

# Chinmaya Sandesh

April 2015 Spiritual Monthly Bulletin of Mumbai.

## Content

President Desk .....	5
Chinmaya Chintan .....	8
Guruji's Itinerary .....	10
Tejomayam .....	11
Mumbai Acharya Manan .....	13
Mission News	
o Central Prog. & Reports .....	16
o TITI News .....	24
o Chinmaya Sagar Zone .....	27
o Chinmaya Mahima Zone.....	41
o Chinmaya Jayam Zone .....	44
o Chinmaya Prakash Zone .....	48
o Chinmaya Bhakti Zone .....	60
o Jagadeeshwara Zone .....	62
o Chembur - Ghatkopar Zone.....	63
o Other Announcements.....	66
Tariff & Sponsors.....	74

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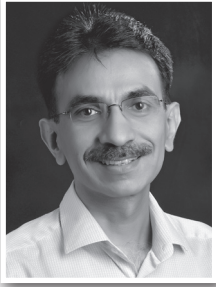
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[www.chinmayayuvakendra.org](http://www.chinmayayuvakendra.org)  
[www.chinmayakid.org](http://www.chinmayakid.org)

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# From the President's Desk

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The month of April keeps children busy with their exams and even more than children, keeps their parents busy worrying for their exams. We need to take inspiration from Lord Hanuman who is considered to be “Buddhimatam Varishtam”. 4<sup>th</sup> April is Hanuman Jayanti. Lord Hanuman is an ardent devotee of Lord Ram and is worshipped for his unflinching devotion and service to his master. Lord Hanuman is also the symbol of strength & wisdom. He is also “Sankata Mochana - remover of obstacles”. But He is best known for simply holding Ram in His heart and ever remaining devoted to Ram. Let us all worship Lord Hanuman and pray for virtues of strength, wisdom, devotion and removal of obstacles in all our endeavors.. Interestingly, it

is believed that Pujya Gurudev was born on Ram Navami Day. Ram means “all-pervading Bliss”, which is the Supreme Consciousness itself. Thus, our Pujya Gurudev is our Ram - That Supreme Reality which expressed in our lives as our dear Gurudev. And this year being His Birth Centenary Year, let each one of us hold Pujya Gurudev in our hearts and serve Him wholeheartedly, tirelessly and devotedly - as His Hanumans.

Akshaya Tritiya comes on 21<sup>st</sup> April. This day is one of the most auspicious day in Hindu calendar. In Sanskrit, the word “Akshaya” means the never-diminishing. The legend is that any venture, like starting a business, construction, etc., initiated on the auspicious day of Akshaya Tritiya, continues to grow and bring prosperity. But this day has deeper significance. Akshay Tritiya is considered to be the day when Ved Vyasa, through Lord Ganesha, started writing the great epic Mahabharata. It is the day when river Ganga, the most sacred river of India, descended

to the earth from the heaven. It is on this day that Dushasana unveils Draupadi at the royal court where Lord Krishna protects her by providing the 'unending' (Akshaya) veil. This Akshaya Tritiya, let us make an auspicious beginning towards spiritual evolution by resolving to engage more in Satsang, Seva and Sadhana. Puja Gurudev wrote so many books, articles and texts to reach out and inspire millions of people. Thus He is our Vyasa. He descended the Himalayas and served the country ever so vibrantly. He is our Ganga.

When Puja Gurudev took Mahasamadhi, Puja Guruji said, "Till now, we saw His Roopa-Leela. Now we will see His Naam-Leela." And we are seeing it every day of our lives. Even years after He has dropped the physical form, His graces flows endlessly embracing lives and empowering minds. Just a remembrance, a glance, an utterance is enough, and then "Chinmaya" happens - endlessly, limitlessly, magically! He is our Krishna. He is Akshaya. On this Akshaya Tritiya - let us take a Sankalpa - a firm resolve to serve Him and His vision for this one year - sacrificing every comfort and convenience. Then truly there will be success and prosperity. Then we will surely

attain That Truth - which is truly Akshaya (imperishable).

Come 8<sup>th</sup> May 2015, the 99<sup>th</sup> Birthday of Puja Gurudev, Swami Chinmayananda and the Birth Centenary Celebrations will begin all over the world. Chinmaya Mission Mumbai is launching the Birth Centenary Celebrations by organizing a special program on this day at Sandeepany Sadhanalaya, Powai. It will be a half day program in the morning which will comprise of Chanting the Kritajnata Stotram, Satsang and expression of gratitude by few of our Acharyas, quiz on the life and teachings of Puja Gurudev, video clip of Puja Gurudev, Samashti Paduka Pooja followed by Mahaprasad. Be part of this auspicious occasion and offer Samashti Paduka Pooja expressing your gratitude to the great master Swami Chinmayananda. The donations received for this program shall be utilized for the "Chinmaya Pradeep" project - a Multimedia Outdoor Exhibition around Puja Gurudev's Kutia in Sandeepany Sadhanalaya depicting Puja Gurudev's Vision & His Work.

As wished by Puja Guruji, Swami Tejomayananda, Chinmaya Mission Mumbai has



taken up “Chinmaya Pradeep” as a centenary year project. Actually speaking, this is an impossible project. What Puja Gurudev did for us cannot be ever shown or presented in its entirety through any exhibition - no matter how grand it may be in its magnitude. But thinking, singing and presenting His glory is our Sadhana. We are doing this as our humblest offering unto Him. And it is important that each of us who has ever heard the name “Chinmaya”, who has associated with the Master and the mission in any way, who

has known His work and vision directly or indirectly, must in some way become a part of this tribute to the Master. Let us all be His little squirrels and do our bit. We welcome each of you to come on 8<sup>th</sup> May. Our Master was grandness impersonated. Let us all get together and make this 8<sup>th</sup> May a truly truly truly grand and spectacular occasion. I look forward to meeting all of you on 8<sup>th</sup> May at Sandeepany Sadhanalaya.

Unto Him Our Best!

*Mukul Patel, President*



### Form IV

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I, Mukul Pratapchandra Patel, hereby declare that the particulars given above are to the best of my knowledge and belief.

Dated - 01.04.2015

**Mukul Pratapchandra Patel**

# Chinmaya Chintan

## Shankara Is Within

Swami Chinmayananda



To unveil Shankara's portrait is an easy action. It is only pulling a wire, and the secretary can point out what to pull. To unveil Shankara is not merely unveiling the portrait, which is only an external symbolism; it is something more. This must be done from within. The external ritual is only a dramatization of our inner religion, improvement of our inner personality. Just appreciating Shankara will not help or improve us. How do we pull the veiling which is covering the inner Shankara (the Self)? Identifying with the body, we say, 'This is a man, that is a woman' etc. Shankara points out that when we say 'This is my

body', it means that the owner and the owned are different. Just as I am not my buffalo or my umbrella, so too I am not my body. The body and the mind are my possessions. I am the knower of the mind and it is the mind which is worried or agitated.

Thus, when we analyse, we find that the body, mind and intellect are nothing but the various veils with which the Divine Shankara, the all-powerful Self in us, is hidden. It is these veils that are to be unveiled. Since we do not know how to unveil the inner Shankara, we hang a portrait of Shankara on the wall, cover it, and thereafter go through the ritual of unveiling it.

Please don't say that Swamiji has created the picture at this moment. Shankara is already there. Only we, the audience, have not yet seen the picture – all others have already seen it and they are the Mahapurushas! I am only going to unveil what was already there. So, too, behind the identification of the body, mind and intellect is that Infinite Consciousness, Chaitanya, which is already in you. All that we have to do is to unveil the picture, the Truth, that is already there.

Shankara is the greatest of missionaries in this country; he brought Hindu philosophy to the forefront again when it was dying away. At that time, due to utter materialism and the inroads made by Buddhism, people were forgetting the philosophy of Hinduism, which is the fundamental basis of our religion. We have the heritage of the wonderful Knowledge, only we are not spreading the Knowledge, which is unfortunate indeed. Now we have to unveil that Divine Shankara in us.

Shankara did not say Buddhists must be converted. It is only when our culture is lesser than others that we must halt them from spreading it. When our culture and religion are so great and scientific,

the only thing we have to do is to place the ideals and ideas before the modern, intelligent, educated, rational man. Nowhere in the world can we find the logical reasonings of a religion so beautifully given out than in the Upanishads, and Shankara wrote the commentaries on these logical textbooks of Hinduism. So friends, the narrow veil must be unveiled in us.

We have no organisation within us - we are very good in dividing within ourselves. We have no inspired goal or ideals to act towards, forgetting our differences. Learn to fight positively, organise yourselves, understand your culture, be proud of your culture, and share it with others.

In the seventh century, when Shankara appeared on the horizon, many of the Hindus had become Buddhists. Each Acharya wanted to create a new religion, and each one pointed to the others as false. Thus people were divided into culture groups and psychological divisions. Today we are in the same condition.

