

# Chinmaya Sandesh

November 2016 Spiritual Monthly Bulletin of Mumbai.

## Content

President's Desk .....	5
Chinmaya Chintan .....	7
Tejomayam .....	10
Guruji's Itinerary .....	12
o Central Prog. & Reports .....	13
o Chinmaya Sagar Zone .....	24
o Chinmaya Mahima Zone .....	30
o Chinmaya Jayam Zone .....	34
o Chinmaya Priyam Zone .....	37
o Chinmaya Bhakti Zone .....	46
o Jagadeeshwara Zone .....	48
o Chinmaya Narayan Zone .....	51
o Chinmaya Prerana Zone .....	53
o Other Announcements .....	57
Tariff & Sponsors .....	66

### Chinmaya Sandesh Team

Editor : Mr. Mukul Patel  
Designer : Priya Graphics  
Write to us on : mumbaicm@gmail.com

## About us :

Annual Membership Rs. 500/-.

Cheque to be issued in favour of "*Chinmaya Seva Trust*".

Outstation cheques please add Rs. 50/-.

For Advertisements please refer last page.

Contact us at - mumbaicm@gmail.com

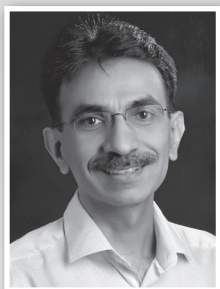
- 1. Chinmaya Sagar (Churchgate)**  
F-3, Panchsheel Building, 'C' Road, P. M. Shukla Nirjhar Marg, Churchgate, Mumbai - 400020 • Ph: 2281 4646, 2288 4646 • Email: mumbaicm@gmail.com
- 2. Chinmaya Shivam (Worli)**  
Flat No. 304, 3rd Floor, Shiva Shaila Apts., Next to Konark Empress, Worli Naka, Mumbai - 400018
- 3. Chinmaya Mahima (Mahim)**  
Opp. Paradise Talkies, Opp. SBI, Kapad Bazar Marg, Mahim (West), Mumbai - 400016 • Ph: 9820000444  
Email: chinmayamahima@gmail.com
- 4. Chinmaya Jayam (Santacruz)**  
101, West Avenue, Santacruz (W), Mumbai - 400054  
Ph: +91 92234 13586 • Email: chinmayajayam@gmail.com
- 5. Chinmaya Priyam (Juhu)**  
5, Jain Vihar, Plot No.40, Swastik Society, NS Road#3, Juhu Scheme, Mumbai 400056. • Ph: 2611 2358, 2611 2359.  
Email: chinmayapriyam.office@gmail.com
- 6. Chinmaya Bhakti (Borivli)**  
001/I-Wing, Ekta Bhoomi Garden, Next to Honda Centre, Rajendra Nagar, Borivli (E), Mumbai - 400 066 Ph: 6523 5162, Ph: 98674 16223 • Email: chinmaya.bhakti@gmail.com
- 7. Sandeepany Sadhanalaya (Powai)**  
Saki Vihar Road, Powai Park Drive, Next to Hotel Renaissance, Mumbai - 400072 • Ph: 2857 0368, 2857 0637
- 8. Chinmaya Prerana (Navi Mumbai)**  
Plot No. 29, Sector 5, Near Aadiraj Buildings, Kharghar, Navi Mumbai - 410210 • Ph: 2774 8811.  
E-mail: cmnavimumbai@gmail.com
- 9. Chinmaya Narayan Zone**  
Flat No 103, 1<sup>st</sup> Floor, 'A' Wing, Siddharth Residency, P Y Thorat Marg Adjacent to Chembur Railway Station, Chembur (W), Mumbai - 400089

Website : [www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)  
[www.chinmayamission.com](http://www.chinmayamission.com)  
[www.chinmayayuvakendra.org](http://www.chinmayayuvakendra.org)  
[www.chinmayakid.org](http://www.chinmayakid.org)

---

# From the President's Desk

---



Om Shree Chinmaya Sadgurave  
Namah!!

Happy New Year. Diwali & New Year is the time when everyone wishes one another happiness in life. Gifts received do make us happy, but only for few days. People make “new year resolutions” to bring positive change in life. What better resolution can we make than to surrender to a master like Pujya Gurudev.

Pujya Gurudev, as a world renowned teacher of Advait Vedanta, has taught and explained to us the intricate concepts of highest knowledge of Vedanta through his lectures, talks, yagnas, books, etc. While doing so, Pujya Gurudev, never neglected small and basic aspects of our life. He believed that, to reach the highest, one has to start

from the bottom by taking small and firm steps one at a time.

All of us have heard or read about the example of the glass of milk which is half filled. The optimist says that “the glass is at least half filled” and the pessimist says “the glass is only half filled”. It depends on one’s perception and attitude towards situations in life.

Pujya Gurudev says “What we meet in life is our destiny. How we meet, what we meet in life is self-effort”. This is a very powerful statement. Your past actions, of this birth or the earlier births, result into your present situation in life. You are born to particular parents, into particular family, in a particular environment, with set of relatives, etc is part of destiny. Situations in life are destined to happen. Pujya Gurudev has given very interesting analogy of a motor boat in a river. Flow of water in the river at a particular speed and in the particular direction is compared to destiny, our situations in life. If the boat is simply allowed to be in that water then it will also move in the direction of water at that speed.

But if the motor of the boat is used with a particular force then the boat will cut through the flow of water and go in the upstream direction in spite of resistance of the flow of water. Pujya Gurudev indicates that we must use our motor in the form of our self-effort to cut through our destiny and give right direction to our boat. If we keep looking at the half empty glass and keep crying over it, nothing will happen which can change the situation. Only self-effort can fill it.

At the same time Pujya Gurudev speaks of developing sense of gratitude for what you have in life. Half glass is not less when we compare with others who have an empty glass.

A sense of gratitude brings sense of contentment and peace which provides a platform to move upward with improved efficiency and confidence to do better and achieve more. Without sense of gratitude we will become agitated, rude and inefficient and fail to achieve our goals. This combination of self-effort and sense of gratitude can work wonders in our lives.

Pujya Gurudev advises us to follow principle of “Art of

Right Contact” with the world. Maintain relationships in a balanced manner. Life is bound to be full of challenges. Don’t fear them but face them. Treat them as grinding stones and sharpen your tools and get better equipped to face life.

Pujya Gurudev’s mantra for success & happiness is “clarity of thoughts, purity of emotions and dexterity in action”. This is similar to Gyan, Bhakti & Karma Yoga. We have to inculcate and cultivate right values and virtues and live a life of righteousness. Pujya Gurudev says “to build a better world, first build a better you” be a better human being. From such a firm platform we can take a leap of spiritual evolution to reach the highest.

This new year, let us resolve to surrender to Pujya Gurudev Swami Chinmayananda, follow the path of Satsang, Sadhana & Seva shown by him, leading to realisation of “Chinmaya” the pure consciousness within us.

*Unto Him Our Best.*

**Mukul Patel**

President -

Chinmaya Mission Mumbai



# Chinmaya Chintan

## Positive Mind

Swami Chinmayananda



Think of a house deserted for a long time and used as a lumber store. Naturally, it has fallen into disrepair and every nook and corner is covered with dust and cobwebs. It is a filthy place, becoming filthier with the passage of time. For some reason you want to make it habitable once again. On entering, a mouldy smell assails your nostrils. All doors, windows, and ventilators are opened to drive it away. Mere emptying the place of its useless contents will not serve the purpose. Then starts the process of a thorough roof-to-floor cleansing. Rubbing and scrubbing is followed by whitewashing and painting, and repairs wherever necessary. It

*All negative values must be shed through consistent efforts at being good, and the mind replenished with the positive values of love, beauty, and truth.*

is still not fit for comfortable habitation. It has got to be rigged up with pleasing fittings and good furniture to render it comfortable.

The removal of unwanted lumber, dust and cobwebs (negativities),

though unavoidably essential, is but half the process. The other half consists of bringing in new paraphernalia (positives) calculated to give comfort and joy to the occupants-to-be. But the positives cannot be lodged unless the negativities have been removed. Obviously, ushering in of positives demands prior removal of negativities.

Similarly, our minds, which are at present thickly encrusted with unhealthy poisonous filth through untold years of neglect and desecration, must in the first instance be cleansed thoroughly to make them fit abodes of divinity. Overflowing animal passions, blinding anger and greed must be drained off.

*A suppressed mind is a potential danger. In an off-the-guard moment it may burst, and like dynamite at the touch of a spark, blast out the entire edifice of progress.*

All negative values must be shed through consistent efforts at being good, and the mind replenished with the positive values of love, beauty, and truth. Then alone can divinity come to dwell in us!

Spirituality is the technique of accomplishing this consummation. Actual achievement must be preceded by firm determination. It is, however, the first movement in the right direction which calls for maximum motive power. The process, once started, will gather momentum.

