

August 2015

(Total Pages 80)



Price Rs. 20/-



Chinmaya Sandesh



Monthly Newsletter of Chinmaya Mission, Mumbai
Chinmaya Sandesh - Lotus XXXXIII, Petal 8, 3rd & 4th August, 2015

Geetathon

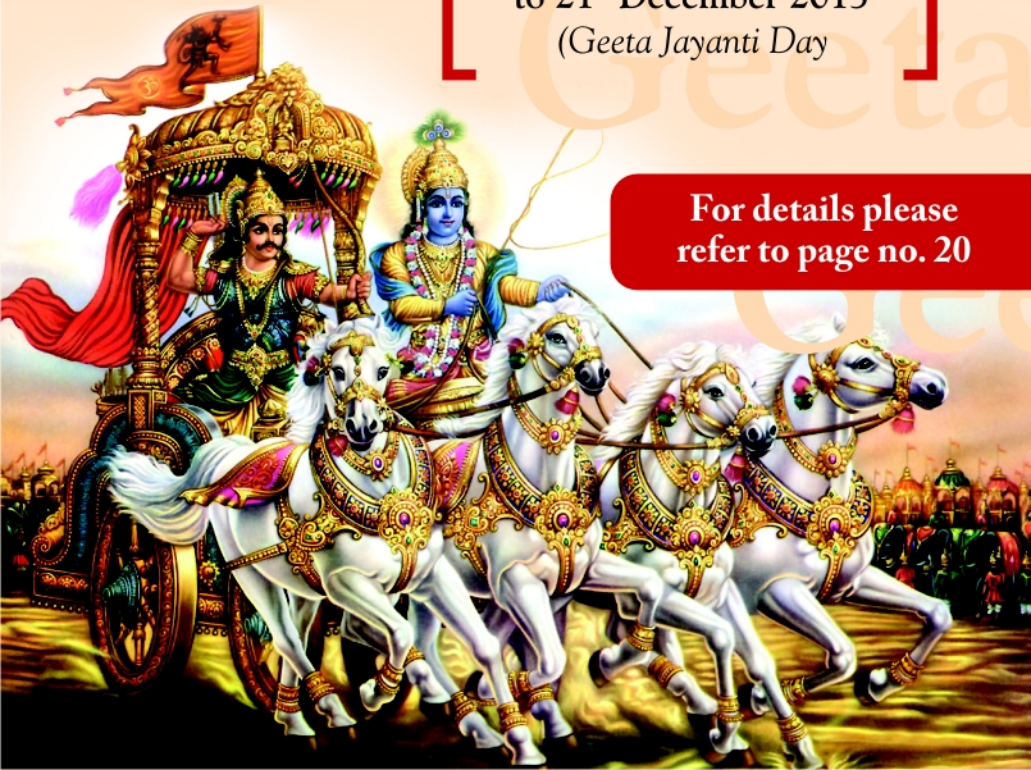
... Krishna goes home-to-home
with a message of Geeta for everyone

Daily Geeta Satsangs anywhere in
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Sion, Chembur & Ghatkopar...

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

For details please
refer to page no. 20



Chinmaya Sandesh

August 2015 Spiritual Monthly Bulletin of Mumbai.

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Annual Membership Rs. 500/-.

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

Outstation cheques please add Rs. 50/-.

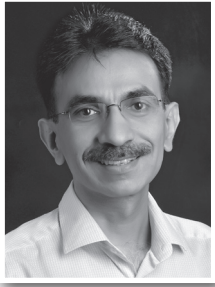
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From the President's Desk



Om Shree
Chinmaya Sadgurave Namah!!

Think of August and “Independence Day” comes to our minds. This “Independence” did not come easily. It came as a result of decades of perspiration and sacrifice of blood. While we enjoy this political freedom, can we say that we are independent or free in true sense? Are we not slaves of our own mind and victim of its whims and demands. Our general idea of Freedom is - being able to do what I feel like doing. For us, doing what our mind tells us to do is freedom. And if we cannot do that then we feel miserable & suffocated.

But, Pujya Gurudev has defined Freedom as - “Freedom is NOT doing what I feel like doing”. Isn't

it shocking?? Not doing what I feel like doing?? Then doing what?? Suppose I go to sleep at night with a resolve to go for a morning walk the next day. And next day morning I feel like going back to sleep. Now, in this case, what is freedom?? Going back to sleep or getting up and going for walk? I may feel like going back to sleep, but according to Pujya Gurudev the real freedom is in getting up and going for walk. Pujya Gurudev so beautifully told us that real freedom is NOT doing what I FEEL like doing BUT doing what I CHOOSE to do. Freedom of “Choice” only we humans have so let us choose our actions intelligently, based on wisdom of Vedanta, through teachings of Pujya Gurudev and our acharyas. And then only we will be “Independent” or “Free” in true sense.

One of Pujya Gurudev's 108 names is “Bharat Gauravaya Namah”. Pujya Gurudev, a realised master, a great teacher, a visionary & a missionary, truly is “Pride of India”. This Independence Day, let's take

inspiration from our Pujya Gurudev who truly is “Bharat Gaurav” and resolve to dedicate our actions to bring true glory to our nation.

As the centenary year is now passing, are we doing enough for the special programs, events & projects planned for the centenary year??

Programs like Ghar Ghar Me Geeta and Geeta Chanting Competition are still awaiting a “Push” from all of us. We have target of 1008 Ghar Ghar Me Geeta satsang to be held during the centenary year and to have participation of 50,000 children for Geeta Chanting Competition. And there are TITI workshops and Corporate Seminars also. This is our Pujya Gurudev’s birth centenary year!! These are really conservative targets considering glory of Pujya Gurudev and what he did for all of us. Let us all pledge to support these programs. Host a Ghar Ghar Me Geeta satsang yourself, approach schools for Geeta Chanting Competition, approach corporates for workshops, do whatever is required in the name of Pujya Gurudev.

The upcoming grand event of December is like just-around-the-corner. We call it Chinmaya

Ananda Utsav (CAU). Now we have formed CAU teams for various tasks like Venue, Yagna, Souvenir, etc. The centenary year is the best opportunity to devote your time in the name of Pujya Gurudev and support the noble endeavor. To become volunteer or to support any of these events/activities please contact the office or respective zones or write to cbcc.mumbai@gmail.com.

As you are aware, Chinmaya Mission Mumbai has taken up “Chinmaya Pradeep” as a Centenary Year Project. Concept and Designs are ready and we are about to take off-start with the work. Estimated cost is very high and it is bound to be high since we have to make something which exhibits true glory of Pujya Gurudev. Here, we request support of each and every member. Separate appeal for donation has been brought out for “Chinmaya Pradeep” (page 40). Kindly contribute whole heartedly for this unique project and help in raising funds through your contacts.

Unto Him Our Best.

Mukul Patel

President -

Chinmaya Mission Mumbai

Chinmaya Chintan

Sadhana

Swami Chinmayananda



The Moment of Realisation

“All that was in the past is Brahman, all that will be also is only Brahman”. The present is not indicated only because the present is not divorced from, has no existence apart from the past and future.

The future tumbling down into the past – that ‘tumbling’ portion, that point of merger is called the *Present*. The present, then, may be said to be the future cascading into the past.

Really speaking, if you capture the present, there is no present; it is ever moving. It is either the past or the future. Before we can grasp it, it is already the past, it

already becomes again the future. Before the thought is recognized, before the thought has already risen, before we can conceive the thought it is a *past* thought.

In this tumultuous welter, where the future is merging with the past, there we stand in that flood. If, in case we want to be able to recognize the present, we are not to identify with the past thoughts. I have to stop the future from coming into the present for it is inbetween the two. There it would be the last thought already thought and the new thought arising. That silence alone can be the present.

By the time you conceive of a thought, it is already in the

It is indicated so clearly in the Upanishads when the Present is not mentioned. And very often, by avoiding the mention, the teacher points out something closer to the Truth, for what is not said is sometimes nearer to Truth than what is said. Here, not-mentioning the present takes us nearer into the reflection of Truth than what has so far been “blabbered”.

past – it is only a memory – all thoughts are only memories. It is persecution of the memory that is called the *sankalpa* (thoughts). The future thoughts that have not yet arisen – that are potentially there because of the *vasanas* –

they cannot affect us. In fact, past thoughts cannot touch us. They can affect us only as the future thoughts – the potential thought manifesting at that time alone can affect us. And that, too, can affect us only when we are identifying with it.

In meditation, when we are detached from the thoughts, then we reach the present, and if you can reach the present and stay on, the thought flow is ceased. That is Infinite. Therefore, it is said that the contents of the present moment is infinite. That is peace. Silence between the thoughts is the present.

It is indicated so clearly in the Upanishads when the Present is not mentioned. And very often, by avoiding the mention, the teacher points out something closer to the Truth, for what is not said is sometimes nearer to Truth than what is said. Here, not-mentioning the present takes us nearer into the reflection of Truth than what has so far been “blabbered”.

It is the future merging with the past that is the present – that threshold at which the future merges with the past to become the present – that threshold, that marginal line, that frontier line of

the ridge is not seen now because of the flood of thoughts going out. If I can reach that ridge and stay there, that would be best.

In order to reach the ridge and stay thereon, I have to allow past thoughts to exhaust-and I must not allow new thoughts to come. That halt in the thought-current would be the end of the mind-*manonasha*. So, where mind is thus annihilated, there is the experience of the Infinitude.

The Infinitude is in the present. But we never live in the present, we are always conditioned by the past and the future. To avoid past and future (*sam eva*), the way is called *Karma Yoga* - the method of preparing for the discovery of the contents of the present. Just to stay as I am is the present. That condition is *samadhi*. *Sama* – *dhi* : *sama* (same) plus *dhi* (*buddhi*-intellect) is equivalent to ‘equal’ – no flux. The *sankalpa* takes place because of the *vasanas*.

Now – last thought is ended: new thought is not coming – then what am I here? Pure objectless awareness. Objectless awareness of Pure Consciousness is the Present. When I am in the present, there are no thought waves. Since there are no thought waves in the mind, in the

intellect or body, naturally there are neither the objects, emotions or thoughts. So that all our world here seems to have dissolved and rolled into me.

स एव सर्वं यद्भूतं
यच्च भव्यम् सनतनम् ।
ज्ञात्वा तं मृत्युमत्येति
नान्यः पन्था विमुक्तये ॥ ९ ॥

sa eva sarvaṁ yadbhutaṁ
yacca bhavyam sanatanam
jñātvā taṁ matyumatyeti
nānyaḥ panthā vimuktaye

(*He alone is all that was and all that will be, the Eternal. Knowing Him, one goes behind the sting of death. There is no other way to reach complete Freedom - Kaivalopanishad*).

सर्वभूतस्थमात्मानं
सर्वभूतानि चात्मनि ।
सम्पश्यन्ब्रह्म परमं
याति नान्येन हेतुना ॥ १० ॥

sarvabhūtaśthamātmānaṁ
sarvabhūtāni cātmani
sampaśyanbrahma paramaṁ
yāti nānyena hetunā

(*Experiencing one's own Self in all beings and all beings in the Self, one attains the Highest Brahman- and not by any other means - Kaivalopanishad*).

So that when such a man of realization looks out, he sees his

own Self everywhere. At that point we are in the Present.

Allow the present thought to die away and don't even take the exertion of killing it, and the next thought may be in my mind, ready to come, but I have no time for it – I am too interested in being in the present. If that be so, you dive, as it were, between the two waves. Thereafterwards the point where I dived-even if a mountainous wave comes, it is not affecting me – I am one with the ocean now. That way, dive between the thoughts. Here the 'waves' means the wave of thoughts. What does it matter if the huge waves come-once you have dived, you are one with the depth of the ocean-untouched, If you want to slip and fall-fall-not on the top of the wave and get rolled, but between the waves-and get into meditation.

