smart contemporary way bringing in clarity about god and Karmayog (JUST LIKE THAT) which otherwise are much debated or regarded as unscientific and religious - Bhanu Bunga (MTech Student, IITB)

Exceptional Dedication, Innovation, Creativity, Selfless efforts, Individual transformation is the essence of living the JLT way of life.

CHYK Mumbai has been and will continue to come up with such innovative ways to reach out to people and spread the glory of our scriptures to inspire and transform thousands of lives Just Like That through the vision of the Bhagavad-Gita!

- Compiled by Deepak Khanna and Aravind Raghavan



CHINMAYA YUVA KENDRA presents
D4y – Discover for Yourself



Some days I wonder why I'm even here?

WHY ME?

Is it fate that I'm not winning?

How do I reach my Goal?

Why am I confused?

Sometimes, I feel like a FAILURE

How to be an Achiever?

HOW DO I WIN BIG?

Course Highlights

- Interactive workshops on Life skills
- Learning Values of Life
- Open debates
- Activities and Games designed to suit the theme
- Case - studies incld. video presentations
- Personal grooming and guidance on self- empowerment

A unique opportunity coming to you that enables you to find your answers.

Facilitated by – Aparna Raman

Group size – 15-20 children

Text - How to win? By Swami Chinmayananda

For Age group - 11-18yrs & 19-25yrs (parallel session)

Venue - Saraswati Vidyalaya School, Chembur

Starting From - December 11, 2016, 10.00-11.30 am



Discussing with open minds!



Hands on learning on Army training & Discipline in Life.



Call and Register Now for FREE!!

8004651750

Disclaimer: Studies have shown that Satsang causes abnormal levels of happiness and increases the level of peace in society. Please read the Geeta document properly before registering. Satsang can be injurious to Smoking & Drinking.
#companyofthehighesttruth

Just Like That at Hiranandani, Powai on 10th December 2016

After a blockbuster performance at Bhaidas Hall in Juhu, Chyk Mumbai once again performed a very interesting scene on karma yoga during Swami Brahmandanji's Gita gyaan yagna at Olympia Grounds Hiranandani Powai on the 10th of December. The best part of this performance was that an entirely new cast came together for introducing CHYK and Bhagavad-Gita to the society in their innovative way, the cast got themselves trained in less than a week! Unbelievable Dedication showed by these youngsters was remarkable. The audience received the play quite well with several positive feedbacks given to the play team after the performance. The performance served well to inspire the audience to know more about Bhagavad-Gita, karma Yoga as well as Chinmaya Yuva Kendra. We hope the message of the Bhagavad-Gita and the Vision of Gurudev will continue to spread Just Like That!



Regular Classes of Chinmaya Yuva Kendra

Art of Man-Making

Saturday • 7.00 to 8.30 pm

16-28 yrs

Sevak : Sw. Swatmananda

Venue : Chinmaya Sagar, Churchgate

Contact : Ananya Somani - 9820131623

Game of Life

Saturday • 3.15 pm to 4.45 pm

12-16 yrs

Sevak : Br. Yukta Chaitanya

Venue : Chinmaya Mahima, Mahim

Contact : Devika Kanse - 9619861476

Bhaja Govindam

Saturday • 6.30 pm to 8.30 pm

12-28 yrs

Sevak : Brni. Nidhi Chaitanya

Venue : Chinmaya Priyam, Juhu

Contact : Sanyukta Kumbla - 9833044421

Bhagavad Gita

Sunday • 9.30 am to 11.30 am

16-28 yrs

Sevak : Brni. Nidhi Chaitanya

Venue : Chinmaya Priyam, Juhu

Contact : Sanyukta Kumbla - 9833044421

Bhaja Govindam

Sunday • 10.00 am to 11.00 am

16-28 yrs

Sevak : Sw. Sacchidananda

Venue : Sandeepany Sadhanalaya, Powai

Contact : *Mathangi Raghavan* - 9791912889

Bhajan & Chanting

Sunday • 11.00 am to 12.00 pm

12-28 yrs

Sevak : Maatangi Raghavan

Venue : Sandeepany Sadhanalaya, Powai

Contact : *Mathangi Raghavan* - 9791912889

How to Win

Sunday • 10.00 am to 11.30 am

11-18 yrs & 19-25 yrs (parallel sessions)

Sevak : Aparna Raman

Venue : Saraswati Vidyalaya, Chembur

Contact : *Aparna Raman* - 9004651750

DROP

Sunday • 10.30 am to 12.00 pm

12-28 yrs

Sevak : Br. Ved Chaitanya

Venue : Chinmaya Prerna, Kharghar

Contact : *Vaidehi Chhatre* - 9867738802

Victorious Youth

Saturday • 5.00 pm to 6.00 pm

12-16 yrs

Sevak : Br. Ved Chaitanya

Venue : Airoli

Contact : Vaidehi Chhatre - 9867738802

Game of Life by

Wednesday • 5.00 pm to 6.00 pm

12-16 yrs

Sevak : Br. Ved Chaitanya

Venue : Koparkhairane

Contact : Vaidehi Chhatre - 9867738802

Bhagavad Gita

Sunday • 9.30 pm to 10.30 pm

16-28 yrs

Sevak : Aravind R

Venue : Online on SKYPE

Contact : Aravind R - 9619030879



In the darkness of ignorance, we attach
ourselves to the unreal and the fleetin.
In the light of knowledge, we identify
ourselves with the real and permanent.

- Swami Chinmayananda

Chinmaya Geeta Fest 2016

All Mumbai Final



Chinmaya Geeta Fest 2016, was a mammoth task spearheaded by the Acharya in charge, Br. Ved Chaitanyaji, where there were 14,000 participants for Geeta Chanting & around 250 participants for all the other competitions in Mumbai.

Br Vedji briefed us at the start of the year the idea & importance of all the competitions of the Chinmaya Geeta Fest, trained all the zonal coordinators, sevaks, sevikas & interested parents. Volunteers from the zones contacted schools in their respective areas & started teaching the students or teachers as required.

The preliminary round competition was conducted in various schools and those who were selected then participated in the Area-level finals in their respective zones.

Participation Certificates were given to all participants at all levels. Certificates of Appreciation were given to all participating schools and to the teachers who helped in coordinating the competitions in their respective schools.

The highlight of this year's competition was the introduction of G & H groups for young adults & adults respectively. Adults upto 60 years of age participated with as much enthusiasm, eagerness & competitiveness as the children.

The All Mumbai Final took place on Dec. 11, at Powai Ashram. There were approximately 900 participants across all age groups from the 16 areas of Mumbai. Two sessions were organised – groups D, E, F, G & H in the morning session & groups A, B & C in the afternoon session.

The volunteers present that day helped organise the crowd of participants, their relatives & also took care of the judges. Special thanks to the Chinmaya Mission members from Mulund & Dombivli who came as judges for the final!

During the morning session, relatives witnessed live, the final round of the Geeta Quiz at All Mumbai level. The morning participants & their accompanying relatives were provided with lunch.

The afternoon session had the accompanying relatives engrossed in the talk on 'Parenting' by Dr. Sunita Shankar. Participants & relatives were provided with snacks & tea.

Prizes for Geeta Chanting participants were distributed by Brni. Sandhyaji, Br. Yuktaji,

Br. Vedji, Shri Bharat Shah & Shri Mukul Patel at the end of each session of the respective groups.

Prizes were also distributed for all the other competitions, which were conducted as part of the Geeta Fest this year namely - Geeta Quiz, Article writing, Geeta Tweets, Video Clip making & Elocution.

'Best School' trophies for enthusiastic participation were given to schools with more than 200 registrations by way of appreciation for the role played by them.

This Chinmaya Geeta Fest 2016 surely became a great finale of Chinmaya Birth Centenary Celebrations, carrying the message of the Bhagawad Geeta & Pujya Gurudev to many families across Mumbai.