Thereafter, constant vigilance shall ensure smooth transformation. After asserting our true nature, we may lay out the inner world for blissful existence. Use the broom of the scriptures, the whitewash of satsang, the furnishing of practice, and provide the reception of contemplation, and in meditation the Lord shall fill thee.

A mere negation of the outer world or of known inner weaknesses cannot by itself lead to the true upliftment of an average man. Negation is not growth, although it prepares the ground for growth. In the ground thus prepared, desired seeds must

be sown and diligently watered. Fructification follows as a matter of course.

If seeds of positive qualities are not implanted, undesirable weeds of all kinds may soon shoot up to make a jungle instead of a planned garden. A blind unintelligent negation unaccompanied by assiduous assertion of positive values may easily lead the seeker into a futile existence, an insipid despairing vacuum.

The mind is suppressed without being simultaneously uplifted with positives. A suppressed mind is a potential danger. In an off-the-guard moment it may burst, and like dynamite at the touch of a spark, blast out the entire edifice of progress.

A mere negator reaches a state of impotence and inertness, a living death; his wan smile denotes no victory whatsoever. Hasty, unenlightened, albeit enthusiastic seekers have often unwittingly landed themselves into this alley of suicide.

For want of cultivation of positive qualities of the mind, many gallant men, after years of impressive tapasya, have felt bogged down or even fallen back into the mire from which they had sought to lift themselves.

Negation is essential, and yet so dangerous!

A positive mind does, rather than merely refrain from doing; suppression of desires is replaced by positive desirelessness. A positive mind does not merely eschew jealousy, but rejoices in the prosperity of others; it does not merely refrain from hating, but it loves; it does not merely tolerate, but it forgives; it does not merely desist from telling lies, but it speaks the truth; it is not only not greedy, but is ever ready to give.

Cleansed of kama, krodha, lobha, moha and ahankara, a positive mind, poised in peace, is free from delusions, seeks the good of all, and from it perennially flows a stream of unalloyed love for all. A positive mind is equipped with active and efficient instruments of progress; it is not merely stripped of its retarding filth.

A mind thus cultivated gets attuned to the one-without-a-second and, consequently, it becomes a master of all situations, and is never a slave. All religions, therefore, prescribe a list of dos' together with a list of don'ts.

*Source : Tapovan Prasad, August 2009*

# Tejomayam

## The Moody Mind

Swami Tejomayananda



In the Bhagawad Geeta especially in the 14<sup>th</sup> chapter, there is a very good analysis of the mind. In this it is said that mind is constituted of three *gunas*.

These *gunas* are the climatic conditions of the mind. Just as the outside climate keeps on changing, so too our mental climate changes every moment. One moment we find interesting and the next moment we feel very bored. Nowadays we understand *gunas* by the word “mood”. We often use such phrases like “I am not in a mood to listen”. “He is not in a good mood”, “Your are in happy mood”, and so on. I

In Sanskrit there is a word *moodha* which incidentally means

“he who is under the control of moods”. Mark the similarity of the words mood and *moodha*! In technical (Sanskrit) language one mood is called *sattwic*, the second is *rajasic* and the third is called *tamasic*.

These moods or *gunas* have great influence on our mind; and their expressions are also many, but they can be easily understood. Since we do not know these *gunas* and their expressions we get carried away by them.

The moods keep on changing and we come under the influence of the one which is most overpowering at a particular moment. But if there is proper understanding of the play of each

guna on our mind, then we can regulate them just as we regulate the volume of the loud speaker etc.

In our Bhashya at one place it is “said that there are four types of students:

- 1) *Yathaavat vijaanaati* -as the teacher teaches in the same way he understands
- 2) *Ayathaavat jaanaati* - he understands vaguely
- 3) *Vipareetam jaanaati* - he understands just the opposite of what is said and
- 4) *Nakinchidapi jaanaati* - he does not understand anything.

When the student is highly *Sattwic*, there is complete communication and he understands, but when the *sattwic* mood is disturbed by some *rajasic* thoughts then the mind gets distracted and disturbed, thus hindering our understanding. Our understanding gets choked when the *sattwa* guna is over-powered by *rajas* or *tamas*.

When the *Rajasic* mood is predominant then the thoughts of the types of *kaama*, *krodha*, *lobha* (desire, anger, greed) rise in the mind. The man gets so wild and restless that he cannot

keep quiet thereafter. Even to sit quietly for two minutes will become impossible for him.

Some thoughts of desire or attachment will drive that man to constant restless activity. He wants to go to some place, he wants to become a musician, he wants to build a house also, thus so many things he wants to start at the same time. He wants to remain very busy, he does not want to sit at one place and he cannot also. This *type* of mood of desire, anger, passion, greed which arises in the mind and whips the man to activity is called the *rajasic* mood.

The third guna is the *Tamas* which means total darkness. Specially three aspects of *tamoguna* are to be noted, viz. *pramaada* means inadvertence, *aalasya* means laziness and *nidra* means sleep.

Now the difference between *aalasya* and *pramaada* is that in *aalasya* man goes on postponing things even though he remembers and knows what is to be done, while *pramaada* is that he just forgets what is to be done. This *pramaada* is a terrible quality. Now-a-days people do not even consider this as an evil quality. “I forgot” - this is the easiest excuse for not doing a work and

the other person often accepts it. This pramaada is the opposite of alertness which is the quality of sattwa.

So these three gunas consistently play their game on our mind. Every moment one or the other mood has its influence on our mind. If we know the expressions of these gunas we can easily find out what is our mood at present.

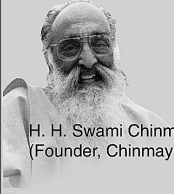
Thus one should understand and become aware of the expressions and influence of the three gunas on the mind. Then if one follows the traits of *sattwa*, naturally there will be more and more

clarity in his understanding of the world and other people also. But if one follows *rajasic* traits, then the overpowering thoughts will hinder his understanding; and if he follows *tamasic* traits then he cannot learn anything.

Having understood this what we have to do now is conquer these gunas. We cannot get rid of them totally but their play on our mind can be checked and the *sattwa* guna can be increased. This will give us more clarity in our understanding.

Source : Tapovan Prasad, February 1996

H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY NOVEMBER - 2016		
28 to 03 Nov, 16	CIF	+91 - 484 274 7307 +91 - 484 274 9290
06 to 11 Nov, 16	Dubai	+971 - 4 - 349 1457 349 1458 / 352 1155
13 to 18 Nov, 16	Kolhapur	+91 - 230 246 5754 962 307 4457 (M) 708 303 8475 (M)
19 to 23 Nov, 16	Belgaum	+91 - 831 242 1265 +91 - 944 894 1514
25 to 29 Nov, 16	Thane	+91 - 22 - 2857 8647
01 to 07 Dec, 16	Kolkata	+91 - 33 - 2466 5069 983 005 8355 (M)



H. H. Swami Chinmayanandaji  
(Founder, Chinmaya Mission)

**Chinmaya Mission Mumbai**



H. H. Swami Tejomayanandaji  
(Global Head, Chinmaya Mission)

# **Chinmaya Geeta Fest 2016**

**Bhagawad Geeta Chapter – XVI**

*Chant... Study... Know... Live...*



## **Geeta Chanting Competition**

**This year, Open to  
Children & Adults!**

**Open book Recitation\***

**Register fast for the Qualifying Rounds**

**Last date 31st August 2016**

**Get your learning aids and start practicing today!**  
(Contact details for your area & age group given overleaf)

**ALL MUMBAI FINALS ON 11th December 2016**

## **Prizes**

**Certificate of Participation will be given to all participants &  
Certificate of Merit will be given to the winners**

**Other exciting prizes too, in the finals**

Chinmaya Prerana, Plot No. 29, Sector 5, Kharghar, Navi Mumbai – 410210  
[chinmayamissionmumbai.com](http://chinmayamissionmumbai.com) ✉ [cmgeetachanting@gmail.com](mailto:cmgeetachanting@gmail.com)

*\*Conditions apply*

# **An Appeal to Children & Elders**

## **Other competitions**

### **Article Writing, Elocution, Quiz, Geeta Tweets & Video Clip Making**

This year we are organizing All Mumbai Article Writing, Elocution, Quiz, Geeta Tweets & Video clip making competitions based on the special booklet Bhagawad Geeta Ch 16. We welcome children as well as elders from all over Mumbai to participate in any/all of these competitions. Winners will receive attractive prizes and also trophies.

#### **General Rules and Regulations:**

- Students of Class VII - X only are allowed to participate in all 5 competitions.
- Elders from 16 to 60 years can participate in Article writing, Geeta Tweets & Video clip making competitions.
- Any number of students can be enrolled from a particular Institute.
- Participants will be judged in 4 groups:

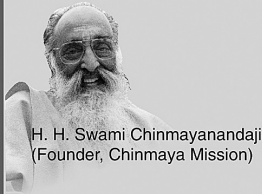
Group - E	-	Std. VII - VII
Group - F	-	Std. IX - X
Group - G	-	16 to 30 years
Group - H	-	31 to 60 years
- A minimum contribution of Rs.30/- per head per competition will be levied on all participants at the time of Registration.
- All participants MUST compulsorily fill the Registration form in order to enroll.
- The last date for Registration is 15<sup>th</sup> November 2016.