We must understand Hindu philosophy properly. We must receive with open arms those who want to come back to Hinduism. Shankara did not send away or

liquidate all Buddhists, they were all taken back into Hinduism. Those of our brothers who moved away into other faiths, must be received back when they want to return. That is the only way to revitalise Hinduism. We must have the mental vision and large-heartedness to welcome them back to their own culture. Hindus think that reconversion is not possible. It is conversion, which is not allowed. So our brothers who have gone to other faiths, not because of their love for them, but because we made them go away, must be taken back into our fold. This was so in the Aryan culture. In order to take them back, we must present them with a case which needs Knowledge and organised work. Shankara started organised missionary work by establishing four mutts as well as starting

temples in every street corner, where society could get together for congregational prayers and study of the Scriptures.

Therefore, this external symbol is not merely a ritual; atleast a few of you should be able to unveil the spirit of Shankara in yourselves, or else it will be another picture nailed to the wall. Let not this function be a meaningless dry ritual. Shankara is not in the picture, he is in our bosom. Let everyone feel that he must also bring the Shankara possibility of missionary zeal in his own bosom and bring a renaissance in the country!

Let the unveiling be in our own bosom!!

*Pujya Gurudev Swami Chimmayananda unveiled the portrait of Sri Shankaracharya at Shivaji Park, on Nov. 26, 1964. This is an extract of Swamiji's speech on the occasion.*

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### H. H. SWAMI TEJOMAYANANDAJI'S ITINERARY APRIL- 2015

01 to 04 April 15	Melbourne	+61 - 426 753 335
06 to 11 April 15	Sydney	+61 - 426 753 335
14 to 19 April 15	Manila	+ 63 - 2 - 852 1839 +63 - 917-5181099
22 to 26 April 15	Rewa	+91 - 99935 59928 +91 - 94251 85661
02 to 08 May 15	Sidhbari	+ 91 - 1892 - 234 325

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# Tejomayam

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## Hanuman, the Ideal

Swami Tejomayananda



Living in this world, it is an almost impossible task for any individual to lead a life that is above criticism – just or unjust. If we study the great epic, the Ramayana, we find that even Bhagwan Rama could not escape criticism, though unjust, from his own subjects. The only person in the Ramayana who succeeded in accomplishing this difficult task is Veer Hanuman – the greatest devotee of the Lord. We do not find even a single incident wherein Hanuman has made any mistake and got blamed for it. He is the very embodiment of wisdom, devotion and service. This noble son of Vayu and Anjana has innumerable virtues, and it is just not possible to do full justice to his great, grand, personality in the short space of

an article. However, we shall deal with a few aspects of his noble character.

We recognise very easily the importance and the services of the sun because it is not available to us all the time. But the wind remains with us all the twenty-four hours, serving all beings without any desire for recognition or appreciation of its services. Hence we take its existence for granted without paying much attention to it. Hanuman has imbibed from his father Vayu (the wind god) this rare and noble virtue of serving all without a trace of pride in the heart. He crossed the ocean, entered the formidable Lanka and burnt it, discovered Mother Sita, killed the demonic forces of

Ravana and served Lord Rama in such numerous ways that the Lord himself felt overwhelmed with extreme love and gratitude for Hanuman and gave expression to his feelings as well. But on hearing his own praise, the true devotee, Hanuman, fell at the feet of the Lord with tears in his eyes, giving all credit for his achievements to Bhagwan Rama alone. What a noble and inspiring ideal of service with utmost humility!

We are generally advised to imbibe from Hanuman's character this rare quality of serving our master with unswerving faith and devotion. Little do we realize that before doing so it is of extreme importance to know who should really be our Master. He who is the Lord of the whole universe, and in serving whom our potential divinity comes to shine forth – He alone can be our true Master. This truth is seen revealed in the life of Hanuman. Before meeting Sri Rama, he was in the service of Sugriva. His powers remained dormant all the time; Sugriva was not able to bring out his glory as Lord Rama did through sheer grace. We see that Sugriva himself was fraught with mortal fear of death at the hands of his own brother Vali and was depending on Hanuman for his own protection. How could such a person ever

be a true master of anyone? On the other hand, when Hanuman saw Sri Rama for the very first time, he recognized his Master immediately, and thereafter not only did he himself become His loyal and devoted servant, but also made Sugriva follow his example. Sugriva did follow it and got the good fruit as well soon after he surrendered himself at the lotus feet of Bhagwan Rama. In Lanka also, the rakshasi Lankini and Vibhishana were serving Ravana, the mightly but atrocious king, under the same notion that they should serve their master, whoever he may be. It is only Hanuman who made them realize their mistake, after recognizing which both of them became devotees of Lord Sri Rama. Thus we see that neither a weakling like Sugriva nor a mightly person like Ravana can ever be a true master. Sri Rama alone can be that Master who is great, not because he keeps all beings under his control like Ravana, but because he makes his devotees even greater than himself!

May we all come to recognize Bhagwan Sri Rama as our Master and serve him with the attitude of his great devotee Veer Hanuman, ever reveling in singing the Holy Name of the Lord – Sri Rama, Jaya Rama, Jaya Jaya Rama.

*Courtesy: Tapovan Prasad, April 2008*

# Mumbai Acharya Manan

## # Chinmaya 100

Brni. Nidhi Chaitanya



99 years ago, a child was born, a life began, an adventure set off and it went on and on and on and on. Today, in the year 2015 - 2016, we are celebrating that life, that vision, that magnificence called Swami Chinmayananda for a whole year... I call it #chinmaya100

Thousands of people across the world are dedicating Unto Him Our Best. Minds are being metamorphosed. Movies are being produced. Monuments are being conceptualised. Movements are being multiplied. Mega-events are being planned. Millions are being transformed - silently, lovingly, dedicatedly, inspiringly and surprisingly! I call it #chinmaya100

For the Chinmaya-ites, there is as a magic quietly stirred into

every breath this year. We are on a rage to reach out, to inspire, to make a difference, to sacrifice, to serve, to be the transformation. Students are taking academic breaks, professionals are taking sabbaticals from their jobs, housewives are "taking 1-year offs" from their homes, businessmen are pledging their annual profits, the rich-at-heart are donating their spare properties, volunteers are re-dedicating themselves entirely, new members are joining the movement, old-members are re-joining the movement....all this - just to be a part of this very special celebration - Chinmaya Birth Centenary Celebration. I call it #chinmaya100

But why celebrate the life of a man born a 100 years ago for a whole year? What is the point spending resources, time, man-power for a whole year just to celebrate someone's 100th birthday? Not worth it at all, if you ask me. Yes, if all this was being done for the sake of celebrating someone's 100 years, it is simply unworthy.

But to understand why 100 years of the birth of Swami Chinmayananda is a milestone event of a scale so massive, we need to understand “Swami Chinmayananda”.

“Swami Chinmayananda” is a **mindset** of infinitude and limitlessness. It is that factor in us which is beyond even the vast unknown horizons of our thoughts. It is the Highest Truth wrapped in the form of an orange-robed Swami. It is the Divinity that throbs in each of us. It is a factor beyond organisations, religions, personality and beliefs. It is the complete silence of the Truth within. It is the very essence of the sound of “OM”. **His signature always began with an “OM”**. His life was a reverberating expression of that universal mantra “OM”. And that is what we are celebrating. I call it #chinmaya100

“Swami Chinmayananda” is a **phenomena** of auspiciousness, of strength, of power. of brilliance. He not only manifested his own brilliance, but kindled brilliance in every one. His brilliance is not in his hundreds of books, thousands of articles, innumerable talks. His brilliance is in the fact that the lustre of His work continues to touch and transform millions across the world even almost 2 decades after Him. He propagated nothing new. His was the Vedic

way of living. And it became the Chinmaya Way of Life. Even today, hundreds of Acharyas and Sevaks are constantly reaching out with the same touch of brilliance that He lived and taught all His life. **That glow of His vision which did not end with Him, is called in our culture as “SHREE”**. And that is what we are celebrating. I call it #chinmaya100

“Swami Chinmayananda” is **awareness**. It is knowledge itself. It is the life-spark within each of us. It is also the knowledge of That Consciousness. It is the path and goal of meditation. It is essence of all spiritual practices. It is the technique and peak of evolution. It is the crux of the Geeta, the sum of the Upanishads, the hero of the Puranas. It is That, knowing which, nothing remains to be known. It is the Self within. **Gurudev often started His letters with “Priya Atman” or “Blessed Self” and signed off as “Thy Own Self”**. He lived as the inner consciousness, He was knowledge personified, He was “**CHINMAYA**”. And that is what we are celebrating. I call it #chinmaya100

“Swami Chinmayananda” is the **principle** of Truth that manifests as the Teacher. It is a school of thought. It is a lineage of millions of renowned spiritual heroes and unknown spiritual giants. It is that



power of Knowledge, devotion and service, which dispels all ignorance. It is the spirit of happy renunciation combined with causeless compassion, because of which the Highest Truth expresses in flesh and bone, and transforms our lives. It is a what happens to a seeker when he is ready to receive the knowledge. **It is the Teacher who teaches the Truth to us - Sadguru.** That is why we lovingly we called Him Pujya Gurudev! And that is what we are celebrating. I call it #chinmaya100

“Swami Chinmayananda” is a **spirit** of surrender in each of us that makes us lift ourselves up to the Truth by bending down to the Master. It is the love and gratitude that swells up in the heart of a seeker who receives knowledge and transforms himself / herself. It is the appreciation that a noble heart has for the spirit of selfless sacrifice of a spiritual teacher. It is the practice of explicit obedience of the instructions of a Teacher, which makes the disciple a towering spiritual champion. **It is the final letting go of one’s ego and selfishness at the altar of the feet of the Guru.** And one small word which represents this spirit of absolute surrender is “**NAMAH**” - complete prostrations unto Him. And that is what we are celebrating. I call it #chinmaya100

This mindset, this phenomena, this awareness, this principle, this spirit - is Swami Chinmayananda. And this year is a celebration of Infinity and brilliance. It is a celebration of life and knowledge. It is a celebration of love and surrender. It is a celebration of you and me. It is a celebration of Him who epitomised all these and more for us.