One who sees his own Self as the Life in all, that great Principle of Consciousness is me. That alone he sees, for the world of plurality appears now to him as a dream in himself. On awakening, the dream has rolled into the lap of the waker. The merger of the whole universe has taken place within himself. The pluralistic phenomenal world has rolled back into yourself. The Reality

has been clearly seen (*pasyan*) – it doesn't mean only with the eyes, but that it has been experienced. "*Para Brahman*" – Pure Infinitude. That Highest Transcendence is reached, is approached, is experienced not by any other cause

sarvabhūtaśthamātmāsnaṁ
sarvabhūtāni cātmani
sampaśyanbrahma paramam
yāti nānyena hetunā

How? Only through meditation – through halting the mind when you realize the merger of the universe into yourself. Thereafterwards when you come back to the awareness of the body, mind and intellect, you see the same old world of OET, but on that dirty world now there is an aura of divinity-you recognize everything as expressions of the same mighty Self. By the experience of Oneness alone we realize the ultimate Reality and not by any other means. Antara-within ourselves.

He is the substratum. He is all this, that, was and He is all that will be. He is that Life within me. This universe is the extension of my frock. This experience is called the Highest Reality - the **Moment of Realisation.**

Tapovan Prasad - March, 1970

Tejomayam

The Six-fold Factors of Surrender

Swami Tejomayananda



The *Vaisnava sampradaya* describes the six-fold factors of surrender as :

- 1 Entertaining favourable thoughts
- 2 Renouncing unfavourable thoughts
- 3 Having firm faith that God will protect
- 4 Seeking refuge in the Lord
- 5 Submitting oneself completely to the mercy of the Lord, and
- 6 Expressing one's total helplessness.

आनुकूल्यस्य संकल्पः
प्रातिकूल्यस्य वर्जनम् ।

रक्षिष्यति इति विश्वासः
गोप्तृत्ववरणं तथा ।

आत्मनिक्षेपकार्पण्ये
षड्विधा शरणागतिः ॥

ānukūlasya saṅkalpaḥ
prātikūlyasya varjanam ।
rakṣiṣyati iti viśvāsaḥ
goptatvavaraṇam tathā ।
ātmanikṣepakārpaṇye
ṣaḍvidhā śaraṇāgatiḥ ॥

1. Entertaining favourable thoughts (*ānukūlasya saṅkalpaḥ*)

First there must be the thought, "I want the Lord, I want to reach Him. I am willing to do anything that is conducive to my reaching Him. I will make myself fit for receiving His grace. I will equip my mind with the qualities that are required for gaining His vision (*darśana*). I will attend *satsang*, follow the instructions of my Guru

and do regular spiritual practices. I will try to please the Lord with my actions. I will serve Him in every way. To entertain such thoughts is *ānukūlasya saṅkalpaḥ*, the first aspect of surrender.

2. Renouncing unfavourable thoughts (*prātikūlyasya varjanam*)

In order to attain the Lord, I am willing to give up anything that is uncondusive. I effortlessly give up all pleasures, name, fame, power, relationships, and wealth if they prove to be obstacles in my path. I give up all objects and attachments (*viśatyāga and sangatyāga*) which obstruct my spiritual progress. I give up all worldly talk of pleasures, wealth, heretics and enemies (*strī-dhana-nāstika-vairicaritram*) and the company of pleasure-loving or evil-minded people (*duhsangah sarvathā eva tyājyah*). I willingly give up false notions and prejudices, and work tirelessly to renounce anger, jealousy, pride, hypocrisy etc. (*abhimāna-dambhādikam-tyājyam*). Such thoughts and actions are called *prātikūlyasya varjanam* or renouncing the unfavourable.

3. Firm faith that God will protect me (*rakṣiṣyati iti viśvāsaḥ*)

It is firm and doubtless faith not only in the existence of God, but that He protects me at all times under every circumstance. He is not just my “wish-ful-filler” but my “well-wisher.” He, therefore, does what is best for me. I may not understand or appreciate His ways, but I know that whatever happens, happens for the best, as His protective and guiding hand is behind all that I get in my life. He is kind and compassionate, and His love for me is unconditional. I am His child, and He will never abandon me, whatever I do. No problem is too big for Him. He will take care of me. I do not have to worry – *jaba janāki nātha sahāya kare taba kaun bigāda kare nara tero*. I am protected by His blessings which He abundantly showers on me, despite what I am.

4. Actually seeking refuge in the Lord (*goptrtva varaṇam*)

One may have faith but when one actually seeks refuge, it is called *goptrtva varaṇam*. One actually prays for protection, blessings and grace. One asks

to be liberated. "I come to you as I am; make me what You want me to be." I have come this far, take me further. Hold me. Guide me to the Truth. You have guided me till now, help me further, bless me always – *aba taka to nibhāyā hai, āge bhi nibhā dena.*

5. Throwing oneself totally at the mercy of the Lord (*ātmanikṣepa*)

It is falling at the feet of the Lord or surrendering totally to the Lord. "I am Yours to do what You wish. I have no will or wish of my own. I am like the flute in Your hands. You can play whatever tune You wish to play." There is no more resistance or reservations which obstruct total surrender. King Bali not only gave his entire kingdom to Lord Vamana but finally

gave himself to the Lord. He surrendered not only his possessions (my-ness) but also his ego (I-ness). This is *ātmanikṣepa*, also called *ātmanivedanam* in the nine-fold aspects of Devotion (*nava-vidha-bhakti*) propounded by Sage Narada.

6. Expressing one's total helplessness (*kārpaṇye*)

As long as we think we can do things by our own effort, independent of the Lord, *Bhagavān* does not interfere. He is very democratic. He says, "If you think you can do something, go ahead and do it." As soon as we seek refuge, surrender and reveal our helplessness, He responds and comes forward to uplift us.

Tapovan Prasad - April, 2005



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| 28 to 17 Sep, 15 | Mumbai | +91 - 022 - 2857 8647 |

Mumbai Acharya Manan

Glory of Sanskrit

Br. Ved Chaitanya



The Most Ancient Language:

“India was the motherland of our race, and Sanskrit the mother of Europe’s languages: she was the mother of our philosophy; mother, through the Arabs, of much of our mathematics; mother, through the Buddha, of the ideals embodied in Christianity; mother, through the village community, of self-government and democracy.”

These are the words of American eminent historian, Will Durant. Sanskrit is not only the most ancient language of India but of the whole world and all other languages of the world have its roots in this language. Ex. English - ‘matr’ became ‘mother’, ‘bhratr’ became ‘brother’, ‘gya-miti’ became ‘geometry’, ‘tri-kona-

miti’ became ‘trigonometry’ and so on. According to Sir William Jones, “The Sanskrit language, whatever be its antiquity, is of a wonderful structure; more perfect than the Greek, more copious than the Latin and more exquisitely refined than either: yet bearing to both of them a stronger affinity, both in the roots of verbs and in the forms of grammar, than could possibly have been produced by accident; so strong indeed, that no philosopher could examine them all without believing them to have sprung from some common source which perhaps no longer exists...”

The Language of gods:

Sanskrit is one of the most ancient spoken languages of the world, which is still in use. It was considered as ‘Dev Bhasha’, ‘Devavani’ or the language of the Gods by ancient Indians. The word ‘Sanskrita’, meaning ‘refined’ or ‘purified’, is the antonym of ‘prakrita’, meaning ‘natural’ or ‘vulgar’. It is made

up of the primordial sounds, and is developed systematically to include the natural progressions of sounds as created in the human mouth. Jawaharlal Nehru said that Sanskrit is a language amazingly rich, efflorescent, full of luxuriant growth of all kinds, and yet precise and strictly keeping within the framework of grammar which Panini laid down two thousand years ago. Sanskrit, the classical language of Hinduism, is the oldest and the most systematic language in the world. The vastness, the versatility and the power of expression can be appreciated by the fact that this language has 65 words to describe various forms of earth, 67 words for water, and over 250 words to describe rainfall.

The cultural Language of India:

Sanskrit was a complete success and became the language of all cultured people in India and in countries under Indian influence. All scientific, philosophical, historical works were henceforth written in Sanskrit, and important texts existing in other languages were translated and adapted into Sanskrit. Sanskrit, the cultural language of India, is also the key to our rich Indian

heritage; because almost all our scriptures & ancient texts are written in Sanskrit. The sheer volume of Sanskrit literature is immense and it remains largely unexplored.

The Mother Language of all Indian Languages:

Sir Monier Monier-Williams, the famous writer of Sanskrit-English Dictionary said, "India though it has more than five hundred spoken dialects, has only one sacred language and only one sacred literature, accepted and revered by all adherence of Hinduism alike, however diverse in race, dialect, rank and creed. That language is Sanskrit and Sanskrit literature, the only repository of the Veda or knowledge in its widest sense, the only vehicle of Hindu mythology, philosophy, law, the mirror in which all the creeds, opinions, and customs and usages of the Hindus are faithfully reflected and the only quarry whence the requisite materials may be obtained for improving the vernaculars or for expressing important religious and scientific ideas." Friedrich Max Muller (1823-1900) in Science of Languages, calls Sanskrit as the 'language of languages', and remarks that "it has been truly said that Sanskrit

is to the Science of language what Mathematics is to Astronomy". Since Sanskrit is the mother of all Indian languages, it also is a basic source for national integration & an instrument to shape modern India. Thus Swami Vivekananda said "The only solution to be reached (for National Integration) was the findings of a great sacred language of which all others would be considered as manifestations and that was found in Sanskrit."

The Most Perfect Language:

Rick Briggs a NASA researcher has written, "In ancient India the intention to discover truth was so consuming, that in the process, they discovered perhaps the most perfect tool for fulfilling such a search that the world has ever known - the Sanskrit language." The fact that the same language is used for computations (Vedic mathematics, astronomy etc.), music (Gandharva-Veda), medicine (Ayur-Veda), programming, poetry (all major works in Sanskrit), logic (Darshan), formulas (Sulabha Sutra, astronomy and all others), politics (Artha Shastra), warrior arts (Dhanur-Veda) & so many other things, without using any extra symbols and diagrams make it truly amazing and incredible. The richness of Sanskrit language

is almost beyond belief. That is why some modern writers have been driven occasionally to use Sanskrit words when writing in English. Professor A. L. Basham notes in his book 'The Wonder That Was India': "Though its fame is much restricted by its specialized nature, there is no doubt that Panini's grammar (Sanskrit Grammar) is one of the greatest intellectual achievements of any ancient civilization, and the most detailed and scientific grammar composed before the 19th century in any part of the world." According to Alain Danielou, "The creation of Sanskrit, the 'refined' language, was a prodigious work on a grand scale. It has an immense vocabulary and a very adaptable grammar."

The Language for Modern Technology:

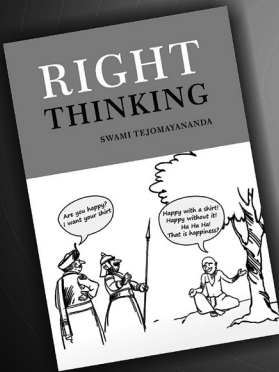
According to Forbes magazine, (July 1987), "Sanskrit is the most convenient language for computer software programming." As per the American Sanskrit Institute, NASA and others have been looking at Sanskrit as a possible computer language since its syntax is perfect and leaves little room for error. Based on the paper by Rick Briggs, published in AI Magazine, Sanskrit can be used in Natural Language Processing

(NLP). The idea of using natural language for computer programming is to make it easier for people to talk to computers in their native tongue and spare them the pain of learning a computer friendly language like assembly/C/Java! So in that way Sanskrit speakers would be almost ready-made computer programmers! The use of Sanskrit in Modern Technology is because of two main reasons: Sanskrit is phonetic language so you write what you speak and the whole aim of developing a language is wasted if we need to remember

two versions, one for writing and one for speaking! And Sanskrit grammar (Panini's) is of a brevity and completeness unmatched in any grammar of any language. Sanskrit is the most structured language; where everything has a rule and is perfect without exceptions so you would not have sentences with ambiguous meanings.

As children of India, we should be proud of our cultural language, Sanskrit, the sweetest & the most divine language. 'Vande Sanskrit Mataram!!'

Peace is the true nature of the mind.
Agitations are unnatural to the mind.
That is why when the mind is agitated,
we want to regain our natural state of peace.