*For registration form, rules & other details visit -  
[www.chinmayamissionmumbai.com](http://www.chinmayamissionmumbai.com)*

***This year we have 2 new competitions (Tweets & video clip making)  
& also the competitions are for elders.***

*For further details please contact: Mr. Someshwarji: 9987708182 Mrs.  
Manjula Suresh: 9969066853*





**Chinmaya Mission Mumbai**



# Chinmaya Geeta Fest 2016

**Bhagawad Geeta Chapter – XVI**

*Chant... Study... Know... Live...*

## Grouping & Portion

Gr.	Standard / Age	Stanzas	No. of Stanzas
A	Nursery & Kg's	1 to 5	5
B	I & II	1 to 10	10
C	III & IV	1 to 15	15
D	V & VI	1 to 20	20

Gr.	Standard / Age	Stanzas	No. of Stanzas
E	VII & VIII	1 to 24	24
F	IX & X	1 to 24	24
G	16 to 30 yrs	1 to 24	24
H	31 to 60 yrs	1 to 24	24

**Registration Donation Rs. 30/- (per competition)**

**Audio CD (optional) Rs. 50/-**

**There are other Exciting Competitions too,  
like Tweeting, Elocution & much more**

**Only for groups E, F, G, & H**

## Contact Details

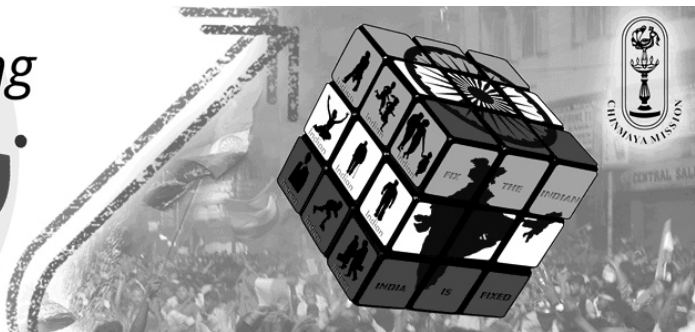
Bhayandar - Kandivalli	92215 15431	Worli - Colaba	98210 11345
Malad - Jogeshwari	98691 05775	Chembur, Kurla, Anushakti Nagar	99877 02690
Jogeshwari - Juhu upto W. E. Highway	98212 61313	Ghatkopar - Vidya Vihar	98203 49801
Vile Parle - Bandra	98206 02890	Andheri (E) - Powai IIT	98925 91238
Prabhadevi - Mahim - Sion	98921 67138	Airoli - Panvel (Navi Mumbai)	99690 66853

Chinmaya Prerana, Plot No. 29, Sector 5, Kharghar, Navi Mumbai – 410210

[chinmayamissionmumbai.com](http://chinmayamissionmumbai.com)  [cmgeetachanting@gmail.com](mailto:cmgeetachanting@gmail.com)

# Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



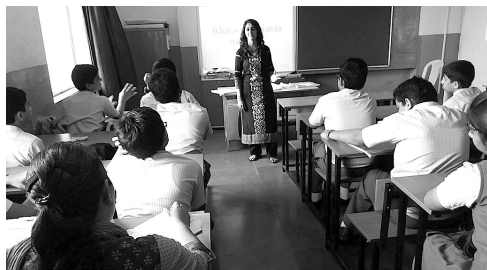
## TITI Report

- 30 workshops conducted from 15<sup>th</sup> September to 16<sup>th</sup> October in Mumbai
- Powai Zone has done 14 workshops, Chembur has conducted 7, South Mumbai has done 3 and for YEP 6 modules were conducted.

### @ Gopal Sharma School, Powai

16<sup>th</sup> September, 6 parallel workshops on Intellectual transformation were conducted for Std. 6 & 7 by Shrikantji, Geethaji, Aravind, Rashmi, Deepak and Sandhya.

4 parallel Physical transformation



workshops were conducted on 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> Oct by Chitra Shridhar assisted by Manisha & Rashmi

### @ UDAAN (NGO)

17<sup>th</sup> September, Intellectual transformation for 40 undergraduates was conducted by Rashmi assisted by Sheela Naik. The session was very well received and the children



are looking forward to the next modules.

### **@ Saraswati Vidyalaya, Chembur**

On 17<sup>th</sup> September, Spiritual Transformation workshop was conducted by Ms. Mala Sekhar assisted by Chitra for the teachers of Saraswati Vidyalaya - A dynamic debut by her!! The teachers were very enthusiastic, attentive & participative. The workshop was very well received. The Principal would like TITI to conduct all 7 modules for their students from Std.V to Std.IX and a few sessions for Std.X.



### **@ Vidya Byculla (NGO)**

Two back-to-back Intellectual Transformation sessions (kids version) on 17<sup>th</sup> September were conducted by Nimisha, assisted by Anita.

### **@ B.M.N. College, Matunga**

Physical Transformation session



on 20<sup>th</sup> Sept. for S.Y.B.Sc. students assisted by Chitra and Urvi.

On 27<sup>th</sup> Oct. Chitra conducted Emotional Transformation assisted by Hariniji for S.Y.B.Sc students.

On 28<sup>th</sup> Oct. Physical Transformation session was conducted by Urvi for S.Y.B.Sc. students.



An Emotional Transformation by Chitra assisted by Varsha was a very fulfilling session.

**@ VIDYA - Rajaram Sheth  
Vidyalaya, Mulund**

On 23<sup>rd</sup> Sept two back-to-back modules were conducted by Manisha and Chitra on Intellectual and Patriotic transformation respectively. As always their sessions were a super hit with the young audience.



**@ Jai Hind College,  
Churchgate.**

On 26<sup>th</sup> Sept. Emotional Transformation was conducted by Anaghaa for all streams of the college.

**@ KES's Shroff College of  
Arts & Commerce, Kandivili**

On 29<sup>th</sup> Sept., Emotional Transformation was conducted by Aravind, assisted by Geetha ji for 50 students of the college.

**TITI - Emotionally Intelligent  
- Parenting Seminar**

1<sup>st</sup> Oct. Parenting is a skill. The most joyful Part of one's life. But

will the journey be on a smooth road? Not always! It has its own challenges, stress & at times one wonders "Am I doing the right thing??"

TITI started its first focused group workshop series with Parents. It was conducted by Dr. Sunitha Sankar, a Clinical Psychologist and Chinmaya Mission member. Parents from different parts of Mumbai assembled at Powai Ashram to learn some effective tools, techniques & strategies for a positive parenting. The session was very impactful! Many parents said it was a great session & glad they didn't miss!! A parent said: A friend of mine at the session has requested for the DVD and wants to share the learnings with her husband. Another friend wants me to keep her updated about other upcoming events of Chinmaya Mission. Another commented: Every parent MUST attend this workshop once in their lifetime to know that they





do not know even 60% of what exactly is 'Parenting'.

### @ Orion

16<sup>th</sup> October: Universal transformation by Geethaji and Sandhya for 4<sup>th</sup> std. This was their last module having completed all 7 levels!

### @ Juhu Vile Parle Gymkhana

Emotional Transformation conducted by Pooja for the club members & guests assisted by Sudhirji & Dr. Ansari and Rakeshji on 16<sup>th</sup> Oct.

### @ YEP 10, Vibhooti, Kolvan

Workshop marathon at "Chinmaya Vibhooti" 15<sup>th</sup> to 16<sup>th</sup> Oct by Anaghaa, Arvind, Deepak and Shaman.

14 yuvaveers, 6 modules, 4 trainers, One Vision - Nation Above Self!

An inspiring introductory session



by Swami Swatmanadaji laid the foundation.

After the first day Swamiji commented: To keep the enthusiasm & energy levels high when one has 2 heavily loaded Gita satsangs and 1 Bhaja Govindam satsang and then 4 TITI modules in a day requires great skill, presence of mind, ability to tune with the audience. Our trainers excelled in it. This was the most hectic day of yep 10 with 7 intense sessions.

Deepak: The environment and enthusiasm of yuvaveers supported us to deliver the message of TITI!



The second day was packed too with 2 Geeta satsangs, 2 TITI sessions by Aravind along with public speaking by Swamiji & Shamanji.

Swamiji said, 'Yuvaveers will take TITI to many new centres & touch many more lives.'

