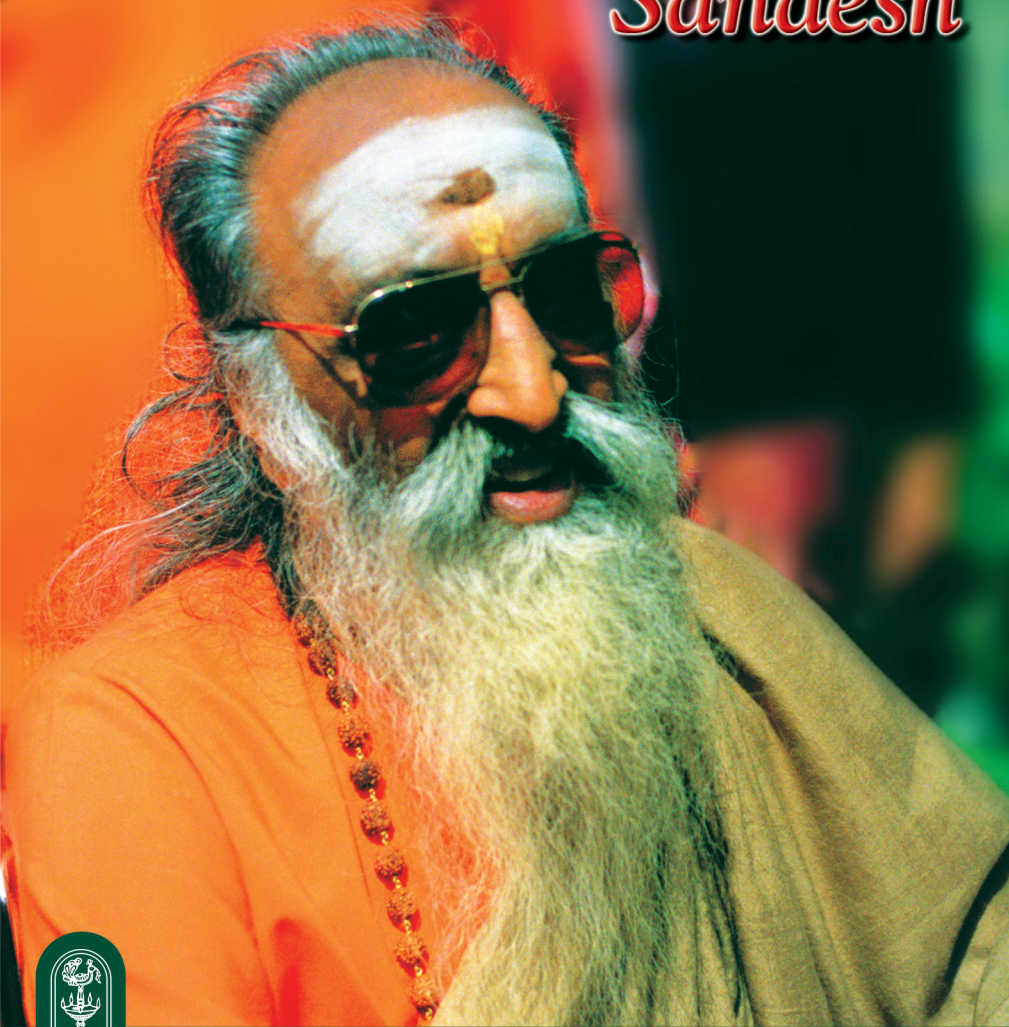


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# Chinmaya Sandesh



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# Janmashtami Celebrations @ Chinmaya Prerana





# Chinmaya Sandesh

September 2016 Spiritual Monthly Bulletin of Mumbai.

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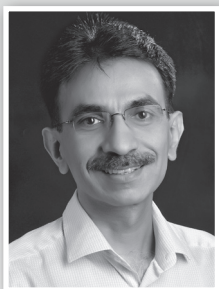
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# From the President's Desk



Om Shree Chinmaya Sadgurave Namah!

What does Chinmaya Mission do? As a Chinmaya Mission member, this question may arise in our mind or someone can ask us this question. Generally, the answer that comes to our mind is that we conduct various classes on Bhagwad Geeta, Upanishads, etc. and other activities for elders, youth and small children. We also conduct organize seminars and management workshops, etc. The list can become exhaustive. But, to cut it short and to be most precise, Chinmaya Mission transforms lives. It brings a meaningful change in us. and when I change, the world around also changes. "To give maximum happiness to maximum people for maximum time" is the motto. How can this be achieved? A person living in a hut can be

more content and happy with his or her life as compared to a person living in a palace. Pujya Gurudev says "happiness is a state of mind". Pujya Gurudev, could feel the pain of suffering in our lives. He decided to set up various hospitals, schools, colleges, rural development organizations while establishing hundreds of mission centers all over the world. The aim is to reduce suffering at physical body level, cultivate right emotions of the mind and give right direction to the intellect. Once Body, Mind and Intellect are integrated there is upliftment and evolution.

But, He wanted this to continue for generations. He realized that tremendous effort is required to revive our glorious Vedantic culture. He needed many "Acharyas" to fulfill his mission. He came out with a brilliant idea. He decided to set up "Sandeepany Sadhanalaya". A center for systematic study of Vedanta. In those days a seeker had very limited scope to systematically study Vedanta. Pujya Gurudev realized that by conducting Vedanta course, many Acharyas will come out of the mission. These Acharyas will then carry forward the vision and mission and in-turn create

more Acharyas. This will be like one candle lighting many candles and these many candles again lighting many more. There will be exponential growth of the mission. At Sandeepany Sadhanalaya a seeker learns “Prasthanatrayi” the three categories of texts - Bhagwad Geeta, Upanishads and Brahmasutras by attending a residential course usually spanning two years. First Sandeepany was established at Powai in Mumbai and more were subsequently established at other places in India and abroad. All our Acharyas come from such Vedanta courses conducted at these Sandeepany Sadhalayas.

At Sandeepany Sadhanalaya, it has been a tradition to start a new batch on a Ganesh Chaturthi day and complete the same again on a Ganesh Chaturthi day after two years. The present - 16<sup>th</sup> batch of Vedanta Course is scheduled to conclude on 5<sup>th</sup> Sept. 2016 Ganesh Chaturthi in holy presence of Pujya Guruji Swami Tejomayanandaji, Pujya Swami Brahmanandaji and many other Acharyas. This course was conducted by Swami Bodhatmanandaji as resident Acharya for the batch. Many will take “Brahmachari” deeksha on that day committing their lives to learning, teaching and spreading

Vedanta and become part of the great Guru Shishya Parampara. Other “Grahasthis” will go back to society and serve as ambassadors of our culture taking various classes and conducting various courses.

To me, this is core competency of Chinmaya Mission. Our Sandeepany Sadhanalayas are like one of the very few centers where Vedanta is taught in the most authentic manner. We must remember that all the other activities of Chinmaya Mission have their roots connected to these Sandeepany Sadhanalays from where our Acharyas come. Without it, our mission cannot grow and cannot survive beyond a few generations. This Ganesh Chaturthi, we must pledge to give all the possible support to this great endeavor of Pujya Gurudev.

Committing to attend such a residential course of two years may not be possible for everyone. But, we must not miss any opportunity to have satsang or study Vedanta. Have dedication and faith in Pujya Gurudev and he will take care of our growth.

*Unto Him Our Best.*

**Mukul Patel**

President -

Chinmaya Mission Mumbai

# Chinmaya Chintan

## The Secret Strength Within

Swami Chinmayananda



Religion is not for animals. Tigers and bears have no religion. Religion is the remedy for a particular unrest felt by human beings, even when he or she has all the best that life has to offer.

... I am not talking of the religion of bell ringing or light showing or incense burning. I am talking of an approach to life that helps us to discover a new strength to face the challenges of life and a new courage of conviction to live honestly, serving others. That which provides us with such a method for masterly living is true religion.

*They defined the instruments that contact the world and experience life as the body, the mind, and the intellect. Then they determined how these instruments can best be readjusted so as to bring forth greater success and happiness in our lives.*



You are destined to be great. So is everyone else on this planet. Success should be your habit. Yet millions of people in the world are suffering. They live disorganised lives and suffer the agony of failure. If we look around, we see that for every happy and successful person, there are hundreds who are disappointed and unhappy. People manage to get themselves crushed in the world of material competition and the rat race of the work-a-day world.

The spiritual literature of the world says: This unhappy state need not be ours. If each individual learns the art of approaching life correctly, everyone can be truly

*The Hindus call their religion Sanatana Dharma, "The Eternal Dharma". The word dharma has a deeper and wider meaning than the meaning of the word 'religion' as generally understood by those who use it.*

happy and successful. Each one of us is essentially perfect; the possibilities hiding within us are infinitely great. We have within ourselves all the resources, abilities, energy, and power for building up supremely happy and successful lives, not only for ourselves, but for others around us also.

We all possess this one great gift - the ability to discover and develop the infinite possibilities within us.

If we organise our life in such a way as to discover the great potential within us, and if we order our behaviour so as to nurture and nourish that potential, our lives will be well spent. Our success lies in the amount of transformation we can bring about in our character and behaviour. The question is not how many talents each one of us has, but how much of our existing talents we explore and develop. An individual can have many talents, yet be a miserable failure in life. The successful person is one who makes practical use of at least one great talent that he or she possesses.

Our present and future societies therefore depend on what you and I do. Never look outside

yourself for help. Do not fall into the delusion that the influence of others will enable you to do better and accomplish more. Although others can inspire you to action, your success depends on yourself alone.

What we regularly encourage and cultivate in our minds determines our character and ultimately our destiny. An intelligent choice of thoughts can transform our character as well as our lives. Thus, the entire destiny of life lies in our own hands. We can rebuild our own future.

Religion is not for animals; tigers and bears have no religion. Religion is the remedy for a particular unrest felt by human beings, even when he or she has all the best that life has to offer. Religion is the technique by which we get our minds and intellects trained to grasp and understand the larger themes of the universe and our own place in it.

This science of the spirit has a very practical use for us. I am not talking of the religion of bell ringing or light showing or incense burning. I am talking of an approach to life that helps us to discover a new strength to face the challenges of life and a

new courage of conviction to live honestly, serving others. That which provides us with such a method for masterly living is true religion.

Religion does not attempt to improve the condition of the world. It does not aim to help us gain freedom from all needs and thus grant us a higher standard of living. Instead, it teaches us a method for creating in ourselves the equipoise to stand up to life's situations, meeting efficiently the ever changing world of challenges. True religion imparts to us the art of living.

Scientists have learned to understand increasingly more about the secrets of nature. The results of their research have given to the age more strength, daring and vitality.

Science has conquered nature, and humankind, as a result of the knowledge it has accumulated, it has gained mastery over the outer world. The secret of our strength is knowledge.