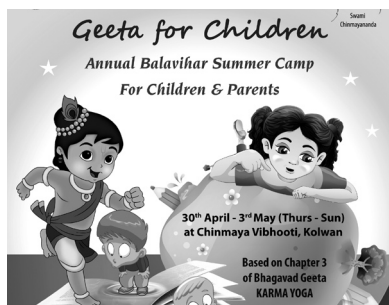
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A NEW YOU

Report of 'Geeta for Children' - Fifth Annual Balavihar Residential Summer Camp



The Annual Balavihar camp was much awaited by children and parents alike. Chinmaya Mission Mumbai organised the 'Geeta for Children' residential summer camp which was held at Chinmaya Vibhooti, Kolwan from 30th April to 3rd May 2015.

The camp was well-attended, with almost 500 enthusiastic participants from all age groups - under 4 (Shishuvihar), Balavihar (5 to 12 years), pre-CHYKS (13 to 16 years) and parents - many of whom have already blocked their calendars for next year (12th to 15th May 2016).

Lord Krishna's grand chariot and Pujya Swami

Swatmanandaji's spectacular entry at the inaugural function set the tone for the 4-day event. From various interactive stories told by Pujya Swamiji, Br. Nidhi Chaitanyaji and Br. Ved Chaitanyaji, participants learnt the Ten principles of Karma Yoga from the 3rd Chapter of the Bhagavad Gita. Activities included riddles, games, movies, yoga, quiz, cultural programmes. Outdoor games like the Burma Bridge and Chinmaya Yagna Relay proved to be highly popular with all age groups.

With Gurudev's blessings, the 'Geeta for Children' camp was a resounding success, with several participants attending the camp / visiting Chinmaya Vibhooti for the first time. Participants went home humming the camp song *Geeta Geeta Dil Mera Jeeta, Krishna gave us the Geeta, yeah! Do your Karma, Follow your Dharma, Phal will just be meeta yeah!*



॥ हरिः ॐ ॥

Chinmaya Birth
Centenary Celebrations 2015-16

**Swami Chinmayananda
Memorial Lecture**

by

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

on

13th September, 2015 (Sunday)
at 6.00 pm

Topic

**The Relevance of
Bhagwad Geeta In
Today's World**

Venue: Cidco Auditorium, Exhibition Centre,
Opp. Joylukkash Showroom, Opp. Vashi Railway Station, Vashi.

All Are Cordially Invited

GEETATHON

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

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

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

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

A Simple 60 minutes program including:

- Talk / Satsang on Geeta by a Sevak / Acharya

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

- Chanting of Geeta Shlokas(optional)

- Chinmaya Arati

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

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

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

Let it be your home, your family.

Block The Geetathon Date For Your Home Now!

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

Write to: gmg.mumbai@gmail.com

or call our Sevaks:

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

Bhuvana Chandran - 9920744979

Chandrika Vora - 9820548988

South Mumbai - Churchgate to Worli:

Anjali Jhunjhunwala - 9967044556

Sujata Kelkar - 9819534510

Andheri Lokhandwala, Versova, Four Bungalows, Juhu:

Swati Chitalia - 9819904606

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

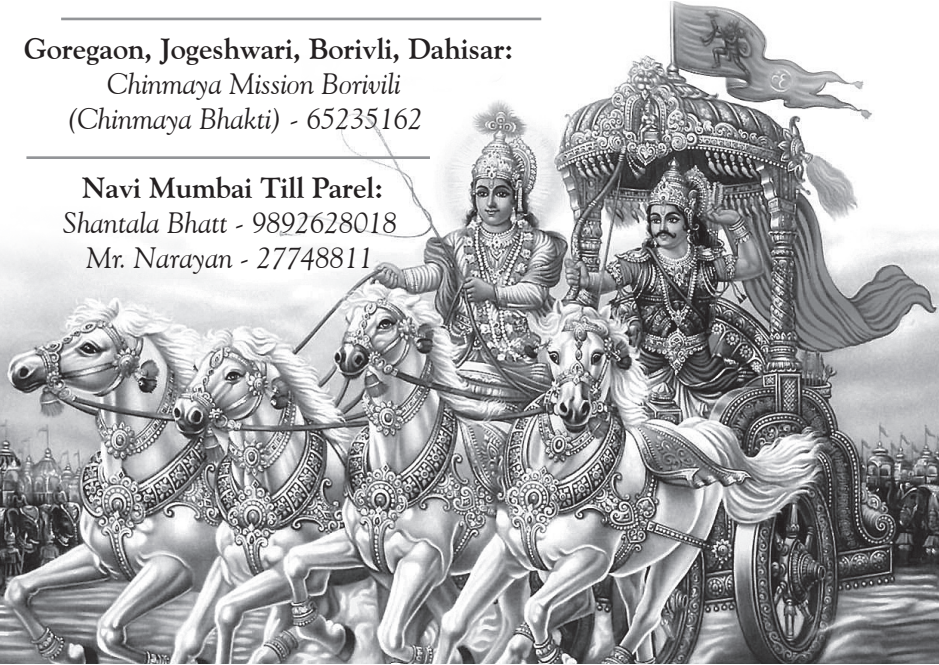
Goregaon, Jogeshwari, Borivli, Dahisar:

Chinmaya Mission Borivli
(Chinmaya Bhakti) - 65235162

Navi Mumbai Till Parel:

Shantala Bhatt - 9892628018

Mr. Narayan - 27748811



JOIN THE CHINMAYA FORCE

Employment Opportunities in Chinmaya Mission, Mumbai

Office Manager (JOB CODE: CST100OM)

Office Hours: Monday - Saturday 10.00 am - 7.00 pm.

Office Location: Churchgate

Everyone does a job. We are offering you “joy” in the form of a job.

*We are looking for someone dynamic, inspired,
innovative for our Office in Churchgate.*

*The candidate must be an
impressive administrator and yet a loving team-player.*

*We need someone who is passionate to contribute to the noble vision and
work of Chinmaya Mission in an effective manner.*

*Basic knowledge of computers, great communication skills and sound
leadership abilities are essential.*

Along with your CV, send us your answer
(in minimum 5 and maximum 10 sentences) to the question:
Why I feel I can be a good Office Manager for Chinmaya Mission?

Graphic Designer (JOB CODE: CST100GD)

Office Hours: Monday - Saturday 10.00 am to 7.00 pm.

Office Location: Churchgate

If you like doing creative work, we have lot of work for you! Candidate must know to work on Corel, In-Design, Pagemaker, and all other design softwares and tools. You must also be able to work with tight deadlines. Volume of work will be high, and so will be the fun of doing it. Along with your CV, email us an interesting artwork for an A-4 size flier of Chinmaya Mission. Use your creativity. Content is not important. You can use images available on the internet for this.

Marketing Executive (JOB CODE: CST100ME)

Office Hours: Monday - Saturday 10.00 am - 7.00 pm.

Office Location: Churchgate

We are celebrating Chinmaya Birth Centenary Year. Go through other pages of Chinmaya Sandesh for all the info. But we want you to tell us how we can tell more people about us. If you are a Marketing person and have the passion to use your skills for something unique, here is your chance. We need innovative and practical thinkers on board. You can be a Management Graduate - fresh out of college, or a professional with "x" years of experience, or just an intern. We will look at your skill and passion more than your degrees and experiences. DO READ THE REST OF CHINMAYA SANDESH, and along with your CV, send us your 5 most innovative Marketing ideas for promoting Chinmaya Birth Centenary Celebration.

Please write to : ec.mumbaicm@gmail.com

PLEASE MENTION JOB CODE IN THE SUBJECT LINE.

**Prior background of Spirituality or Chinmaya Mission
NOT REQUIRED, but can be an added advantage.**

Hari Om. Hari Om. Hari Om.

Calling All Chinmaya Mission Members & Sandesh Readers

We have Launched Ghar Ghar Mein Geeta.

We sincerely appeal to each of you to host at least ONE session of Ghar Ghar Mein Geeta and support the vision.

1008 SESSIONS HAVE TO HAPPEN.

COME FORWARD AND HOST 1.

See the next 2 pages for details.



Chinmaya Mission
welcomes you to



Ghar Ghar Mein Geeta ... *Living the Geeta Way of Life*

Programme (60 - 90 minutes only)

- Introduction
- Geeta-Video clip of Swami Chinmayananda
- Discussion facilitated by an Acharya/Sevak
- Q & A session
- Chinmaya Aarti or Geeta Aarti (Optional)
- Conclusion

Special Offer:

Series of 18 Talks on 18 Chapters on Geeta in 18 homes.
Which chapter are you hosting?

Donation:

The knowledge being invaluable is not charged. Any donation to support the spiritual, educational, cultural and social service programmes of Chinmaya Mission Mumbai are welcome. All donations are exempt from section 80G of Income Tax Act. Cheques to be made in favour of 'Chinmaya Seva Trust'.





Video-Clip Topics:

| | |
|---|------------|
| Essence of Karma-Yoga | - 40 mins. |
| Why Vegetarianism? | - 20 mins. |
| Vision for the Youth | - 20 mins. |
| Service Above Self | - 19 mins. |
| 3 Gunas - Sattva/Rajas/Tamas | - 18 mins. |
| Self is Unborn | - 17 mins. |
| Introduction to 3 Paths of the Geeta | - 4 mins. |
| Why Surrender to a Guru? | - 11 mins. |
| Witness - they are in me, I am not in them | - 10 mins. |
| Equanimity in Life | - 8 mins. |
| Fortitude and Equanimity | - 7 mins. |
| Setting a High Goal | - 7 mins. |

Chosen depending on time availability

List of more topics on which the clips of Pooja Gurudev are available will be updated on www.chinmayamissionmumbai.com

If you want an Acharya/Sevak to talk on a specific topic and don't want to do a video session, that is also fine.

Contact us

Dahisar - Kandivli:

Muraliji - 9221515431

Malad/Goregaon:

9869105775

Andheri(W), Juhu:

Swati - 9819904606

Santacruz, Parle, Bandra:

Pratibhaji - 9820602890,

Meenaji - 9223413586

**Mahima, Dadar, Matunga,
Wadala, Sion:**

Sunitha - 9930297647

South Mumbai:

Anjaliji

avj_1971@hotmail.com

Geetaji - 9820132442

Powai, Anderi (E),

Bhandup:

Yogeshji - 9769412643

Chembur - Ghatkopar:

Shree Ram - 9967050172

Navi Mumbai:

Shantalaji - 9892628018

ggmg.mumbai@gmail.com



Chinmaya Bala Vihar Mumbai
invites Balavihar children to participate in

GEETA UTSAV

Balavihars of different Zones of
Chinmaya Mission Mumbai to present a 6-minute item
(skit /group dance/anything unique) during the
Geeta Utsav program on 20th December 2015 at
Shanmukhananda Hall in the auspicious presence of
Pujya Guruji Swami Tejomayanandaji.

The performance should be based on Bhagawad Geeta.
Theme could be based on any one of following themes or
any new theme of your choice :

Background of Geeta (Ch. 1)

Stithapragna Lakshana (Ch. 2)

Karma Yoga (Ch. 3)

Types of Sacrifice (Ch. 4)

*Worship of the Lord with Single Pointedness/with
a fruit, leaf, water, flower (Ch. 9)*

Vibhooti Yoga (Ch.10)

Vishwaroopa Dance or shadow play Bhakti Yoga (Ch.12)

Values for gaining Knowledge (Ch.13)

Three gunas (Ch.14) - SM

Power of detachment (Ch.15)

Asuri and Daivisampadaa (Ch.16 - powai has chosen already)

Sevikas/Sevaks of the interested Balavihars must inform the
co-ordinators about the theme.

Auditions will be held in October 2015.

Only those who qualify in these will be performing in Dec. 2015.

WOW!!!

Chinmaya Families Got Talent!

Attention! Attention! Attention!