TITI trainer Sandhya Rajesh reflects:

### **7 Transformations and 9 nights of Dussehra in India**

#### **1 PHYSICAL Transformation**

Fasting and playing dandiya / garba

#### **2 Emotional Transformation**

Durga Pooja - Victory of good over evil ( tendencies )

#### **3 Intellectual Transformation**

Saraswati Pooja - Invoking

Grace of the Goddess for Clarity in thinking

#### **4 Cultural Transformation**

Right from Garba in West to Durga Pooja in East & Ramlila in North to Golu in South - Culture unites us all

#### **5 Patriotic Transformation**

Burning the effigy of Ravana who cast an evil eye on our Mother Sita

#### **6 Spiritual Transformation**

'GhatSthapana' - Worshipping the light within the earthen pot

#### **7 Universal Transformation**

"Golu" - Seeing the oneness in everything and thereby everything becomes Divine

**My Transformation  
Transforms the Nation!!!**



# Chyk

## Chinmaya Yuva Kendra

### #AWESOMITY @ CHYK Camps!

All those who have attended a Chyk camp at some point in their life will understand why the title of this article is self-evident. But for those who have not, here's an inside perspective on what makes these camps awesome!

### Masterful sessions by the Masters!

Contrary to popular perception that youngsters don't like to listen to talks, in every camp that I have attended or volunteered the most impactful aspect has been the sessions by the Acharyas. Every camper mentions this part

in his feedback. As youngsters we have so many questions about facing the challenges typical to this phase in life that, to see someone bring so much clarity to us and introduce so many new dimensions of thinking really shakes us up! When we see our Acharyas talk about highest philosophies and the latest trends with equal ease, it makes us really question our assumptions on spirituality and spiritual people!

### Life is an Adventure!

Chyk camps are not the only source for doing adventure activities or playing games. But what makes it unique is the





facilitation that is done after the activities. We are not just pushed to do certain activities but we are also equipped with the understanding to deal with our fears at a much deeper level. Having understood the theory and then having to immediately apply it makes the knowledge sink deeper and leaves a much greater impact!

### **Watch and Learn!**

While one is impressed by the other elements of the camp, one is equally if not more inspired by the Volunteers. To see youngsters

of your age or even younger than you handling the entire camp and its challenges, maintaining discipline and pushing themselves all day and night really inspires! In fact many current volunteers and dedicated Chyk members have come to Chyk only because they felt inspired by the set of volunteers they saw when they first attended the camps!

### **Expect the unexpected!**

There is always some element of surprise in a Chyk camp which shakes us out of our comfort zone and drives home a point. There was one camp (Karma Matters) where we had told the campers they could order anything they wanted and we would give them. Many campers called that number and our “telephone operators” meticulously noted down their orders. On the last day the campers were called and given a letter which told





them that “One only gets what one deserves and not what one desires!” The entire thing was handled in a way that no camper felt humiliated but at the same time they got the message loud and clear!

### **Planned out Work, Working out His plan!**

As a camper what strikes you the most in a Chyk camp is that how meticulously planned the whole schedule is. The entire Camp runs like a movie in a theatre without even an interval and there are

so many people working at the back-end, putting all the scenes together for the audience to see and experience the beautiful and adventurous movie! This instils the need to plan out our own life better.

There are many more things that one can write about the Chyk camp and it is an #Awesome experience both as a camper and as a volunteer to be part of one! So why are you still just waiting to be a part of the #Awesomity! Sign up and Be #Awesome!



Cultivate friends. To have a friend is to make life easier and richer. A friend is a present that you give to yourself. But you cannot pick up a friend, nor purchase a friend. We cannot compel anyone to be our friend. We have to discover a friend.

- Swami Chinmayananda

# Chinmaya Sagar Zone

(South Mumbai)



**‘Gananapati Bappa Morya’ -  
Chinmaya Shishuvihar Camp,  
South Mumbai on 16<sup>th</sup> &  
17<sup>th</sup> September 2016 @ Seva  
Sadan Society, Gamdevi**

Chinmaya Shishuvihar held a camp for the Shishuvihar mothers and toddlers (3-5 years). The theme of the camp this year was ‘Gananapati Bappa Morya’.

The camp was attended by 30 enthusiastic parents/guardians along with their children. On the first day, Swami Swatmanandaji

conducted the opening session with a wonderful story. The highlight was a play on ‘Ganapati wins the race’ by the Shishuvihar Sevikas, who were in full costume enacting Gananapati and his family.

The children were captivated by the costumes and enjoyed interacting with them. Prayers, bhajans and a craft activity on Ganesh’s family kept all the participants on their toes. The day ended with Ganesh aarti.





On the second day, the children started the day with yoga and bhajans, followed by a puppet show on 'How Ganesh got his mouse'! The children then did a small puja of Ganesh and a craft activity where they made their very own Ganesha's mouse to take home with them! The camp ended with prayers and aarti. The camp got a very good response from the parents and the children thoroughly enjoyed the sessions. It was an extremely satisfying experience for all the Shishuvihar Sevikas who worked hard as a great team and put forward their best efforts!

*by Radhika Jasrani*



**A talk on “Om Gananam Tva Ganapati Gum Havamahe” on 14<sup>th</sup> September by Brni. Nidhi Chaitanyaji @ Chinmaya Sagar, Churchgate**

Devotees were spell-bound as Nidhiji gave insight of this mantra.

- “Hindus are not idol worshipper but ideal worshipper.” - Pujya Gurudev. The more one sees the ideals of the idol, one identifies and imbibes them.
- Ganapati is leader of every group - ‘gana’ - sentient, insentient.
- Mice are very intelligent but very restless, very destructive, very messy - like our mind. But the moment Ganapati rides the Mushaka, it becomes Mushaka raj! In the same way, when HE rides our mind, it doesn't stray in all directions!
- Offering Modak to Ganeshji is a constant reminder to us to offer HIM what is most important to me and what I love the most; so when we surrender our attachments, dependency on people, situations, objects for our happiness, we realize the nature of the SELF.

- Whenever I go in the world, may my centre of life be the Divinity.
- This festival gives beautiful spiritual education - For ten days be anchored into the Form and then the Formless.

*by Varsha Dalal*

## **Navratri Navmi on 10<sup>th</sup> Oct. @ Chinmaya Sagar**

In the evening a Saraswati Puja was held. The devotees were asked to bring their own book & pen and the blessings of Maa Saraswati Devi was sought.

The Puja started by welcoming the Devi and was followed by chanting the 108 names of Maa Saraswati. In the end everyone offered flowers at the altar.

*by Asmita*

---

Chinmaya Mission Mumbai  
invites you to celebrate

## **Shree Geeta Jayanti & Shree Tapovan Jayanti**

10<sup>th</sup> 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 Adhyay  
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

## Shishu Vihar Class

**@ Babulnath & Churchgate**

**For age group: 3-5 years**

Every Friday, 5.00 to 6.00 pm

Venue : Saraswati Hall 3<sup>rd</sup> 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 Jasrani : 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.



Happiness depends on what you can give.  
Not on what you can get.

- Swami Chinmayananda



**Feeling angry? Stressed?**  
Chant!

**Your memory skills need improvement?**  
Chant!

**Want to learn voice modulation?**  
Chant!

**Need to find peace and quiet in your mind?**  
Chant!



You can learn Geeta Chanting & Maha Mrityunjaya, Vishnu Sahasranaama, Vedic Chanting etc.

This year, we have learning aids too for the 16<sup>th</sup> chapter of the Geeta. So, learn in the comfort of your time and at home!

**Office:** F3 Panchsheel, C Road, Churchgate, Mumbai 400020

**chinmayamissionmumbai.com**

**Chinmaya Mission Mumbai**

## Chant Mumbai Shaant Mumbai

Chanting is an oral meditative practice when done correctly. In this crazy paced world, chanting helps to quieten the mind and bring it back into focus

### Chanting has many benefits



Calms the mind



Improves memory



Increases sense of creativity



Both the hemispheres of the brain used



Increases alertness



Better focus and concentration



Rejuvenates the body



Phonetic sensibility Improves



Positive outlet for thought energy



If you live between Cuffe Parade to Worli, please email us at [enquiry@chinmayamissionmumbai.com](mailto:enquiry@chinmayamissionmumbai.com)

Or call **022-22814646/22884646** (Monday through Saturday 12noon to 7pm)



## Talk by Swami Swatmananda

Talks on Geeta Ch.3 - Karma Yoga

### Geeta Power

Weekly Study of Geeta Verse by Verse

Nov. 2016 - 3<sup>rd</sup>, 17<sup>th</sup>, 24<sup>th</sup> (Thurs) ● Dec. 2016 - 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> (Thurs)

12.30 pm to 1.30 pm

Venue: Mrs. Parul Bhammar, 18<sup>th</sup> Floor, Usha Kiran Bldg,  
Charmaichel Road, Behind Jaslok Hospital, ● Contact: 9820185255

## Upanishad Darshan

### Taittiriya Upanishad

Talks on Ch 2 - Brahmananda Valli

28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> Nov & 1<sup>st</sup>, 2<sup>nd</sup> Dec. 2016 ● 7.15am to 8.15am

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



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



Presents an entire range of Chinmaya Mission souvenirs



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

# Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)



## Mathru Puja Celebrations on 9<sup>th</sup> October @ Ram Mandir, Wadala.

Mathru Puja was conducted in Mahima Zone in the presence of Br. Yukta Chaitanya.