Chinmaya Geeta Fest 2016 - All-Mumbai Final Winners' List

Geeta Chanting Competition

Group A		Group B		
1 st	Arya Nilesh Teke	Prerana	1 st Mrigaya Gotmare	Prerana
1 st	Pranav Jain	Sagar	1 st Harini Subramanian	Jagadeeshwara
2 nd	Vismaya S.Kabnur	Prerana	2 nd Kavya Upadhyay	Prerana
2 nd	Aahan Jain	Sagar	2 nd Keertan M. Mendon	Priyam
3 rd	Snehaja P. Bapat	Bhakti	3 rd Akash Korde	Prerana
3 rd	Saisri Parinita Darisa	Mahima	3 rd Kanak Upadhyay	Prerana
Consolation		Consolation		
1 st	Malhar R. Dhond	Priyam	1 st Shubra Aparaj	Narayana
2 nd	Kabir Rai	Prerana	2 nd Mandeep M.Madem	Narayana
3 rd	Neerav Gopinath	Prerana	3 rd Rajas Pandit	Sagar
4 th	Bansi Bhanushali	Prerana	4 th Shourya R. Phatak	Priyam
5 th	A. Pallavi	Mahima	5 th Avantika Nair	Prerana
6 th	Isaan Chakraborty	Narayana	6 th Anushri Kudwa	Prerana
7 th	H. Sree Darshan	Prerana	7 th Vaishnavi Jadhav	Prerana
8 th	Aathira Pillai	Prerana	8 th Aarya A Ramane	Narayana
9 th	Asavari More	Jayam	9 th Shreya S.Phalkke	Narayana
10 th	Aishani H. Saamant	Bhakti	10 th Uditā Nayanān	Narayana
Group C		Group D		
1 st	Pranav Raju	Narayana	1 st Navaneeth Krishna	Prerana
1 st	Kartik Darisipudi	Narayana	1 st Sidharth Sivkumar	Jagadeeshwara
2 nd	Hari Anand Wankhede	Prerana	2 nd Praganya Yerramali	Jagadeeshwara
2 nd	V. S. Srinidhi	Priyam	2 nd Mahati Radhesh	Narayana
3 rd	S.Adhith	Priyam	3 rd Siddhant Nair	Jagadeeshwara
3 rd	Nivedita Shrikant	Bhakti	3 rd Drishti Ashok Daga	Bhakti
Consolation		Consolation		
1 st	Dakshini A	Mahima	1 st B. Sai Vishwak Dattaa	Prerana
2 nd	Chinmay V Kamat	Mahima	2 nd Annika Jain	Narayana
3 rd	Tanishqa Amit Patil	Bhakti	3 rd Sudershan Arunkumar	Jagadeeshwara
4 th	Purvaja Ganesh	Jagadeeshwara	4 th Titiksha Golla	Prerana
5 th	Akanksha Muralidharan	Mahima	5 th Mansi Dubey	Narayana
6 th	Varada N Gurjar	Priyam	6 th Rohini Mutal	Prerana
7 th	Vihan Manoj Alawani	Prerana	7 th Kriti Krishnan	Mahima
8 th	Harshita Neelakantan	Prerana	8 th Arnav Mahajan	Jayam
9 th	Venkateswaran V	Mahima	9 th Ishan Kumavat	Prerana
10 th	Nithya Natesh	Narayana	10 th Nidhi Vemula	Prerana

Group E			Group F		
1 st	Rithvik Subhash	Prerana	1 st	Kooshie Sinha	Jagadeeshwara
1 st	Vaishak V. Varier	Prerana	1 st	Vani Mukundan	Jagadeeshwara
2 nd	Navyashree Bhat	Prerana	2 nd	Aditi Venkateshwaran	Prerana
2 nd	Vedant Bharat	Prerana	2 nd	Pallavi Taori	Prerana
3 rd	Sandari Ajay S	Mahima	3 rd	Rushikeash P Narvekar	Narayana
3 rd	S. Shreechitra Nair	Prerana	3 rd	M. Preethi Sravani	Jagadeeshwara
Consolation			Consolation		
1 st	Sakshi Alva	Prerana	1 st	Dhartri R.	Jagadeeshwara
2 nd	S. Vaishnavi	Prerana	2 nd	Savani Sahasra Budhe	Jagadeeshwara
3 rd	Tanvi M. Alwani	Prerana	3 rd	Vishwa Bharat Khiroya	Bhakti
4 th	Nitya P	Narayana	4 th	Ramkrishanan Sundar	Narayana
5 th	Tanvi U. Gharat	Prerana	5 th	Archana Balakrishnan	Prerana
6 th	Mrinmayi D. Gotmare	Prerana	6 th	Bhoomik P Tarphe	Narayana
7 th	Sanjana P Shettigar	Jagadeeshwara	7 th	Hamsini R.	Bhakti
8 th	Ankita D Pillai	Prerana	8 th	Shreyas P	Narayana
9 th	Maya Subbaraman	Narayana	9 th	Saigayathri Ramkumar	Narayana
10 th	Aditya Bhat	Prerana	10 th	Paskanti Vinay L.	Mahima

Group G			Group H		
1 st	Rajeshree Mahunta	Narayana	1 st	Subha Warriier	Bhakti
1 st	Bhagyashree Mahunta	Narayana	1 st	Lakshmi B	Prerana
2 nd	Abhishek Raghuraman	Prerana	2 nd	Nilesh Joshi	Prerana
2 nd	Shreya R. Nair	Bhakti	2 nd	Rupa Kumar	Jayam
3 rd	Balaji Natesh	Mahima	3 rd	Archana Prabhu	Narayana
3 rd	Mrudula Sankaran	Prerana	3 rd	Krupa Vinayak Kamat	Mahima
Consolation			Consolation		
1 st	Sangeeta Natesh	Mahima	1 st	Amita Kumawat	Prerana
2 nd	Aparna Venkateshwaran	Prerana	2 nd	Bhagirathi Arvind	Prerana
3 rd	Bhairavie S. Kharat	Mahima	3 rd	Subremanian C.	Mahima
4 th	Pranav S. Tandel	Prerana	4 th	Sucheta Pradhan	Prerana
5 th	Kaustubh R. Pimple	Bhakti	5 th	Vasanti M. Narayan	Bhakti
6 th	Krushna D. Rane	Mahima	6 th	Haritha Lekharaju	Narayana
7 th	Vaishnavi Iyer	Mahima	7 th	C. Bagyalakshmi	Prerana
8 th	Harsha Menon	Jagadeeshwara	8 th	Mahatti Shetti	Prerana
9 th	Sahana Shettigar	Jagadeeshwara	9 th	Hemalatha	Prerana
10 th	Aparna Wakale	Mahima	10 th	Nand Kishor Mishra	Bhakti

Other Competitions

Article Writing

Group E

1 st	Chinmaya D R	Prerana
2 nd	Hitesh Shivkumar	Prerana
3 rd	Adwaith Nambiar	Bhakti

Group F

1 st	Himanshu Nagpal	Priyam
2 nd	Gaurav Dilip Jangle	Priyam
3 rd	Kamala Purushottam	

Group G

1 st	Bhairavie Suhas Kharat	Mahima
2 nd	Vasanth S	Mahima
3 rd	Pooja V Prushti	Mahima

Group H

1 st	Girija S. Chittur	Mahima
2 nd	Vasanthi M Narayanan	Mahima
3 rd	Shubha Warriar	Mahima

Elocution

Group E

1 st	Mansi Patel	
2 nd	Hitesh Shivkumar	Prerana
3 rd	Raka Mandal	Powai

Group F

1 st	Deavyani Pawar
-----------------	----------------

Geeta Tweets

Group G

1 st	Anagha	Narayana
2 nd	Vasanth S	Mahima

Group H

1 st	Vaneeta Raney	Mahima
2 nd	Girija S Chittur	Mahima
3 rd	Sujatha Nurali	Sagar

Geeta Quiz

Group E

1 st	Aditya Padhi	Jagadeeshwara
	Saketh Eunny	
2 nd	Navyashree Bhat	Prerana
	Krishna krupa	
3 rd	Bhakti D. Jangle	Priyam
	Umang Patel	