To all Chinmaya Family members
(Balavihar children, children taking part in Geeta Chanting Competition, parents of these children, Yuva Kendra members, Chinmaya Mission members and their families)

IF YOU HAVE ANY UNIQUE TALENT (like what you see in various **TALENT** shows on **TV**) which is different and entertaining in any field which can be performed on stage then you will get a chance to perform at Shanmukhananda Hall on December 20th 2015, in the auspicious presence of Pujya Guruji and the rest of the Chinmaya Family at the Geeta Utsav program.

Auditions to be held in November and only the finalists will be chosen to perform on 20th December 2015.

All selected participants will be given mementos (conditions apply)
Please Contact: 9820994972 / 9167147921

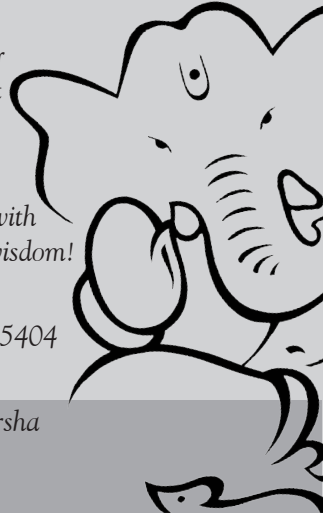
#Hangoutwithganesha

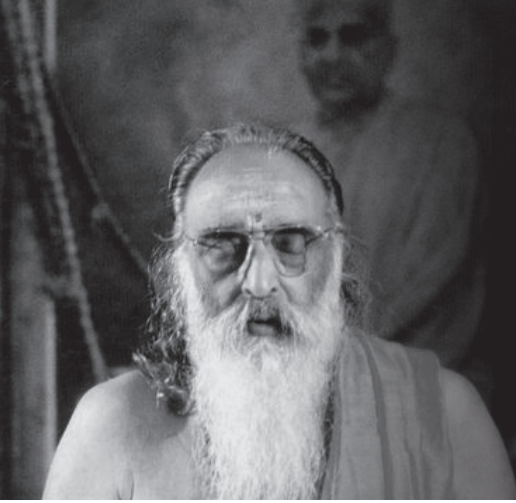
This Ganeshotsav we are coming together to offer a tribute to our DEAR BAPPA in YOUR HOMES. Let us get together to chant Ganapati Atharvashirsha, sing bhajans, watch a short video clip of Gurudev and do an aarti for Ganeshji. The entire duration of the session will be 60 minutes.

We are waiting for your invitation for an inspiring session with Gurudev showering knowledge in the presence of the God of wisdom!

*For booking of slots and further details, contact:
Vatsal Sharma - 9167374169 • Ankita Siraswar - 9594895404
Aravind Raghavan - 9619030879*

Those interested in learning to chant Ganapati Atharvashirsha can join us every Sunday from 11.00 am to 1.00 pm outside Swadhyaya Kaksha, Powai Ashram.





42

Chinmaya Sadhanas

Chinmaya Mission Mumbai
Invites you to participate in

42 Chinmaya Sadhanas

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

Launching on 3rd August - Chinmaya Aradhana Day/Sadhana Day

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

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

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

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

Objective:

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

Method:

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

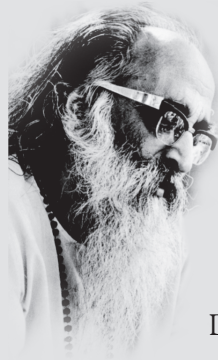
| | | |
|--------------|---|-----------|
| 3 - 9 Aug. | Exercise daily for 20 minutes | Body |
| 10 - 16 Aug. | Wake up and chant OM loudly 5 times and wake up everyday at the same time before Sunrise | Speech |
| 17 - 23 Aug. | Maintain Equanimity daily. Each day make a note of the number of times you lost your equanimity | Mind |
| 24 -30 Aug. | Read 1-2 chapters of the book Ageless Guru daily. Complete the book this week | Intellect |

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

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

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

To know more about the sadhanas & register for #42ChinmayaSadhanas, log on to www.chinmayamissionmumbai.com



- Hari om -

2nd Chinmaya International Geeta Chanting Competition 2015

An Appeal to all Children

Dear Children,

Chinmaya Mission has been organizing Chinmaya Geeta Chanting competition, throughout the world. Every year lakhs of school children, like you, participate in the competition and learn to chant the Bhagawad Geeta. This year, 15th Chapter has been selected for the competition. Also, this being the birth centenary year of Pujya Gurudev Swami Chinmayanandaji, we are having an International Geeta chanting competition. Also, this year, being the International competition, we are having subsidized **registration amount of Rs. 10 only!!** Please participate in the competition along with all your friends!!

Portion for Geeta Chanting competition :-

| Grp. | Age (as on (1 st Jan 2015)) | Birth Date | Stanzas |
|------|---|--|---------|
| A | 4 to 6 years | 2 nd Jan 2008 to 1 st Jan 2011 | 1 to 12 |
| B | 7 to 9 years | 2 nd Jan 2005 to 1 st Jan 2008 | 1 to 20 |
| C | 10 to 12 years | 2 nd Jan 2002 to 1 st Jan 2005 | 1 to 20 |
| D | 13 to 15 years | 2 nd Jan 1999 to 1 st Jan 2002 | 1 to 20 |

Contact Details :

Shri. P B Someshwar - 9987708182

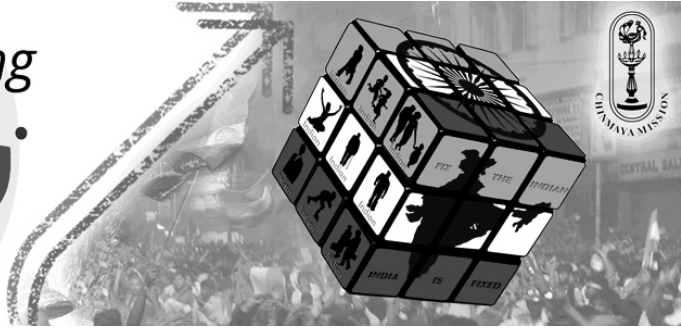
Smt. Manju Suresh - 9969066853.

Thank you!!



Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



We successfully managed to conduct about 25 workshops in the month of April alone. Here is a glimpse of the workshops by our inspired and dedicated team of trainers.

9th April 2015, Rotary Club of Bombay Peninsula,
Emotional Transformation.

A TITI session on emotional transformation was held on 9th of April at **Abha Shroff** at Rotary Club of Bombay. The members showed interest in buying TITI books and other books of the mission.



11th April 2015, S M Shetty college,
Emotional Transformation.



On 11th of April 2015, a TITI session on emotional transformation was held by Geetha Raghavan and Aravind Raghavan for the teachers of SM Shetty college, Powai. Around 35 people attended the session. The response was very good by the teachers and they wanted these workshops to be conducted for their students also.

12th April 2015, Powai ashram,
Emotional Transformation.

An exclusive TITI workshop on emotional transformation was conducted by **Geetha Raghavan, Sandhya Rajesh and Aravind Raghavan** for the Zonal

Committee members at Powai ashram. It was an interactive session and interesting session. They said they want to get trained in all the other levels.

Another session on emotional transformation was conducted by **C K Chinmayaprasad** at Rotary Club, Nehrul.



13th April 2015, KC College, Cultural Transformation.



TITI session on Cultural Transformation was conducted for the students of KC College Mumbai, by **Sahman Aggarwal**. The session was lively and interactive. The students found it useful and very informative.

15th April, Study Group, Emotional Transformation.

TITI workshops are not only for school and college students. It's for us too! Here we go! An exclusive TITI session for the Study Group was conducted on Emotional Transformation by **Abha Shroff**.

4 days workshop (15th to 18th April 2015) at Gurunanak mission high school.

1st day (15th April), sessions were conducted on Intellectual, Cultural and motional levels by **Geetha Raghavan, Sandhya Rajesh** and **Abhay Patil**. On 16th, **Geetha Raghavan, Sandhya Rajesh** and **Shivam Bapat** conducted sessions on Intellectual, Cultural and Spiritual levels. On 17th, Univesral Transformation sessions were conducted by **Geetha Raghavan, Sandhya Rajesh** and **Ankita Siraswar**. On 18th, **Vatsal Sharma** conducted Physical Transformation. Patriotic Transformation sessions



were conducted by **Sriram Shankar** and **Deepak Khanna**. The response from the students was very good and they are happy that they learnt a lot of things. All the 7 modules were conducted in this school.

20th April, 2 parallel workshops, Emotional Transformation.

2 parallel TITI sessions on Emotional Transformation on 24th April, 2015. **Abha Shroff** conducted a workshop for Devi group members of South Mumbai. The session was very well received. **Rakesh Gupta** conducted a session at HJ college of Education. The session was interactive.

22nd April, workshops on Emotional Transformation.

On 22nd April, again 2 parallel TITI sessions on emotional transformation were conducted by **Abha Shroff** at MHC Alumni and by **Rakesh Gupta** at Geeta Vihar.

23rd April, Cultural and Intellectual Transformation.

A TITI session on Cultural Transformation was conducted in KC College, Mumbai by **Shaman Aggarwal**. The students told the session was so good and it was eye-

opener for them. A workshop on Intellectual Transformation was conducted by **Shruti Somani** for Balvihar sevikas and Study Group. The sevikas and the study group wanted more sessions and some of them wanted to be TITI trainers.

24th April, Emotional Transformation

The session was conducted by trainer **Abha Shroff** for 60 students of HVB Global Academy. The teachers were so impressed and inspired that they asked for a session for themselves. Also want to explore the possibility of having a regular study class for teachers in the school.

Principal would like to explore the possibility of having a camp for the school at Chinmaya Vibhooti.

25th April, Emotional Transformation

Yet another inspiring and an eye opening session was conducted by trainer **Chitra Vishwanathan** on emotional Transformation for about 90 std 10th students of Modern English School, Chembur. They were receptive, interactive & participated well in the activities. In spite of a few technical glitches, the students

were in rapt attention with the session. But overall, with the Grace & guidance of Gurudev, it was a great session.

27th April, Emotional and Intellectual Transformation.

Emotional transformation session at Sahaya College was conducted by **Amar Shukla** for the teachers. The session was so inspiring and the teachers said they are looking for more interesting sessions. The same day, Intellectual Transformation session was conducted by **Chinmaya Prasad** at Goldcrest High school.

28th April, Goldcrest school, Patriotic Transformation.

The most interesting TITI session on Patriotic transformation was conducted by **Chinmaya Prasad**, at Goldcrest High School. As usual, the session was a super hit and loved by the children!

29th April, Goldcrest school, Emotional Transformation.

The next day, 29th April in the same school a TITI session on Emotional Transformation was conducted for the teachers by Jahnvee Joshi. The session was interactive and very well received by the teachers.

2nd May,

Emotional Transformation

Trainer Rakesh Gupta conducted a session for a small group of Vedanta Foundation Class at Chinmaya Prakesh centre. The session conducted gave a very good response as came forward to have the remaining 6 session to be help. A small gathering or a huge croud doesn't really matter, what matters is the matter of the workshop which by itself is so inspiring.

3rd May,

Cultural Transformation.

The session was conducted by Shaman Aggarwal for Tattva bodh study class members at Chinmaya Sagar, Churchgate. The message of being culturally rooted literally made most of them think as to how strongly were they all rooted in their culture?

4th May, Emotional

Transformation and Intellectual Transformation.

Two back to back sessions on Emotional transformation followed by intellectual was taken by trainer Shruti Somani for 5 study class members of south Mumbai. There were about 60 active study class members

attending the session. The trainer successfully reached the message of having a Clear Vision by being Emotionally @ Peace.

7th & 10th May,
Spiritual Transformation.

Two well received sessions by our trainer Nimisha Parekh on Spiritual Transformation was taken for study/balavihar sevikas and was really helpful and interactive.

12th May, Bombay Chartered Accountants' Society,
Cultural Transformation.

A TITI session on Cultural Transformation was conducted at Bombay Chartered Accountants' Society by Shaman Aggarwal. The message of being culturally rooted to our culture was very well and convincingly explained to the participants.

14th May, Rotary Bombay Peninsula,
Spiritual Transformation.