Describing a realised Master, Pujya Gurudev said: “His life itself is a Scripture, His words are Hymns, His actions a blessing upon the earth. In such an accomplished man, we see God and His play.”

This is what we mean by “Swami Chinmayananda”. Swami Chinmayananda is not the name of a person, it is not the identity of the child who was born on 8th May 1916, it is perhaps not the even that man who lived amidst us as a beacon light of inspiration and who was revered and loved and admired by millions...

“Swami Chinmayananda” is a term much vaster, much deeper, much much much more glorious than all of this. And in celebrating His Birth Centenary Year, we are celebrating the glory of that glory. I call it #chinmaya100.

**Om Shree  
Chinmaya Sadgurave Namah.**

# Mission News

## Balavihar Sevak Training Programs

Inspire Children, Create Heroes, Make a Difference!

**Get Specialised Training and  
become an official Balavihar Sevika**

Training will be conducted by:

**Brni. Nidhi Chaitanya**

*(Acharya-in-Charge, Balavihar Movement, Mumbai)*

Training in Lokhandwala

**14<sup>th</sup> & 16<sup>th</sup> April (Tuesday & Thursday)**

**3.00 pm - 6.00 pm**

Venue: Chinmaya Prakash, 401, Jupiter-A Wing,  
4th Cross Lane, Lokhandwala Complex

Training in Juhu

**14<sup>th</sup> & 16<sup>th</sup> April (Tuesday & Thursday)**

**11.00 am - 1.00 pm**

Venue: Chinmaya Priyam, 5, Jain Vihar, Swastik Society,  
NS Road No.3, Juhu Scheme

To Register, please call

All-Mumbai Balavihar Incharge Swati Chitalia 9819904606  
or write to [bv.mumbai@gmail.com](mailto:bv.mumbai@gmail.com)

# Geeta for Children

## Annual Bala Vihar Summer Camp for Children & Parents

30<sup>th</sup> April - 3<sup>rd</sup> May (Thurs - Sun)

at Chinmaya Vibhooti, Kolwan

with

Swami Swatmananda,

Brni. Nidhi Chaitanya,

Br. Pavan Chaitanya

Br. Yukt Chaitanya, Br. Ved Chaitanya and

Balavihar Sevikas of Chinmaya Mission Mumbai

### Age Group:

0 - 5 years, 6 - 9 years & 10 - 12 years

Includes Special Sessions for  
Parents & Younger Siblings of participants.

### Camp Donation:

*(Includes Lodging, Boarding, Camp Kit, etc)*

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Rs. 3000 per child for registrations before 1<sup>st</sup> April 2015

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Rs. 3500 per parent for registrations before 1<sup>st</sup> April 2015

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Rs. 3500 per child for registrations on or after 1<sup>st</sup> April 2015

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Rs.4000 per parent for registrations on or after 1<sup>st</sup> April 2015

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### Travel Contribution as per Cost

For details, write to: [bv.mumbaicm@gmail.com](mailto:bv.mumbaicm@gmail.com)

Contact: 84240 01011



**Chinmaya Mission**  
welcomes you to



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

**Programme (60 - 90 minutes only)**

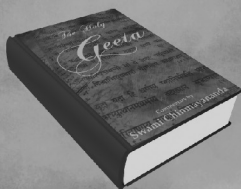
- Introduction
- Geeta-Video clip of Swami Chinmayananda
- Discussion facilitated by an Acharya/Sevak
- Q & A session
- Chinmaya Aarti or Geeta Aarti (Optional)
- Conclusion

**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:

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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.

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Chosen depending on time availability

List of more topics on which the clips of Poojya Gurudev are available will be updated on [www.chinmayamissionmumbai.com](http://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

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**Dahisar - Kandivli:**  
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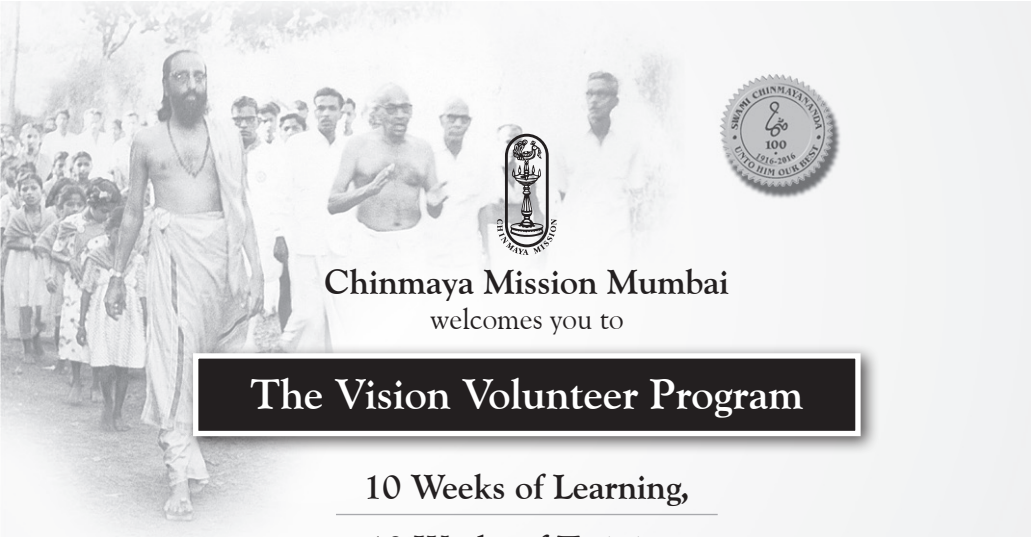
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Bhandup:**  
Yogeshji - 9769412643

**Chembur - Ghatkopar:**  
Shree Ram - 9967050172

**Navi Mumbai:**  
Shantalaji - 9892628018

[ggmg.mumbai@gmail.com](mailto:ggmg.mumbai@gmail.com)





Chinmaya Mission Mumbai  
welcomes you to

## The Vision Volunteer Program

10 Weeks of Learning,

10 Weeks of Training,

1 Month of Selfless Service

### ■ The Vision Volunteer Program:

This is a 3 tier program for inspired individuals who have the courage of heart and the spirit of dedication to serve a greater cause and enrich themselves:

**Eligibility : Commitment, Inspiration & Availability**

Enrollments for the VISION VOLUNTEER PROGRAM will be based on screening of Application Forms followed by a personal interview.

**Age Limit : Below 60 years**

**Faculty : Brni. Nidhi Chaitanya**

Other speakers from the field of Management and Education will also address the participants as Guest Faculty.

### ■ Program Details:

Batch 1 : Every Sunday 10.00 am - 12.00 pm (Starting 14<sup>th</sup> June)

Batch 2 : Every Thursday 11am - 1.00 pm (Starting 4<sup>th</sup> June)

*You can Join Any of the 2 batches.*

**Venue : Chinmaya Priyam, 5, Jain Vihar, Swastik Society, NS Road No. 3, Juhu Scheme, Mumbai.**

- **10 weeks of Learning:** Thorough understanding of the principles of Karma Yoga: including time-management, team-work, goal-setting, enhancing efficiency, etc through weekly classes.
- **10 weeks of Training:** Practical Training in application of the various principles of Karma Yoga through CBCC project planning and seva-work.
- **1 month of Selfless Service:** From 1st December 2015 - 1<sup>st</sup> January 2016, the Vision Volunteers will serve full-time as part of the official CBCC Team
- **Benefits:** Besides the personality-enrichment and inner growth, the participants who go through the entire program successfully will be awarded with a certificate and letter of appreciation stating their voluntary efforts and service contributions.



**TO KNOW MORE AND  
TO SUBMIT YOUR APPLICATIONS,  
Call : 9819904606 / 9320286048**

or send your applications by courier to:

Chinmaya Prakash, 401, Jupiter-A, 4<sup>th</sup> Cross Lane, Lokhandwala  
Complex, Andheri West, Mumbai 400053.

PLEASE DO WRITE **“DROP”** ON THE ENVELOPE  
WHILE SENDING THE COURIER.