Yet, despite our mastery over the outer world, we still feel unhappy and unfulfilled. The great sages of the past taught that a particular kind of knowledge can transform our lives and bring to us a fullness of satisfaction that no other

endeavour yields: knowledge of our inner spiritual constitution, a knowledge that gives us mastery over our lives.

The knowledge of which the sages spoke grew out of their analysis of human being and their contacts with the outer world. They defined the instruments that contact the world and that experience life as the body, the mind, and the intellect. Then they determined how these instruments can best be readjusted so as to bring forth greater success and happiness in our lives. This analysis is the content of all sacred text books, whether they belong to the traditions of Christianity, Hinduism, Judaism, Islam, Buddhism, or any other major religious persuasion.

### **Scientists of the Spirit**

Religion begins as a scientific reevaluation of life. Just as the material scientists retire to their laboratories to do their research, the spiritual masters retire to the cool and silent valleys of the Himalayas or to the deserts of the Middle East to do their research on the human personality. While material scientists take the outer world as their field of investigation, the subjective

scientists take their own inner world of experiences as the field of their search for truth. Scientists try to understand "What is the world?" Spiritual masters seek to discover "Who or what is the human being?"

True philosophy and science are based on life's experiences. The philosophy of the Hindus has emphasised the importance of experience more than the philosophy of the West. And in Hindu philosophy, Vedanta has the unique distinction of having based itself on the entire range of human experience - namely, the three states of waking, dream, and deep sleep.

An experience can be one's own or that of another who is a reliable authority. Let us consider modern scientific research as an example. How does scientific research proceed? Science is based on innumerable hypotheses that provide possible explanations of certain actual phenomena. As new data is accumulated, the laws and theories of science may need revision. Thus, science is a growing tradition, the present research being performed on the basis of the truthfulness of past conclusions.

The scriptures represent the



data gathered and conclusions arrived at by generations of sages, the scientists of the spirit. Their theories and conclusions have been confirmed as true by at least a hundred mystics in every century all over the world for many thousands of years.

Religion is the technique of perfect living, of gaining better mastery over ourselves. It is the process by which we can bring forth an effective personality even out of a person shattered by disappointments.

The transformation of Arjuna, whose dialogue with Lord Krishna constitutes the eighteen chapters of the Bhagavad Gita, Hinduism's best-known scripture, is an example of how spiritual wisdom can transform one's life. Krishna's eighteen discourses cured Arjuna's life-crippling despondency and transformed him into a dynamic warrior anchored in the spirit.

### **The Eternal Dharma**

The Hindus call their religion Sanatana Dharma, "The Eternal Dharma". The word dharma has a deeper and wider meaning than the meaning of the word 'religion' as generally understood by those who use it. The word dharma comes from the Sanskrit root *dhr*, which means "to hold" or

"to support", Therefore, Dharma stands for that which holds up or supports the existence of a thing. Everything in the whole universe has its own dharma because it must rely on something for its existence. And what is that on which the existence of a thing depends? It is the essential nature of a thing without which it cannot exist. The essential nature of a thing is, therefore, called dharma. For example, fire burns; its power of burning is its dharma.

A human being also has an essential nature that upholds his existence as distinct from the rest of creation. That\* essential nature must be his dharma. So naturally we ask: What is this essential nature, or dharma, of a human? The Hindus strongly and emphatically uphold that the dharma of a human being is the capacity to become divine, which distinguishes him from all other beings. This declaration may leave one stunned; the believers of certain religions may even take the statement as heretical and blasphemous. "How can a human being become divine?" they may ask.

The equally startling reply is: "Because divinity is already in us!" This confident statement may startle, disgust, and frighten

many people. But why should it? This truth has been clearly stated in all the major scriptures of the world. To give some examples from the Bible:

1. In the Book of Genesis, we are informed that before God Created the world, there was nothing except God. And God has often been described as omnipresent, omnipotent and omniscient. If God is omnipresent - meaning that He is present everywhere and that there is no place where He is not - does it not stand to reason that everything else is pervaded by Him, that He is in everyone and in everything? The word 'creation' as used in Genesis may give us a wrong idea because to create implies the production of a new form with a new name from some existing raw material. If only God existed before the creation then He must have the raw material from which all the forms and names sprang. In Hinduism, "creation" is not the production of new forms from something non-existent, but the "projection" from what existed before creation took place. Since only God existed before the creation, then the whole world and

every member of the plant, animal and human species can only be projections of the one infinite God. Hence, the human being has divinity in him; it is his very dharma,

2. "The Kingdom of God is within you" plainly tells of the divine in the human.
3. "Love your neighbour as yourself." Vedanta says that we are one with our neighbours and therefore we love them as ourselves. We are divine by nature, but the divinity lies very deep within us. We do not perceive it because of our unclean minds, which stand in the way. Just as the smoke veils the flame or the dust covers the mirror, making the image on the mirror unclean, God cannot be seen through the barrier of an unclean mind. But God is there all the time - in us and everywhere. If we wish to see the light of the flame or the image in the mirror, we must clean the chimney of all the soot or the mirror of its dusty veil. Similarly, we must cleanse the mind of the impurities that veil the divine in us. Once those impurities are cleansed, we are united through our divinity with the rest of creation.

*Source - Tapovan Prasad, May 1997*

# Tejomayam

## Invoking Lord Ganesha Swami Tejomayananda



गाईए गणपति जगवन्दन  
शंकर सुवन भवानी नन्दन  
गाईए गणपति ...

gāie gaṇapati jagavandana  
śaṅkara suvana bhavānī  
nandana  
gāie gaṇapati ...

Praise be to Ganapati, the  
son of Shankara and Parvati,  
worshipped by the whole world.

सिद्धिसदन गजवदन विनायक  
कृपासिन्धु सुन्दर सब लायक  
गाईए गणपति ...

siddhisadana gajavadana  
vināyaka  
kapāsindhu sundara sava  
lāyaka  
gāie gaṇapati ...

Praise be to Ganapati with the

elephant face, the abode of  
success, the leader par excellence,  
the ocean of compassion, most  
handsome and capable of  
everything.

मोदक प्रिय मुदमंगल दाता  
विद्यावारिधि बुद्धिविधाता  
मांगत तुलसिदास कर जोरे  
बसहि सियराम मन मोरे  
गाईए गणपति ...

modaka priya mudamaṅgala  
dātā  
vidyāvāridhi buddhividhātā  
māṅgata tulasidāsa kara jore  
basahi siyarāma mana more  
gāie gaṇapati ...

Praise be to Ganapati, who is  
fond of modakas, who is the  
giver of joy and auspiciousness,



who is the ocean of learning and the bestower of intelligence. With folded hands Tulasidas beseeches, “May Rama and Sita ever dwell in my heart.”

This is the first song in Vinaya Patrika, written by Sant Tulasidas. In this series of songs in the form of letters of submission to the Lord, Tulasidasji appeals to Sri Rama in a truly soul-stirring manner. The first song is an invocation prayer to Lord Ganesha. He is called Ganapati because He is the Lord of the gaṇas, the demigods who are Lord Shiva’s attendants. The word gana also means ‘groups’ - groups of sense organs, organs of action, panca pranās (the five vital airs or life forces), antaḥ-karaṇa (the four inner equipments), the pañca māhabhūtās (the five elements) etc. He is the master, and naturally guides and leads them in the right direction.

Ganapati is the leader, most worshipful in this world (jagavandana). If we emulate him and master our sense organs, our organs of action and our vital life forces, we can also become jagavandana, respected and revered in the world. We should learn to control ourselves, instead of trying to control others.

Ganesha is the son of Lord Shiva and the joy of Mother Parvati. Symbolically, he stands for Knowledge, and is the son of śhraddhā (faith) and viśvāsa (trust).

In Ramcharitmanas, Sri Tulsidasji says:

bhāvāni śaṅkarau vande  
śraddhā viśvāsa rūpinau  
yābhyāṁ vinā na paśyanti  
siddhāḥ svāntasthamiśvaram

My obeisance to Bhavani and Shankara, the form of śraddhā and viśvāsa, without whom we cannot see the Lord seated in our heart.

Knowledge is thus the son of sraddha and visvasa. In the Gita, it is said: ‘śraddhāvān labhate jñānam - the person with faith attains Knowledge.’

Ganesha is siddhisadana, the abode of all siddhis - achievements, accomplishments and powers. One who has control over himself, and possesses faith and knowledge, becomes the very abode of all success, siddhisadana. All of us are born to succeed. It is a different matter that we often seem to specialise in failing! We fail because we do not perform to our full potential. If we tap all our inherent talents

and powers, we are sure to succeed.

Ganesha is called Vinayaka (viśiṣṭa nāyaka) - the incomparable leader. The mantle of leadership falls naturally on one who has gained mastery over himself, has faith and knowledge, and commands success in all his endeavours.

One of the essential qualities of a good leader is compassion. Lord Ganesha has it in abundance. He is called kṛpāsindhu - the ocean of compassion.

Ganesha is described as Gajavadana, with an elephant's face. The elephant's trunk has enormous strength and is also capable of recognising fine distinctions. We should also develop subtle discrimination along with strength of mind and sharpness of intellect.

Tulasidasji calls the elephant-faced God sundara - beautiful. Good looks alone do not make a person beautiful. Only a person who is disciplined, has faith, knowledge and success, is truly beautiful. If one spends all one's time taking care of the body and cultivating physical beauty, and refrains from doing anything out of fear of sullyng one's hands,

it cannot be called true beauty. Ganesha's beauty is that he is capable of doing everything - saba lāyaka.

Ganesha is very fond of modakas. Moda means joy. In Kathopanishad, Lord Yama tells Nachiketas: "sa modate modanīyam hi labdhvā - he rejoices, having attained the Supreme, which is the cause for all rejoicing."

The only joy-giving thing is our own Self. In the Panchadasi it is said: "īyamātmā parānandaḥ parapremāspadaṁyataḥ - this Self is of the nature of the highest joy, being dearest (to us)." Pure Consciousness is blissful, since it is our own Self. Ganesha loves to revel in his own Self - modaka priyaḥ. For gross-minded and extroverted people, joy is only in enjoying objects of the world. They do not know the sweetness and pure bliss of the Self that is enjoyed by the wise. Sant Jnaneshwar says that Vedanta is modaka - it teaches us about our own Self.

Ganesha bestows joy, auspiciousness and goodness - mudamaṅgala dātā. The very name of the Lord gives joy and auspiciousness. In Sri Ramcharitmanas, Tulasidasji says:

राम भगत हित नर तनु धारी ।  
सहि संकट किए साधु सुखारी ॥  
नाम सप्रेम जपत अनयासा ।  
भगत होइ मुदमंगल बासा ॥

rāmabhagatahitanaratanudhārī  
sahi saṅkaṭa kie sādhu sukhārī ॥  
nāma saprema japata anayāsā  
bhagata hoi mudamaṅgala  
bāsā ॥

For the sake of the devotees, Sri Rama assumed a human form, bore many hardships and brought joy to the saints and good people. The devotees who chant His name lovingly, become the abode of joy and auspiciousness.