The session was conducted by our trainer Sujata Kelkar. The participants were very satisfied with the session. In fact, the wished tat the session could have been a litter longer so that they do discuss a few other aspects of the presentation in dept.

15th May,
Emotional Transfofmrtaion.

A session for the R&D department of Piramal Health Care was taken by Uday Karelia. The session was very simple and to the point . the participants came forward and requested to have all the remaining sessions for their department.

17th May, Chinmaya Sagar,
Emotional Transformation.

At Chinmaya Sagar, a session on Emotional Transformation was conducted by Sujata Kelkar. The session was interactive and uplifting!

19th May,
Intellectual Transformation and patriotic Transformation.

It was a Teachers workshop. Two sessions by trainer Milind Sanghvi for pre primary teachers & primary teachers was held which fruitfully resulted to be.very interactive and enthusiastic audience. They liked the content and the content of the workshop.

Another workshop by trainer Abin Sur was taken for students of Hansraj Jivdas college. The students were very attentive and participated very enthusiastically in all the activities.

20th May,
Intellectual Transformation.

A very inspiring session was conducted by trainer Pooja Gupta for a group of youngsters whose will be teachers of Hansraj Jivdas College very soon. They could very well relate to the session as it spoke on swadharma and so they all strongly believed that teaching was their true passion.

21st May,
Emotional transformation.

Two sessions were conducted for the students of BD Somani school by Trainer Abha Shroff. In spite of the fact that the students was very restless at the beginning, the message to being Emotionally @ Peace actually made them calm and listen to the rest of the session attentively with all their ears on our trainer. And so we got a very positive response from the students and the teaching faculty.

30th May,
Physical Transformation.

Physical transformation session was held by Vatsal Sharma on 30th may for a group of charters accountants. They really liked the concept of maintaining a good health bank balance and said that they will try to maintain it regularly. The session was very

interactive and the trainer was very lively too.

2nd June, Vidya NGO,
Emotional Transformation.



The month started with full enthusiasm with TITI session on Emotional Transformation by Abha Shroff at Vidya NGO school. The session was conducted for the teachers! The teachers said it was a good learning for them and also it helps them to guide their students.

5th June, Vidya NGO,
Intellectual Transformation.

A session on Intellectual Transformation was conducted



for the teachers of the same school as they wanted to attend more and more sessions by trainer Shruti Somani.

7th June,

Emotional Transformation.

The workshop on Emotional Transformation organised by M. B. Nayak & Co. It was attended by the staff members of the Firm and family members, friends and relatives of CA. Mayur Nayak. In all 41 members attended & gave very positive feedback. The trainer himself thoroughly enjoyed the interaction and whole hearted participation. Thanks to CA. Mahendra Turakhia for making available premises on complimentary basis.

13th June,

Patriotic Transformation.

This was the opening session at Thakur College, Kandivali by Abin Sur. The trainer addressed group of about 300+ students. It was an amazing to witness the participation of such a huge crowd.

23rd June, HVB Academy,

Emotional Transformation.

On 23rd June, a TITI session on Emotional Transformation was conducted by Shruti Somani.



The students of standard 6th and 7th were very interactive and attentive.

25th June, Intellectual and Emotional transformations.

At HVB Academy, Milind Sanghvi conducted session on Intellectual transformation. Extremely focused and well behaved youth of Std X. Motivated with Goals. Career thoughts ranged from Dr., Lawyer to pilot.

The same day, Sandhya Surve conducted a workshop on emotional transformation at Kidos Kids school for the students of 8th and 10th std.



**26th June, Dariya Mahal,
*Emotional Transformation.***



TITI is unique! It is not only for college and school students. It is all inclusive. Elders too want TITI workshops to be conducted for them. An exclusive session on Emotional Transformation was conducted for the elders on 26th June at Dariya Mahal. It was conducted by the trainer Jahnvee. Our loving and inspiring group of vanaprasthis were very happy to attend the session.

**27th June,
*Emotional Transformation.***

On 27th June, 4 sessions were conducted.



Ananya Goenka conducted a session on Emotional Transformation at NGO Vidya school.

The 2nd was Emotional Transformation session by trainer Deepak Khanna and Ankita Siraswar. The session was highly interactive and the attendees felt that the session should have been longer as they liked the discussion.

There was a back-to-back session by trainer Vatsal Sharma on Physical Transformation. It was conducted at the Thakur College, Kandivali. The trainer conveyed the importance of physical strength and the proper maintenance of the body.

**30th June,
*Intellectual Transformation and
Emotional Transformation.***

Trainer Somani successfully conducted yet another impactful session on Intellectual Transformation for 7th and 8th standard students.

Trainer Sandhya Rajesh and Geeta Raghavan took session for the teachers of Gurunanak Mission High School at Andheri which gave us an opportunity to conduct all the 7 levels.

Regular Sessions by Yuvaveer Mathangi Raghavan

Vedic Chanting Class

Wednesday 3.00 pm to 4.00 pm • 17th June 2015

Venue: Chinmaya Sagar, Churchgate

Contact: Anjali - 9820068845

Bhajan Class for Chyks & Pre-Chyks

First Sunday of Every Month 10.30 am to 12.00 Noon

21st June 2015

Venue: Sandeepany Sadhanalaya, Powai

Contact: Aravind - 9619030879 • Tapan - 9920074776

Geeta Chanting Class - Chapter 15

Thursday 4.30 pm to 5.30 pm • 18th June 2015

Venue: Chinmaya Prakash, Lokhandwala

Contact: Swati - 9819904606

Geeta Chanting Class - Chapter 15

Wednesday 5.30 pm to 6.30 pm

17th June 2015

Venue: B-102, Panchmukhi, Panch Marg, Versova

Contact: Swati - 9819904606

Balavihar Class

Tuesday 7.00 pm to 8.00 pm • 16th June 2015

Venue: Chinmaya Prakash, Lokhandwala

Contact: Swati - 9819904606

Chinmaya Sagar Zone

(South Mumbai)

Ghar Ghar Mein Geeta Training Session by Bri. Nidhi Chaitanya on 26th January 2015 @ Chinmaya Sagar

Approx 20 sevikas attended this 3 hour long session where Nidhiji explained that:

- The idea behind GGMG is to make Geeta as simple and practical as possible. “Make Geeta the manual of life”, as said by Poojya Gurudev.
- It is our responsibility to bring people to connect to the Geeta & to the Master by showing them ‘What’ Gurudev was.
- The barrier between the Geeta and the people needs to be broken.

In order to achieve this, various ideas and formats were exchanged.

At the end of the session the attendees took a sankalp to create awareness about the Geeta, Poojya Gurudev, about Chinmaya Mission and the noble work done under it’s umbrella.

Ghar Ghar Mein Geeta

1) Conducted by: Mrs. Sandhya Uberoi. Host: Mrs Vinita Asrani on 15th June 2015 @ Chinmaya Sagar,

Vinita ji hosted a GGMG for completing the study of all the 18 chapters of the Geeta at the Monday afternoon class. Paduka puja was followed by a video viewing of Verse 78 of Chapter - 18.

25 Study Group members from her Monday afternoon and evening class attended.

2) Conducted by: Dr. Sujata Kelkar. Host: Smt. Rama Tantia on 6th July, 2015 @ residence of Smt. Rama Tantia, member of SG of Smt. Vinita Asrani, Carmichael Road.

To mark the completion of the study of the Bhagwat Geeta, a GGMG was organized.





Dr. Sujata Kelkar started off by speaking on the different roles that Lord Krishna takes in the first 6 chapter of the Geeta; eg. moving from being the saarathi (charioteer) to guide/teacher.

Next, she conducted the puja and Vishnu Saharsranamavalliarchana was performed with the family members being the yajmans. The session ended with everyone chanting the 15th chapter of the Geeta. Session was attended by the class members of Monday afternoon session as well as some friends and family members. (Approx 30 people).

- 3) Conducted by: Dr. Sujata Kelkar. Host: Smt. Meenakshi Saraf on 13th July 2015, @ residence of Smt. Meenakshi Saraf, member of SG of Smt. Vinita Asrani.

The hostess invited many

friends who are not members of the Mission as well as the class of Smt.Vinita Asrani (Mondays at Carmichael Road). Dr. Kelkar started with an introduction to the Bhagwad Geeta and its relevance in today's world. She also explained how the 18 chapters are understood to explain the statement 'Tat TvamAsi' in the 3 sections of 6 chapters each. We then were shown video of Puja Gurudev explaining the 3 paths of Karma, Bhakti and Gyan Yoga.

It was followed by a Q&A session. As there was an interest in understanding the meaning of Devotion, she showed us His video explaining the difference between love and devotion. Everyone enjoyed watching the video thoroughly. The session ended with the performance of Geeta Aarti.





Sessions by Swami Swatmananda

Wise & Otherwise

Talks on Geeta Ch. 3 - Karma Yoga

Geeta Power

Weekly Study of Geeta Verse-by-Verse

Date: 6th, 20th, 27th Aug. 2015 (Thurs) • 13th, 17th, 24th Sept. 2015 (Thurs)
1st, 8th, 15th, 22th, 29th Oct. 2015 (Thurs) • 12.30 pm to 1.30 pm

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

Contact: 9820185255

Geeta In Practice

Monthly Sessions-Vision of Geeta in Power Capsules

Topic : The Cosmic Form - Chapter 11

18th, 19th, 20th August 2015 (Tues - Thurs)

& Topic : Bhakt, Bhakti & Bhagawan, Chapter 12

1st, 2nd, 3rd Sept & 22nd, 23rd, 24th Sept 2015 (Tues - Thurs)

13th, 14th, 15th Oct (Tues - Thurs) • 7.15 pm to 8.15 pm

Venue: Chinmaya Nursery, Kemps Corner, behind Hotel Shalimar

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

Upanishad Darshan (cont...)

(Taittiriya Upanishad)

Talks on Chapter 2 - Brahmananda Valli

Date: 4th, 5th, 6th, 7th, 8th Aug. 2015 (Tues - Sat)

8th, 9th, 10th, 11th, 12th Sept. 2015 (Tues - Sat)

5th, 6th, 7th, 8th, 9th Oct. 2015 (Mon - Fri) • 7.15 am to 8.15 am

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



Session by Swamini Krishnapriyananda

Nidhidhyasan

by Swamini Krishnapriyananda
(Acharya, Chinmaya Jayam)

18th August 2015 (Tues) • 8.00 am to 11.00 am

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

Shishuvihar Class for Children

Age: 3-5 yrs

By Roma Sanghavi

5.00 pm to 6.00 pm every Friday

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

Contact: 9820297889

Starting Soon

Guided Meditation along with Study of
Bhagawad Geeta Chapter - 6

Thursdays 5.30 to 6.30 pm

Venue: Cuffe Parade, South Mumbai.

To register call or SMS Study Sevak Gadhary - 9833168516

Rudrabhishek On Shraavan Somvar

by Br.Ved Chaitanya
(Acharya, Chinmaya Prema)

24th August 2015 (Mon) • 6.00 pm to 8.00 pm

Venue: Chinmaya Sagar, Pachsheel Bldg, 'C' Road, Churchgate

A new class for Junior CHYKs

Based on the Hanuman Chalisa

Age Group 12-15 yrs
at Marine Drive

On Sunday - 3.30 to 4.30 pm

For Registrations Contact : 9820131623



Starting soon

Guided Meditation

along with

Study of Bhagavat Geeta Chapter - 6

5.30 to 6.30 pm (Thursdays)

Cuffe Parade, South Mumbai to register call or SMS Study
Sevak Gadkary Contact : 9833168516



- ↳ 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



Freedom-Weekend Retreat on Mindfulness

This retreat is **not** a repeat of any previous retreat and it is open to first-timers as well as past attendees.



Swami Swatmananda

Acharya of Chinmaya Mission Mumbai and Director of All India Chinmaya Yuva Kendra West Zone, Swami Swatmananda has the dynamism of a young leader and the depth of a monk.