**Be a Vision Volunteer**  
LEARN. LIVE. SERVE. GIVE.





ॐ

## आरती गुरुदेवांची

जय देव जय देव जय जय गुरुदेवा ।  
प्रार्थितो आम्ही दे ज्ञानठेवा ॥

केरळ प्रांती तू अवतरलासी  
आत्मज्ञान भुके काश्युत्तर जासी ।  
गंगामाता तुजला दे स्फूर्ति ऐसी  
विश्वाच्या कल्याणा भ्रमण तू करिसी ॥१॥

बालका संगे बालक होसी  
युवकांच्यासाठी ऊर्जा तू असशी ।  
भाविकजना प्रेमे तारीसी  
जिज्ञासुंना ज्ञानमार्ग दाविसी ॥२॥



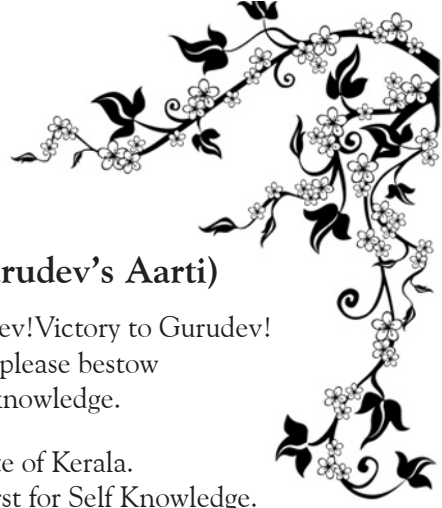
ज्ञानगंगेचा तू भगीरथ असशी  
ज्ञानाचा हा वसा आम्हां तू देसी ।  
सिद्धबाडी क्षेत्री समाधिस्थ होसी  
अंतर्यामी रूपे हृदयी भाससी ॥३॥



कृपादृष्टीने आम्हा सर्वांसी  
गौरवान्कित ह्या जगती करीसी ।  
आम्ही चिन्मयसुत करितो प्रार्थना  
द्यावी शक्ति आदर्श जीवन जगण्या ॥४॥

स्वामिनी निश्चलानंद





## (Translation of Pujya Gurudev's Aarti)

Victory to Gurudev! Victory to Gurudev! Victory to Gurudev!  
We fervently pray to you to please bestow  
upon us the treasure of knowledge.

You incarnated in the state of Kerala.  
You went to Uttarkashi with the thirst for Self Knowledge.  
Mother Ganga inspired you  
to travel far and wide for the welfare of the world.

You became a child with children and  
the source of inspiration for the youth.  
You lovingly guided the devotees to  
cross the ocean of samsara and  
showed the path of knowledge to the seekers.

You are the Bhagirath of the Ganga of knowledge.  
You taught us to abide in this knowledge and  
be torch bearers thereof.  
You sought permanent abode in the holy place of Siddhabari.  
But at the same time you always shine and  
rule in the hearts of devotees.



Due to your grace, we are glorified in this world.  
We, the children of Chinmaya pray to you  
please grant us the strength to lead a life of an ideal vision.

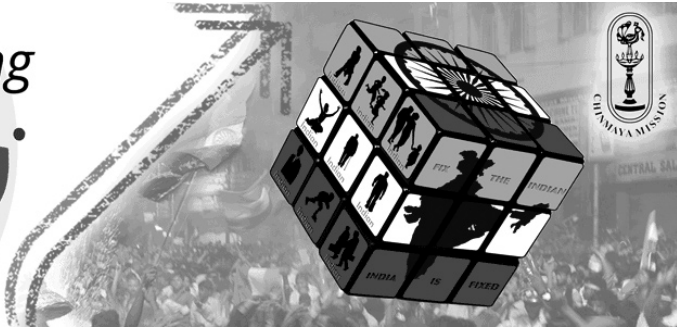
- translated by Bmri. Sandhya Chaitanya

The tune of this Aarti is  
just like the popular Marathi Aarti of  
Lord Ganesha, 'Sukhharta Dukhharta'.



# Transforming INDIANS to Transform INDIA

A Chinmaya Mission Initiative



## TITI Workshops in Jan. 2015

The month of January saw a rise in the number of TITI workshops with over 25 workshops in the prestigious G.D. Somani Memorial School alone. With more than 70 workshops all across Mumbai in January, we have paced up to reach out to maximum people for a noble cause.

January 7<sup>th</sup> and 8<sup>th</sup>, 2015, Emotional Transformation at G. D. Somani Memorial School, Cuffe Parade

Dr. Abha Shroff conducted two outstanding sessions for the 90 teachers of G.D. Somani Memorial School. This time it was first done for the teachers to reinforce the importance of these transformation workshops. They totally appreciated the efforts and the selfless service of the trainer towards the nation.

On January 9, Trainer Pooja Gupta conducted Emotional Transformation at BNCP College for the budding teachers who are pursuing B.Ed. We got some very valuable feedback which is posted in the form of a video on our website [transformingindians.org](http://transformingindians.org).

On 9<sup>th</sup> Jan, Emotional Transformation was conducted by Trainer Ananya Goenka at INT Birla, Babulnath for the parents of Bal Vihar children. After this session, all the parents urged us to do all the 7 levels of transformation.

January 12<sup>th</sup>, 2015, Emotional Transformation at G. D. Somani Memorial School, Cuffe Parade

It couldn't have been a better day than 12<sup>th</sup> January to start the relay workshops at G.D. Somani Memorial school as it was the birth anniversary of Swami Vivekanada also considered as the National Youth day. So the workshops of this national movement started off on this special day for the students of stds. 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>. Trainers Ananya Goenka and Shivani Vartak conducted the emotional transformation workshops for std 7<sup>th</sup> students on this day.

At GD Somani Memorial School, on 13<sup>th</sup> Jan Trainer Abha Shroff conducted two Emotional transformation workshops for the students.

Trainer Shruti Somani conducted two workshops on Patriotic level at GD Somani Memorial school.

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Trainer Kruti Doshi conducted two Emotional transformation workshops at Sadhana Vidyalaya on 12<sup>th</sup> Jan, 2015 for about 400 students in total.

---

Trainers Sandhya and Aravind conducted two workshops on Emotional Transformation at Chandrabhan Sharma College, Powai on 14<sup>th</sup> Jan, 2015 for about 100 students.

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On 15<sup>th</sup> Jan, 2015, two Intellectual transformation workshops were conducted by Trainer Ananya Goenka at G. D. Somani Memorial school for about 90 students.

---

A Cultural Transformation workshop was conducted for the parents of Bal Vihar children, at INT Birla, Babulnath by Trainer Shaman Aggarwal, on 16<sup>th</sup> Jan, 2015. The parents themselves felt the need to be culturally ROOTED.

---

Our Acharya Br. Nidhi Chaitanyaji conducted a workshop on Emotional Transformation at on 19<sup>th</sup> January at S.N.D.T. College, Matunga for 40 participants.

---

At G. D. Somani Memorial school, two Physical transformation workshops were conducted by Trainer Shaman on 19<sup>th</sup> Jan. The

students really had fun doing the surya namaskar and other activities understanding the need to be physically FIT.

---

Trainer Chithra Shridhar did two Cultural Transformation workshops at GD Somani Memorial school, Cuffe Parade on 20<sup>th</sup> Jan, 2015.

---

Trainers Rakesh Gupta and Sandhya Surve conducted two Intellectual transformation workshops at Sree Ram Welfare Society High School, Andheri on 19<sup>th</sup> & 20<sup>th</sup> January, 2015 for about 350 students.

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On 20<sup>th</sup> January, Trainers Shivam Bapat and Aparna Raman conducted two workshops on Emotional level at V. P. M. School, Mulund.

---

Trainer Rakesh Gupta ji conducted Intellectual transformation session at D. J. Sanghvi College, Vile Parle on 21<sup>st</sup> January, 2015 for about 75 students.

---

Trainer Anjali Dalal held two workshops on Universal transformation at G. D. Somani Memorial school on 21<sup>st</sup> January, 2015.

---

Trainer Milind Sanghvi held two workshops on Intellectual transformation for the students of G. D. Somani Memorial school on 22<sup>nd</sup> January, 2015.

Trainer Amar Shukla conducted Emotional transformation workshop at Dahanukar College, Vile Parle, on 23<sup>rd</sup> January, 2015 for about 180 students.

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At N. D. Bhuta High School, Sandhya Rajesh conducted Emotional transformation workshop on 23<sup>rd</sup> January for more than 300 students.

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On 23<sup>rd</sup> Jan, Trainer Shruti Somani did two Patriotic transformation workshops for the students of G.D. Somani Memorial school enlightening them on how to be ACTively Patriotic.

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24<sup>th</sup> January at Vivek Vidyalaya Junior College, Malad, Trainers S Aravind and Sandhya Rajesh conducted Emotional Transformation workshop for about 100 students.

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On 25<sup>th</sup> Jan, Nimisha Parekh did Emotional transformation for her extended family at home. This was the first of it's kind.

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On the Republic day, 2015, Trainers Aravind Raghavan, Rajesh Ramanujan, Vatsal Sharma, Sriram Sankar and Deepak Khanna conducted 3 wonderful transformation workshops on Emotional, Intellectual and Patriotic levels for about 50 young participants.

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On 27<sup>th</sup> Jan, Shaman did two Physical transformation workshops for the students of GD Somani Memorial school.

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On 28<sup>th</sup> Jan, Anjali Dalal did two Universal transformation for the students of G. D. Somani Memorial school.