Group F

1 st	Saigayathri Narayana	Mahima
2 nd	Gaurav D Hangle	Priyam
	Himanshu R Nagpal	
3 rd	Abhishek R More	Prerana
	Kiren B Garje	

Geeta Video Clip Making

Group E

1 st	Raka Mandal	Jagadeeshwara
2 nd	Vishnupriya Premkumar	Bhakti
3 rd	Vaisakh M	Prerana

Group F

1 st	Gaurav Dilip Jangle	Priyam
-----------------	---------------------	--------

Group G

1 st	Priya Pandey	Mahima
2 nd	Abhishek Raghuraman	Prerana
3 rd	Pavithra	Prerana

Group H

1 st	Umesh Pherwani	Prerana
2 nd	Shirish Pujari	Prerana

Chinmaya Sagar Zone

(South Mumbai)

Geeta Jyanti and Tapovan Jyanti on 10th December @ Chinmaya Sagar

The Pooja started at 8.00 am. Smt. Sujata Kelkar performed the puja with great detail and devotion. Smt. Vibha Mittal along with the members of the chanting class and the attendees did the Geeta Para yan. The event concluded with the Geeta



ji, using stories and examples of Janaka and Buddha, verses from Bhaja Govindam, Gita, Upanishads and Dakshinamurty Stotram, enlightened us on ‘who is a seeker, what is he seeking and what is the sought.’

Everybody is a seeker in a way as one is seeking something. Swamiji analysed and showed how a disturbed mind creates vibrations, experiences, differences, divisions, false notions to create a seeker not knowing what he is exactly wanting to seek or is seeking in the wrong place!

The sought is nothing but the peace or total happiness or Ishwar or Brahman. Swami lifted us in seeking answers to “who am I”, “Why am I here?”, “What is the creation”, “What is the connection between me the jeeva and the world we live in?”



Aarti and Pujuya Gurudev’s Aarti. Later in the evening the 18 shlokas and Tapovan Ashtakam were chanted.

by Geeta Chopra

“Seeker, Seeking and Sought”
a Satsang by Pujya Swami
Brahmanandaji on 13th Dec
@ Bajaj Hall Nariman Point

On the auspicious day of Datta jayanti, saluting all Masters of the tradition of Avadhoots, Swami



It is jiva bhav or body identification that keeps us chasing the sought in the world outside - far from recognizing our true nature ,which is within

By guidance from a Guru, by meditation, one quietens the mind and eventually discovers the sought within. The seeker seeking and the sought all become one and Aham Brahamasi becomes the Aparoksh Anubhuti!

The cloth no more finds the cotton or the waves don't seek the ocean! Jiva, Jagat and Jagadeeshwara become one. Silence is the only scripture, silence is the only language and silence is the Truth! Through silence the Truth is revealed.

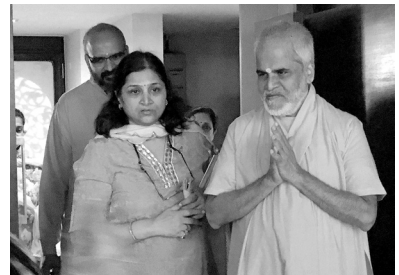
by Sujata Kelkar

“ How to Forgive.” A talk by Pujya Swami Brahamanandaji on 14th Dec @ Mittal Bhavan
Addressing the Devi group members, Swamiji spoke on Mind & it's cleansing. He said as

we clean our body on a daily basis we need to cleanse our mind of its impurities every morning by erasing past impressions as much as possible. For doing this Namsmaran is the only way.

This effort can be done only by us. He recommended that one should dip one's mind in Bhagwat Gita and after doing this a few times it will quieten the mind.

Our mind & intellect are a gift from the Lord & it's our duty to use these instruments in the best possible manner. We must realize that by holding on to the dirt in the mind, we not only harm ourselves but also those around us. Mind cleansing is the only means to forgive and let go.





Talk by Swami Swatmananda

Learn the Geeta Live the Geeta

(15 month Certificate Course on Bhagavad Geeta in association with
Chinmaya International Foundation - CIF, Kerala)

Every Sunday 9.15 am to 10.30 am

Starting 5th February 2017

Highlights

Study the Geeta in a structured way through
30 lessons offered by CIF.

Sharpen your understanding through periodic evaluations
(Compulsory for all participants)

Learn Geeta Chanting, Meditation & many spiritual practices
Apply the Geeta in daily life

Receive a certificate at the end of the course

Eligibility : 16 yrs and above

Venue : South Mumbai

*For more details & registration please
Email - chinmayashivam@gmail.com*



Essentials for Excellence

Interactions on Hanuman Chalisa for the Youth

Eligibility : 16 to 28 yrs only

Every Sunday 2.30 pm to 4.00 pm

Starting 5th Feb 2017

Chinmaya Sagar, Churchgate, Mumbai

Entry by Registration. Email: mumbaichyk@gmail.com



Talk by Swami Swatmananda

Upanishad Darshan - Taittiriya Upanishad

31st January 2017 & 1st to 4th February 2017

7.15 am to 8.15 am.

Venue: Chinmaya Sagar, C Road, Churchgate

Chinmaya Setukari Class

on Wings & Wheels - A Dialogue on Moral Conflict

Covering Topics Like:

Grey areas of Choice, Moral Conflicts, Love, Success,
Vegetarianism, Euthanasia etc.

Eligibility : 28 - 50 yrs only

Sundays - 5th, 12th, 19th, 26th February 2017,
11.15 am to 12.30 pm.

Venue: Chinmaya Sagar, C Road, Churchgate,

Entry by Registration. Register by email - chinmayashivam@gmail.com

Deep Meditation @ Chinmaya Pradeep, Powai

6th to 10th February 2017 (Mon - Fri)

Registration Contribution : Rs.500/-

Limited Seats. Entry by Registration & on First Come First Served Basis

Venue: Chinmaya Pradeep, Sandeepany Sadhanalaya, Powai

Contact: chinmayapradeep@chinmayamissionmumbai.com / 8419-957500

Chinmaya Mission Mumbai
invites you to celebrate

Shree Geeta Jayanti & Shree Tapovan Jayanti

10th December 2016 (Saturday)

- 8.00 am to 9.00 am - Puja
9.00 am to 9.30 am - Breakfast
9.30 am to 1.00 pm - Chanting of all 18 Chapters
of Bhagvad Geeta.

For Puja Yajman : Rs. 2500/-
Prasad Yajman : Rs. 750/-
Aarti Yajman : Rs. 350/-
Adhyay Yajman : Rs. 250/-

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

Please Contact Asmita : 9322593763/ 22884646

Makar Sankranti

Start the year with Gayatri Homam

Performed by **Brni. Sandhya Chaitanyaji**

(Aacharya Chinmaya Mission, Kalyan)

14.01.2017 (Saturday)

7.30am. to 9.30am.

Venue: Laxmi Narayan Temple Hall, Near Tejpal Hall,
Opp. Gowalia Tank Maidan, Gowalia Tank, Mumbai - 400 007.