Swamiji has conducted several talks on Bhagavad Gita and Upanishads, as well as camps and management workshops for the youth and the corporate world. His innovative and interactive teaching style make him very easy to listen to.

Discover the joy of a single-pointed mind and an integrated personality. Learn methods and techniques to integrate mindfulness in daily life and evolve spiritually to recognize stillness within.

Retreat Donation:

Rs 2500 per person (25 years +), Rs 1800 for youth (16 to 25 years)
Cheques & DDs in favour of "CCMT A/c CHINMAYA VIBHOOTI"

"Bring the mind where the hands are"
Swami Chinmayananda

Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi,
District Pune 412108 +91-9689891959



Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)



Jnana Yagna by Swami Advaitananda

Morning Lectures on
Drg Drsya Viveka
in English

8th to 12th September 2015
(Tuesday to Saturday)

7.00 am. to 8.00 am

Venue: Mysore Association, 383, Bhaudaji Road,
Matunga (East), Mumbai - 400 019.



Evening Lectures on
Geeta Jnana Yagna Ch. XIV
in Hindi

7th to 12th September 2015
(Monday to Saturday)

7.00 pm. to 8.30 pm.

Venue: SIES High School Hall,
KA Subramaniam Road,
Near Kings Circle Station,
Matunga (East), Mumbai - 400019.

Talks Series on Bhagawad Geeta

Chapter 2 (Sankhya Yoga)

by **Br. Yukt Chaitanya**

every Wednesday 5.30 - 7.00 pm.

Venue: Erica, 1st Floor, Dosti Acre, Wadala (E),
Next to Antop Hill Bus Depot

Contact : Smt. Shaila Namjoshi 9867649116

Geeta at a Glance

by **Brni. Nidhi Chaitanya**

*A Bird's Eye-View of the 18 Chapters of the Bhagawad Geeta
through 20 sessions of total 40 hours.*

Learn the entire Geeta in just 9 months

on 1st & 3rd Saturday of every month ● 6.30 pm - 8.00 pm

Venue: at Quest Foundation Wellness Centre, 188, 3rd Floor,
Gurukrupa Building, Jain Society, Next to Jain Temple, Sion (W).

Contact : Smt. Bina Sheth - 24081371 / 9870296633

Smt. Mangala Panchpakesan - 9892167138

Chinmaya Swaranjali Classes

Every Sunday 3.00 to 4.30 pm

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

Contact: Poornima 9833563430 / Vivek Bhat 9819553720

Geeta Chanting Class

for beginners by **Sri. H. P. Ishwar**

Every Monday and Thursday ● 11.00 am - 12.00 noon

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

Contact: Smt. Vinita Acharya on 9821020403

Chinmaya Jayam Zone

(Bandra, Khar, Santacruz, Vile Parle)



Sessions by
Swamini Krishnapriyananda

Rudra Abhishek Shravan Somvar

7th September 2015
10.00 am. to 11.30 pm.

Venue : Chinmaya Jayam, 101, West Avenue, Santacruz (W).

All Are Cordially Invited

Lectures And Meditation

Based Upon Kathopanishad

6.00 pm to 7.30 pm

Atma Va Are Nidhidhyasana - 8th August 2015 Saturday

Venue : Chinmaya Jayam, 101, West Avenue, Santacruz (W).

All are Cordially Invited

Chyk Class

by Br. Yukt Chaitanya

Every Sunday ● 9.00 am - 10.30 pm

Venue : Chinmaya Jayam, 101, West Avenue, Santacruz (W).

Contact : 92234 13586



Chinmaya Mission
organises



NIDIDHYASAN

A Spiritual Camp in Hindi
by Swamini Krishnapriyananda



Dates: 26th - 30th November, 2015 (Wed to Sun)
Venue: Sarsolidham Kudal, near Sindhudurg, Maharashtra
Camp donation Rs. 4000/- only per head

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

Railway Ticket booking by delegate
Cheque be made in favour of 'Central Chinmaya Mission Trust'

Camp Co-ordinator - Meena Ruparel (9223413586, 9833923586)
Camp Acharya - Swamini Krishnapriyanandaji (9322406135)
Email - chinmayajayam@gmail.com

Chinmaya Prakash Zone

(Andheri & Juhu)

“Meditate, Meditate, Meditate” a talk by Brni. Nidhi Chaitanya on 9th July, @ Oberoi Springs.

More than 300 people attended the talk.

The meaning, methods, and practice of Meditation were beautifully explained using quotations by Gurudev, Swami Chinmayanadaji.

For success in Meditation, it is important to maintain a satvik lifestyle at all levels of our personality. Gurudev says that for ½ hour of meditation, you need at least 23 and half hours of preparation.

The talk ended with a practical session on Meditation, leaving everyone very calm, peaceful, and asking for more!

Fun with Ramayan

Brni. Nidhi Chaitanya started a weekly class for children in the age group of 9-12 years, every Sunday morning. Around 15-20 young buds attend this class regularly. The sessions cover the meaning, symbolism and practical application of the great epic.

Foundation Vedanta Batches

3 new Foundation Vedanta courses have started in Juhu. Two are being held in Chinmaya Priyam and conducted by Smt Meghna Patel and Shri Advait Chitalia. These batches have 37 students in each batch. Shri Mukul bhai Patel's batch has started in Silver Beach Apartments, with 32 students.

2 more batches, one weekend and one weekday batches are coming up in Lokhandwala in August.

Swara to Ishwara

Swara to Ishwara is a monthly Bhajan session, held at Smt. Shashi Binani's house, Juhu on a Saturday morning. Few people get together and offer a musical

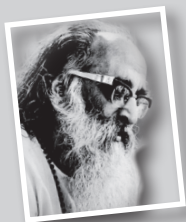


tribute to Pujya Gurudev, by singing melodious Bhajans. The next session will be on Sept.12.

Sadhana Studio

Sadhana Studio is a weekly class where ladies get together every week for one hour and chant different mantras from our scriptures. As it was 'Adhik

mahina' Brni. Nidhi Chaitanya was invited, and Nidhiji gave a short talk on the importance of Vishnu Sashranamavali. All the ladies then got together and chanted the Vishnu Sahastranama, offering tulsi leaves. The atmosphere was very divine, and everyone left feeling charged up and blessed.



Sri Sankara TV

Regular TV Telecast of

Talks on the Holy Geeta

by Pujya Gurudev Swami Chinmayananda

Bhagavad Geeta - Chapter 3

starting from August

Monday to Thursday 10.00 to 10.30 p.m

Sri Sankara TV is available on DTH services
(Tata Sky-832, Airtel-688, Videocon-698, Big TV-829,
Dish TV-907, Sun Direct-704, DD Plus-196)

on subscription basis and

for the Cable please contact your local Cable Operator.

Blessed Self

Hari Om

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

Chinmaya Priyam

Monday to Friday - 12.00 pm to 6.00 pm

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

Email : chinmayaprakash.juhu@gmail.com

Contact: 2611 2358

Contact Person: Mamta Shah

OR

Chinmaya Prakash

Monday to Friday - 4.00 pm to 6.00 pm

Venue : 401, Jupiter-A Wing, 4th Cross Lane,
Lokhandwala Complex, Andheri West

Email : chinmayaprakash.andheri@gmail.com

Contact: 2631 9452

Contact Persons : Meena Shah • Lata Jaiswal • Lalitha Sunoj
Asha Dalal • Jalaja Venugopal

Zone Mobile Numbers: 8424001011 • 9819904606

Contact Persons: Mamta Shah • Swati Chitalia



Work without faith and prayer, without sincerity are
like artificial flowers without fragrance.

- Swami Chinmayananda

Chinmaya Bhakti Zone

(Goregaon to Bhayandar)



Sessions by
Swami Nirbhayananda

Kaivalya Upanishd

For Spiritual Seekers

Every Thursday
6th, 20th Aug. 2015,

6.30 pm to 7.30 pm

Venue : 001/I-Wing, Ekta Bhoomi Garden, Next to Honda Centre,
Rajendra Nagar, Borivli (E), Mumbai - 400 066

New Balvihar Session

Every Sunday @ 4.30 pm

Venue : 2A/5, Kesley Co-op Hsg. Soc. Ltd, Ram Nagar,
Borivili (W), Mumbai - 400 092.

Contact : Smt. Radha Nair - 9969368339



This is the very call of the Geeta:
Shed your fear, get up determined to fight and win:

*“tasmaat uttishta, Kaunteya
yuddhaaya krta nischayah”:*

Get up my country men - determined to
fight to die if need be, for the sacred Bharata.

- Swami Chinmayananda



Sessions by Swami Nirbhayananda

Shravan Somvar Puja with Rudrabhisheka

17th & 24th Aug. 2015 & 7th Sept. 2015

6.30 pm to 8.00 pm

Venue: Chinmaya Bhakti, I-1, Ekta Bhoomi Gardens,
Rajendra Ngr., Borivali(E).

For Details & to be Yajmans Contact : 65235162 / 9322776029

Shree Ganesha Pooja

with Ganapathi Atharvashirsha Chanting

20th Sept 2015 (Sunday) from 4.00 pm to 5.00 pm

Venue: Chinmaya Bhakti, I-1, Ekta Bhoomi Gardens,
Rajendra Ngr., Borivali(E).

All are Invited

Talks on

श्रीमद् भगवद्गीता

9th & 16th August 2015

6.00 pm - 7.30 pm

by Swami Nirbhayanandaji

Venue: Chinmaya Bhakti,
I-1, Ekta Bhoomi Gardens,
Rajendra Ngr., Borivali(E).

All are Invited



Jagadeeshwara Zone

(Powai)



Sessions by
by Swami Bodhatmananda
(Resident Acharya, 16th Vedanta Course)

Real “I” sation”

(Knowing the real “I”)

(based on Adi Sankara’s “Drg Drishya Viveka”)

Series of talks for 7 Sundays beginning Sunday 12th July 2015

10.30 to 11.30 am

Venue: Saraswati Nilayam, Sandeepany Sadhanalaya,
Saki Vihar Road, Powai, Mumbai 400 072.

Contact Details:

Yogesh Basole - 9769412643

Srama Pani - 9819368450

Ghanshyam Bhatia - 9820944337

Prema Shinde - 98251238

Geetha Raghavan - 9820994972

Powai Ashram-28570368

Chinmaya Mission Churchgate - 22814646 / 22884646

Guru Purnima Celebrations

on Friday 31st July 2015 • 10.30 am to 12.30 pm

Programme : Bhajans , Talk by Acharyas / Senior Students, Guru Paduka Pooja, visit to Gurudev’s Kutia followed by Lunch Prasad

Sponsorships

Paduka Pooja Yajman: Rs. 7500 • Bhiksha : Rs. 15000

Venue : Jagadeeshwara Temple, Sandeepany Sadhanalaya, Powai

All donations in favour of “Tara Cultural Trust”

All are invited to participate.

Mahasamadhi Day of Pujya Gurudev

on Monday 3rd August 2015

from 10.30 am to 12.30 pm

Programme includes Bhajans, Padukas Pooja and talk by Acharyaji followed by Pujya Gurudev's Kutia Darshan and Lunch Prasad

Sponsorships

Paduka Pooja Yajman : Rs.7500 • Bhiksha : Rs.15000

at Jagadeeshwara Temple,
Sandeepany Sadhanalaya, Powai

All donations in favour of "Tara Cultural Trust"
All are invited to participate.

Janmashtami Celebrations

on

Saturday 5th September 2015

Programme

- 09.00 am to 12.00 pm - Akhanda Gita Parayana & Vishnusahasranama Chanting
07.00 pm to 10.30 pm - Bhajans
10.30 pm to 11.45 pm - Pooja & Satsang by Pujya Guruji
11.45 pm - Naam Sankirtan
12.00 Midnight - Shri Krishna Janma Utsav, Aarti & Prasad

Sponsorships

Pooja Yajman : Rs.7500 • Mahaprasad : Rs.15000

Venue : Jagadeeshwara Temple, Sandeepany Sadhanalaya, Powai

All donations in favour of "Tara Cultural Trust"
All are invited to participate.