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29<sup>th</sup> Jan, Chithra Shridhar did two Cultural Transformation at G. D. Somani Memorial school

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On 30<sup>th</sup> January, Trainers Aparna Raman and Kruti Doshi conducted four Emotional transformation workshops for the students of Jnana Sarita School, Mulund.

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On 30<sup>th</sup> Jan, Milind Sanghvi conducted Intellectual transformation workshop for the parents of Balvihar kids. This way we did all the 7 levels of transformation for the parents which they were very keen on attending.

---

I Transform,  
India Transforms!

You Transform,  
India Transforms!

We Transform,  
India Transforms!

Vande Mataram!

# Chinmaya Sagar Zone

## (South Mumbai)

**Geeta Dhoota Workshop**  
on **February 21<sup>st</sup>, 2015 @**  
**Panchsheel**

Forty-four people (including teachers from schools, Bal Vihar sevikas and parents of children) participated in the workshop which was conducted by Br. Ved Chaitanya, Acharya - Chinmaya Prerna. Chanting of the entire 15<sup>th</sup> Chapter of the Bhagwad Geeta was taught, along with a synopsis of its meaning. Chapter 15 is the entire summary of scriptural knowledge, in which the Substratum behind the entire world of names and forms is explained by Lord Krishna.

Our objective is to reach as many schools and children possible to register for the International Geeta Chanting competition this year.

**'Karma'** a talk by **Swami Swatmanandaji** on **February 16<sup>th</sup>, 2015 @ INT BIRLA Cultural Centre**

Important points :

1. Karma is any action done by the BMI, with intention and doership.

2. Karma follows six laws:

- Every action produces a result
- Result is action in a different form
- Results are governed by Time and Cosmic Intelligence.
- The Doer experiences the Result
- Every result has a Visible and invisible component; the invisible one further sets the action in motion
- Intention behind the action decides the merit. The laws have no partiality and never fail.

3. On understanding Karma, we realise there is no luck. We have to face consequences and are more in control of our actions.

4. Study of scriptures is necessary. One needs to align oneself and develop patience.

5. Today's actions decide our destiny. We need to take charge of our life to have a positive existence.

6. What we meet in life is fate;  
how we meet it is freewill.

**Mahashivratri Celebrations on  
February 14<sup>th</sup>, 2015 @ INT  
Birla Cultural Centre. Host  
:- South Mumbai Bala Vihar  
Classes.**

Pujya Swami Swatmanandaji  
presided over the celebration.

Swamiji explained the symbolism  
Shivji and how to imbibe it in  
our lives, to 100 children and  
their parents.



Each child performed  
Abhishekam and Archana.

Eight groups of kids (tattooed  
with blue necks and ash tikka)  
made and decorated their own  
lingams.

Sevikas conducted games based  
on the core values we learn from  
Shivji i.e. Calmness, Compassion,  
and Concentration.

While we all learnt the  
implication of these values  
through the games, up there on  
stage sat our Gurudev smiling  
upon our little Shivas.

*Smita Khetwani*

**Scening of On A Quest  
on March 1<sup>st</sup>, 2015 @ Inox,  
Nariman Point.**

South Mumbai had another 2  
parallel screenings of the film.  
It started out with the booking





screen at of one INOX, but with the theatre getting HOUSEFULL on Day 1 and we were compelled to book a second screen on the same day. The turn out at both the screenings was fabulous. Guests like Mr. Kumarmangalam Birla and his family, Chairman Aditya Birla Group, Mr. & Mrs. Sanjay Goenka, Mrs. Brinda Somaya, well renowned Architect, Mr. & Mrs. Krishnakumar Daiya, Trustee Prem Puri Ashram, Mr. Kekoo Nicholson, Director, Selvel Ad Services were among the invitees who came on a Sunday movie and left inspired by Pujya

Gurudev. In the video bytes, each one expressed their gratitude toward Poojya Gurudev for speading the knowledge of our sciptures and how inspired they felt after watching the film.

South Mumbai is still eager for another screening!!!



## *I'm Spiritual*

Monday Sessions by **Swami Swatmananda**

*To explore and live a Spiritual Way of Life*

**9<sup>th</sup> Feb - Spiritual Way Of Life**

**9<sup>th</sup> March - Identity And Purpose**

**30<sup>th</sup> March - Acceptance**

**13<sup>th</sup> April - Mindfulness**

**16<sup>th</sup> Feb - Karma - Fate Vs Freewill**

**23<sup>rd</sup> March - Happy-ness**

**6<sup>th</sup> April - Detachment & Love**

**20<sup>th</sup> April - Stillness**

**Highlights: Interaction, Movie-Clips, Discussion, Activities, Q n A**

**Age Group: 30 to 65yrs.**

**7.30pm to 8.45pm.**

**INT Birla Centre, Babulnath, Chowpatty.**

**Presented by Mrs. Neerja Birla**

**ENTRY FREE. To register please mail - mumbaicm1@gmail.com**



## Camp by Swami Swatmananda

### Camp in Sidhabari for Elders & Youth

On selections from

### VIVEKACHOODAMANI

In the Birth Centenary Year of Poojya Gurudev Swami Chinmayananda, lets reflect on one of His Favourite texts - Vivekachoodamani at the abode where He Rests - Sidhabari.

#### Highlights :

*DVD Talks on Meditation from Vivekachoodamani  
by Poojya Gurudev Swami Chinmayananda  
Talks by Swami Swatmananda on  
'Sadhana, Self-Effort & Ending Superimposition'  
Meditation, Group-Discussions, Q n A  
Gayatri Havan in the Himalayas, Silence & Solitude*

**Dates Including Travel:** 24<sup>th</sup> May (Sunday) to 2<sup>nd</sup> June (Tuesday) 5.30 am

**Camp Dates:** 25<sup>th</sup> May (Monday) Evening 7.00 pm to  
29<sup>th</sup> May (Friday) Evening 7.00 pm.

30<sup>th</sup> May (Saturday) - Visit to temples & Kangra Fort

Venue: Chinmaya Tapovan Trust, Sidhabari, Near Dharamsala,  
Himachal Pradesh

#### Contribution:

**Camp:** Rs. 3500/- per person (four people in a room)  
Rs. 4800/- (two people in a room)  
Rs. 6000/- per person (Saket Block - 4 people)  
Rs. 7500/- (Saket Block - 2 people)

Travel: Rs.3500/- (includes 2 Sleeper travel Mumbai-Chakki Bank & Jalandhar - Mumbai & Bus transfer from Chakki bank to Sidhabari Ashram, Sidhabari to Jalandhar on return)

For Registrations contact: Chinmaya Sagar, F-3, Panchsheel Bldg., 'C' Road,  
Churchgate, Mumbai - 400 020. ● Tel.: 2288 4646, 22814646

Email: mumbaicm@gmail.com ● or fill up online - <http://goo.gl/QsleUg>





## Sessions by Swami Swatmananda

### Wise & Otherwise

Talks on Sthitaprajna Lakshana of Chapter 2

### Geeta Power

Weekly Study of Geeta Verse-by-Verse

2<sup>nd</sup> & 16<sup>th</sup> April & 18<sup>th</sup>, 25<sup>th</sup> June 2015

12.30 pm to 1.30 pm

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

Contact: 9820185255

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### Geeta In Practice

*Monthly Sessions-Vision of Geeta in Power Capsules*

Topic : The Cosmic Form , Chapter 11

21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup> April 2015

Topic : Bhakt, Bhakti & Bhagavaan Chapter 12

12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> May & 23<sup>rd</sup> 24<sup>th</sup> 25<sup>th</sup> June 2015

(Tues-Thurs) from 7.15 pm - 8.15 pm

Venue: Chinmaya Nursery, Behind Shalimar Hotel, Kemp's Corner

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

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### Upanishad Darshan (cont...)

(Taittiriya Upanishad)

Talks on Chapter 2 - Brahmananda Valli

27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> April 2015 (Mon-Wed)

& 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> June 2015 • 7.15 am - 8.15 am

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



## Sessions by Swami Swatmananda

### “Silver Lining” - Monsoon Camp 2015

**Text : Guru Paduka Stotram**

*Mid-Week Camp for Study Groups  
Devi Groups/Chinmaya Mission Members*

Wed., 15<sup>th</sup> July - 10.00 am to Thu., 16<sup>th</sup> July 2015 - 3.30 pm

#### **Camp Highlights :**

- Visit to Chinmaya Jeevan Darshan
- Bhajans (sung by campers) ● Aarti at Maruti and Ganesh Mandir
- Satsang by Swamiji ● Meditation ● Movie followed by Group Discussion
- Paduka Puja ● Games & Activities

Minimum Camp Donation per person (without transport) :  
*(early bird discount for registration before the 10<sup>th</sup> of July)*

1200/- for triple occupancy

2000/- for double occupancy

2500/- for single occupancy

*(for registrations after the 10<sup>th</sup> of July,  
there will be an additional donation of Rs. 500/-)*

Bus from Panchsheel to Kolwan and back has been arranged at Rs. 1000/- per person. Please intimate us in advance to reserve your seat.

At Chinmaya Vibhooti, Kolwan ● Contact : 98205 04696

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## Shree Hanuman Jayanti Celebrations

On 4<sup>th</sup> April 2015 (Saturday)

8.00 am to 9.00 am - Puja

9.00 am to 5.30 pm - 108 times Chanting of Hanuman Chalisa

Venue : Chinmay Sagar, Panchsheel Bldg, Churchgate.