About 25 families, gathered at the temple to celebrate Mathru Puja.

The Puja started with the Invocation. The children were given instructions on how to perform the Puja.

Following the instructions, the children washed their mother's feet, applied chandan, kumkum and offered flowers.

This was followed by Smt. Vidya Harikrishna rendering of the song Matrastavanam, composed by Pujya Guruji.

For every paragraph of the song, Yuktaji explained the meaning and also brought out the importance of the mother to the children in a very lucid and child-friendly manner.

Then the Aarti was done and the children fed Prasad to their mothers. All the ladies were offered Haldi Kumkum and Prasad on the occasion of Navratri.

## Sampoorna Gita Parayanam

A Sampoorna Gita Parayanam was held on 29<sup>th</sup> September 2016 at Sankara Matham, Matunga. This coincided with the birthday of Ms Aarti Khamkar's mother.

The chanting led by Shri H P Eswar 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*

---

### **Bhagawad Geeta**

### **Chapter 1 - Arjuna Vishada Yoga**

Every Monday starting from 28<sup>th</sup> Nov. ● 7.00 to 8.00 pm

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



## Class by Swamini Krishnapriyananda

### **Kathopanishad (Hindi)**

Every Friday starting from 4<sup>th</sup> Nov. ● 5.00 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 # 505, Dosti Elite, A - Wing, Sion (East)

*Contact: Smt. Vinitha Acharya 9821020403*

---

## **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 : 3<sup>rd</sup> Floor Brij Kutir, Shivaji Park

**Sevikas - Kumud Arora, Janki Bhatia**

*Contact : Bhavana Sarawal 98331 88196*

---

## **New Study Class on**

## **Kaivalya Upanishad**

**Sevak - Shri. Jagdish Thakker**

Every Saturday starting from 12<sup>th</sup> November • 6.00 pm to 7.00 pm

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

*Contact : Shri. Ramoorthy 9769119303*

---

# 2 New Batches of 1 Year Foundation Vedanta Course

a Certificate Course in Chinmaya Mahima Zone  
(in association with Chinmaya International Foundation (CIF), Kerala)

**Sevak : Br. Yukta Chaitanya**  
Every Saturday 11.00 to 12.30 pm

---

**Sevak : Sri. Jagdish Thakker**  
Every Saturday 4.30 to 6.00 pm

(both courses to begin from 26<sup>th</sup> November)

---

## Course Highlights:

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

**Contribution : Rs.3500/-**

This is not a Tution Fees. This donation is towards the infrastructural expenses of the course. The course by itself is FREE.

Contact : 98215 86888 ● 98200 00444

**Venue for both the classes will be decided after the registrations are done so as to make it convenient for all members**

# **Chinmaya Jayam Zone**

(Bandra, Khar, Santacruz, Vile Parle)

## **CHINMAYA MISSION MUMBAI ORGANISES**

### **SADHANA CAMP (In English)**



**at Uttarkashi  
by**

**Swamini Krishanapriyananda**

**Date: 22<sup>nd</sup> to 28<sup>th</sup> March 2017**  
(Wednesday to Tuesday)

**Camp will be inaugurated on March 22<sup>nd</sup> at 4 p.m.**  
**All participants should reach in time**  
**for the inauguration.**

**Sub: Drig Drishya Vivek and**  
**Bhagavad Geeta Chapter 13**

**Camp Donation Rs. 6,000/- per person**  
(cheque should be drawn in favour of "Chinmaya Seva Trust")  
**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**



## 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.



## Talk by Swami Swatmananda

### Dynamics of Karma

on 30<sup>th</sup> November 2016

7.00 pm to 8.30 pm

Venue: Thadomal Shahani Engg. College, Bandra (West)

Please register on 98205 26738 / 9820526758

Online Registration: <http://bit.ly/2c117cX>



## Sessions by Brni. Nidhi Chaitanya

### Geeta at a Glance

A Bird's Eye-View of the 18 Chapters  
of the Bhagawad Geeta in 20 Weekly Sessions

Every Friday 7.00 pm to 8.30 pm

Venue: Dr. L H Hiranandani Memorial Conference Hall,  
Ground Floor, Smt.MMK College of Commerce & Economics,  
32<sup>nd</sup> Road, TPS III, Bandra West, Mumbai - 400050.

**Suggested Donation: Rs.1000 for all 20 classes**

*For details, contact: 9820526738 / 9820526758*

**Entry Free. All Are Welcome.**

Participants must fill the registration form to attend the talks.

---

### Geeta Chanting Classes

Every Saturday from 5.30 pm to 6.00 pm

Age groups : 16 years to 30 years / 31 years to 60 years

Registration amount for Geeta Chanting Competition Rs.30

CD of Chapter 16 available for Rs.30

Venue : 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 7056932205 for registration and any other details*

# Chinmaya Priyam Zone

(Andheri & Juhu)

**Feminity to Infinity Camp  
from September 27- 29 @  
Chinmaya Vibhooti, Kolwan**

This was the first ever all-ladies camp! Approximately 70 women from all walks of life, took time off their busy schedules to participate in and benefit from the camp.

As with most camps, there were interesting icebreaker games and activities that brought the entire group together, helping them understand the power of being one.

From making new friends to handling unexpected situations, to learn to smile even through mess, the group of ladies learnt practical lessons on managing stress and hurdles in life.



They learnt to walk their own paths, overcoming fears and challenges through activities like walking on broken glass and even swallowing fire!

Several games designed to cross hurdles, keeping cool, with a smile, were played. Activities helped develop selflessness and satsangs with Nidhiji helped remove negativities.





Through a Q & A session with Sw Swatmananda that cleared doubts and queries, through group dance that taught them to let go and enjoy and dedicate the dance to HIM alone, through the Gayatri havan, where they crushed and burnt away regrets & fears.

Finally, meditation that helped them realise the INFINITY that they each are, the medley group of enthusiastic women came away transformed to face the world and life in a new avatar filled with love, freedom and courage.

**Emotions @ Work (Beyond Management Workshop for Corporates) on 1<sup>st</sup> Oct. @ The Club, Juhu**

The full house corporate workshop with more than 70 participants was a huge success.

Beginning with ice breaker sessions, the workshop, based on



the Bhagawad Geeta, went on to explore managing emotions at work. The sessions were interactive, interspersed with thought-provoking games and activities, Q & A sessions, audio-visual learning, and practical tips. The guided meditation session was well received and appreciated by the corporate honchos.

The workshop equipped every participant to play the corporate game without insecurities and fear, staying calm in a volatile situation and choosing to be their best.

**We Stand As One Family:  
Zonal Annual Day on  
October 9<sup>th</sup> @ Juhu Jagruti  
Auditorium, Juhu**

At this grand get-together of the committee members, volunteers, and class members of Chinmaya Priyam - Prakash Zone, more than a 100 participants were present on the morning of October 9<sup>th</sup>.





Seekers across all age groups, from professionals to homemakers, were present on that eclectic Sunday, eager to learn, share and apply the knowledge of Vedanta in daily life.

Interesting plays and cultural programmes were presented by the graduating students of all the three foundation Vedanta course batches explaining the concepts in a fun way.

The graduation ceremony for 99 members who completed the FVC, as also the 27 members who completed the Geeta Rasdhara crash course in Hindi, in 2016, was held that day.

Some students spoke of their experiences and learnings from the course.

One of the seekers was nearly in tears while thanking the course and the difference he has seen in himself.

It was also an apt day to felicitate the 24 Annapoornas for offering regular bhiksha to the Acharya.

Participants enjoyed and soaked in Gurudev's talks in the short video, after which was the satsang by the Zonal Acharya, Nidhiji, touching upon the importance of living the knowledge of Vedanta, staying humble and being true seekers with regular Sadhana.





## Sessions by Brni. Nidhi Chaitanya

**BMW : Beyond-Management Workshops**

### **Meditation - A Management Practice**

*Science & Secrets Of Meditation & Life  
- Customised For Corporate India -*

**(Based on Bhagawad Geeta)**

on 26<sup>th</sup> November 2016 (Saturday) • 10.00 am to 4.00 pm

Venue : Novotel, Juhu

**Faculty : Brni. Nidhi Chaitanya**  
(Acharya, Chinmaya Mission, Juhu-Andheri)

**& Dr. Sunitha Shankar**  
(Renowned Psychiatrist & Speaker)

#### **Workshop Highlights**

- ☐ Guided Meditation ☐ Practical Tips ☐ Question-Answer Sessions
- ☐ Interactive modules ☐ Thought-provoking activities & games
- ☐ Audio-visual learning ☐ Free Access to Weekly Discussion Groups

**Minimum Suggested Donation: (Non-Refundable)**

**Rs. 3000 on 20<sup>th</sup> November or earlier**

**Rs.4000 on 21<sup>st</sup> November or later**

All donations to Chinmaya Seva Trust are eligible for  
Tax Exemption under 80G.