Mukhya Yajman: Rs. 1,100/- • Upa-Yajman: Rs. 250/-

Please contact Mrs. Geeta Chopra: 9820132442 / 2288 4646

All Are Welcome

Shishu Vihar Class

@ Babulnath & Churchgate

For age group: 3-5 years

Every Friday, 5.00 to 6.00 pm

Venue : Saraswati Hall 3rd floor,
INT-Aditya Birla Center for Performing Arts and Research
38 BMC Market, Dadiseth Lane, Near Babulnath Temple,
Chowpatty, Mumbai - 400007

&

Every Wednesday 5.00 to 6.00 pm

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

For information and registrations for the above classes, contact:
Parul Bhammer - 98201 85255 / Roma Sanghavi - 98202 97889

For age group between 0-3 years please contact:
Roma Sanghavi-9820297889 / Radhika Jsrani : 9920032

New batch of Foundation Vedanta Course

to begin from January 2017 in South Mumbai.

Sevikas: Mrs. Sanya Hingoo • Contact : 9820833145

Mrs. Sunita Tiwari • Contact : 8879777359

Please contact Sevikas for further details.



Grief and dejection are the price that
delusion demands from its victim, man.

- Swami Chinmayananda

Shishu Vihar classes

in South Mumbai, Churchgate

For age group: 3-5 years

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

Every Wednesday,

5.00 to 6.00 pm

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

Please contact: Roma Sanghavi : 9820297889

Radhika Jasrani : 9920032225

New Class in Hindi

Discover the KEY to the long lost Treasure Called

“DEVOTION”

by Brni. Sandhya Chaitanya

(Aacharya - Chinmaya Mission, Kalyan)

Every First Friday of the month

(For age group 16 onwards)

Chant The Stotram

Explore The Meaning...

Receive The Grace....

And Feel Blessed!!

Starting 6th January, 2017

2.00 pm to 4.00 pm

Venue : Chinmaya Sagar, Panchsheel Bldg, C-Road, Churchgate

Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

Geeta Chanting Competition (Area Finals)

The Area Finals of Geeta Chanting Competition, of the Mahima Zone, was held on 19th and 20th November at SIES School, Matunga.

This year there was an entry of more approx. 2700 (including Balavihar) students from 12 schools who participated in the Competition. The initial elimination at the school level, was conducted by a group of Sevikas/Sevaks, who visited schools and selected about 400 students for the Area Finals.

The students were divided into various groups and judged by 2 judges in each group. The entire selection process was spread over 2 days. The competition for groups A, B and C took place on 19th November and for

groups D, E, F, G and H on 20th November.

The entire process from conducting the Dhootas training, allocation of duties to the Sevaks/Sevikas and conducting the Area Finals was conducted very meticulously and systematically under the leadership and guidance of our Zone President, Smt. Mangala Panchapakesan.

Geetathon on 26th November @ Sankara Mattham, Matunga

The altar was beautifully decorated with the Geeta Chariot and Gurudev's photo. Sampurna Geeta Parayanam was held **on the occasion of Ms Sivkami's birthday** and led by Shri. H P Eswar.

The Parayanam was attended by over 30 devotees and ended with Aarti and Mahaprasad.





Classes by
Br. Yukta Chaitanya

Bala Vihar & Chanting

Every Saturday • 3.15 - 5.00 pm

Medha Suktam Chanting

Contact: Sarika - 98203 00281



Pre-CHYK (13 - 18 yrs.)

Every Saturday • 3.15 - 5.00 pm

Contact: Devika - 96198 61476 or Teertha - 9819493327

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



Class by
Swamini Krishnapriyananda

Kathopanishad (Hindi)

every Friday

5.00 pm to 6.00 pm

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

Pre-CHYK Class (13 - 18 yrs.)

Friday 6.30 - 7.30pm @ Matunga

Sevika - Anamika Chakravarty

Contact : Anamika 9769355585

Geeta Chanting Class

Sevak H P Eswar

Every Tuesday & Thursday ● 11.00 am - 12.00 noon

Venue: Flat No.203, Building-H/5, Gulmohar CHS, Pratiksha Nagar,
Sion (East), Mumbai - 400 022.

Contact: Smt Sarita Tayal - 24041654.

Shishuvihar Class @ Matunga

every Tuesday ● 5.30 pm - 7.30 pm

Sevika - Bhavana Sarawal

Venue : Shreyas Kapol Mandal, Shantiniketan Bldg., Matunga.

Contact : Bhavana Sarawal 98331 88196

Shishuvihar Class @ Shivaji Park

every Monday ● 5.00 pm to 6.00 pm

Venue : 3rd Floor Brij Kutir, Shivaji Park

Sevikas - Kumud Arora, Janki Bhatia

Contact : Bhavana Sarawal 98331 88196

Study Class on

Kaivalya Upanishad

Sevak - Shri. Jagdish Thakker

Every Saturday starting from 12th November ● 6.00 pm to 7.00 pm

Venue : 108/3, Shri Laxmi Nivas, Telang Road, Matunga East.

Contact : Shri. Ramoorthy 9769119303

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)

CHINMAYA MISSION MUMBAI

ORGANISES

SADHANA CAMP (In English)



at Uttarkashi

by

Swamini Krishanapriyananda

Date: 4th to 10th July 2017

(Wednesday to Tuesday)

Camp will be inaugurated on July 4th at 4 p.m.

All participants should reach in time
for the inauguration.

Sub: Drig Drishya Vivek and
Bhagavad Geeta Chapter 13

Gurupurnima will be celebrated at Uttarkashi

Camp Donation Rs. 6,000/- per person

(cheque should be drawn in favour of "Chinmaya Seva Trust") Send to
Chinmaya Jayam, 101 Garden crest, West Avenue Road,
Santacruz West, Mumbai - 400 054.

For further details, please contact

Ashok Shah - 9821157503 • Vijay Patil - 09819978073

Email : krishnapna@gmail.com

Geeta Chanting Area Finals and TITI workshop

The area finals of Geeta Chanting were held on 27th Nov. at GCP School Vile Parle East.

Above 116 children participated and at the same time a TITI Workshop on Emotional Transformation conducted by Chitraji and Atul Thakker was organised for the parents who accompanied the children.

115 Parents participated and the workshop was much appreciated by all. The programme concluded with a Prize distribution by Swamini Krishnapriyanandaji.

by Pratibha Shah.

Sampoorna Geeta Parayan

Pratibhaji and her group conducted two Sampoorna Geeta Parayan.

1. at the residence of Mrs. and Mr. Dalia on 12th Nov. 2016 on the 16th day of their daughter in law's death.
2. Ms. Shaila Yagnik hosted at her residence on the 9th day of her Father-in-law's death

Talk on 'Dynamics of Karma' by Swami Swatmananda @ Thadomal College on 30th November

It was attended by over 150 people. Swamiji gave us vital tips on Dynamics of Karma.

The Hall was full with people from all walks of life who had made time to attend this awesome talk. The compere was Payal Shah and the invocation was done by Snigdha, a young enthusiastic CHYK.



Nidhidhyasan Camp by Swamini Krishnapriyananda @ CIF, Kerala



Sessions by Swamini Krishnapriyananda

Vedanta Saar

Every Monday - 4.00 pm to 5.30 pm

Tattvabodh

Every Thursday - 12.00 noon to 1.00 pm

Ishyavasya Upanishad

Every Thursday - 4.00 pm to 5.30 pm

Bhaja Govindam

Every Saturday - 10.30 am to 11.30 am

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

Bal Vihar Classes

by Ms. Rupa Kumar

every Friday 6.00 pm to 7.00 pm

Venue : 201, Kaira Apartment, Union Park, Pali Hill,
Khar West, Near Carter Road

Contact 7506932205 for registration and any other details

Chinmaya Priyam Zone

(Andheri & Juhu)



Sessions by
Brni. Nidhi Chaitanya

CELEBRATE LIFE

7-Day Vedanta Camp; Hindu Culture Course for Youth

Enjoyment. Achievement. Empowerment.