## Corporate Workshop by Swami Swatmananda

Chinmaya Mission Mumbai  
welcomes you to its 6<sup>th</sup>  
**Corporate Workshop on**  
**“Success & Beyond”**

6<sup>th</sup> June, 2015 • 9.00 am to 4.00 pm

### Highlights

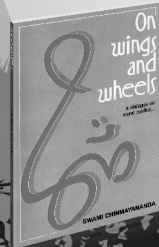
Insights by Shri Ajay Piramal & Swami Swatmananda  
Interactions, Exercises, Movie clips & Activities  
Q n A with Meditation for Success  
Early Bird Registration at Rs 4000/-

“Success is a tribute that life pays to Excellence” - *Swami Chinmayananda*



## Love for God

*Love for God cannot be restricted to God as an individual only.  
It also expresses itself as love for the community,  
love for the country, love for the Lord in all.*



To get your copy contact

Chinmaya Vani @ Mumbai Centres. Refer to Page # 4



**CSK**



**Chinmaya Setukari  
&**

**Chinmaya Yuva Kendra**  
(Global Youth Wing of Chinmaya Mission)

*Chyk*

invite you to

# **Just DROP It**

**Dependency Regrets Obsession Pessimism - Just Drop It**

**By Swami  
Swatmananda**



*When Dependency is the shackle, Just DROP It!  
When regret is the obstacle, Just DROP It!  
When Obsession is bothering, Just DROP It!  
When Pessimism is overpowering, Just DROP It!*

**Gather joy Drops with a smile!  
Collect Opportunity Drops all the while!**

**When Selfishness Drops,  
there is no i & mine.  
When ego Drops,  
you experience the Divine!**

**Camp Dates:**

**20<sup>th</sup> May (Wednesday) evening  
to 24<sup>th</sup> May (Sunday) afternoon**

**With Travel:**

**18<sup>th</sup> May 7am to 26<sup>th</sup> May 5am**

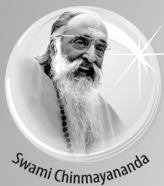


In life, there is much to Drop and many Drops to gather. We Drop relationships but hold on to hurts.

We Drop values and gather valuables. We drop fitness and collect unhealthy addictions.

What to DROP? How to Drop? How much to Drop? Discover your answers at the Just DROP It Camp.

**Drop everything else and Drop in at Just DROP It! Just Do It! Now!**



Swami Chinmayananda



## Highlights

*DVD Clips of Swami Chinmayananda*

*Interactive sessions on DROP  
by Swami Swatmananda*

*Workshops by Successful Professionals*

*Treasure Hunt, Games, Group Discussions,*

*Meditation, Havan in the Himalayas*

*& much more...*

**Age Group: 13 to 45yrs**

**(Exclusive sessions will be taken for various age groups)**

**Venue**

**Chinmaya Tapovan Trust,  
Sidhabari, Near Dharamsala,  
Himachal Pradesh**

### **Contribution:**

- Camp Contribution: Rs.3500/- (Includes Stay, food in the ashram, camp material)
- Travel: Rs.3000/- ( includes 2 Sleeper travel Mumbai-Chakki Bank - Mumbai & Bus transfer from Chakki bank to Sidhabari Ashram, Sidhabari to Jalandhar on return)

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

**Last date of Registration: For camp + travel with us - 15<sup>th</sup> March 2015.**

**Only for Camp - 15<sup>th</sup> May 2015.**

**To register please fill up the form at - [goo.gl/Bkhtyn](http://goo.gl/Bkhtyn)**

### **Instructions:**

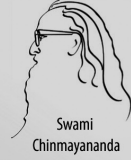
- We are leaving Mumbai by Swaraj Express on 18<sup>th</sup> May morning and return on 26<sup>th</sup> May 5.30am at Mumbai Central by Golden Temple Express. If you would like us to book your tickets in second class sleeper, please register before - 15<sup>th</sup> March 2015. After that we will not be able to book the travel. You are welcome to make your travel arrangements by any other class or by Air & reach the venue. To book by air, the nearest Airport is Kangra Airport. Mumbai-Delhi-Kangra is the route.
- Food at the ashram will be our responsibility. Food during all the travel has to be managed by the participant.
- Sightseeing in Mcleodganj, Dharamsala, Kangra etc. will be held on one day. It is optional and will be charged Rs.500 Extra.  
Chinmaya Setukari Members can bring their kids. Some CHYKs/Yuvaveers will engage them during sessions.
- A meeting of campers will be held on 17<sup>th</sup> May 2015(Sunday) at Powai Ashram. Attendance is compulsory.





**Chinmaya Mission Mumbai**

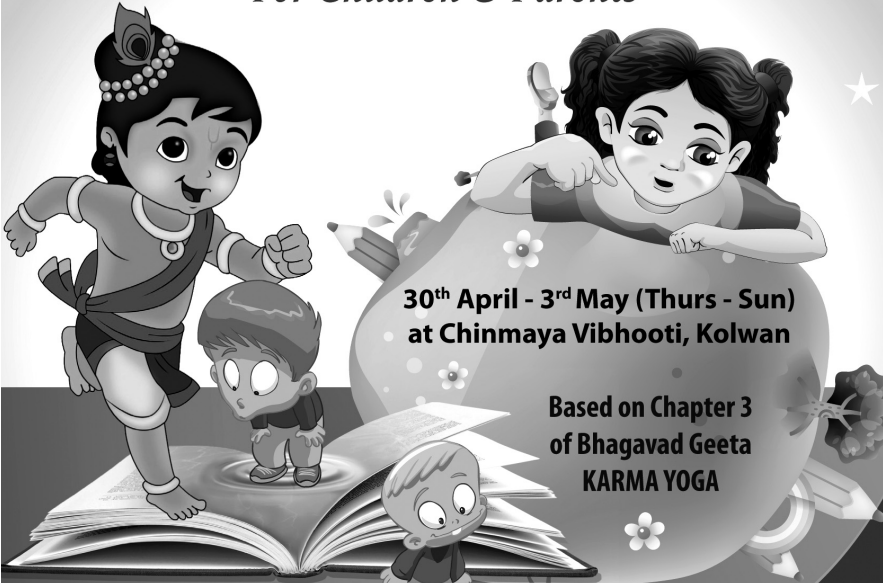
welcomes you to



# *Geeta for Children*

*Annual Balavihar Summer Camp*

*For Children & Parents*

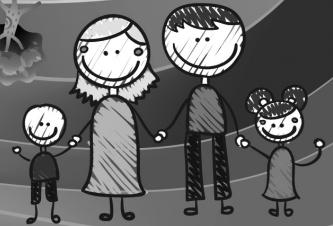


**30<sup>th</sup> April - 3<sup>rd</sup> May (Thurs - Sun)  
at Chinmaya Vibhooti, Kolwan**

**Based on Chapter 3  
of Bhagavad Geeta  
KARMA YOGA**

with

**Swami Swatmananda,  
Br. Pavan Chaitanya, Brni.Nidhi Chaitanya,  
Br.Yukt Chaitanya, Br.Ved Chaitanya  
& Balavihar Sevikas of Chinmaya Mission Mumbai**



**Please refer to Pg. 17 for details**

**Age Group: 2 to 4yrs, 5 to 8yrs, 9 to 12yrs.  
Includes Special sessions for Parents also.**





*Thoughts in an individual,  
expressed in the outer world of objects  
become his actions.*

*- Swami Chinmayananda*



*With Best  
Compliments from*

***Gambhir Family  
Charitable Trust***



*Wish Best Compliments from*

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*Importers & Stockists of  
Solvent Media, Pvc, Flex Material.*



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Vikhroli (West),  
Mumbai - 400 079. India*

*Tel.: 91-22-2518 6304-06  
Telefax: 91-22- 2518 6304-06  
Email: [punitgambhir@gmail.com](mailto:punitgambhir@gmail.com)*





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*960, Juhu Beach, Mumbai - 400 049.*



*Wish Best Compliments from*

*a*

***Well Wisher***



*In short, the ability to love  
and express it in action are  
the requirements in gathering  
more and more friends.  
In fact, 'love in action' is  
the heart of all religions.*

**With Best  
Compliments from**

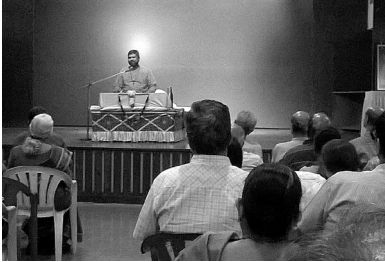


**Mrs. Shakuntala L. Butany**

# Chinmaya Mahima Zone

(Mahim to Dadar and Sion to Parel)

**'Live in Style' - Satsang by Sw. Sacchidanandaji on 28th Feb. @ S.I.E.S. school, King Circle.**



Important Points -

1. Present way of living for happiness is nothing but accumulating worries.
2. Unlike animals we have the faculty of discrimination i.e. an intellect to be able to live happily here and the here-after (after death).
3. For that we have to work for it. We have to live our lives and nobody can live it for us.
4. We have to change, not externally but internally i.e. we have to change our attitude towards the outside world of objects.