Sense pleasures give us joy, but not mangalam - auspiciousness. Tapas and fasting give mahgalam,

but not joy; of course, some ascetics find joy in performing penance also. However, even to the common man, the mere chanting of the Lord's name gives joy and auspiciousness.

Finally, with folded hands Tulsidasji requests a boon from Lord Ganesha: "May Rama and Sita ever dwell in my heart." Rama is ananda and Sitaji is santi. After all, in the final tally, whether they know it or not, all want only happiness and peace.

Thus the attributes of Lord Ganesha teach us a lot of things. If we try to emulate him, we can also gain joy and peace.

Source - *Tapovan Prasad*, Sept. 2007

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

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07 to 11 Sep, 16	Durban	+27 - 31 401 7915
12 to 13 Sep, 16	Mumbai	+91 - 22 2857 8647
14 Sep, 16	Kurnool	Visit
15 Sep, 16	Kadapa & Piler	Visit
16 to 21 Sep, 16	Tirupati	+91 -877 223 7773
23 to 28 Sep, 16	Coimbatore	+91 - 422 - 261 5446
29 to 01 Oct, 16	Bangalore	+91 - 80 - 25281756
02 to 06 Oct, 16	Retreat	



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# Acharya Manan

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## Bhagawad Geeta Ch-15

Br. Ved Chaitanya



Shreemad Bhagawad Geeta is a universal manual of life for all the human beings at all times. It gives the solution for all our problems! It also is one of the most popular texts in the Hindu Religion!! Bhagawad Geeta is the essence of the Upanishads & 15<sup>th</sup> Chapter is the essence of Bhagawad Geeta. Lord Krishna in His incomparable style explains all the topics of the Shaastra in mere 20 verses!!!

Anything unknown can only be explained through the known. Thus to explain about the Infinite Truth Lord Krishna, starts by explaining the world of transmigration (samsara), which is well known to all of us.

A beautiful metaphor of the 'Peepul tree (Ashvattha)' is taken from the Kathopanishad to bring out all the subtle details of the world.

The Blessed Lord says, "The wise people speak of the indestructible Peepul tree, whose roots are above (God-the ultimate cause of everything) & branches below (the effects), whose leaves are Veda-s (Knowledge), whose branches (various living beings) have spread above & below, nourished by the Gunas (psychological tendencies) with the sense-objects as the buds & with the secondary roots (vasanas) coming down to bind everyone by action.

This tree of samsara is firm-rooted, as its form, foundation or resting place is not perceivable. But having cut asunder this using the strong axe of detachment, one should strive to reach that Goal, where having gone none returns!"

Samsara means that which changes continuously (samyak sarati). In this ever-changing world, all of us, at all time, are trying to reach the state of permanent infinite happiness. All our actions are directed to achieve this single goal. But we always fail to get this happiness; because our efforts are in wrong direction. Here Lord Krishna gives the solution for this universal problem. Permanent happiness can be achieved only by reaching the permanent state, which is beyond this samsara & the first step for that is to detach from this ephemeral world. This is the final Goal of all & hence each one of us should try to achieve this.

This highest state of infinite Bliss is called in the Upanishad-s as the Brahman (primeval Purusha), from where the Prakriti streamed forth. That Nirguna Niraakaara Brahman, on the level of Saguna Niraakaara is called as Ishwara. Lord Krishna says here, "The same Ishwara having become a living soul (Jeeva - Saguna Saakaara) draws the five senses & mind to itself, while taking up an embodiment, enjoys the sense objects by presiding over them, while living & takes them to the next embodiment at the time of death! The seekers who are striving for reaching that perfect

state, with the eye of Wisdom, see Him in all the actions & not the deluded ones."

This entire universe is nothing but that Supreme Brahman, appearing in various forms! Seeing Him in & through everything is the real vision of Knowledge. This eye of Wisdom can only be attained by the purification & concentration of mind. Hence all our activities should be directed towards gaining this real vision, so that we will reach the Supreme Brahman, the state of no return & infinite Happiness!

In order to gain this vision, we must start seeing Him in all the day-to-day activities of our life. To help us in this, Bhagawaan says, "Know the Light in the Sun, the moon & the fire, which illumines the whole world to be Mine. Permeating the earth I support all the beings by My power; having become the juicy moon I nourish all the plants & becoming the Vishvanara fire in beings I digest the food. I am seated in the hearts of all. I am indeed the author, knower & verily that which is to be known through Veda-s."

In this section of the chapter, we come to know how the Lord influences each & every aspect of our life. By Lord's grace alone the vegetables & plants are nourished,

as He is the light of the Sun & the moon as well as the support of earth. He alone digests the food that goes in our stomach! All our memory & knowledge comes from Him & He is everything when it comes to Veda-s. Seeing thus the presence of the Lord in everything is the real vision that is to be achieved!

After elucidating the Sopaadhika nature of the Lord (manifesting as the entire universe), now the Nirupaadhika nature (as Pure Brahman) is explained. The Blessed Lord says, "There are two Purusha-s in the world - Perishable (gross & subtle world) & Imperishable (causal world). The Supreme Purusha, called as Paramaatmaa, however, is different from these two, who as the

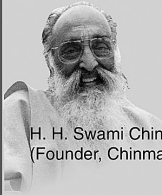
Indestructible Lord having pervaded the three worlds sustains

them. I am called Supreme Being (Purushottama) in the world & in the Veda-s, because I transcend the perishable & am even higher than the imperishable. He who knows Me as the Purushottama worships Me with his whole being. This is the most secret science, knowing which one becomes wise & accomplished."

The real nature of the Lord is Pure Immutable Brahman, beyond the world! The same Brahman as an Indestructible Lord (Ishwara) pervades & sustains the world. One who knows this & sees everything as Brahman becomes wise (as he has got the Highest Knowledge) & accomplished (as the purpose of his life is fulfilled)! All of us should also try to achieve this Knowledge, which is the essence of all the teachings of the scriptures!! May the Lord bless us all to reach Him!!! Om tat sat.



Who says I am 70! Who is 70! The boy born at Ernakulam (Kerala) and named Balakrishnan? He died in 1943-44. Then he was born Swami Chinmayananda. You are celebrating Swamiji's 70th? What folly - What Maya?  
- Swami Chinmayananda



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

**Chinmaya Mission Mumbai**



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

# **Chinmaya Geeta Fest 2016**

**Bhagawad Geeta Chapter – XVI**

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



## **Geeta Chanting Competition**

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

**Open book Recitation\***

**Register fast for the Qualifying Rounds**

**Last date 31st August 2016**


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

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

## **Prizes**

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

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

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

\*Conditions apply

# **An Appeal to Children & Elders**

## **Other competitions**

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

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

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

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

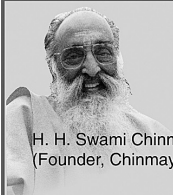
Group - E	-	Std. VII - VII
Group - F	-	Std. IX - X
Group - G	-	16 to 30 years
Group - H	-	31 to 60 years
- A minimum contribution of Rs.30/- per head per competition will be levied on all participants at the time of Registration.
- All participants MUST compulsorily fill the Registration form in order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

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

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

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





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

## Chinmaya Mission Mumbai



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

# Chinmaya Geeta Fest 2016

## Bhagawad Geeta Chapter – XVI

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

### Grouping & Portion

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

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

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

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

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

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

### Contact Details

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

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

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

## Shree Mahalakshmi Temple, Kharghar Navaratri & Dassera Celebrations

### Special Programs

4.00 to 5.30 pm	2 <sup>nd</sup> Oct. (Sun.)	<b>Matru Puja</b>
4.00 to 5.00 pm	7 <sup>th</sup> Oct. (Fri.)	<b>Lalitasahasranam Archana</b>
8.00 am to 12.00 noon	9 <sup>th</sup> Oct. (Sun.)	<b>Shree Sookta Havana</b> <i>(Durga Ashtami)</i> <i>followed by Mahaprasad</i>
6.00 to 9.00 pm	10 <sup>th</sup> Oct. (Mon.)	<b>Nagar Parikrama Palkhi of</b> <b>Utsavmoorti</b> followed by <b>Dandiya Raas</b>
9.00 am to 12.00 noon	11 <sup>th</sup> Oct. (Tue.)	<b>Dassera - Abhishek</b> followed by <b>Mahaprasad</b>
8.00 to 8.30 am	11 <sup>th</sup> Oct. (Tue.)	<b>Vidyarambha Puja</b>

### PROGRAMS DURING NAVARATRI Nitya Upaasanaa (Daily Worship)

7.00 to 8.30 am	- Navadurga & Saraswati Puja Durga Sapthasati Parayan &
10.00 to 11.30 am	- Talk on Shree Ramraksha Stotram by Br. Ved Chaitanya
11.45 am to 12.30 pm	- Mahalakshmi Puja
4.30 to 5.00 pm	- Lalitasahasranam Parayan
5.30 to 6.15 pm	- Durga Puja
6.30 to 6.50 pm	- Special Aarati
7.00 to 8.00 pm	- Cultural program
8.00 to 9.15 pm	- Lalita-Tripurasundari Puja

## Navaratri offerings

<input type="checkbox"/> Kumkum Archana	Rs. 51	<input type="checkbox"/> Pushpa Archana	Rs. 101
<input type="checkbox"/> Abhishek	Rs. 51	<input type="checkbox"/> Taila Seva (Oil)	Rs. 201
<input type="checkbox"/> Ekakaal Puja (1 Puja)	Rs. 201	Naivedya Seva	
<input type="checkbox"/> Ekadina Puja (5 Pujas)	Rs. 1,001	<input type="checkbox"/> 1 Puja	Rs. 101
<input type="checkbox"/> Navaratri Puja (9 days)	Rs. 10,001	<input type="checkbox"/> 1 Day	Rs. 501
<input type="checkbox"/> Vidyaarambha Puja	Rs. 151	<b>(Tick Mark your choices)</b>	

## All days Rs. 5,001

Shree Sookta Havana Mukhya Yajamaan	Rs. 11,001
Havana Yajamaan	Rs. 201
Annadaanam	Rs. 5,001
Pramukh Yajmaan (for entire Navaratri Program)	Rs. 1,00,000

*For further details and Puja registration contact  
office: 2774 8811 / 9594628301 • Email: cmnavimumbai@gmail.com*

## DASSERA OFFERINGS List of Abhishek on Utsav-Murti

<i>Dravya</i>	<i>Per head</i>	<i>Per couple</i>
Milk	Rs. 100/-	Rs. 150/-
Curd	Rs. 300/-	Rs. 450/-
Ghee	Rs. 1,000/-	RS. 1,500/-
Honey	Rs. 500/-	Rs. 750/-
Sugar	RS. 200/-	Rs. 300/-
Tender coconut	Rs. 150/-	Rs. 250/-

## List of Abhishek on Alankar-Murti

<i>Drvya</i>	<i>Per head</i>	<i>Per couple</i>
Haldi (Turmeric)	Rs. 7,000/-	Rs. 11,000/-
Kumkum	Rs. 21,000/-	Rs. 31,000/-
Chandan	Rs. 31,000/-	Rs. 51,000/-

Note : All those individuals or families who perform Abhishek on Alankar-Murti will also be privileged to perform Abhishek on Utsav-Murti & be Yajamans for the early morning Shodashopachar Puja.