Eligibility: 16 - 28 years

1st - 7th May 2017 @ at Chinmaya Vibhooti, Kolwan

Course Highlights:

- Learn the Fundamental Concepts of Vedanta through fun activities & games
- Watch movies and attend inspiring & fun workshops
- Go on treks, do adventure sports, participate in Quizzes
- Practice open-air meditation in the most enjoyable way you can think of
- Learn through debates, discussions, question-answer sessions and more
- Experience gazing stars, learning pottery, and even doing Suryanamaskaar

All participants will receive a certificate at the end of the Course

All-Inclusive Camp Donation for 1 Week : Rs. 6000

You Can Courier Your Duly Filled Registration Forms With Your Cheque in Favour of "Chinmaya Seva Trust" to Chinmaya Priyam, Juhu Please Write "Drop" On The Envelope. Registrations For This Course Will Not Be Accepted in any other Centre of Chinmaya Mission.

Contact : 2611 2358 / 26112359

or write to : cmpriyam@chinmayamissionmumbai.com

(Timings : Monday - Saturday 10.00 am to 6.00 pm)

Sessions by Brni. Nidhi Chaitanya (Contd...)

1-Year Certificate Course in Foundation Vedanta (Batch 26, 27 & 28)

In association with Chinmaya International Foundation, Kerala

**Limited seats only
Enrolments open now**

Registrations open till seats last

Batch 26 : Starting 11th March 2017

(Specially designed for Doctors & Health-Care Professionals)

every Saturday 9.00 am to 10.30am

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

Batch 27 : Starting 17th March 2017

every Friday 11.00 am to 12.30 pm

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

Batch 28 : Starting 9th June 2017

(Specially designed for Senior Corporate Executives & Working Professionals)

every Friday 7.30 pm to 9.00 pm

Venue: The Club, Andheri-Juhu Link Road

Eligibility:

**Sincerity & Commitment. No other Prior Knowledge of
Spirituality or Sanskrit is required**

Course Donation: Rs.5000 per head

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

You Can Courier Your Duly Filled Registration Forms with your cheque
in favour of "**Chinmaya Seva Trust**" to Chinmaya Priyam, Juhu



Sessions by Brni. Nidhi Chaitanya

Please Write "Drop" on the envelope.
Registrations for this Course Will NOT BE ACCEPTED
in any other Centre of Chinmaya Mission.

Our Address: Chinmaya Priyam, 5, Jain Vihar, Plot No. 40,
Swastik Society, N S Road No.3, Juhu Scheme, Mumbai.

Contact : 26112358 / 26112359

Email : cmpriyam@chinmayamissionmumbai.com

Timings : Monday - Saturday 10.00 am to 6.00 pm

Let's Redesign Life

Inspiration - Interaction - Meditation

Practical Sessions for Ladies below 60 years based on Bhaja Govindam

**Limited Seats only
Enrolments open now**

Registrations Open Till Seats Last

Class Donation: Rs.500 for membership-registration

Every Wednesday 11.00 am to 12.30 pm
(starting 8th February)

Venue : Oakland Park, Yamuna Nagar, Lokhandwala, Andheri West

Find answers, Discover yourself, Re-design Life...

30 Minutes of Inspiration, 30 minutes of Interaction &
30 minutes of Meditation every week could probably be the spiritual
nourishment your life needs the most!

Contact : 26112358 / 26112359
or write to cmpriyam@chinmayamissionmubai.com

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

Annual Makar Sankranti
Gayatri Havan 2017

108 Times Gayatri Mantra Chanting & Ahuti
Followed by Talk & Meditation on "Rise to the Sun Within"

15th January 2017 (Sunday)

<input type="checkbox"/> Havan	: 6.30am to 8.00am
<input type="checkbox"/> Breakfast	: 8.00am to 8.30am
<input type="checkbox"/> Talk	: 8.30am to 10.00am

Yajmaan Options:

Gayatri Siddha Yajmaan	(108 Times)	: Rs.25000
Gayatri Sadhak Yajmaan	(51 Times)	: Rs.15000
Gayatri Sevak Yajmaan	(21 Times)	: Rs.10000
Gayatri Sharanagat Yajmaan	(11 Times)	: Rs.5000

Venue:703-A, Silver Beach, Opp. Juhu Post Office

Contact : 26112358 / 26112359

or write to cmpriyam@chinmayamissionmumbai.com

Participation is Free. All Participants will get to offer 5 Ahutis.

New Study Group for Corporates
Rakesh Gupta (in English)

every Thursday 6.30 pm to 8.00 pm (starting 3rd November)

at Chinmaya Priyam, Juhu

Contact : 26112358 / 26112359



Sessions by Brni. Nidhi Chaitanya

Geeta Darshan 2017

Monthly Talks on Bhagwad Geeta

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

23 rd - 27 th Jan	(Mon - Fri)	- Chapter 10-11: Vision of Divinity
13 th - 17 th Feb	(Mon - Fri)	- Chapter 12 : Vision of Love
20 th - 23 rd March	(Mon - Thu)	- Chapter 13 : Vision of Clarity
17 th - 20 th Apr	(Mon - Thu)	- Chapter 14 : Vision of Balance
12 th - 15 th June	(Mon - Thu)	- Chapter 15 : Vision of Perfection
07 th - 10 th Aug	(Mon - Thu)	- Chapter 16 : Vision of Values
60 th - 09 th Nov	(Mon - Thu)	- Chapter 17 : Vision of Faith
20 th - 24 th Nov	(Mon - Thu)	- Chapter 18 : Vision of Liberation
27 th - 29 th Nov	(Mon - Wed)	- Summary of Geeta

To register, call 26112358 / 26112359

Entry Free. All Are Welcome.



Kidspiration

Weekly Inspirations for 5 - 8 year olds

*Activities, Stories, Fun, Culture, Games,
Art & Craft, Shlokas, Prayers, Bhajans*

every Thursday 6.30 pm to 7.30 pm (Starting January 2017)

Suggested Donation: Rs.500 per month

Venue: The Club, Andheri-Juhu Link Road

Limited Seats. Participation by prior registrations only.

To Register, call 26112358 / 26112359

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

Let's Start a Sishuvihar

Sevak Training Workshop

Get Systematically Trained to be a Sishuvihar Sevak,

Start a New Sishuvihar in your neighbourhood,

Nurture a life in its nascent years,

Empower a Mother with the spiritual culture,

Gift the society an inspired child.

21st January 2017 (Saturday)

9.00 am to 1.00 pm

Eligibility: Below 60 years

Fees: Start a Sishuvihar

Only those who are seriously interested to start a Sishuvihar can register.

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

To register, please fill the online registration form on this link: <https://goo.gl/zHVPqh>

for any queries, please

Contact : Khyati : 9867192958 ● Radhika : 9820036875

Chinmaya Bhakti Zone

(Goregaon to Bhayandar)

Geeta Chanting Competition
Zonal Finals & Parent Meet on
27th November



Zonal Finals of Gita Utsav (Geeta Chanting Competition) was conducted on November 27th at Children's Academy, Kandivali West from 9.30 am to 1.00 pm.

Around 200-250 participants (except Goregaon area) participated in the zonal final. While the children were busy with the chantings, we conducted a TITI session (Patriotic Transformation) for the parents by Yuvaveer Vibin and his CHYK team of the zone.

Later, Br. Damodarji and Shri Arvindji (Zonal President) interacted with over 150-200 parents assembled at School Hall with Quizzes and Games.

Geeta Jayanti and Tapovan
Jayanti Celebration

Geeta Jayanti and Tapovan Jayanti was celebrated at the centre on 10th December with chanting of the 18 selected verses of the Geeta. Then Tapovanam Shatkam was also chanted to pay our gratitude to our Param Guru Tapovan Maharaj on His Jayanti day. Later, we had short satsang with Damodarji.

Around 25-30 devotees attended the function and it ended with Prasad distribution.

MAD (Make A Difference)

CHYK team of Bhakti zone organized an interactive session for youth under the guidance of Yuvaveer Vibin at our centre on 20th December, 2016 between 7.00 to 8.00 pm. Around 10 youngsters attended the session.