Cordially invites you to Celebrate

Shree Ganesh Chaturthi & First Anniversary of 16th Vedanta Course

Pujya Swami Tejomayanandaji
(Head of Chinmaya Mission Worldwide)

on Thursday 17th September, 2015

Programme

- 06.00 to 8.30 am - Ganapati Atharvashirsha
Sahasravartan with Abhisheka at
Shree Jagadeeshwara Temple.
- 08.45 am - Breakfast
- 11.00 am - Presentation of Vedanta Course at
Saraswati Nilayam
- 12.30 pm - Lunch Prasad

Venue : Jagadeeshwara Temple, Sandeepany Sadhanalaya, Powai

Mrs. Tara Sarup
(Managing Trustee)

Swami Bodhatmananda
(Resident Acharya)



Kolhapur Chinmaya Ashram

invites you for

Bhagwat Saptah Camp (in Marathi)

by **Swamini Mangalananda**

22nd November to 29th November 2015

Camp Donation : Rs. 2500 /-

Contact : Swami Atmadevananda - 96230 74457

E-mail : atmadev@gmail.com



Chembur - Ghatkopar Zone

Ghar Ghar Mein Geeta ...

... on 15th June, 2015 by
Prasad Deole @ the residence
of Mr. & Mrs. Sundaram

The topic selected was “Three Paths” followed by “Essence of Karma Yoga (1 Sloka).

The programme was well received by 24 sadhaks (17 were new to the mission), some of whom have expressed their wish to host GGMG at their residence. The satsangh ended with Gita Aarti, followed by Lunch Prasad and distribution of Prasad Pustika.

... on 22nd June, 2015 by Prasad Deole @ the venue of Smt. Manjula Bakshi's residence

The topic selected was “THREE PATHS”. The programme was well received by all 12 sadhaks (all new to the mission), some of whom have expressed their wish to host GGMG at their residence.

The satsangh ended with Gita Aarti, followed by Lunch Prasad and distribution of Prasad Pustika.

Sampoorna Bhagawad Geeta
Parayanam on 20th June 2015
@ the residence of Smt Anita

Dayal, at Sindhi Society,
Chembur East.

There were over 10 people who participated in the parayanam. The parayanam was followed by Geeta Aarti and Gurudev's Aarti.

The hosts were very much thankful to Chinmaya Mission for having arranged such a divine function and expressed their wish to repeat the programme at an early date.

Sampoorna Bhagawad Geeta
Parayanam on 27th June
2015 @ the residence of Smt
Archana Prabhu at Tilak
Nagar, Chembur West.

There were over 20 people who participated in the parayanam. The parayanam was followed by Geeta Aarti and Gurudev's Aarti.

Sampoorna Bhagawad Geeta
Parayanam on 29th June
2015 @ the residence of
Dr. Rasikbhai P. Gandhi, at
Neelkanth Valley, Rajawadi,
Ghatkopar East.

There were over 15 people who participated in the parayanam. The parayanam was followed by Geeta Aarti and Gurudev's Aarti.

Sampoorna Bhagawad Geeta Parayanam on 2nd July 2015 @ the residence of Shri Paras Pandya, at Neelkanth Valley, Rajawadi, Ghatkopar East.

There were over 10 people who participated in the parayanam. The parayanam was followed by Geeta Aarti and Gurudev's Aarti.

Sampoorna Bhagawad Geeta Parayanam on 5th July 2015 @ the residence of Shri R Sridhar at Bharat Tirtha Society, Near Diamond Garden, Chembur East.

There were over 25 people who participated in the parayanam. The parayanam was followed by Geeta Aarti and Gurudev's Aarti.

Shri H. P. Iswarji's team was instrumental in arranging this parayanam. The hosts expressed their gratitude to Chinmaya Mission.

Sampoorna Bhagawad Geeta Parayanam on 6th July 2015 @ the residence of Smt. Shephali Vakharia at Vikrant Circle, Ghatkopar East.

There were over 25 people who participated in the parayanam. The parayanam was followed by Geeta Aarti and Gurudev's Aarti.

The hosts expressed were so much impressed with the chanting that they expressed desire to start a new Geeta Chanting class for the new comers, which will be started very soon.

Sampoorna Bhagawad Geeta Parayanam on 9th July 2015 @ the residence of Smt. Mini Pillai, at Tilak Nagar, Chembur East.

There were over 15 people who participated in the parayanam. The parayanam was followed by Geeta & Gurudev's Aarti.

Sampoorna Bhagawad Geeta Parayanam on 11th July '15 @ residence of Smt. Bhanuben Trivedi near Odeon Swimming Pool, Ghatkopar East.

There were over 10 people who participated in the parayanam. The parayanam was followed by Geeta & Gurudev's Aarti. The hosts have requested for more such sessions.

Sampoorna Bhagawad Geeta Parayanam on 12th July 2015 at the residence of Smt. Hema Natarajan near Gandhi Maidan, Chembur East.

There were over 15 people who participated in the parayanam. The parayanam was followed by

Geeta & Gurudev's Aarti. The hosts expressed their desire to keep parayanam every month.

Value Education By Bala Vihar Sevikas in School Curriculum

In the month of March 2015 we were invited by the Head Mistress of Modern English School, Chheda Nagar, Chembur, to conduct value education in their school during this academic year. This school enrolls maximum no of children every year for Geeta Chanting competition and in April we had 2 TITI workshops - Emotional and Intellectual Level - for 10th Std students.

We took an opportunity to tell her what our Param Pujya Gurudev told about Value education - "whilerregularacademiceducation is information aimed at economic self reliance, i.e. good standard of living, value education aims at transformation and emotional self reliance - good standard of life".

Impressed by this she said they would include value education in the curriculum of Std 5th (3 div), 6th (2 div) and 7th (2 div), total 8 periods in a week to be conducted in their respective class rooms. We accepted the challenge and by the grace of Pujya Gurudev, with a team of dedicated and

committed sevikas, viz, Gayathri Ramesh, Shubha Anand, Renuka Sasidharan, Brundha Karthik and Indira Someshwar we started the classes from 30th June 2015. We have taken up the values based on 13th chapter of Geeta, Amanitwam., Gurudev's quotes, bhajans and daily prayers with meanings are being taught and discussed.

When they attentively listen to the values taught and actively take part in the discussion of Gurudev's quotes, we think of Gurudev's famous quote "*children are not vessels to be filled, but lamps to be lit*".

At the end of the session the students stand up and say in unison Hari Om!, we know that we have "made the difference".

Impressed by this, the H M of Pre-primary also requested us to conduct classes for Jr. & Sr. Kg students. We have accordingly started teaching them Bhajans, chantings and value based stories.

In the auspicious year of Pujya Gurudev's Birth Centenary, we cannot help but remember his famous quotation "*what we have is His gift to us, and what we do with what we have is our gift to Him.*"

Indira Someshwar



Yagna by by Br. Ved Chaitanya

Shree Hanuman Temple Trust
(Subhash Nagar, Chembur (East))

& Chinmaya Mission
(Chembur-Ghatkopar Zone)

jointly organise a discourse in Hindi on

Hanuman Chalisa

18th August to 22nd August 2015 • 7.30 pm to 9.00 pm.

Venue: Shree Hanuman Temple Complex, Opp.
Municipal School, Subhash Nagar, Chembur (East)

Contact: Prasad Deole - 9821187608 • P B Someshwar - 9987708182

All Are Cordially Invited

Vivekachoodamani (New Devi Group)

In Raheja Acropolis, Deonar

(Every Monday, 11.30 am)

Sevakika - Meena Iyer

Venue : 1302, Atlantis, Raheja Acropolis, Chembur, Mumbai - 71

Contact - 9820028787

Bhagavad Gita, Chapter 4 (Study Class)

Every Friday at 4.00 pm

Sevakika - Meena Iyer

Venue : 1005, Apollo, Raheja Acropolis, Chembur, Mumbai -71.

Contact - 9820028787

Bhagavad Gita, Chapter 5 (Study Class)

(Every Sunday, 7.00 am)

By Prasad Deole

Venue : Saraswati Vidyalaya, 11th Road,
Near Chembur Post Office, Chembur, Mumbai 400071.

Contact : 99670 50172

Kindle Life

Sevak - C S Dinesh

Saturday, 6.00 pm

Venue: Chembur Center, A-103, Siddharth Residency,
P Y Thorat Marg, Chembur, Mumbai 400071.

Contact: 9820464489

Bhagavad Gita - Chapter 4

Sevak - Meena Iyer

Friday, 4.00 pm

Venue: 1005, Apollo, Raheja Acropolis, Chembur, Mumbai - 400071

Contact: 9820028787

Bhagavad Gita - Chapter

Sevak - Murali Krishna

Thursday, 7.15 pm

Venue: Mahila Mandal Hall, Tata colony, Aziz baug, Mumbai - 74.

Contact: 9223327501

Bhagavad Gita - Chapter 5

Sevak -Prasad Deole

Sunday, 7.00 am

Venue: Saraswati Vidyalaya School, 15th Road, Chembur (W),
Mumbai - 400 089 • Contact: 9821187608

Drg Drsyā Viveka

Sevak - Prasad Deole

Sunday - 9.00 am

Venue: Saraswati Vidyalaya School, 15th Road, Chembur (W),
Mumbai - 400 089 • *Contact: 9821187608*

Atma Bodh

Sevak - Prasad Deole

Monday, 7.00 pm

Venue: Vatsala Ramchandran, 5/86, Vanamali, Garodia Nagar,
Ghatkopar • *Contact: 9821187608*

Taittiriya Upanishad

Sevak - Sailata

Monday - 6.00 pm

Venue: P. B. Someshwar, Munjal Nagar, Bldg - C,
Ground floor, Chembur, Mumbai - 400089.

Contact: 9920373084

Atma Bodh

Sevak - Uncle Mani

Tuesday, 7 pm

Venue: Uncle Mani, Savitha Building, First floor, Pestom Sagar,
Road No 2, Chembur, Mumbai - 400089.

Contact: 9967050172

A New Balvihar Class for Age Group 8 to 12 years

on Tuesdays between 4. 45 pm to 6.15 pm

Venue : 32 / 503, HP Nagar (East),
Vashi Naka Chembur, Mumbai - 400 074.

Contact: 9820028787

New Devi Group

Sevika: Smt. Meena Iyer

Every Thursday 4.00 pm to 5.30 pm

1005, Apollo, Raheja Acropolis, Deonar, Mumbai - 400088.

Contact: 9820028787

Text : Balvihar

Sevika: Vilasini Nair

Started on: 14th December - 2014 • Sunday 6.00 pm - 7.30 pm

Venue: Kurla (E) • Contact : 9969424587

Atmabodh (New Study Class)

Every Monday, 7.00 pm to 8.30 pm from 5th January 2015

by Prasad Deole

Venue : C/o. Mrs Vatsala Ramchandran,

5/86, Vanamali, Near Lions Club Garden /

P G Garodia School along Union Bank Mansi Medicals Lane,
Garodia Nagar, Ghatkopar • Res No 25065650)

For Further Details, Please Contact:

Mrs Vatsala Ramchandran - 7738436705 / Sriram - 9967050172

Interested Seekers may please send an SMS to 9967050172.

Kindle Life

Every Saturday, 6.00 pm in English

by C. S. Dinesh

Venue : Flat No 103, "A" Wing, Siddharth Residency,

P. Y. Thorat Marg, Adjacent to Chembur Railway Station (West),
Chembur (West), Mumbai - 89.

For Further Details, Please Contact:

C.S. Dinesh - 9820464489 • P. B. Someshwar - 9987708182

Sriram V. - 9967050172 • V. Narasimham - 9821016814

Email to chinmay.cgzone@gmail.com

Chinmaya Prerana Zone

(Navi Mumbai)

Back to School!