**Donations to be made in favour of  
“Chinmaya Seva Trust A/c Prerana” payable at Mumbai  
donations are exempted under Section 80G of Income Tax**

## Commemorative Coins of Pujya Gurudev

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

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

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

represents a combination of spiritual and material prosperity - a symbol of “*Mukti*” & “*Bhakti*”. Attractively packed, these coins fit in perfectly in the puja altar in every Chinmaya home!

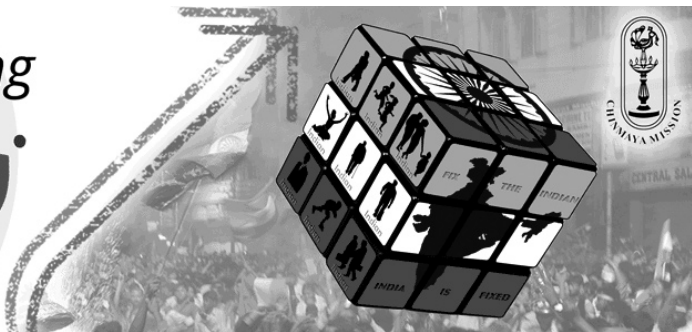
Please contact Chinmaya Sagar, Churchgate on 22814646 or enquiry@chinmayamissionmumbai.com and get one home soon. The cost per set will be INR 4000/- only.

So please hurry as stocks are limited!!!



# Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



## Highlights:

- 41 workshops conducted from 15<sup>th</sup> July to 15<sup>th</sup> August in Mumbai!
- Of these Jagadeeswara zone has done 24 workshops, Narayana has conducted 14
- As a result of TITI workshops Orion school has asked us to continue our sessions as Balavihar classes for 4<sup>th</sup> std and Gita chanting for 6<sup>th</sup> std
- The session for parents at Mahila Sangh School was received very well. The Principal has asked for more modules in the coming months

- Gopal Sharma School wants a report of the workshops conducted in their school to be printed in TIMES NIE.
- TITI modules for Balvihar are being conducted in Mumbai. The first module was conducted in Int Birla (Babulnath) and Powai Ashram. Every month one module will be conducted related to the upcoming festivals or events.

## Workshop Details:

Orion school, Vile Parle

On 16<sup>th</sup> July Cultural Transformation for 6<sup>th</sup> std students at was conducted by





## **Aravind & Geethaji.**

Emotional Transformation for 250 Parents of 3<sup>rd</sup> and 4<sup>th</sup> std Mahila Sangh Primary School children was conducted on 23<sup>rd</sup> July at the school assembly hall by Geethaji and Aravind assisted by Rajesh and Sandhya. The session was well received and the principal wants us to do all 7 levels for the parents of 1st to 4<sup>th</sup> standard!

On 30<sup>th</sup> July Cultural and Spiritual sessions were conducted by Tapan, Geethaji, Aravind & Sandhya assisted by Rashmi.

Sandhya recalls this incident: While the meaning of Namaste was being explained, one 4<sup>th</sup> std girl asked “We also do namaste to God, does that mean, I am saying divinity in me salutes divinity in you ?” Before I could answer one boy got up and said “It means I am asking that Divinity to come into me and (showing with action) spread all inside me.

Their innocence, spontaneity and the affection they shower on us cannot be put in words!

On 5<sup>th</sup> Aug Spiritual and Universal workshops were conducted by Rajesh, Aravind, Sandhya for 4<sup>th</sup> and 6<sup>th</sup> std. The principal has asked for Balavihar (4<sup>th</sup> std) and Gita chanting (6<sup>th</sup> std).

She is interested in bringing the school children to see Chinmaya Pradeep @ Powai Ashram!

Alongwith with this an Emotional session was conduct for Parents by Tapan assisted by Sriram

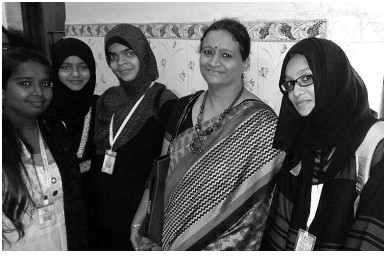
## **Swami Vivekanand Polytechnic**

Cultural transformation by Chitra Viswanthan for third year students was held on 16<sup>th</sup> July followed by Spiritual transformation by Ms. Harini. Students were very enthusiastic and they connected very well with the modules and the trainers.



## **Gopal Sharma Memorial School, Powai**

5 power packed parallel workshops on Intellectual Transformation for 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> std students were held on 22<sup>nd</sup> July by the following trainers and volunteers:



Manisha, Shrikanth ji, Geethaji, Mathangi, Aravind, Rashmi, Sandhya & Sheela Naik

### **Jhunjhunwala College**

A TITI introductory session was conducted by Chitra V. in Jhunjhunwala College on 29<sup>th</sup> July as a part of the inauguration of SELF AWARENESS PROGRAMME for first year Arts & Commerce students. 2 Vice Principals, 4 faculty members & 83 students participated in the session. The students and teachers enjoyed as well as actively participated. The Vice Principal Dr. Pratibha has asked for all the 7 modules to be conducted for these students. The college has also requested

for a 30 minute address to the teachers on September 3<sup>rd</sup> @ Teachers Day celebrations.

On 8<sup>th</sup> August Patriotic Transformation was conducted by Tapan for 400 students assisted by Manisha, Urvi & Chitra. Initially the students were skeptic but at the end of the session, the mood of the hall had changed. The hall was swept by patriotic fervour!! The students had 2 thoughts while leaving the hall: 1. Proud to be an Indian 2. What can I do for my country? A truly impactful session!

### **Rajaram Seth Vidyalaya, Mulund (NGO Vidya)**

Emotional Transformation by Chitra V. and Physical by Urvi for Std. 7 students was conducted on 30<sup>th</sup> July. On 1<sup>st</sup> August another Emotional session was conducted but this time for 6<sup>th</sup> Std by Rashmi and Physical by Tapan. All these sessions have been received very enthusiastically by



these young participants!

### **Shah n Anchor College Polytechnic, Chembur**

On 8<sup>th</sup> Aug Intellectual Transformation was conducted by Manisha for the teaching faculty and Emotional Transformation workshop for the non teaching staff by Chitra V.

### **Vidya Bhavan School, Ghatkopar**

On 12<sup>th</sup> Aug Manisha made her debut in Patriotic Transformation. 200 students of Std 5 attended. She was assisted by Chitra V.

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

Emotional transformation session by Chitra Vishwanath at BMN College, Matunga for 1st year students of BCA assisted by Manisha followed by Intellectual Transformation by Manisha assisted by Chitra V.

### **Balvihar**

On 12<sup>th</sup> Aug Rakhi made her debut in TITI with Intellectual Transformation for INT Birla Balvihar kids. She was assisted by Nimisha.

On 14<sup>th</sup> Aug a Patriotic session for 40 Balavihar children at Powai ashram was held by Geethaji

assisted by Sandhya. The children were also taught patriotic songs by Prechyks towards the end of the session

### **15<sup>th</sup> Aug. 2016**

Jahnvee made her debut in Patriotic Transformation at ICLE's Motilal Jhunjhunwala college, Vashi. This session was organised by Smt. Lakshmi Varanasi, a Mission member and the Vice-Principal of the college as part of their Lifelong Learning Program (LLP). 76 students from varied streams and classes participated. Many got interested in knowing more about CHYK too.

A session on Patriotic transformation by Shyamala assisted by Manisha for 23 participants at Pestom Sagar Citizens Forum was held. This was organized by Harinia and her family.

If anyone would like to join as a trainer/volunteer in this Nation Building Movement is welcome to contact us @8422943204

Eligibility: Trainers must be below 60 years of age, have basic public speaking ability, and be willing to commit time to conducting workshops in various forums.

*Vande Mataram!*

# Chinmaya Yuva Kendra



The ever inspiring and active Mumbai CHYKs got an opportunity to perform the play “Just Like That” at the “Geeta Mahotsav” at Chennai on August 13<sup>th</sup>, 2016. To perform a play on the Gita in the birth place of Chinmaya Mission during the birth centenary year of Gurudev was very memorable for all the chyks involved. We performed

the first module of the play based on karma yoga and received an overwhelming response. The enthusiastic audience of more than 100 gave a great cheer after the performance. Swami Mitrananda congratulated Swami Swatmananda for his inspiring guidance to the chyks and also expressed his eagerness to stage the second module in Chennai. The cast of the play included CHYKs from Mumbai, Chennai CHYKs, and students from Chinmaya Vidyalaya. We CHYKs thoroughly enjoyed performing and it was a great sadhana by itself for each one of us.

*Compiled by  
Aparna Raman and Aravind S.*



## Youth Empowerment Program - YEP inauguration on 15<sup>th</sup> August @ Chinmaya Vibhooti



The 10<sup>th</sup> Batch of Youth Empowerment Program was inaugurated by Pujya Guruji Swami Tejomayananda at Chinmaya Vibhooti on 15<sup>th</sup> August in the presence of Acharyas and devotees alike.

16 youths from various parts of the country have embarked on their journey to #Learn #Serve and #Grow. Swami Swatmananda (Course Acharya) echoed the vision of Pujya Gurudev Swami Chinmayananda of transforming a country into a nation and a population into a people. This can happen only if everyone comes together to work towards a common higher goal.

The candidates showcased their talents adding flavour to the

Independence Day fervour. Their presentation comprised of a self composed poem, a rendition of the song Vande Mataram and a dance performance.

Pujya Guruji blessed the candidates and advised them to remain focused throughout their course. Here is an excerpt from Pujya Guruji's address to the candidates:

'To take the decision to do #YEP takes courage, devotion and understanding.

There are 16 students in this batch. In the Upanishads, Brahman is described as 16 Kala Purusha. You all together make one Purusha. That indicates Ishwaratvam.



I congratulate the Parents also who have supported the youth who want to do this programme.

When we take up a course sometimes we have a very general and vague idea about it. Only when we go through the course then we will have a real idea.

What does #Yuva Veer mean?

Victorious youth.

In life we are required to do two things. One is to face our life as it comes to us. That can be at emotional, intellectual, social, financial and other levels. Even a little child has to face their life.

It's not always easy and we have to build our life also.

Gurudev said, "Life is not what you think it to be but what you make of it." People go to astrologers and even Swamis to know their future. Don't go to Swamis to ask your future, go to them to make your future.

Everyone has to do these two things. There are no exceptions.

A victorious youth is one who is able to do both of these. Face life and make life.