Handover of Property key to Chinmaya Mission, Trivandrum in memory of Late Mitesh Nair



It was a heart touching moment when the property key was handed over to the Swami Vivikitanandaji – Regional Head, Chinmaya Mission, Kerala by Smt. Sumangaladevi & Shri Muraleedharan Nair in loving memory of their son Late Shri Mitesh Nair who departed on January 1st, 2015.

Mitesh was a very dynamic Chinmaya Yuva Kendra member in Mumbai. He was a dedicated seeker and was a part of CHYK committee to organize camps and events, theatre shows etc.

We salute his mother & father and family for their selfless service that they are offering to the Missions cause of spreading Vedanta knowledge. The property located at Kollam, Kerala has a plot of 28 cents with a house of 3 rooms, a Hall, Pooja Room and a Kitchen.

Shri AKK Nairji, Vice President of Bhakti Zone and Br. Dhurv Chaitanya were also present during the handover. May Mitesh attain peace and evolve to be one with the Supreme Self.



Sw. Vivikitanandaji, Smt. Sumangaladevi (Mitesh's mother),
Muraleedharan Nair (father), Shri Manish Nair (Brother),
Shri AKK Nair, Shri Sundar Mohan (Chief sevak- Trivandrum)

Chinmaya Mission & Sri Ayyappa Seva Samgham, Bangur Nagar
organises

Geeta Gnana Yagna

talks in English

by **Br. Sujay Chaitanya**

(*Acharya, Chinmaya Mission, Mangalore*)

Bhakti Yoga (Geeta Ch 12)

5th to 11th March 2017 • 7.30 to 9.00 pm

Venue: Sri Ayyappa Temple Complex Open Hall,
Bangurnagar, Goregaon West

All are Welcome

Satsang on Gyaneswari

in Hindi

by **Brni. Sandhya Chaitanya**

(*Acharya - Kalyan*)

every 3rd or 4th Sunday of the month

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



Talk by

Br. Damodar Chaitanya

Kaivalya Upanishad

by **Br. Damodar Chaitanya**

every Friday from 7.00 pm to 8.00 pm

Venue : 1/001, Ekta Bhoomi Garden, Next to Solitaire Honda Centre,
Rajendra Nagar, Borivali East, Mumbai 66.

Contact : 8180547011 or 65235162

Jagadeeshwara Zone

(Powai)

Classes for Chyks/Prechyks

10.00 to 11.00 am

Self Unfoldement & I Love You

Acharya: Sw. Sachhidanandji

Venue: Kaksha Rooms

Chanting & Bhajans

11.00 am to 12.00 pm

Sevaks: Arvind & Mathangi

Balvihar Class

10.30 am to 12.00 pm

Sevaks: Geetha / Sandhya Raghavan

Venue: Bal Mandir

Class for Elders

10.30 am to 12.00 pm

Text: Atma Bodha

Acharya - Raoji

Venue: Geetha Mandir

*Venue for the above classes is Sandeepany Sadhanalaya, Powai
Ashram, Near Hotel Renaissance, Saki Vihar Road, Powai.*

Tara Cultural Trust Sandeepany Sadhanalaya, Powai
Mahashivaratri Celebration
on 24th February 2017

Mahashivratri is the most auspicious day for worship of Lord Jagadeeshwara.

*On this day devotees observe fast and do Pooja
Archana for welfare and spiritual upliftment.*

This year Mahashivratri will be celebrated on Friday 24th February 2017.

*All are cordially invited to take part in this celebration
at Jagadeeshwara Temple, Powai & receive blessings of
Lord Jagadeeshwara & Pujya Gurudev.*

*From 6.00 AM to 12 Midnight, Akhanda Nama Japa “
OM NAMA SHIVAYA” will be chanted.*

You may perform following Sevas

Seva Details	-	Contribution
1. Rudrabhisheka	-	Rs. 100.00
2. Shiva Sahasranama Archana	-	Rs. 100.00
3. Ganapati Homa	-	Rs. 500.00
4. Maha Rudrabhisheka	-	Rs. 500.00
5. Prasad Seva	-	Rs. 1000.00
6. Sarva Pooja	-	Rs. 1500.00
7. Day Prasad	-	Rs. 5000.00
8. Night Mahaprasad	-	Rs. 10000.00
9. Flower Decoration	-	Rs. 10000.00
10. Light Decoration	-	Rs. 10000 .00

The amount for Seva may be sent in advance to Tara Cultural Trust, Sandeepany Sadhanalaya, Chinmaya Mission, Saki Vihar Road, Powai, Mumbai - 400072, by Cheque / DD drawn in favour of “**Tara Cultural Trust**”, mentioning the Name, Nakshatra / Gotra. You may also book the Seva on the same day at the counter at Jagadeeshwara Temple. Please advise if Prasad is to be sent by post. For more details contact Email Id tct@chinmayamission.com or Phone No: - +91-022-28570368/2427/5805.

Chinmaya Narayan Zone

(Chembur, Ghatkopar to Bhandup)

Gita Jayanti & Tapovan Jayanti Celebrations



Gita Jayanti and Tapovan Jayanti were celebrated on 10th of December at Saraswati Vidyalaya at 6.00 p.m. IST. More than 25 devotees participated in the chanting of selected verses of Bhagavad Gita, followed by chanting of Tapovan Shatakam. A small video of Gurudev was also screened.

Balvihar Teacher's training

A team of sevikas led by Mrs. Shyamala Acharya from Chinamya Narayana Zone conducted Balavihar Teacher's Training programme for teachers at Adarsh Vidyalaya, Tembi Pada, Bhandup West. The full day training was conducted from 18th to 20th November 2016. Around 30 teachers from Preprimary and Primary section participated in the training whole heartedly.

The Management is keen to include the Balavihar class as a part of regular curriculum. Mrs. Usha from Thane helped in training the teachers for chanting and bhajans. The whole programme was coordinated meticulously by Mrs. Jayalakshmi (Chitra) Vishwanath.

Spiritual Adventure of Narayan Zone

It was a once-in-a-life-time opportunity for all of us where we saw the "other side" of a Spirited Spiritual Experience @ ZBAC Adventure, Kolad, recently, on the 7th and 8th Dec 2016.

- The journey commenced from Chembur at 6.00 am as planned and reached Kolad around 9.30 am. The salubrious weather and pristine, sylvan surrounding





was enchanting and was certain to rejuvenate each one of us to ecstatic heights of spirituality.

- We met another very exuberant group of young accomplished Sadakas from Chinmaya Nada Bindhu Group from Kolwan who were bubbling with excitement and with whom we developed an instant cordial camaraderie despite of our age differences.
- One of the finest experiences ever we had in our life with adventuresportslike Mountain Climbing, Rappelling, Burma Bridge walking, Water sports ,Swimming, Flying Fox, Canoeing and Rafting in natural freshwater lake which was more than 80 ft. deep with prowling crocodiles!! (which, Prasadji assured us that they would emerge out only after noon, but always weighing in our minds). For each of our experience there was a spiritual touch of Swamiji!
- We had an absorbing Meditation session at 5.00 am, conducted under a tree amidst a bewitching setup, facing the serene lakefront with the picturesque mountains beyond, waiting for the Sun God to rise. Invoking him with the divine Bansuri playing a mellifluous Dawn Raga was a young virtuoso from the CNB group. Ushering the fascinating orange Sun which was gently peering through the mountains... it was an immaculate ambience possible to have... A brush with the Nature... Consciousness... The Self in a BLISS OF SOLITUDE... indeed, A Divine Interlude!
- The River rafting in tied up wooden planks with 10 ladies and 4 men paddlers at the 4 corners on board, paddling at their will ,with limbs hanging into the water and more than 100 meters paddling to and back was an absolute chaos. The ladies chanting with deafening sounds of Hanuman Chalis could be well heard on the other shore praying for lives....for playing with their lives! and the raft going helter-skelter in all directions was an experience of life time. Every one enjoyed the sumptuous

Satvic gourmet which was delicious and nutritious. Every item a 'piece-de-resistance'.