TITI Sessions for teachers

Emotions, they say is energy in motion. Emotions (both positive and negative) are extremely powerful. If Emotions are harnessed and channelized they can totally transform an individual. Gurudev's vision of India was to transform Indians into integrated personalities - physically fit, emotionally strong and intellectually refined. This scale of transformation requires work at the grassroots level and who better than teachers to do the job of moulding young minds into responsible and wholesome adults. To aid and equip the process of transformation, Br. Ved Chaitanyaji, the resident acharya of Chinmaya Prerana conducted a session on "Emotional Transformation" for the teachers of D.A.V Public School at Airoli on the 27th of

June. Two sessions were held for the teachers of the secondary and the primary section respectively. About 100 teachers attended the sessions. It was a sight to behold - all the teachers with pen and paper, with an earnest expression on their faces and very eager to learn. It seemed that they were back to school in their 'Student Avatar'. Vedji shared with the audience Gurudev's vision and that of the Mission. Gurudev's video clipping left the audience in splits. Vedji also elaborated at length the details of the TITI movement. He elucidated the use of "PEACE" mantra to bring about emotional alchemy. PEACE being acronym for Pause, Educate, Appreciate, Care/Compassion & Evolve. The talk left the teachers wanting for more. It was apparent that Vedji had ignited the TITI flame in the hearts of the teachers indeed.

May this small stride become a giant leap towards transforming India!

Dynamic Parenting!

Parenting in today's digital age throws up new challenges and





parents are ever eager to receive some sound practical advice on effective parenting. Sensing this need, Br. Ved Chaitanya conducted a workshop on 'Dynamic Parenting' for the Parents of Balavihar children on the 28th of June 2015, at the Chinmaya Prerana Ashram. 60 Parents enthusiastically participated in the workshop. With great excitement and animation the parents discussed the challenges and problems faced by them. It was amusing to note that after lots of brain storming the parents concluded that through the ages, parents in every generation faced the same dilemma and they themselves as children would have been a handful for their own parents. Technology has just added a little more complexity! Vedji gave very useful and practical tips to tackle most of the challenges. He also beautifully explained how to develop the attitude of being a 'Caretaker' rather than the

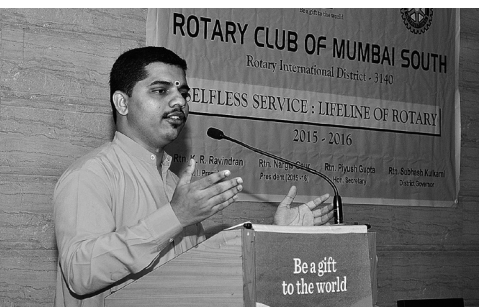
'Creator'. This attitude he said will help in being more objective than being overwhelmed. He made three pertinent points which was a great take away for the parents:-

- 1 Children are great observers and they learn through their 'eyes' more than their 'ears'. They pick up cues from the parents body language and behaviour. So it is important to become what you expect from your children.
- 2 Learning should be on the child's terms i.e. the fun and the playful way.
- 3 Do not transfer your unfulfilled ambitions onto the children. They are here to live their own dreams. Just provide the right atmosphere to nurture and help them blossom.

Parents lapped up each word from Vedji. Even after the conclusion of the session, parents were seen seeking guidance and advice on their personal queries.

**Be a gift to the world!!
a talk for members of the
Rotary club**

A talk of Br. Ved Chaitanya was organised for the members of Rotary Club of Mumbai South



on 2nd July 2015.

Points discussed in the talk -

1. World is everything other than me.
2. Gift is always given to a person with Love.
3. Gift is given according to the need of the person & what is there with us.
4. Gifting yourself to the world means serving the world with the best that you have.
5. Once we give anything as a gift, we should have no ownership towards it.
6. God is the source because of whom we can do anything; even service.
7. Remember Him all the time!
8. There is an enormous strength in a prayer; but it is fulfilled when we ask for everyone & not just for oneself!

The talk was well received by all!

Trip to Sajjangad

A one-day trip to Sajjangad for youngsters was conducted on 11th July 2015 under the leadership of Br. Ved Chaitanya. 25 Pre-chyks & Chyks joined the trip. Sajjangad, the samadhi place of Samarth Ramdas Swami (Guru of Shivaji Maharaj) is a place of historical & spiritual importance. Samarth Ramdas Swami spent many years at Sajjangad.

Youngsters learnt about the life of Samarth Ramdas Swami & the historical as well as spiritual importance of the place. Also the place was a total treat for eyes of nature lovers, with the beautiful mountains & river surrounding the Sajjangad fort.

The trip was conducted with full enthusiasm and was a relaxing as well as exciting experience for all the youngsters! All wished to stay there for a longer time!!



Celebrating The Birth Centenary Year of
Parama Puja Gurudev Swami Chinmayanandaji

ALL MAHARASHTRA & GOA CAMP
(in Hindi, English & Marathi)

MANISHA PANCHAKAM
(in Hindi)

by Puja Guruji Swami Tejomayanandaji
23rd to 28th February 2016 (Tuesday to Sunday)

Sw. Advaitananda
Ramayana
(in Marathi)



Sw. Swatmananda
Guru Paduka Stotram
(in English)

Total 51 Acharyas of
Maharashtra and Goa

At Chinmaya Vibhooti,
Kolwan, Pune

Camp Donation Rs. 3,500

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

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

Branch: Camp. IFSC: IDIB000P087

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

Please convey details for receipt

Cheque to be made in favour of CHINMAYA MISSION PUNE

& send to: Chinmaya Maauli Ashram, Chinmaya Nagar,
Survey Number 16, Wadgaon Shinde Road, Lohagaon, Pune - 411047

For On-Line Registration - www.chinmayamission.com/pune
cmpune@gmail.com +91-9975596394, +91-9881192859

Basic Camp on Art of Graceful Ageing

27th October to 4th November, 2015

Faculty:

- H. H. Swami Chaitanyanandaji from USA
 - H. H. Swami Yogasthananda
 - Br. Nirvan Chaitanya
 - Dr. Sajjan Singh
 - Shri S.L. Agrawal
 - Smt. Maju Agrawal

Language: Hindi / English

Accommodation: Four bedded ultra modern self contained rooms. 4 Nos. double bedded rooms also available and will be allotted to couples on first come first served basis.

Eligibility: Persons above 50 years of age irrespective of caste capable of understanding talks in Hindi.

Course content: Daily meditation, Sadhana Panchkam, Ramcharit Manas, Yoga technique for keeping healthy, Accupressure theory & practice, subjects covering Emotional, Social, Financial and spiritual health of elderlies.

Camp Expenses: 8500/- per person (Non Refundable) covers Board, Lodging, camp materials and travelling to and fro Ayodhyaji, Chitrakoot, Vindhyavasini Shaktipeeth, Varanasi, Triveni Sangam, Akshayavatam (subject to permission from Army) and important Temples in Allahabad.

Write to The Secretary General Central Chinmaya Vanprasth Sansthan,
Rasulabad Ghat Road, Allahabad -211004

Mob.: 09415338124, 09026352728 ● Email : yogasthananda@
gmail.com and deposit amount in a/c no. 538802010000346 IFSC

Code:UBIN0553883 of CCMT-CCVS
with any branch of Union Bank of India.

Venue: Chinmaya Navin Sevashram, Allahabad-211004

CHINMAYA VIBHOOTI

(A Branch of Central Chinmaya Mission Trust)

Announcement of Vacancy

We are looking for a dynamic person having good knowledge and hands-on experience of the programming platform

PHP/ MySQL on Linux

Educational Qualification

B. Sc. (Computer Science) or equivalent

Job Experience

The candidate must have a minimum of 1 year experience as Software Developer in any reputed organization.

Position is based at Chinmaya Vibhooti, Kolwan (Pune).

For outstation candidates, residential accommodation may be considered on merits.

Note: Other things being equal, preference will be given to CHYKs and those who have attended YEP.

at Post Kolwan, Taluka Mulshi, Dist Pune - 412108

To apply, please email your CV along with scanned copies of the mark-sheets to
cjd@chinmayamission.com.



Hari Om

SPIRITUAL SADHANA CAMP

in Hindi



At Chinmaya Ashram, Kolhapur (Maharashtra)

By

Pujya Swami Tejomayanandaji



From : 4th October to 9th October 2015

Text : **Narad Bhakti Sutra**

Camp –Donation : Rs. 3500/-

Salient features :

- 1.Kolhapur : famous holy abode of Mahalaxmi
- 2.Chinmaya Ashram : renowned for 85 feet tall Ganesh Statue
- 3.Pandharpur Yatra can be arranged

For Registration :

Deposit Camp-donation directly in
Chinmaya Seva Trust Maharashtra A/c in Bank of Baroda
(Branch: Nagaon 416122, Kolhapur).

A/c No : 11530 10000 2244 (RTGS : BARB 0 NAGAON)
and send personal details to Swami Atmadevananda
by SMS (96230 74457) or by e-mail to
atmadev@gmail.com

Sponsorship :

Full camp Expenses

Rs. 3,00, 000/-

Full Camp Bhiksha (Meals)

Rs. 1,00,000 /-

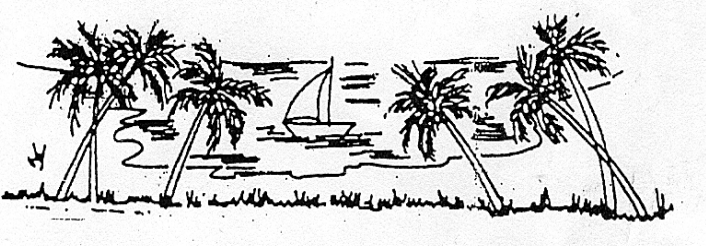
One day Bhiksha (Meals)

Rs. 20,000 /-

Seats Limited

Please Rush

BORDI BEACH TAPOVAN RETREAT



- Tapovan Retreat is a Boutique Budget Retreat Located in sullivan surroundings opposite the Beach in the coastal village of Bordi in Dahanu Taluka.

Full details are available on our website
www.tapovanretreat.com

- The **Retreat** is ideally suited for Satsangs of Devi Groups, Study Circles and Yuva Kendras.

Booking from Monday to Thursday can be worked out with a very economical package depending upon requirements.

- The **Retreat** is also ideally suited for togetherness of Chinmaya Mission Members with family and Friends.

During this **Centenary Year** a special discount of 10% on room rates will be available to all Chinmaya Mission Members and their family.

- For details : Contact - 98201 91153

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

We are organising

SADHANA CAMP In HINDI

by

P. Swamini Nishchalananda

(Mumbai)

at Jagannath Puri-Odisha

Venue : Hotel Nayak Plaza, Puri
Camp Dates : 19th to 23rd Nov 2015

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

Texts:

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

Special Features

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

Camp Donation:

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

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

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

Payments:

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

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

For further details please contact Camp Co-ordinators.

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

Last Date for Registration : 30th September, 2015

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

For further details contact camp Co-ordinators.



CCMT

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Om Tat Sat

Tulsidas Tehliram (India)

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Quarter Page :Rs. 1,000/- • Page Sponsorship - Rs. 1000 /-

Contact : 022 2288 4646 / 2281 4646

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A tribute unto Swami Chinmayananda.

An offering unto Bhagawad Geeta

2016 Copies of Holy Geeta to
be sold out of Chinmaya Prakash Zone.

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



8th May 2014 - 8th May 2016

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

To participate contact : 9320286048

Jagannath Utsav Celebrations on 18th July,
@ Sandeepany Sadhanalaya,



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Mumbai - 400 001 on 3rd & 4th August 2015
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Chinmaya Vibhooti (Kolwan)
welcomes you to a

Freedom-Weekend Retreat by
Swami Swatmananda

Mindfulness

14 August 2015 (2 PM) to 16 August 2015 (1 PM)
(Friday to Sunday)

Free the mind from restlessness, impulsiveness, attachment, and
idle wanderings, through the practice of Mindfulness.

Camp Highlights

Interactive Talks & Activities by Swami Swatmananda

DVD clips of Swami Chinmayananda

Exercises in Mindfulness, Guided Meditation

Independence Day Trek/Mrtyunjaya Havan to pray for Soldiers

Group Discussion, Movie Workshop, and much more!

Free Your Mind...

cvswayat@chinmayamission.com

+91-9689891959

For details please
refer to page no. 53