Arjuna was not an ordinary person. He had so many achievements to his credit. But

like him we also need a holistic vision of life and a heart filled with feelings, devotion and the spirit of service.

When these come together then we have the strength to face life.

During YEP, from the Vedantic texts, devotional programmes, service and adventures, you will learn how to live your life.

Increase in youth suicide shows that our education system is lacking something. Something is missing. There is a deficiency.

Fill it. A supplement is needed.

That requirement is what we try to fulfil here.

During the course, remain focussed. Don't get distracted. If we lose our focus we will never know where it will go. The mind is like a ball that bounces away, then gets hit, chased etc.

Put your heart in it and be a victorious youth.

Become Veer Yuva. When you change, other people will also change. But don't try to change them. You focus on yourself.

I wish you all success.'

#YEP10

# Chinmaya Sagar Zone

## (South Mumbai)

Sadhana Day 3<sup>rd</sup> Aug. 2016 @  
Chinmaya Sagar, Churchgate



A floating crowd of 80 people paid their respects to Poojya Gurudev on His Mahasamadhi day. The peace that descended with the guided meditation in His recorded voice was followed by the Paduka Pooja conducted by Varsha Dalal.

Poojya Gurudev's presence was palpable throughout the DVD clip of His talk on the Powerful Sadhana of Meditation.

In an inspiring sharing round, Shaliza Jhunjhunwala, Anjali Jhunjhunwala, Smita Taparia and Aparna Mistry spoke on their experience on their chosen Sadhanas of the "42 Sadhanas" and told us how their practice inspired, motivated them and filled them with a sense of gratitude and awareness.

After the chanting of the 16<sup>th</sup> chapter of the Geeta led by Vibha Mittal, the audience enthusiastically participated in the most interesting and interactive game of Bhajan Antakshari which was conceptualized by Namrata Agarwalla.

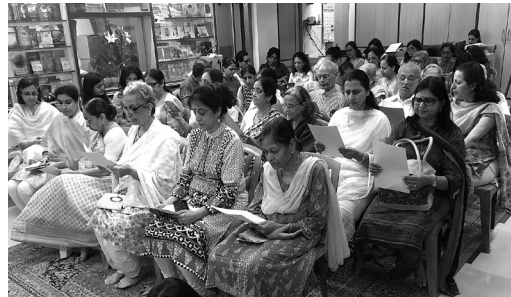
The event concluded with Poojya Gurudev's Aarti.

**Shravan Somvaar on 8<sup>th</sup>  
August @ Chinmaya Sagar,  
Churchgate**

On the onset of Shravan Somvaar, Shivshahastranam Archana was performed by Brni. Sandhya Chaitanaya. 1008 names of Lord Shiva was chanted along with the offering of Bilva Patra.

The atmosphere become very serene, as though we were doing pooja of the Jyotir Ling.

*Asmita*



## @ Babulnath & Churchgate

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

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

Every Friday, 5.00 to 6.00 pm

**For more information and registrations, contact:**

Parul Bhammer - 98201 85255 / Roma Sanghavi - 98202 97889

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

Every Wednesday, 5.00 to 6.00 pm

**For more information and registrations, contact:**

Parul Bhammer - 98201 85255 / Roma Sanghavi - 98202 97889

*& For age group between 0-3 years please contact:*

Roma Sanghavi-9820297889 / Radhika Jasrani : 9920032

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## A new class for Junior CHYKs

**Based on the Hanuman Chalisa**

Group 12-15 yrs @ Marine Drive

every Sunday ● 3.30 to 4.30pm

To register call on 9820131623



The bright beginning made each day can become  
the early dawn of the day of achievement.

- Swami Chinmayananda

Feeling angry? Stressed?  
Chant!

Your memory skills need  
improvement?  
Chant!

Want to learn voice  
modulation?  
Chant!

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



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

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

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

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

Chinmaya Mission Mumbai

# Chant Mumbai Shaant Mumbai

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

## Chanting has many benefits



Calms the mind



Increases alertness



Better focus and  
concentration



Improves memory



Rejuvenates the body



Increases sense of  
creativity



Phonetic sensibility  
Improves



Both the hemispheres  
of the brain used



Positive outlet for  
thought energy



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

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



## GANAPATI BAPPA MORYA!

*A mother-toddler Shishuvihar Camp for 3 to 5  
year olds - on 16<sup>th</sup> and 17<sup>th</sup> September 2015*

We invite you all to have some fun with the sweetest, cuddliest, ever  
lovable **Lord Ganesha!**



Opening session to be conducted by **Swami Swatmananda**, Acharya,  
Chinmaya Mission Mumbai  
Camp sessions conducted by Shishuvihar Sevikas

Activities include story telling, song & dance, art & craft and lots of fun  
games...

**Date and Timing** Friday, 16<sup>th</sup> September, 5.00-6.30 pm

Saturday, 17<sup>th</sup> September, 10.30 am - 12.00 pm

**Venue** Seva Sadan Society, Malbari Hall, 1<sup>st</sup> floor, Pandita Ramabai  
Road, Opp. MTNL office, Gamdevi, Mumbai - 400007

**Contribution** Rs 1000/- (non-refundable)

Last date of registration: 30<sup>th</sup> August 2015

Register online @ <https://goo.gl/forms/H17iandMc3yAfhXl2>

For payment and details, please contact:

Roma Sanghavi 9820297889, Kavita Garg 9920348302, Radhika Jesrani 9920032225

**REGULAR SHISHUVIHAR CLASSES ARE BEING CONDUCTED ACROSS MUMBAI**

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## Festivals Celebration - Chinmaya Sagar

**Chanting of Ganesh Atharva Shirsha**

September 7<sup>th</sup> Wednesday • 6.00 pm to 8.00 pm

**Talk by Brni. Nidhi Chaitanaya on**

**Om Gananaam Tva Ganapati Gam Havamahe.**

September 13<sup>th</sup> Tuesday • 6.00 pm to 8.00 pm

**Saraswati Puja**

October 10<sup>th</sup>, Monday • 6.30 pm to 7.30 pm

**Dhanteras Puja**

October 28<sup>th</sup>, Friday • 10.30 am

Venue: For all Program is Chinmaya Sagar,  
Panchsheel, C-Road, Churchgate.



# Chinmaya Mahima Zone

## (Mahim to Dadar and Sion to Parel)



### Guru Poornima Celebrations at Mahima Zone

Guru Poornima Celebration was held at SIES School Auditorium, Matunga on 24<sup>th</sup> July 2016.

The Guru Poornima started with the Screening of the movie 'On A Quest' in the morning and, Paduka Pooja and Balavihar quiz in the evening.

The screening was attended by 60 people who were recently

introduced to Chinmaya Mission. They were eager to watch the movie and know more about Pujya Gurudev. Each one was emotionally touched with the movie and Pujya Gurudev's spiritual journey.

The evening celebration was well attended by about 250 people, which included children, parents and devotees.

Swamini Aradhananandaji was the chief guest and was welcomed with a Purna Kumbha and recitation of Vedic Chants. The evening program got off to an auspicious start with the lighting of lamp by Swaminiji.

This was followed with an Invocation and chanting of Guru Stotram by junior CHYK







Balaji. Puja Gurudev's Ashtotra Shatnamavali was chanted by Br. Yukta Chaitanya which was followed by all and Smt. Radhika Balakrishnan rendered the Rajaopachara Song.

The next event was the much awaited Quiz Competition between the Balavihars Classes of the Mahima Zone. The quiz, which was based on Gurudev's life and times was conducted by Shri. Vivek Krishnani and Dr. Sunitha Shanker. Most of the questions were answered correctly, which showed the effort put in by the children and the sevikas.

This was followed by the Cultural Program, where the Balavihar children chanted Shlokas, sang and danced to Bhajans. The children, about 75 in number, participated in both the events with lot of enthusiasm.

The first Junior CHYK's students of the zone enacted a skit. Each member of the Junior CHYK

was felicitated by Swamini Aradhananandaji for successfully graduating from Bala Vihar to Junior CHYK.

The evening ended with Swaminiji addressing the children, Aarthi and distribution of Prasad.

### **Sampoorna Geeta Parayanam on 24<sup>th</sup> July @ Wadala**

The Parayanam was held at Mr Pradeep Ruparel's residence. Led by Sri HP Eshwarji, Sr. Sevak of the Mission, the Parayanam was attended by 15 people. The program concluded with Aarti, and Maha Prasad

### **Sampoorna Geeta Parayanam @ Mahim on 22<sup>nd</sup> July**

The Parayanam was held at Mrs. Viajayalakshmi's residence. It was led by Sri HP Eswarji and was attended by about 25 people. The program concluded with Aarti, and Maha Prasad



## Classes by Br. Yukta Chaitanya

### **Bala Vihar & Chanting**

Every Saturday • 3.15 - 5.00 pm

#### **Bhagawad Geeta Chanting**

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

*Contact: Sarika - 98203 00281*

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### **Pre-CHYK (13 - 18 yrs.)**

Every Saturday • 3.15 - 5.00 pm

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

*Contact: Devika - 96198 61476 or Teertha - 9819493327*

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### **Panchadashi**

#### **Chapter 1 - Tattva Viveka**

Every Monday starting from 19<sup>th</sup> September • 7.00 to 8.00 pm

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

Entry Free but by registration only.

To register please call 9820000444

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### **Geeta Chanting Class**

Every Monday 11.00 am to 12.00 noon

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

Contact : Br. Yukta Chaitanya 9820000444

## **New Shishuvihar Class at Matunga.**

Every Friday • 5.30 - 7.30 pm

**Sevika - Bhavana Sarawal**

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

*Contact : Bhavana Sarawal 98331 88196*

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## **Pre-CHYK Class (13 - 18 yrs.)**

Friday 6.30 - 7.30pm @ Matunga

## **Sethukari Class (30 - 45 yrs.)**

Saturday 4.00 - 5.00 pm. @ Sion &

Tuesday 11.00 am - 12.00 noon @ Matunga

**by Anamika Chakravarty**

*Contact : Anamika 9769355585*

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## **New Geeta Chanting Class**

Every Tuesday and Thursday • 11.00 am - 12.00 noon

**Sevak H P Eswar**

Venue: Flat # 505, Dosti Elite, A - Wing, Sion (East)

*Contact: Smt.Vinitha Acharya 9821020403*

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## **Geeta Chanting Class**

Every Thursday • 7.00 pm to 8.00 pm

**Sevak: Sri H P Eswar**

Venue : Sankara Mattham Veda Paathashala, Matunga.