5. We should live here as a guest without possessing anything and make the best use of the Lord's blessings.

6. Guests always gets the best treatment and not the resident. So live like a guest in this world.

7. This is the Life Style one should adopt so that one will be happy while Living and also while Leaving!!!

**'Dynamic Parenting the Gita way - Satsang by Br. Ved Chaitanya on 14th March @ Ram Mandir, Wadala.**



1. There is no magical formula/solution/potion to handle all children. Each parent has to find out what is best solution according to the situation.

2. We say children are disobedient, disrespectful, rebellious, indiscipline, etc. This is our complaint, which is the universal problem & has always been there!
3. On analysis we understand that our main problem is our ego & attachment towards our children (I-ness & my-ness).
4. Solution for this is to understand that the children belong to God. We are the instruments in His hands appointed to carry out a particular task of parenting.
5. We have to be like a gardener i.e. prepare the soil, sow the seed, give the conducive environment & then wait!
6. To bring change in them, first we have to change. They learn by seeing us & not by listening to us.
7. Not to impose our ideas on them – our way may be right; but that's not the only right way. Avoid ordering as nobody likes to be ordered.
8. Not to fulfill our desires through them – let them do what they want.
9. Teach them what we want; but in the way they want to learn!
10. Pamper them for the first five years, next ten years be strict with them and when they turn 16 become their friend.

---

## Chinmaya Swaranjali Classes

Every Sunday 3.00 to 4.30 pm

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

Contact: Poomima 9833563430 / Vivek Bhat 9819553720

---

## Talks Series on Bhagawad Geeta

### Chapter II (Sankhya Yoga)

by Br. Yukt Chaitanya

every Wednesday 6.30 - 7.30 pm. starting from 25<sup>th</sup> March

Venue: Erica, 1<sup>st</sup> Floor, Dosti Acre, Wadala (E),

Next to Antop Hill Bus Depot

Contact : Smt. Shaila Namjoshi 9867649116



## Jnana Yagna by Swamini Mangalananda

### Sadhana Panchakam (in Hindi)

13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> May, 2015 • from 5.00 pm to 6.30 pm

Venue : Chinmaya Mahima, Opp. Paradise Talkies, Kapad Bazar  
Road, Mahim West, Mumbai - 16.

Contact - Smt. Vijaya Mujumdar on 9930955288

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### 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

---

### 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 1<sup>st</sup> & 3<sup>rd</sup> Saturday of every month • 6.30 pm - 8.00 pm

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

Contact : Smt. Bina Sheth - 24081371 / 9870296633  
Smt. Mangala Panchpakesan - 9892167138

# **Chinmaya Jayam Zone**

(Bandra, Khar, Santacruz, Vile Parle)



Sessions by  
**Swamini Krishnapriyanandaji**

## **Hanuman Jayanti Celebrations**

**Puja, Bhajans & 7 times chanting of Hanuman Chalisa**

4<sup>th</sup> April 2015 Saturday • 4.30 to 6.30 pm

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

All Are Cordially Invited



## **Guru Purnima Celebrations**

**Guru Paduka Puja, Bhajans & Guru Stotram**

1<sup>st</sup> August 2015 • 4.30 to 6.30 pm Saturday

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

All Are Cordially Invited



## **Rudra Abhishek Shraavan Somvar**

7<sup>th</sup> September 2015 • 10.00 am. to 11.30 pm.

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

All Are Cordially Invited

Sessions by  
Swamini Krishnapriyananda (cont...)

Lectures And Meditation  
Based Upon Kathoupanishad

6.00 pm to 7.30 pm

- Atma Va Are Drishtavyha - 9<sup>th</sup> May 2015 Saturday  
Atma Va Are Shrotavyaha - 6<sup>th</sup> June 2015 Saturday  
Atma Va Are Mantravyha - 4<sup>th</sup> July 2015 Saturday  
Atma Va Are Nidhidhyasana - 8<sup>th</sup> August 2015 Saturday

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

All Are Cordially Invited

Screening of Movie  
'The Quest'

on 19<sup>th</sup> April, 2015

@ 9.15 am

Venue: Globus Theatre, Hill Road,  
Near Baba Hospital, Bandra, Mumbai - 50.

Contact :

Meenaji - 9223413586

Pratibhaji - 9820602890

*Limited Seats*

*Seats available on first-cum-first-serve basis*







## Sessions by Brni. Nidhi Chaitanya

### The Spiritual Saturday Series

Think, Learn & Live Spirituality

6.30 pm to 8.30 pm

- 25<sup>th</sup> April 2015 - Stress v/s Inspiration
- 13<sup>th</sup> June 2015 - Religion v/s Spirituality
- 11<sup>th</sup> July 2015 - Guru v/s Teacher
- 22<sup>nd</sup> August 2015 - Ego v/s Confidence
- 19<sup>th</sup> September 2015 - Love v/s Detachment
- 10<sup>th</sup> October 2015 - Karma v/s Action
- 31<sup>st</sup> October 2015 - God v/s Truth
- 21<sup>st</sup> November 2015 - Meditation v/s Life

**Sessions will Include Discussion, Quiz, Printed Notes,  
Chanting, Guided Meditation, Games & Activities.**

*Suggested Donation to Support the Cause: Rs. 250 per session  
(your contribution will help us meet the expenses of venue, printing, study material, etc.)*

*Participants attending all 9 sessions will be awarded special certificates &  
become eligible for advanced studies*

Venue : National College, Linking Road, Bandra (W)

To register, contact : Meena Ruparel - 92234 13586



### 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 Jayam- Santacruz**

**Presents**

# **Book Sale**



- **The Holy Geeta**
- **Kindle Life**
- **Art of Man Making**
- **Various Upanishads**
- **Mantra Japa Books**
- **Chinmaya Book of Hymns**

**Books, shall be available at  
101 garden crest, west Avenue Road,  
Santacruz west, Mumbai-400054**

**Time: 10am to 12 noon**

**Contact: Inder Bhatia :9820218894**

**Mail: chinmayajayam@gmail.com**

*With Best Compliments from :*

**Venus Engineering Works & Foundry Pvt. Ltd.**

**Queen's Diamond, 5, M.PMarg, Mumbai - 4. • Tel : 24926500.**

# Chinmaya Prakash Zone

(Andheri & Juhu)

## Inauguration of Chinmaya Priyam

Chinmaya Priyam was inaugurated on 19<sup>th</sup> February in the divine presence of Pujya Guruji, Swami Swatmanadaji, Br. Pavan Chaitanya, Brni. Nidhi Chaitanya and Br. Yukt Chaitanya. Various dignitaries from Chinmaya Mission Executive committees also graced the occasion.

Pujya Guruji gave a short and very sweet talk explaining the meaning of the word Priyam. He said Priyam means "priya". Hanuman is also known as "Ram Priyam". It may mean two things.... Ram is dear to Hanuman or that Hanuman is dear to Ram! In the same way Chinmaya Priyam may mean that Gurudev is dear to us or it may mean that we are dear to Gurudev. Guruji also said that selflessness is nothing but selfishness of the highest order. Nothing is selfless. Entire universe encompass my own Self hence there is nothing "selfless". He went on to explain that how when we look at our own reflection or picture we are delighted, it's "Priya" to

us. It's me, me and me. Same way when we know the entire creation, all things and beings as our own reflecting Self, we will feel delighted and the universe is "Priya" to us.

All the Zonal Committee and Executive Members felt very inspired by Guruji's talk and said they looked forward to new classes and Satsangs in the Center. Prasad packets were given to all as they left.

Talks on "**Inspiration Exchange - Worry Management** by Brni. Nidhi Chaitanya @ Chinmaya Priyam on February 24th.

Important points :

1. As long as we can handle a problem it's not stress
2. Success -(minus) stress = skill + (plus) strength
3. Being calm is direct antidote to worry
4. Stop brooding over problems. Try to solve them
5. The more you sweat in peace the less you bleed in war. So practice staying calm always

6. Learn to stick to decisions
7. Learn to respond not react
8. We should choose a higher goal for ourself which helps us uplift ourself.

Talks on **Geeta Darshan** on **Jnana Karma Sanyasa Yoga** (Chapter 4) by **Brni. Nidhi Chaitanya @ Chinmaya Priyam, Juhu.**

Important points:

1. Bhagvan creates Himself whenever there is growth of Adharma and risk to Dharma, to destroy the evils and to protect the good people
2. One has to win over 3 main things: attachment, fear and anger and have complete faith and surrender to the Lord.
3. The difference between Bhagvan's karma and ours is: He doesn't get attached with His karma or doership. Bhagwan has balance in any dhwandwa also.
4. Difference between Karma, Akarma and Vikarma were beautifully described.
5. Concept of Punarjanam, the 4 caste systems, and the different Yagnas were all explained in detail with examples that we could all relate to.