- A brief interaction with Captain Swaminathan, (Prasadji's partner), who is a picture of absolute fitness with the Indian Army pedigree running in his veins, who covers marathon distances every day was simply stimulating. His exploits and the anecdotes of our army's valour and the perilous encounters with terrorists in our borders and combats in pitch dark conditions was indeed a blood curdling experience. He simply swept off the fear factor with a definition of Fear in his acronym, False Evidences Appears Real.
- There were mind games that kept the group guessing as to who was the Mafia in the group including inimitable Swamiji who was also a suspect!! The blind folded obstacle moves, feet dragging races, bonfire medleys, impromptu composing were a simply exciting package with a lot of learning done.
- The rarest and the most outstanding experience

for all of us was brushing shoulders with the Revered multi-talented Swami Advaitanandaji. Seeing Swamiji in a repertoire of musical instruments at tabla and his versatility in harmonium was exemplary.

Swamiji's dexterity in marksmanship was par excellence with shots hovering round the Bulls eye, not an easy task by any means as the arrows wouldn't go even a few meters and one is forced to remember the skills of Lord Rama. Swamiji participated in the water sports too and his adroitness in water sports and rope gliding into the water, flying fox, is something to be seen to be believed, it was a blessing for us, a rarity itself. As he later on a lighter note remarked that, by doing this he had extinguished his Vasanas.

- There are no words left for thanking Prasad and Manisha, for their inspiration and impetus given to us, and for this unique opportunity a Unique Lifetime Adventure Experience and a lot of learning in the company of Swami Advaitanandaji.

Study Classes

Study Class - Sadhana Panchakam

Every Sunday from 9 to 10 am.

Sevak : Sri. Prasad Deole

Venue : Saraswati Vidyalay, Near Chembur Post Office, Chembur

Study Class - Updesh Saar

Every Monday at 7 to 8:30 pm

Sevak : Shri. Prasad Deole

Venue : Residence of Shri Prasad Deole, A-603 Parasnath,
Sudha Park, Ghatkopar (East), Mumbai - 400 077

Study class - Self Unfoldment

Every Sunday 4:30 to 6 pm

Sevak : Shri. Prasad Deole

Venue : Residence of Smt. Nalini Shivaram, B-207 Parasnath,
Sudha Park, Ghatkopar (East), Mumbai - 400 077

Stotra Chanting Class

Every Wednesday 5 to 6 pm

Sevika : Brni Sailata

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

Contact Ramani Amma : 022-25065726 or 9870625788

Chinmaya Prerana Zone

(Navi Mumbai)

Shravana Sadhana by Br.
Ved Chaitanya @ Chinmaya
Prerna on Bhagawad Geeta
Chapter 9 from 12th to 15th
December

The sessions were interesting,
witnessing audience of more
than 100 people everyday! It also
saw growing young audience.

The ninth chapter named
'Rajavidya-rajaguhya-Yoga' starts
with the Lord explaining the
knowledge of His true nature to
be the royal knowledge & the
royal secret.

Through the seeming
contradictory statements, Lord
goes on to explain His nature as
Paramatma. In this chapter, Lord
also explains 3 types of fools,
wicked people, saintly people,
devotees & seekers. Lord's
emphatic promise to take care of
His devotees & His declaration
that His devotees shall never
perish forms the highlight of this
chapter.

The 10th chapter will be
conducted 2nd to 5th Jan. 2017.





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Sandeepany Sadhanalaya, Powai**



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unique 18-day camp (in English) on



Upanishad Darshan

by Swami Tejomayananda

8th to 25th January, 2017

at Sandeepany Sadhanalaya, Powai

&

Morning Talks on

Narada Bhakti Sutra

by Swami Swaroopananda



Camp Donation

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Rs. 10,000/- per head

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Rs. 15,000/- per head

Twin share room with attached bath (A/c)

Rs. 20,000/- per head

Day Campers : Rs. 5,000/- per head

Yajaman Seva

Paduka Puja Rs. 5,000/-

Bhikshas: Breakfast Rs. 10,000/-

Lunch Rs. 25,000/- • Dinner Rs. 15,000/-

Cheques/DDs in the name of "Tara Cultural Trust"

tct@chinmayamission.com +91-(0)22 -28570368 / 2427 / 5805

Venue : Tara Cultural Trust, Sandeepany Sadhanalaya,
Saki Vihar Road, Powai, Mumbai - 400072.

"Vedanta Darshan"

(Advance Course in Vedanta)

3rd Four-Week Residential Course by

Swamini Vimalananda
and Brni. Shruti Chaitanya



10 Divine Days of Learning from
Pujya Guruji
Swami Tejomayananda

Course Text :
Mandukya Upanishad &
Panchadashi

Dates :
30th Jan. to 26th Feb. 2017
Venue :
Chinmaya Gardens.
Sylvan and serene
ashram at the foothills
of the Nilgiris, Coimbatore.

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.)

	Room	Dormitory
Per-person	₹. 8000/-	₹. 5000/-
Below 40 yrs.	₹. 7000/-	₹. 4000/-
Below 25 yrs.	₹. 4000/-	₹. 2500/-
₹. 15,000/- per person for Air-conditioned Accommodation		

For registration and further enquiries, please contact:

Administrator

Chinmaya Gardens

Nallur Vayal (PO), Siruvani Road, Coimbatore - 641 114.

+91 - 422 - 2615637 / +91-93604 61566 E-mail : chinmayagarden@gmail.com

Register online at www.chinmayagardens.com

Learn the Highest in Vedanta / Jnana Yoga (Mandukya Upanishad),
Bhakti Yoga, Karma Yoga and Ashtanga Yoga

Chinmaya Vibhooti, Kolwan presents



Science of Happiness

Sunday 5th to Thursday 9th
February, 2017

Camp Acharya: Swami Advayananda

(Acharya – Chinmaya International Foundation, Veliyanad, Kerala)

Text: “Maitreyi Brahmana”

(a section of Brihadaranyaka Upanishad)

Upacharya: Brahmachari Sujay Chaitanya

(Acharya – Chinmaya Mission Mangalore, Karnataka)

The Science of Happiness camp precedes the 7th Naada Bindu Festival

Festival Dates: Friday 10th to Sunday 12th February, 2017

CAMP : Rs 3500

FESTIVAL : Rs 4300

BOTH : Rs 7200

cvswagat@chinmayamission.com +91-9689891959

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

SADHANA CAMP IN HINDI



at Port Blair, Andaman

by Swamini Nishchalananda
(Mumbai)

Texts

- Ganapati Atharvashirsh ● Shiv Leela
- Sri Bhagawad Gita Chapter 15

Special Features

Ganapati Atharvashirsh Chanting
Rudrabhishek &
Shiv-Sahasranam Archana

Venue : Chinmaya Mission Ashram, Port Blair

Camp : 12th to 16th Feb. 2017 : Rs 6000/-
Sight Seeing : 17th to 21th Feb. 2017 : Rs 15000/-

for payments by Cash/DD/NEFT kindly contact camp coordinators

Please register your name by giving the following information like
Full Name, Age, Address, E-Mail Id, Telephone No.
or Mobile No. & Emergency contact number with name.

further details please contact camp Co-ordinators:

Mrs. Prerna Shinde/ Usha Nair
Mobile No: 09892591238 / 09890067238

Central Chinmaya Mission Trust

Sandeepany Sadhanalaya, Powai, Mumbai - 400 072.