*Send your business card & cheques in favour of  
**Chinmaya Seva Trust** to Chinmaya Priyam, 5, J  
ain Vihar, NS Road No.3, Juhu Scheme,  
Mumbai 400056. Please do write "DROP" on the envelope.*

For more details, write to chinmayapriyam.corporate@gmail.com  
SMS "BMW" to 9702874892 our team will get in touch with you

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

**Lead me from light to Light...**

### **Diwali Satsang**

5<sup>th</sup> November (Saturday)

5.00 pm to 6.30 pm

Venue : Chinmaya Priyam, Juhu

*Come, realise the true depth of the Festival of Lights and  
make the new year a complete celebration*

*To participate, call us on 26112358 / 26112359*

---

## **Annual Makar Sankranti Gayatri Havan 2017**

**108 Times Gayatri Mantra Chanting & Ahuti**

**Followed by Talk & Meditation on “Rise to the Sun Within”**

15<sup>th</sup> January 2017 (Sunday)

<b>□ Havan</b>	<b>: 6.30am to 8.00am</b>
<b>□ Breakfast</b>	<b>: 8.00am to 8.30am</b>
<b>□ Talk</b>	<b>: 8.30am to 10.00am</b>

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

### **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

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



## Sessions by Brni. Nidhi Chaitanya

### Geeta Darshan 2017

#### Monthly Talks on Bhagwad Geeta

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

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

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 6.30pm to 7.30pm (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...)

### JLT Just Like That

*A Fund-Raiser Show For Chinmaya Pradeep  
The First-ever Vedantic Theme Park*

*Watch the Anand Family's hilarious journey from chaos and confusions to clarity, purity, dexterity, as they interact with their witty house-guest Maddy in some of the funniest situations. Come, watch the Drama of Life...*

4<sup>th</sup> December 2016 (Sunday) ● 10.00am to 1.00pm

#### Donor Passes available for

Rs. 200	Rs. 250	Rs. 300	Rs. 500
Rs. 1000	Rs. 2500	Rs. 3000	Rs. 5000

Venue: Bhaidas Auditorium, Juhu

*For Passes & Sponsorships, Contact : 26112358 / 26112359*

---

## Be Awesome

**Leadership Workshops for 9 - 12 year olds**

Love Like a Leader

on 22<sup>nd</sup> January (Sunday) ● 10.00 am to 5.00 pm

**Donation per child :  
Rs.1500 per workshop (includes Lunch & Snacks)**

Venue: The Club, Andheri-Juhu Link Road

*Limited Seats. Participation by prior registrations only.  
to Register, Contact : 26112358 / 26112359*



# Talk by Swami Swatmananda

Chinmaya Yuva Kendra (CHYK) Mumbai  
welcomes you to

## My Relationships A Fun & Interactive Workshop for 13 - 25 year olds

by Swami Swatmananda

on 13<sup>th</sup> November 2016 (Sunday)  
10.00 am to 4.00 pm

### Workshop Highlights

- ☐ Interactive modules ☐ Thought-provoking activities & games
- ☐ Audio-visual learning ☐ Practical Tips
- ☐ Question-Answer Sessions ☐ Guided Meditation

### Minimum Suggested Donation

Rs.500 per head (Non-Refundable)

Includes cost of Lunch, Snacks & Workshop Kit)

Venue: Vidyanidhi School, Vidyanidhi Education Complex,  
Vidyanidhi Marg, NS Road No.5, Juhu Scheme

*Send your cheques in favour of CHINMAYA SEVA TRUST to  
Chinmaya Priyam, 5, Jain Vihar, NS Road No.3, Juhu Scheme,  
Mumbai - 400056. Please do write "DROP" on the envelope.*

*For more details, write to [chykspiration@gmail.com](mailto:chykspiration@gmail.com)  
To register, call: 26112358 / 26112359*



Continuous change alone is the changeless law.

- Swami Chinmayananda



# Master the Mind

through Dhyana Yoga  
(based on Chapter 6 of Geeta)



by **H. H. Swami Swaroopananda**

27<sup>th</sup> March to 2<sup>nd</sup> April (Mon - Thu) • 7.00 pm to 8.30 pm

Venue: Bhaidas Hall, Juhu

Watch this space for more details.  
To register, call 26112358 / 26112359

*Entry Free. All Are Welcome.*

---

## New Devi Groups

in Chinmaya Priyam-Prakash Zone

by **Chitra Vora (in English)**

Every Wednesday 5.00 pm to 6.30 pm (Starting 2<sup>nd</sup> November)

Venue: 101, Dariya Darshan, JP Road, Versova

*Contact : 9821661914*

---

by **Mamta Shah (in Gujarati)**

Every Wednesday 4.30 pm to 6.00 pm (Starting 2<sup>nd</sup> November)

at Chinmaya Priyam, Juhu

*Contact : 26112358 / 26112359*

---

## New Study Group for Corporates

**Rakesh Gupta (in English)**

Every Thursday 6.30 pm to 8.00 pm (starting 3<sup>rd</sup> November)

at Chinmaya Priyam, Juhu

*Contact : 26112358 / 26112359*

# Chinmaya Bhakti Zone

(Goregaon to Bhayandar)

## Regular Program at Bhakti

### Training on Geeta Chanting Chapter - 16

with explanation alongwith Vedic Chanting based on the book

### “Pushpaanjali”

by Shri S. K. Dixit

on every Friday from 6.30 pm to 7.30 pm.

---

### Satsang on Gyaneswari

in Hindi

by Brni. Sandhya Chaitanya

(Acharya - Kalyan)

every 3<sup>rd</sup> or 4<sup>th</sup> Sunday of the month

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

---



In all worthwhile undertakings,  
there will be risks of failure,  
of disappointments, of even disaster.  
To face them all with inner poise and  
firm faith is to discover the glory of final  
Victory. A conquest, without facing  
dangers, is as dull as Victory without a  
shining glory. A game without a prize!

- Swami Chinmayananda



## Sessions by Brni. Nidhi Chaitanya

### Spirituality for Busy People

for age group 29 - 45 yrs (Setukari)

**7-Week Program based on “Sadhana Panchakam”  
of Sri Adi Shankaracharya**

Every Sunday 7.00 pm to 8.30 pm  
(Starting 21<sup>st</sup> August 2016)

Venue : Chinmaya Bhakti, Ekta Bhoomi Garden,  
Datta Pada, Borivali (E)

*To register yourself, call (between 3.00 pm and 9.00 pm)  
Ravi Nair: 65235162 / 8108547011*

---

### Dare to be Arjuna!

A Series of 7 Interactive Sessions

for age group 16 - 28 yrs based on the Geeta

***Dare to Face Your Problems!  
Dare to Follow your Passion!  
Dare to Make Your Love Matter!  
Dare to Know your Culture!  
Dare to Question your Beliefs!  
Dare to Face your Fears!  
Dare to Achieve your Goals!  
Dare to Live the Geeta! Dare to be Arjuna!***

Every Sunday 5.30 pm to 7.00 pm  
Starting 21<sup>st</sup> August 2016

Venue : Ekta Bhoomi Garden, Datta Pada, Borivali (E)

*To register yourself, call (between 3.00 pm and 9.00 pm)  
Ravi Nair : 65235162 / 8108547011*

# **Jagadeeshwara Zone**

## **(Powai)**

### **Matru Pooja on Oct 9<sup>th</sup> @ Sandeepany Sadhanalaya, Powai**

The Matru Pooja saw a participation of around 40 inclusive of parents and children

The Pooja was conducted by the temple priest after the invocation and inaugural address by Acharya Raoji. The children performed Pooja of their mothers followed by the chanting of Matrurstavam.

### **Quiz**

CHYKs of the zone organised a quiz for parents and their children covering various topics from scriptures, Saints of India, Gita verses, Epics and the 3 Devis. Gurudev's commemorative coins were distributed to all the Balvihar children on this auspicious day.

It was a memorable morning inclusive of various shades of devotion, reverence, knowledge and fun time for parents and their children

### **Chinmaya books exhibition in Durga Pandal :**

An annual feature during Navaratiri which attracts

thousands of devotees is held at Hiranandani Gardens and Chinmaya Mission always has a special space allocated right next to the Sanctum Sanctorum, for display of its books and CDs.

The Zone members along with volunteers and CHYKs took turns to man the stall and it was their combined effort that we could reach out to many new devotees.

The CHYKs made make-shift Placards with catchy questions and statements like "Why do we pray? Why do we fast? What does BMI chart mean?" For answers to this visit stall 33.

This idea was a hit and though we salute to our youth, Kudos to the CHYKs for their fiery enthusiasm.

### **Birthday Havan**

A monthly feature gaining Popularity amongst parents is also getting volunteers, willing to opt for Balvihar Sevikas. This if culminated would mean an increase in the number of Balvihar in the Zone.