*Contact: Smt. Bhuvana 9920744979*

*Smt. Chandrika 9820548988*

# **Chinmaya Jayam Zone**

**(Bandra, Khar, Santacruz, Vile Parle)**



Sessions by  
**Swamini Krishnapriyananda**

## **Vedanta Saar**

Every Monday - 4.00 pm to 5.30 pm

## **Tattvabodh**

Every Thursday - 12.00 noon to 1.00 pm

## **Ishyavasya Upanishad**

Every Thursday - 4.00 pm to 5.30 pm

## **Bhaja Govindam**

Every Saturday - 10.30 am to 11.30 am

## **Bhaja Govindam**

Every Sunday 10.30 am to 11.30 am

Venue for all the above programmes is

**Chinmaya Jayam, 101 Garden Crest, West Avenue Road,  
Santacruz West, Mumbai - 400054.**



The ego born into a suitable physical body, and living through the required field of circumstances, gathers the matured fruits of action, done in ignorance and animalism in the past.

- Swami Chinmayananda



## Sessions by Brni. Nidhi Chaitanya

### Geeta at a Glance

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

on Every Friday 7.00 pm to 8.30 pm

(Starting 19<sup>th</sup> August 2016)

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

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

*For details, contact: 9820526738 / 9820526758*

**Entry Free. All Are Welcome.**

Participants must fill the registration form to attend the talks.

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### Meditation for Busy People

... Living Beyond Stress

**Includes Guided Meditation Practice**

on 24<sup>th</sup> September 2016 (Saturday) 7.00 pm to 8.30 pm

Venue: 11<sup>th</sup> Floor Auditorium, Thadomal Shahani  
Engineering College, Bandra West, Mumbai

**- Entry By Registrations Only -**

To register yourself, call 9820526738 / 9820526758

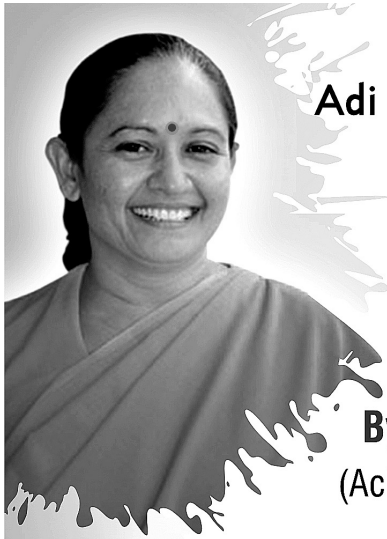
You can also register online on this link: <https://goo.gl/v5QvRg>

Or write to: [chinmayajayam.seva@gmail.com](mailto:chinmayajayam.seva@gmail.com)

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

Please Be Seated By 6.55 pm.

Entry to the auditorium will close sharp at 7.00 pm.



Hindi camp at  
**Adi Shankara Nilayam CIF Kerala**

**EXPERIENCE YOURSELF by**

**Nidhidhyasan**

**(Meditation)**

**By Swamini Krishnapriyanada**  
(Acharya Chinmaya Mission Santacruz)

**18<sup>th</sup> September to 22<sup>nd</sup> September 2016**

**Guided Meditation with Lectures on  
Aaparokshanubhuti, Brahmandand Valli and Vakya Vritti**

**Other camp highlights  
Paduka Puja, bhajans and Satsang  
2 days site seeing at Kerala (optional)**

**Camp Inaguration**

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

Please book your tickets on the  
18<sup>th</sup> morning by flight and return on 25<sup>th</sup> september  
(if you book in advance it s the same as the train fare!)

**Camp Donation 4000 per person for  
non AC rooms and Rs 5000 for AC rooms.**

**Further Details please contact | Meena Ruparel 09223413586  
Vijay Patil 09819978073**



## Bal Vihar class

is being conducted at 201, Kiara Apartment,  
Union park, Pali Hill.

*For further details contact Rupa Kumar - 7506932205.*

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## Geeta Chanting Classes

At Garden Crest Centre

From 1<sup>st</sup> week of August

Every Saturday from 5.30 pm to 6.00 pm

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

Registrations will be accepted for the

Geeta Chanting competition Rs.30

CD available for Rs.30

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## Rudra Abhishek

will be performed on 29<sup>th</sup> August 2016

@ Garden Crest

From 6.00 pm to 7.00 pm

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## Bal Vihar Classes

by Ms. Rupa Kumar

Every Friday 6.00 pm to 7.00 pm

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

*Contact 7056932205 for registration and any other details*



Continuous change alone is the changeless law.

- Swami Chinmayananda

# Chinmaya Bhakti Zone

## (Goregaon to Bhayandar)



### **Shravan Somvaar Puja @ Chinmaya Bhakti Centre**

The advent of Shravan season was earmarked with “Shravan Somvaar Puja” at the Centre. 8<sup>th</sup> & 15<sup>th</sup> August witnessed elaborate Shiva Puja i.e. complete Shodasha Upachara under the guidance of Swami. Krishnapriyanandaji, (Acharya, Chinmaya Jayam).

The main Yajamans offered Dravya - Abhisheka to the Spathika Linga along with the mass chanting of Rudram, Chamakam and other prominent Sukhtams.

On 8<sup>th</sup> August, after the puja,

Amma had a short Satsang with the devotees where she talked about the importance of Manan & Nididhyasana in one's life.

Also, on 15<sup>th</sup> August, being Pradosham day, Amma requested every devotee present for the Puja to do Abhisheka on the Shiva Linga.

On an average 40 - 45 devotees were present for the Somvaar puja (7.00 - 8.30 pm). Further two more Somvaar pujas will be held on 22<sup>nd</sup> & 29<sup>th</sup> August 2016 at the centre.

### **Bhagawat Geeta Parayanam.**

Around three Sampoorana

Bhagawat Geeta Parayanam was conducted in and around the zone as offerings of various devotees :

5<sup>th</sup> August 2016 @ Gajanan Maharaj Adhyatma Kendra (Goregaon West)

15<sup>th</sup> August 2016 @ Ayyappa Mandir, Bangur Nagar (Goregaon West)

19<sup>th</sup> August 2016 @ Panchasheel Heights, Mahavir Nagar (Kandivali West)

An average of 35-40 Devotees participated in each session and chanted the Geeta with full devotion.

## **Adhyatma Ramayanam Yagna - Bhakti Centre - 30<sup>th</sup> & 31<sup>st</sup> July 2016**

The programe was well received by the devotees at the centre.

Acharya of the Yagna Bhagawatha Sree Narayanji conducted the complete parayanam of the Adhyatma Ramayanam - Kilipattu and touched upon the essence of each Kaandam of the text in brief.

An average 35 - 40 devotees attended the program and revelled in the remembrance of Lord Rama during the Holy Ramayanam month for Keralites.

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## **Vedic Chanting based on the book**

### **“Pushpanjali”**

on every Friday from 6.00 pm to 7.00 pm.

by **Shri S. K. Dixit**

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

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## **Satsang on Gyaneswari (Monthly)**

by **Brni. Sandhya Chaitanya**

(Acharya - Kalyan) in Hindi

Sunday - Evening 4.00 to 7.00 pm.

*For next session please contact*

*Bhakti Centre on 98674 16223*



## Sessions by Brni. Nidhi Chaitanya

### **Spirituality for Busy People**

for age group 29 - 45 yrs (Setukari)

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

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

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

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

---

### **Dare to be Arjuna!**

A Series of 7 Interactive Sessions

for age group 16 - 28 yrs based on the Geeta

***Dare to Face Your Problems!***

***Dare to Follow your Passion!***

***Dare to Make Your Love Matter!***

***Dare to Know your Culture!***

***Dare to Question your Beliefs!***

***Dare to Face your Fears!***

***Dare to Achieve your Goals!***

***Dare to Live the Geeta! Dare to be Arjuna!***

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

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

*To register yourself, call (between 3.00 pm and 9.00 pm)  
Ravi Nair : 65235162 / 81085470111*

# Jagadeeshwara Zone

## (Powai)

### Power packed Bhagvat Geeta capsule

A weekly Bhagvat Geeta class in a new Avtaar i.e. a new chapter every Wednesday and a fresh venue and a unique opportunity of hearing a set of different Acharayas was launched by Jagdeeshwara zone on 13<sup>th</sup> July. The classes are a success and popularity of the class is on the rise.



### Charity drive - books distribution to the needy

A Charity book drive was done for the needy children in different schools. It is an annual event and sevak team in coordination with local schools prepares a list of needy children, thereby books are then distributed in the school itself. The schools chosen for distribution of books this year were Eden school Kurla Samant school Marol Powai English school Powai



### Book Exhibitions

This being the centenary year of Pujya Gurudev, Jagdeeshwara Zone has been organising book carts in their zone or (public places and housing societies).

This has been a successful endeavour and we will continue to have many such more after the monsoon break.



**Yagna on 'Karma Yoga' and  
'Meditation' by Br. Yukta  
Chaitanya @ Marol from 5<sup>th</sup> to  
7<sup>th</sup> August**

Aneri Sarvajanik Utsav  
Committee had invited Br. Yukta  
Chaitanya for a 3-day Yagna.  
Mornings sessions were on

Meditation and evening sessions  
were on Karma Yoga (verses  
from the second chapter of the  
Bhagawad Geeta).

The Yagna concluded with Pujya  
Gurudev's video session on verse  
47 and 48 of the second chapter  
of the Geeta.



## Gayatri Havan

Sunday 18<sup>th</sup> Sept. 2016

### Programme

Registration : 7.00 to 7.30 am  
Short Discourse on Gayatri Mantra by Acharya 7.30 to 7.45  
Gayatri Jap & Havan 7.45 to 9.30  
Breakfast Prasad 9.30 to 10.30

### Sponsorships

**Mukhya Yajman Rs. 7,000/- ● Upa Yajman Rs. 5,000/-  
Bhiksha Yajman Rs. 5,000/- ● Prasad Rs. 3,000/-  
Altar Decoration (Floral) Rs. 3,000/- ● Individual Contribution Rs. 300/-**

Venue: Jagadeeshwara Temple, Saki Vihar Road, Mumbai - 400 072.

**Last Date for Registration : 17<sup>th</sup> Sept. 2016**

For registration and further details contact: Yogesh Balole: 9769412643

Nutan Bhalla: 9819171015 / Prerana Shinde: 9892591238

Sheela Naik: 9819387744 / Powai Ashram: 28570368 / 5805



# Chinmaya Narayan Zone

## (Chembur, Ghatkopar to Bhandup)

### Medical camp at Chinmaya Diagnostic Centre

A free medical camp was organised at the Chinmaya Diagnostic Centre at Chembur colony on 24<sup>th</sup> July. Initiated by Shri Nandakishoreji more than 100 patients from lower economic group attended the camp.

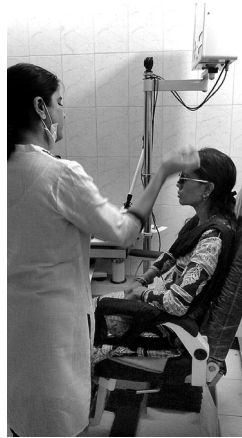
Doctors of Chinmaya Arogya Seva who have specialised in various branches of medicine like surgery, ophthalmology, paediatrics, dermatology, orthopaedics, dentistry and general medicine rendered their

free service on a rainy morning.