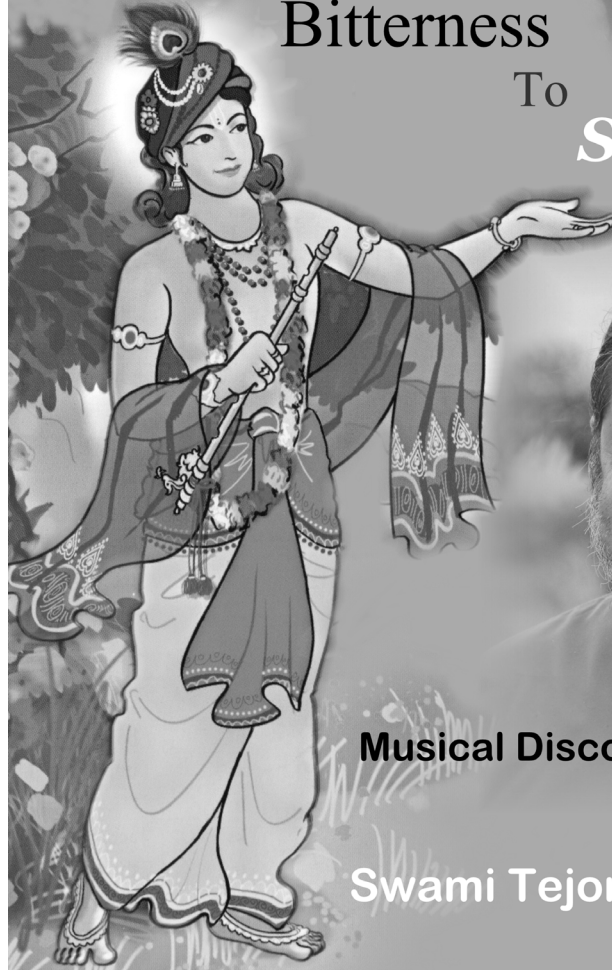
Phone No.: 022-28572367/2857 5806

Email. ccmt@chinmayamission.com

Mr. Suresh Dixit - 09869105775 ● Mrs. Asmita Merchant - 09322593763

Madhurashtakam

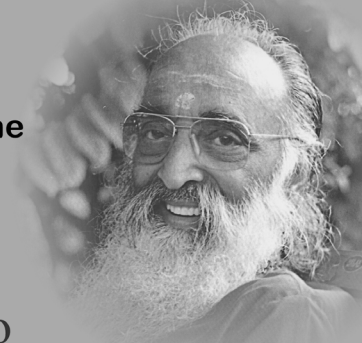
Of Shri Vallabhacharya
At Chinmaya Maauli Ashram, Pune
13th to 15th February 2017
6 pm to 8 pm



Bitterness

To

Sweetness



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Pujya Guruji
Swami Tejomayanandaji

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Pujya Guruji

Swami Tejomayananda

cvsawat@chinmayamission.com +91-9689891959

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

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Rs 13,000 (triple)

Rs 17,000 (twin)

Rs 21,000 (single)

Bhiksha:

Rs 15,000 (lunch)

Rs 11,000 (dinner)

Rs 5,000 (breakfast)

"To define the Infinite is impossible, although through words we can certainly indicate the Truth to one who is ready to recognise the indication." – Pujya Gurudev Swami Chinmayananda



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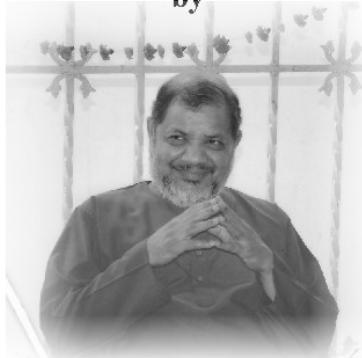
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by



Pujya Swami Tejomayanandaji

at

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From 21st March 2017 to

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Text

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Contact : Swami Atmadevananda

Phone : 96230 74457 SMS : 90496 98703

E-mail : atmadev@gmail.com

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announces

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- Duration** : 19th March to 16th April, 2017
- Venue** : Chinmaya Navin Sevashram, Rasulabad Ghat Road, Allahabad - 211004.
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Swami Chaitanyananda
Swami Chidrupananda
Swami Raghavananda
Br. Nirvan Chaitanya
Dr. Sajjan Singh, MBBS
Dr. N. K. Anand, MBBS
Shri Someshwarlal Agrawal
- Course**
- Texts: Kathopanishad, Kaivalyopanishad, Geeta chap. 3,6,9,12, Tatva Bodh, Drigdrishya Vivek and Bhaktisudha.
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- Entire Course :** Rs. 19700/- involving 30 days stay
- Per Session :** Rs. 5000/- involving 6 days stay
- Registration :** Registration can be made on payment of Rs. 2500/- provided the balance camp fees is paid before 31st December, 2016
- Sight Seeings :** Week ends are reserved for group sight seeing visits to Ayodhyaji, Chitrakoot, Vindhyavasini Shaktipeeth, Varanasi, Sarnath, Sitamadhi, Triveni Sangam, Akshayvatam (immortal Banyan Tree in Allahabad Fort) and Ashrams, temples and important places of tourist interest in Allahabad, Costs will be shared by the delegates.

Deposit camp fees in the name of CCMT-CCVS A/c no.
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***"Service in this world is the
highest prayer."***

*Pujya Gurudev
Swami Chinmayananda*



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by Pujya Guruji Swami Tejomayananda
& supporting acharyas & faculty

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18th to 21st May, 2017

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25th to 28th May, 2017

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CHINMAYA MISSION**

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RESIDENT ACHARYA: Swami Bodhatmananda

APPLICATION FORM

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The Chief Executive, Tara Cultural Trust, Sandeepany Sadhanalaya,
Chinmaya Mission, Saki Vihar Road, Powai, Mumbai 400 072.

Ph: +91-22-28570368/28575805

Mobile: +91-9920223361/+91-8422995763

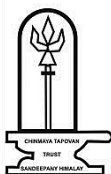
Download Application Form from
<http://sandeepany.chinmayamission.com>



After completing the course students
may opt to serve the Chinmaya Mission
or pursue their individual goals.



APPLICATION DEADLINE:
15th May 2017



CHINMAYA TAPOVAN TRUST

Sandeepany Himalaya, Sidhbari-176057 (H.P.)
(Established by Pujya Swami Chinmayanandaji)



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संस्थापक - चिन्मय मिशन

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BR. VISHARAD CHAITANYA JI (Resident Acharya)

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Terms and Conditions :

- Unmarried (Male/Female) • Graduate (any stream.)
- Age between 20 to 30 years. • No family encumbrances.

After successful completion, candidates may work for
Chinmaya Mission Center in India and abroad as dedicated workers.

The last date for receiving applications:15 January 2017

Application form can be downloaded from

**[http://www.chinmayamission.com/
sandeepany-himalaya-application-form/](http://www.chinmayamission.com/sandeepany-himalaya-application-form/)**

or can be obtained on request by E-mail / Phone No given below

THE COURSE STARTS ON: 8 MAY 2017.

Form can be sent at :

Resident Acharya

CHINMAYA TAPOVAN TRUST

Sandeepany Himalaya, Sidhbari-176057 Distt. Kangra (H.P.)

Ph. : +91-1892-234324 Mobile : 089882-10686, 088905-84920

Email : ctt@chinmayamission.com



CHINMAYA MISSION

VEDANTA COURSE 2017 - 2019

(Tamil - English)



SANDEEPANY VIDYAMANDIR, COIMBATORE

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(Head of Chinmaya Mission, Worldwide)

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(Study of Upanishads, Bhagavad Gita & Vedantic Literature)

ELIGIBILITY

Graduates, unmarried men or women, with a sincere interest in studying Vedanta
Age : 20 - 30 yrs.
(exception allowed for deserving candidates)

DURATION

Two years Residential Course
Thursday, 31st August 2017 to
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FREE OF COST

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(Bmri. Shruti Chaitanya)

Guided by : **Swami Swaroopananda**

Last date for sending applications - 31st May 2017

For Application



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