### **Power packed Geeta Capsule**

A highly power packed weekly capsule is well into its fourteenth chapter of the Bhagawad Geeta and gaining immense popularity with the zonal devotees.

The dawn of a new week brings excitement to hear the holy text by a new acharya and it's truly a case of 'Dil Mange More'.

---

## **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 Raghvan**

Venue: Bal Mandir

---

## **Class for Elders**

10.30 am to 12.00 pm

**Text: Atma Bodha**

**Acharya - Raoji**

Venue: Geetha Mandir

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



**Chinmaya Mission, Mumbai** (Jagadeeshwara Zone)

Invites you to

Evening Discourses in English on  
**Renounce and Rejoice**

**Karma Sanyasa Yoga (Bhagvad Gita Chapter V)**

**4<sup>th</sup> to 10<sup>th</sup> December 2016**

(Sunday-Saturday)

**7.00 pm to 8.30 pm**

by **Swami Brahmananda**

(Regional Head of Chinmaya Mission, Karnataka)



Morning Discourses in English on  
**Self Here & Now**

**Talks and Guided Meditation**

(Based on Hastamalaka Strotam of Adi Shankara)

**5<sup>th</sup> to 10<sup>th</sup> December 2016**

(Monday-Saturday)

**7.00 am to 8.00 am**

by **Swami Swatmananda**

(Acharya – Chinmaya Mission, South Mumbai)



Venue: **Olympia Quadrangle,**

Opposite Galleria, Hiranandani Gardens, Powai, Mumbai 400 076.

**All are cordially invited! Entry Free!**



# Chinmaya Narayan Zone

## (Chembur, Ghatkopar to Bhandup)

### Saamuhik Lalita Sahasranama Archana

Devi group members of Chinmaya Narayana Zone had organised Samootha Lalita Sahasranama Archana at Saraswati Vidyalaya on Saturday, 8<sup>th</sup> October as part of Navratri celebrations.

More than 90 ladies performed the Archana. Dambathi Pooja & Kannika Pooja with 11 Kannikas were also performed.

The Pooja went off extremely well with the group member's perfect planning, pre-paring & performing with their unrelenting spirit & enthusiasm.. needless to say that all this was possible with the solid support of Rajsekhars,.

Right from willingly giving the venue, providing all possible help in the preparation, to conducting the pooja and also the guidance & hard work of Shyama Acharyaji & her committed team.

The school atmosphere was charged with positive vibrations, auspiciousness, devotion while all the Devis performing Archana to the Devi Jagannmata.

*Om Sri Matre Nama.*





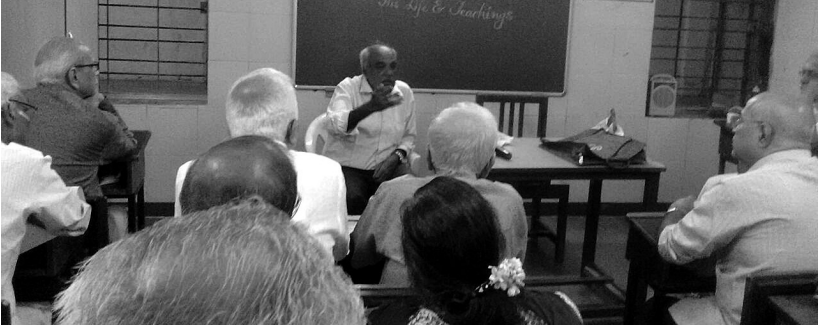
### **Sampoorna Geeta Parayana @ residence of Smt. Girkar**

On 26<sup>th</sup> September, Parayan was conducted on the eve of death anniversary of her beloved husband. About 20 devotees were present which included her

family members and relatives. They were all very appreciative of the Parayan and thanked Chinmaya Mission for the same.

### **Talk on Shirdi Saibaba**

Senior Citizens of Chembur organised a talk on Shirdi Saibaba, his life & teachings. Talk was delivered by C. S. Dinesh, a member of Chinmaya Mission. He explained the 11 qualities of Saibaba in detail. The talk received overwhelming response from the devotees. Dineshji's book in English & Kannada titled Sai Sacchharita was made available for sale during the talk.




---

## **Pre Chyk Class**

**Chinmaya Mission Pledge**

Every Sunday 10.30 am. to 12.00 noon

**Sevika: Aparna Raman, Mallika Mannadiar**

Venue : Saraswati Vidyalyaya, Near Post Office, 11<sup>th</sup> Road,  
Chembur, Mumbai.

# Chinmaya Prerana Zone

## (Navi Mumbai)

### Navaratri & Dassera Celebrations 2016

Pujya Gurudev's Blessings and Mother Rajarajeshwari's Grace enabled us to do 'Shakti Upaasanaa' in the beautiful serene atmosphere of Shree Mahalakshmi Temple, Kharghar, Navi Mumbai from 1st to 11<sup>th</sup> October 2016, guided by Br. Ved

Chaitanyaji (Acharya, Chinmaya Mission Navi Mumbai).

Navaratri began with 'Ghatasthapana' on 1<sup>st</sup> Oct. Every morning we had Puja of Maha Ganapati, Panchayatana Devata & different forms of Mother.

It was a lifetime experience to witness Shree Nava Durga,



Shree Maha Saraswati, Shree Mahalakshmi, Shree Maha Durga & Shree Lalitatripurasundari Navavarana Puja, in the morning, afternoon, evening & night, performed so lovingly by Pujari Surajji.

Morning's Parayana of "Shree Durga Saptashati" was followed by Vedji's discourse on the "Shree Ramaraksha Stotram". He explained the meaning of this very powerful kavacha-stotra and also explained the significance of Devi Mahatmya.

We also recited Shree Lalita Sahsranaama Stotram at 4.30 pm every day. The beautiful form of the Goddess charmed every devotee's heart with such a divine sight, day after day.

**Presence of Pujya Guruji  
Swami Tejomayanandaji on 4<sup>th</sup>  
October @ Chinmaya Prerna**  
Pujya Guruji was welcomed with the Purnakumbha & a

Maharashtrian folk welcome dance performed by CHYKs. Pujya Guruji, then enlightened the audience with the importance of festivals in our life & specially the significance of Navaratri festival.

It was also a great blessing that Swami Siddheshanandaji (Acharya, Chinmaya Mission Pune) was present on 10<sup>th</sup> & 11<sup>th</sup> October & devotees were blessed to listen to him.



Swamiji spoke on the beauty of human life if we follow our Swadharma & the result of living such a spiritual life would be that all the beings will be attracted





towards such a Mahatma & will experience bliss in His presence.

Every evening we had different cultural programs. Devotees pined to witness the Prasanna Puja followed by Rajopachaara. At 9.30 pm Mother was taken for “Shayanagriha” amidst shankha & bell and melodious Lullaby “Jo Jo...”. The day was over for devotees; but the volunteers, Vedji & Surajji would patiently prepare for the next day.

On 9<sup>th</sup> Oct., we performed Shree Sookta Havan in a huge Kund. At 6.30 pm, Utsavmurti was taken for Nagar Parikrama. What a sight it was! Rows of ladies with diyas, men holding Raj-danda & flags & devotees dancing with zest on drumbeats! All the youngsters enjoyed playing Dandia after that in presence of the Devi.

On Dassera morning (7<sup>th</sup> Anniversary of the consecration of Shree Mahalakshmi), Utthaapana of Ghata was done. The Vidyarambha Puja was performed on 11<sup>th</sup> October. Swami Siddheshanandaji addressed the crowd before starting the Abhisheka.

While the Divine Ceremony of Abhisheka with Nine Dravyas was being performed, the devotees at



the temple reflected yet again at their good fortune in being able to celebrate Dassera in the abode of Goddess Mahalaxmi.

### **Shravana Sadhana on Geeta Chapter - 7 by Br. Ved Chaitanya from 16<sup>th</sup> to 19<sup>th</sup> October**

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

The 7<sup>th</sup> Chapter named ‘Jnana-Vijnana-Yoga’ starts with Lord glorifying the knowledge He is about to impart. Then Sri Krishna tells about His Para & Apra Prakriti & how the world has come about of that.

Further He explains how the Lord is like the thread in a garland supporting the world. Though being present in & through everything, God is concealed from our vision because of Maya. Shri Krishna also tells the method of crossing over this Maya by

surrendering totally at His feet!

The 8<sup>th</sup> chapter will be conducted from 14<sup>th</sup> to 17<sup>th</sup> November.

### **A series of workshops on Sanatana Dharma Parichay**

In the world of globalization, various cultures have come closer. Amidst unification of various cultures it has been noticed that people are unaware of the essence of their own culture.

To create awareness about our very own Sanatana Dharma a series of workshops known as “Sanatana Dharma Parichay” by Br. Ved Chaitanya.

The course is of twelve months, wherein around 20 topics on our culture will be covered. Every month, one workshop is taken on one of the Sundays from 10.00 am to 5.00 pm (Lunch included).