The pathology lab of the centre along with Lupin Pharmaceutical Company rendered technical support.

Members of the Chinmaya Narayan Group enthusiastically

volunteered for the effort. A member of the group sponsored the expenses anonymously. The camp was a great success and we pray to Gurudev to bless us with more such opportunities.



### Gurupurnima Celebrations by Devi Group

Devi Group of Chembur celebrated Gurupurnima on 19<sup>th</sup>



July at Mr. Rajsekhar's residence with 15 members of the Devi group. Mr. & Mrs. Rajsekhar conducted the Paduka Puja by chanting Guru Ashtotra Namavali and was followed by chanting Guru Stotram, Tapovan Ashtakam and some Bhajans. Some of the members Shyama Acharya, Jaya Mani, Maya Nandkishore and Rajsekhar shared their experience with Pujya Gurudev. Puja was concluded by distribution of Prasad.

### Stotra Chanting Competition

Chinmaya Narayana Zone, Mumbai along with Rasika Ranjani Sabha Ghatkopar jointly organised at the premises of Rasika Ranjani Sabha, a Stotra Chanting competition on Wednesday, 10<sup>th</sup> August 2016 for the group who are being trained in chanting by Saididi (Brni Sailata).

Actually, the programme was three-in-one event: a competition

plus a joint celebration of Guru Poornima and the oncoming Krishna Janmashtami.

Shri. Rahul Satghar was the Judge for the event. He teaches Sanskrit in Satheye College, Vile Parle. He has a Sanskrit musical band named Sanskritayan which has been composing songs in Sanskrit for Bollywood in the past seven years!!! We all felt privileged having him as a Judge.

The programme commenced with a soul-touching prayer dedicated to Lord Ganesh rendered beautifully by Smt. Bhagyalakshmi.

One of the participants, Smt. Usha Padmanabhan was the Master of ceremony who nicely kept the event going and spoke about the glory of Krishna and Guru Parampara. She drove home a vital point of the birthday of Krishna being the only event which is celebrated everyday throughout the year in the entire globe!!! This is possible as birth of Krishna is not an external but internal, sacred and secret affair!!!

Out of the 17 students who registered for the same, 14 took part in the competition.



Following participants were adjudged as winners

Smt. Shyalaja Bhaskaran

**First Prize**

Smt. Jayashree P.

**Second Prize**

Smt. Lata Vaidyanathan

**Third Prize**

Consolation prizes were also awarded to Shri V. Shivkumar, Smt. Remaniamma and Smt. Shakuntala Reddy.

The judge, while addressing the audience spoke only in Sanskrit. This encouraged the participants to make an effort to understand what he was communicating, even though it was made in simple Sanskrit. He dumbfounded all of us by translating instantaneously

the first verse of a prayer sung in Hindi by a participant.

Shri M. G. Ramakrishnan, President of the Sabha expressed his happiness and narrated as to how a Guru is important in one's life and how fortunate all of us were to have Gurudev Swami Chinmayanandaji in our lives.

The arpanam concluded with all of us having varieties of prasadam. Each participant had prepared one delicacy for offering to the Lord and Guru. The deliciously made delicacies made each one asking for more. The day was really eventful... food for the body, food for the mind and food for the soul!!! Devotion reigned supreme and this was felt by one and all present!!!

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**Shree Hanuman Mandir Trust &  
Chinmaya Narayana Zone**

**jointly organize talk in Marathi**

**By Brni. Sandhya Chitanyaji**

*(Acharya, Chinmaya Mission, Kalyan)*

**on Sundar Kand**

**from Tulsi Ramayana**

11<sup>th</sup> to 15<sup>th</sup> August 2016 • 7.30 to 9.00 pm

Venue: Shree Hanuman Mandir, Subhash Nagar, Chembur (E)

All are cordially invited.

## New Classes Started

### Study Class Sadhana Panchakam

Every Sunday from 9.00 to 10.00 am.

**Sevak : Sri. Prasad Deole**

Venue : Saraswati Vidyalaya - Near Chembur Post Office, Chembur

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### Study Class Upadesh Saar

Every Monday at 7.00 to 8.30 pm

**Sevak : Shri. Prasad Deole**

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

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### Study class Self Unfoldment

Every Sunday 4.30 to 6.00 pm

**Sevak : Shri. Prasad Deole**

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

---

### Stotra Chanting Class

Every Wednesday 5 to 6 pm

Sevika : Brni Sailata

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

*Contact Ramani Amma : 022-25065726 or 9870625788*



## Sessions by Swami Advaitananda

Balvikas Sangh, Chembur &  
Chinmaya Mission, Mumbai

jointly organise

Discourse in Marathi

### Bhagwad Geeta - Chapter II (upto 36 Shlokas)

September 17 to 21 • 7.30 to 9.00 pm

### Hanuman Chalisa

September 18 to 21 from 7.00 to 8.00 am

Venue : Bal Vikas Sangh, Near Gandhi Maidan, Chembur (E)

All are cordially invited



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

Whatever we have  
are HIS gifts...



Presents an entire range of Chinmaya Mission souvenirs



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

# Chinmaya Prerana Zone

## (Navi Mumbai)

### Mahasamadhi Day Celebration @ Chinmaya Prerna on 3rd August

Last year being the birth centenary of Pujya Gurudev, we had introduced a programme called 'Chinmaya Sevak' on 8<sup>th</sup> May. This programme consisted of one year of Swadhyaya, Sadhana and Seva. Around 88 elders and 18 children registered for this programme.

On the completion of their Sadhana all the Chinmaya Sevaks did Paduka Pooja of Pujya Gurudev and also seeking blessings of the entire Guru parampara.

Pujya Gurudev's video 'Many moods of the Master' was shown. Br Ved Chaitanyaji shared some anecdotes of Pujya Gurudev & also conveyed Pujya Guruji's message.



### Shravana Sadhana by Br. Ved Chaitanya @ Chinmaya Prerna from 1<sup>st</sup> to 5<sup>th</sup> August

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

The fifth chapter named 'Karma-Sannyasa-Yoga' starts with a question of Arjuna and is a continuation of the topic, which was started in the third chapter.

Answering to Arjuna's question as to which is better, the renunciation of action or performance of action, the Lord says both leads to the highest bliss, but performance-of-action is better than renunciation of action. The Lord also talks about Jnani & how the Knowledge reveals the Supreme Brahman like the Sun. He also enumerates on the qualities necessary for an individual to reach Brahman.





# A Spiritual Treat

A retreat with

## Swami Tejomayananda



### THE BHAGAVATAM QUEST

#### Kapil Gita

(A unique mother-son dialogue)

and

#### Chatushloki Bhagavatam

(Essence of Bhagavatam in 4 verses)

in English

from 23<sup>rd</sup> to 28<sup>th</sup> September 2016  
at Chinmaya Gardens

#### Salient features

- ★ Experience the joy of simple living, high thinking.
- ★ Spend blissful days with Pujya Guruji and other acharyas
- ★ Learn, reflect, meditate and celebrate
- ★ Prayer, worship and chanting
- ★ Bond with fellow seekers

#### Camp Donation

(Non refundable)

**Rs. 5,000 / US \$80** per person

**Rs. 3,000 / US \$50** per person (dormitory)

**Rs. 8,000 / US \$120** per person for (AC accommodation)



Upacharya  
Swamini Vimalananda

For registration and further enquiries contact

**Camp Coordinator**

**Administrator, Chinmaya Gardens**

Nallur Vayal Post, Coimbatore - 641 114.

Phone : +91-422-2615637 / 2613493 Mobile : +91 9360461566

Email : chinmayagarden@gmail.com.

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



Chinmaya Mission Mumbai

Invites you to

## Meditation for Peace

Weekend retreat by

**Swami Swatmananda**

*(Acharya, Chinmaya Mission Mumbai)*

### Highlights

Talks on Meditation

Guided Meditation, Relaxation, Mantra-Meditation

Yoga, Om-Chanting, Gayatri Havan,

DVD talks of Swami Chinmayananda

Solitude, Group Discussions, Bhajans & Satsang

Aarti at Pranav Ganesh & Hanuman Mandir

Chinmaya Jeevan Darshan,

Chinmaya Akhanda Jyoti, Chinmaya Vani

23<sup>rd</sup> Sept. (Friday) 7.00 pm to 25<sup>th</sup> Sept. (Sunday) 1.00 pm

**Eligibility: 18 yrs. and above**

Venue: Chinmaya Vibhooti, Kolwan,

Donation(Non-Refundable): Rs.2000/- per person

(Shared accommodation)

(Includes stay, food and camp material)

Participants must reach Chinmaya Vibhooti

by 23<sup>rd</sup> September 5.00 pm latest.

To & Fro Travel by Bus will be arranged at extra cost of Rs.1500/-

For Registration contact:

*JaishreeRao - 9167009532 • Sunitha Shanker - 9930297647*

*Email: chinmayashivam@gmail.com*

Invites you to

## *Emotionally Intelligent Parenting*

**An interactive seminar by Dr Sunitha Shanker**

(A Clinical Psychologist and Chinmaya Mission Member)

### **Highlights**

Effective parenting styles

Behavior management tools

Shaping an integrated personality

....Because you are raising a human and not managing a child

**1<sup>st</sup> October (Saturday) 9.30 am to 12.30 pm**

**Eligibility: Parents of children in the age group of 10 to 20 years**

**Venue: Central Chinmaya Mission Trust,**

Sandeepany Sadhanalaya, Saki Vihar Road, Powai, Mumbai 400 072

Participants must reach Chinmaya Mission Powai by 9.15 am latest.

This seminar is **FREE** of Cost. However prior registration is mandatory.

### **Registration:**

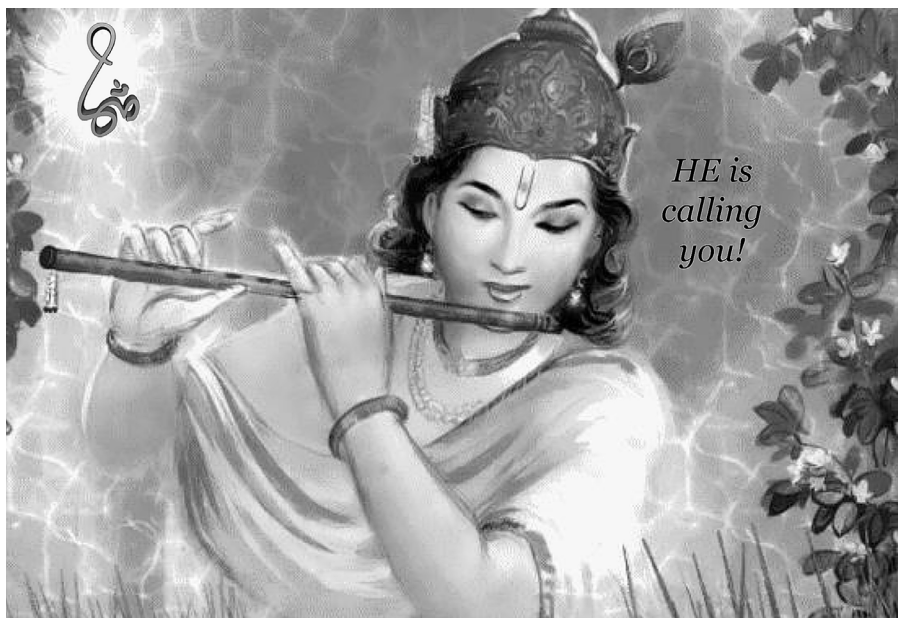
For online registration please go to: [goo.gl/i7s5SA](http://goo.gl/i7s5SA)

Or contact: Shaman Aggarwal – 8422943204

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



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



Thursday 13<sup>th</sup> October (4.30PM) to  
Tuesday 18<sup>th</sup> October (lunch), 2016

**Rs 3500  
per person**

## *Shri Krishna Leela*

A Camp in **Hindi** by Swami Advaitananda



A Joyful Celebration of  
His Presence At  
**CHINMAYA VIBHOOTI**  
**Vision Centre, Kolwan, Pune**



**CONTACT:** [cvswagat@chinmayamission.com](mailto:cvswagat@chinmayamission.com) +91-9689891959

**Can you hear the call of His flute?**





Summer School 2016  
**kalaYoga**  
the heart of indian art  
the philosophy and practice of indian art and culture

JULY  
2 - 11  
2016

with Śatāvadhāni Dr. R. Ganesh as Academic Director  
Dr. Shrinivasa Varakhedi as Programme Director

The Summer School 2016, Kalāyoga: In this Summer School, participants will explore the depths of different Indian Art forms and appreciate their rootedness in Sanskrit poetry and envision the oneness that pervades diverse art forms such as literature, music, dance, drama, painting and sculpture.

Camp Fees (non-refundable)	For Indians	For Others
For College and University Students	₹ 6,500	US\$ 500
For Others	₹ 11,000	US\$ 800

Fees includes saatvik vegetarian food and accommodation and does not include travel to the venue.

Contact Arundhati Sundar: +91-9061-972-220

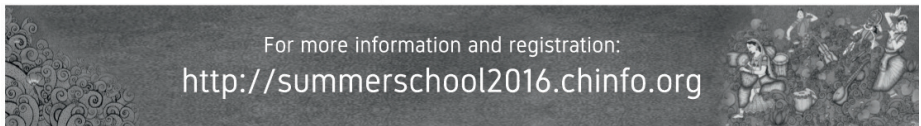
Manisha Makhecha-Bhagat: +91-9995-113-322

Sudhanshu Bhushan: +91-9312-236-528

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

Chinmaya International Foundation, Adi Sankara Nilayam, Veliyanad,  
Ernakulam – 682313, Kerala, India

+91-484-2747307 | [office@chinfo.org](mailto:office@chinfo.org) | [www.chinfo.org](http://www.chinfo.org)



For more information and registration:  
<http://summerschool2016.chinfo.org>



• Celebrate •  
*Diwali* 2016  
with Gurujī



# Vedanta Unveiled



Experience Sublime Satsang with  
**Pujya Gurujī Swami Tejomayananda**

Head, Chinmaya Mission worldwide

on Ādi Śaṅkarāchārya's Dakṣiṇāmūrti-stotram

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

**at Ādi Sankara Nilayam**

(Maternal birth home of Ādi Sankaracharya)

Upacharyas

Talks on Śrī Śuka Maharṣi's Śukāṣṭakam by Swami Advayananda

Guided Meditation & Diwali Pūjā by Swami Sharadananda

Camp Donation (non-refundable, on twin-sharing basis)

Non-AC Accommodation

Indian Residents: ₹ 8,500

Overseas Residents: US\$150

AC Accommodation

Indian Residents: ₹ 11,000

Overseas Residents: US\$200

For more details, contact

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

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



Chinmaya Mission Rewa

## Vanaprasth Shibir

Invites you to

### Sadhna Camp

in Hindi

Venue : Pitamah Sadan,  
Chinmaya Ashram Laxmanpur, Rewa, MP

Between 23<sup>rd</sup> to 27<sup>th</sup> November 2016

**Camp Acharya : Swami Raghavandra  
Swami Keshavananda & Dr. Sajjan Singh**

**Subject : Kagbhusundi - Garun Samwad,  
(Ram Charit Manas)**

**Bhagwad Geeta Chapter - 16  
& Vedant & Manovigyan**

<b>Camp Charges :</b>	<b>AC Room</b>	<b>: 6000.00</b>
	<b>Cooler</b>	<b>: 5000.00</b>
	<b>Simple Room</b>	<b>: 2500.00</b>

*For detail contact Swami Keshavanandji - 9907561928*

*Shirish Kumar Tiwari - 9752917198*

*In Mumbai Harish Tanna - 9820725200*

**Make the payment to Union Bank of India Sagra Branch**

**Ac. No. 466402010000384**

**IFSC Code : UBIN0546640**

For Transport from Mumbai to Rewa Travel

By train from Mumbai CST to Satna

And then From Satna to Rewa Ashram By Sumo.

Chinmaya Mission invites you to a spiritual camp in Sidhbari

## Retreat & Re-connect with Advaita Vedanta



**6 to 13 November 2016**

Camp Acharyas

**Swami Advaitananda**

(Acharya, Chinmaya Vibhooti, Kolwan)

Talks on

**Advaita Makaranda**

(discourses in English)

**Ramayana**

(discourses in Hindi)



**Br. Yukt Chaitanya**

(Acharya, Mahima zone, Mumbai)

Talks on **Upadesa Sara**

(discourses in English)

### DONATION

**SAKET BLOCK** (attached bathrooms)

4-bedded rooms: Rs. 5300 per person

3-bedded rooms: Rs. 5800 per person

Twin-sharing with

attached bathroom: Rs. 7500 per person

**OTHER BLOCKS** (attached bathrooms)

4-bedded rooms: Rs. 4300 per person

3-bedded rooms: Rs. 4800 per person

Twin-sharing with

attached bathroom: Rs. 5500 per person

**DORMITORY** Rs. 3800 per person

### ONLINE TRANSFER

Acct. name: **CHINMAYA TAPOVAN TRUST**

Bank: State Bank of Patiala, Sidhbari

Acct. no. 55094113959

IFSC code: STBP0000441

Note: Delegates are requested to make their own transport arrangements.

Donations payable by Demand Draft to  
**CHINMAYA TAPOVAN TRUST**  
favouring State Bank of Patiala, Sidhbari,  
payable at Kangra

Please send DD to **CHINMAYA TAPOVAN TRUST – Sandeepany** (Himalayas)

Sidhbari, Tehsil Dharamshala, District Kangra, Himachal Pradesh – 176057

Tel: (01892) 234324, 236199 • Email: [ctt@chinmayamission.com](mailto:ctt@chinmayamission.com)

For further details, contact

**Sunitha Shanker** (Mumbai): 9930297647 • **Chandrika Vora** (Mumbai): 9820548988

# Spiritual Sadhana Camp in Marathi



At Chinmaya Ashram, Kolhapur  
(Toap-Sambhapur, Maharashtra)

by Puja Swami Tejomayanandaji

13<sup>th</sup> November 5.00 pm to  
18<sup>th</sup> November 2.00 pm

**Upadesh Saar**

**Camp - Donation :**  
(non refundable - non transferrable)

- A Type Accommodation**  
(Sadhak Niwas near Prasadalya) : Rs. 3500/-
- B Type Accommodation**  
(Dwarka building, 200 meter away) : Rs. 2500/-

## Site - Seeing tour

Visit to famous Mahalakshmi temple of Kolhapur and  
Pandharpur Yatra can be arranged (up to 19th Nov evening)

## For Registration :

Kindly send personal details (Name, Address, Age, Phone Numbers,  
e-mail ID etc.) along with Camp - donation, by At Par Cheque in  
favour of "Chinmaya Seva Trust Maharashtra" to  
Swami Atmadevananda, Chinmaya Ashram, Toap-Sambhapur,  
Kolhapur 416 122. Maharashtra (Mobile: 0 96230 74457)

OR

Deposit Camp-donation directly in Chinmaya Seva Trust  
Maharashtra A/c in Bank of Baroda (Branch: Nagaon 416122,  
Kolhapur). Saving A/c No : 11530 10000 2244

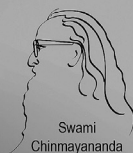
( RTGS : BARB 0 NAGAON) and send personal details by SMS or  
by e-mail to atmadev@gmail.com

**Sponsorship for the whole camp : Rs. 1,00,000/-**



**Chinmaya Mission Mumbai**

invites you to



Swami  
Chinmayananda

# #Moksha

**Sadhana Intensive Camp at Sidhbari**

by **Swami Swatmananda**

(Acharya Chinmaya Mission Mumbai)

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

(Monday evening to Sunday )

## Highlights

DVD Talks by Swami Chinmayananda

Understanding Moksha based on Bhagavad Geeta

Talks by Swami Swatmananda

Meditation, Bhajans, Group Discussions, Debates

Silence, Solitude, Forest walk

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

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

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

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

## Non-Refundable Contribution

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

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

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

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

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

Sightseeing - Rs.500/-

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

Gayatri Havan Yajman - Rs.250/-

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

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

Travel arrangements to be made by the campers.

**Limited Seats! Register Early!**

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

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are HIS gifts...



Presents an entire range of Chinmaya Mission souvenirs



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



# Youth Empowerment Program - YEP inauguration on 15<sup>th</sup> August 2016 @ Chinmaya Vibhooti





Reg. No. MCS/102/2015-17  
Licence to Post without Pre Payment No. MR/Tech/WPP-168/South/2016  
Date of Publication : 3<sup>rd</sup> of every Month  
Posted at Mumbai Patrika Channel Sorting Office,  
Mumbai - 400 001 on 3<sup>rd</sup> & 4<sup>th</sup> September 2016  
R.N.I. No. 20894/1972

Chinmaya Mission, Navi Mumbai  
invites all  
with family and friends to celebrate

## NAVARATRI

From 1<sup>st</sup> October (Saturday) to  
10<sup>th</sup> October (Monday) 2016

## DASSERA

on 11<sup>th</sup> October (Tuesday) 2016  
9.00 am to 12.00 noon

Details on  
Page no. 23

at Shree Mahalakshmi Temple, Kharghar

In the Holy presence of

**Swami Siddheshanandji**  
(Acharya Chinmaya Mission, Pune)

**Br. Ved Chaitanya**  
(Acharya Chinmaya Mission, Navi Mumbai)

and other Acharyas of Chinmaya Mission

**Venue:** Chinmaya Prerana,  
Shree Mahalakshmi Temple, Plot 29, Sector 5,  
Kharghar, Navi Mumbai - 410 210

For details please Contact: 022-27748811, 9594628301