So far, we have completed 3 such workshops as follows -

21-08-2016 - Introduction, The Scriptures (Shaastram), The Sacred Language (Samskritam).

18-09-2016 - Concept of God and Incarnation (Ishwara & Avataara).

16-10-2016 - Rishi & Guru (Guru-shishya-parampara)

The workshop saw participation of around 60 participants. The participants were provided with a course material too.

The workshop consists of informative sessions by Br.Ved Chaitanyaji. Followed by group discussions for better understanding and reflections on the above mentioned topics. Sometimes, relevant episodes of Upanishad Ganga are also shown for better understanding.

Participants went home feeling amazed of the vast legacy of Sanatana Dharma with curiosity to know more in the following workshops.







**Chinmaya Mission Thane  
Presents**



**Jnana Yajna**

**मन की जीत, विश्व की जीत** (Talks in Hindi)

भगवद् गीता के  
१४ वे अध्याय का संदेश  
पूज्य स्वामी तेजोमयानंदजी की  
अमृतवाणी में



**DATE AND VENUE**

Fri. 25th Nov. 2016 to Tue. 29th Nov. 2016.

7.30 pm to 9.00 pm

SES English High School and Junior College,  
Panchpakhadi, Near Prashant Corner,  
Thane (W) 400602

**ORGANISED BY**

**Chinmaya Mission Thane**

**Rutu Enclave, Kasarvadavli, GB Road, Thane (W)**

Contact : 022 25970087/ +91 9321721641

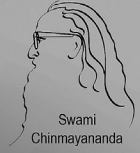
Email: chinmayapuja@yahoo.com

**ENTRY FREE FOR ALL**



**Chinmaya Mission Mumbai**

invites you to



Swami  
Chinmayananda

# # Moksha

**Sadhana Intensive Camp at Sidhbari**

by **Swami Swatmananda**

(Acharya Chinmaya Mission Mumbai)

**26<sup>th</sup> December 2016 (7pm) to 1<sup>st</sup> January 2017 (9am)**

(Monday evening to Sunday )

## Highlights

DVD Talks by Swami Chinmayananda

Understanding Moksha based on Bhagavad Geeta

Talks by Swami Swatmananda

Meditation, Bhajans, Group Discussions, Debates

Silence, Solitude, Forest walk

Vishnu Sahasranama & Bhajans & Satsang on New Year's Eve

Gayatri Havan on 1<sup>st</sup> January Morning

**Eligibility:** Chinmaya Mission or CHYK or CSK Member or TITI Trainer with a background, attending regular classes, between 18 to 65yrs only. Admission based on the Acharya's discretion.

Temperature is likely to be between 4 & 10 degrees. There are no heaters in the rooms.

## Non-Refundable Contribution

**Rs.5000/- Per Person** (Shared Accommodation - 4 people).

**Rs. 6500/- per person** (Shared Accommodation - 2 people).

**Rs.8000/- Saket Block Per Person**(Shared Accommodation - 4 people).

**Rs.10,000/- Saket Block per person** (Shared Accommodation - 2 people)

(Includes Stay, Food & Camp kit. Excludes Travel)

Sightseeing - Rs.500/-

Gayatri Havan or Vishnusahasranama Pooja & Chanting Mukhya Yajman - Rs.2500/- each.

Gayatri Havan Yajman - Rs.250/-

Pooja Gurudev's Paduka Pooja - Rs.15,000/-

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

Travel arrangements to be made by the campers.

**Limited Seats! Register Early!**

**Contact: chinmayashivam@gmail.com 08422943204 | 9920057885**



**Tara Cultural Trust**  
**Sandeepany Sadhanalaya, Powai**



Invites you to participate in a  
unique 18-day camp (in English) on



## **Upanishad Darshan**

**by Swami Tejomayananda**

8<sup>th</sup> to 25<sup>th</sup> January, 2017

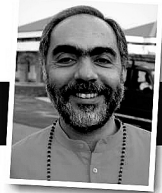
at Sandeepany Sadhanalaya, Powai

&

**Morning Talks on**

## **Narada Bhakti Sutra**

**by Swami Swaroopananda**



### **Camp Donation**

*Twin share room without attached bath (Hostel)*

**Rs. 10,000/- per head**

*Twin share room with attached bath (Non A/c)*

**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](http://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 5<sup>th</sup> to Thursday 9<sup>th</sup>  
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 7<sup>th</sup> Naada Bindu Festival**

**Festival Dates: Friday 10<sup>th</sup> to Sunday 12<sup>th</sup> 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)

Camp : 12<sup>th</sup> to 16<sup>th</sup> Feb. 2017 : Rs 6000/-  
Site Seeing : 17<sup>th</sup> to 21<sup>th</sup> Feb. 2017 : Rs 15000/-

## Texts

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

## Special Features

Ganapati Atharvashirsh Chanting  
Rudrabhishek &  
Shiv-Sahasranam Archana

**Venue: Chinmaya Mission Ashram, Port Blair**

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.

***For 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  
Mr. Suresh Dixit - 09869105775  
Mrs. Asmita Merchant - 09322593763



# Tara Cultural Trust Sandeepany Sadhanalaya, Powai

## Mahashivaratri Celebration

### on 24<sup>th</sup> 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 24<sup>th</sup> 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](mailto:tct@chinmayamission.com) or Phone No: - +91-022-28570368/2427/5805.

# Central Chinmaya Vanprasth Sansthan

announces

## 151<sup>st</sup> CAMP ART OF GRACEFUL AGEING

**Duration :** 27<sup>th</sup> March to 4<sup>th</sup> April, 2017

**Venue:**

Chinmaya Navin Sevashram, Rasulabad Ghat Road, Allahabad - 211004.

### Faculty

- |                         |                         |
|-------------------------|-------------------------|
| 1. Swami Chaitanyananda | 2. Swami Yogasthananda  |
| 3. Br. Nirvan Chaitanya | 4. Dr. N.K. Anand, MBBS |
| 5. Shri Someshwar Lal   | 6. Smt. Manju Agrawal   |

**Maximum Participants:** 40 on first come first served basis.

**Course Content :** Course content: Meditation, Kaivalya Upanishad, Integral Yoga including Chakshushi Vidya for Keeping fit, Acupressure, subjects covering Physical, Emotional, Social, Financial and spiritual health.

**Language:-** All slides will be in English but lectures will be in Hindi.

**Accommodation:** 4 - bedded ultra modern self contained air cooled rooms 24 hrs. hot & cold water

supply. 5 double-bedded rooms available which will be allotted to couples on first come first served basis.

**Camp Expenses :** (Non Refundable) 9500/- per person (Rs. 10500/- per person for double bedded rooms) covers Camp fees, Camp materials, Board & Lodging and traveling to and fro Ayodhya, Chitrakoot, Vindhyavasini Shaktipeeth, Varanasi, Triveni Sangam and important Temples in Allahabad. Also Akshayavatam (Immortal Banyan Tree) subject to permission from the Army.

**How to Register:** Deposit full camp expenses in CCMT-CCVS

a/c No. 538802010000346 ● IFSC Code: UBIN0553883

with any branch of Union Bank of India and inform

Mobile No.: 09415338124, 09026352728 ● Email : yogasthananda@gmail.com.



**TARA CULTURAL TRUST  
CHINMAYA MISSION**

**SANDEEPANY SADHANALAYA, MUMBAI**

**VEDANTA COURSE 2017-2019**

**APPLICATION FOR THE 17th VEDANTA COURSE (in English)**  
(Study of Upanishads, Bhagawad Geeta and other Vedantic literature)

**ELIGIBILITY**

University graduates, unmarried men or women,  
with a sincere interest in the study of Vedanta  
Age: 20-30 years (exception allowed for deserving candidates)

**DURATION**

Two years residential course  
(commences on Ganesh Chaturthi 25th August 2017)

**FREE OF COST (Only for Regular Students from INDIA)**

Accommodation, food, clothes, books and medical care will be provided.  
(Overseas and Guest Students will have to bear the full charges)

**CHIEF ACHARYA:** H.H.Swami Swaroopananda  
**RESIDENT ACHARYA:** Swami Bodhatmananda

**APPLICATION FORM**

Request by email to [sandeepany@chinmayamission.com](mailto:sandeepany@chinmayamission.com) or write to  
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**



## Our Page Sponsors

Harasiddh Builders And Developers

Citizen Hotel

Naath Industries Pvt. Ltd.

Tulsidas Tehliram (India)

Advertisement Tariffs for one issue of Chinmaya Sandesh

Full Page : Rs. 5,000/-

Half Page : Rs. 3,000/- • Quarter Page : Rs. 2,000/-

Sponsorship per page per month - Rs. 1500 /-  
(Sponsorship per page one year - 15,000/-)

Contact : 022 2288 4646 / 2281 4646



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

Whatever we have  
are HIS gifts...



Presents an entire range of Chinmaya Mission souvenirs



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