**Geeta Way of Life (Chp. 1-3),** class by **Brni. Nidhi Chaitanya** from **Feb. 10 to Feb. 14, 2015**

Important points:

1. We seek happiness because it is our nature. To know our true nature, we need knowledge.
2. Have goal and role clarity. If I forget why exactly I am where I am, doing what I am doing, then there is danger of succumbing to Arjuna disease!
3. Death is a mere change. It is inevitable. Give up fear and anxiety for death and all rest fears will go.
4. Detachment is 100% acceptance and accept life gracefully.
5. See every sorrow as an opportunity to grow and evolve.
6. Give up brooding on desires. Hold on to the higher to give up the lower.
7. Avoid anger, it clouds the intellect and makes us venerable.
8. Do your duties and accept every result as his Prasad.

**Geeta through Stories** is a new weekly class that started on 20th February in Chinmaya Prakash, Lokhandwala. Brni.

Nidhi Chaitanya explained the first verse of the 15th chapter through stories. Practical tips on application of Geeta in daily life

were also given. All 20 verses are going to be explained through stories and people are looking forward to future classes.

---

## New Discussion Group for Youth in Juhu

Age-group: 18 to 30 years

### Self Unfoldment

by Swami Chinmayananda

Every Sunday 11.00 am - 12.30 pm

(Starting 5<sup>th</sup> April 2015)

**Sevak: Abhishek Dave**

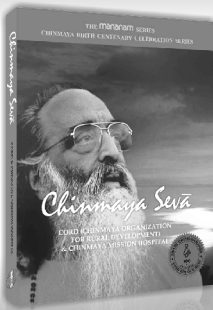
Venue: 505-B, Silver Beach Apartments,  
Opp. Juhu Post Office, A.B.Nair Road, Juhu,

**Entry Free**

*For details and to register, Contact: Abhishek 9892438002*

---

*Service: It's Love Made Visible*



*New Release*

Extensively covering the vision behind and the history of CORD and CM Hospital, it offers inspiring vignettes of how Chinmaya Mission has reached out to serve people from all walks of life.

To get your copy contact

Chinmaya Vani @ Mumbai Centres. Refer to Page # 4





# Sessions by Brni. Nidhi Chaitanya

## Unto Him a Guru-Bhakti Sadhana Camp

*On the Auspicious Occasion of Gurupoornima and  
Chinmaya Aradhana Day*

31<sup>st</sup> July 2015 - Friday 12.00 Noon **Gurupoornima Day** to  
3<sup>rd</sup> August 2015 - Monday 12.00 Noon **Chinmaya Aradhana Day**

Venue: Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi,  
District Pune - 412108.

*Unto Him camp is an offering to the Guru, a celebration of the most beautiful Guru-sishya relationship, an expression of gratitude to the Glorious Lineage of Spiritual Masters which expresses in our lives as our beloved Gurudev Sw. Chinmayananda...*

*As we celebrate the Birth Centenary Year of the Master, we welcome you to join us this Gurupoornima & Chinmaya Aradhana day at the UNTO HIM camp in Chinmaya Vibhooti...*

### Camp Highlights:

- Talks based on "Guru Paduka Stotram"
- Samashti Paduka Pooja, Bhajans and Chantings of Hymns to the Guru
- Evening Satsangs on "Krtagyataa"
- Practical understanding of role of Guru in modern life
- Sadhana and Meditation on the Guru

### Donation:

Rs.3000 per head (for shared accommodation) **(Excluding Travel)**

Rs.4000 per head (for shared accommodation) **(Including Travel)**

Rs.1000 extra for Individual Accommodation

To Register, Call : 9821661914 / 9819904606 or

Email:chinmayaparakash.andheri@gmail.com

Registrations for this Camp will be accepted **ONLY IN JUHU/ANDHERI**  
centre of Chinmaya Mission Mumbai

Venue: Acharya, Chinmaya Mission, Andheri West & Juhu, Mumbai.



## Sessions by Brni. Nidhi Chaitanya

### Geeta Way of Life

Talks on Practical Tips from the Bhagawad Geeta in Lokhandwala

6.00 pm - 7.30 pm

7<sup>th</sup> - 11<sup>th</sup> April 2015 (Tue - Sat) : Chapter 7 - 9

23<sup>rd</sup> - 27<sup>th</sup> June 2015 (Tue - Sat) : Chapter 10 - 12

14<sup>th</sup> - 18<sup>th</sup> July 2015 (Tue - Sat) : Chapter 13 - 15

8<sup>th</sup> - 12<sup>th</sup> September 2015 (Tue - Sat) : Chapter 16 - 18

Attendance by Registration Only. Limited Seats. Enrol Soon.

Venue: Excellency Building Community Hall, 4th Cross Lane,  
Lokhandwala Complex, Andheri West

Call - 9320286048 or Write to: chinmayaprakash.andheri@gmail.com

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### Inspirations through Movies

(Interactive Sessions for 13 - 15 year olds)

**Movie "October Sky"**

21<sup>st</sup> June 2015 (Sunday) 3.00 pm - 6.00 pm

**Movie "Karate Kid"**

9<sup>th</sup> August 2015 (Sunday) 3.00 pm - 6.00 pm

**Movie "Akeelah & the Bee"**

15<sup>th</sup> November 2015 (Sunday) 3.00 pm - 6.00 pm

Contact : Swati - 9819904606

or write to chinmayaprakash.juhu@gmail.com

Entry Free. but Participation by registration only.



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

## Geeta Through Stories

Talks based on Chapter 15 of the Bhagawad Geeta

in Lokhandwala

Every Friday 6.00 pm - 7.30 pm

- *Weekly Talks based on Chapter 15 of the Bhagawad Geeta*
- *20 verses explained through 20 unique stories*
- *Systematic word-by-word explanation of every shloka*
- *Practical Tips on Application of Geeta in Daily Life*

But attendance is by registration only.

Limited seats. Enrol soon to avoid disappointment.

Venue: Chinmaya Prakash, 4<sup>th</sup> Cross Lane, Lokhandwala.

*For Venue & other Details, Call 9320286048*

*or Write to: chinmayaprakash.andheri@gmail.com*

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## Geeta Darshan

Monthly Talks on Bhagawad Geeta; Systematic word-by-word explanation of Bhagawad Geeta; Practical Tips on Application of Geeta in Daily Life; Detailed Study of all 18 Chapters of Bhagawad Geeta

11.00 am - 12.30 pm

20<sup>th</sup> - 24<sup>th</sup> April (Mon-Fri) ● 15<sup>th</sup> - 19<sup>th</sup> June (Mon-Fri)

20<sup>th</sup> - 24<sup>th</sup> July (Mon-Fri) ● 17<sup>th</sup> to 21<sup>st</sup> August 2015

Venue : Chinmaya Priyam, F5, Jain Vihar,  
Swastik Society, NS Road # 3, Juhu Scheme.

Write to: chinmayaprakash.juhu@gmail.com

or Contact: Swati - 9819904606

**Entry Free, but Attendance is by Registration Only.**



# Sessions by Brni. Nidhi Chaitanya

## Sadhana Studio

(weekly Spiritual Sadhana Practice for ladies)

**Facilitator: Smt. Suhasini Lohia**

Every Thursday 3.00 pm - 4.30 pm  
Starting 2<sup>nd</sup> April 2015

- Week 1 : 108 times Gayatri Mantra Chanting
- Week 2 : 7 times Hanuman Chalisa Chanting
- Week 3 : 108 times Mahamrtyunjaya Chanting
- Week 4 : Vishnu Sahasranamavali Archana

*In those months which have 5 Thursdays,  
the 5<sup>th</sup> Week will be a surprise Satsang!*

### **Contribution:**

*The sessions are free. The members can make  
an optional monthly contribution to support the Cause*

### **Eligibility:**

*The sessions are open to ladies only.  
NO Prior Knowledge of Sanskrit or Chanting Needed.*

***Please register in advance as prasad etc will need to be  
organized according to number of participants attending.***

Venue: B-34, Varsha Building, Gulmohar Cross Road#4,  
JVPD, Juhu, Andheri (East).

Contact: Swati - 9819904606 or write to us at  
chinmayaprakash.juhu@gmail.com

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

## #inspirationXchange

Interactive Sessions for 25 - 45 year olds

based on The Holy Geeta

8.00 pm - 9.30 pm

**Eligibility : 25 - 45 year olds only**

- April 21<sup>st</sup> Tuesday : Selflessness in a Selfish World  
June 2<sup>nd</sup> Tuesday : Attitude of Gratitude  
June 16<sup>th</sup> Tuesday : Reality of Renunciation  
June 30<sup>th</sup> Tuesday : Meditation & Life

Venue: Chinmaya Priyam, F5, Jain Vihar, Swastik Society,  
NS Road#3, Juhu Scheme

Entry Free. but Participation by registration only.

Contact : Shraddha Dalal - 9819775061

or email us on chinmayaparakash.juhu@gmail.com

or register online: <http://goo.gl/forms/XnocWCZQB8>

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**Chinmaya Yuva Kendra (CHYK) welcomes you to**

## DIY

**Dialogues for Inspired Youth**

(Interactive Sessions for 16 - 24 year olds)

**YUP - Your Undiscovered Potential**

15<sup>th</sup> April 2015 (Wednesday) 7.00 pm - 7.45 pm

Venue- Chinmaya Priyam, N. S. Rd. No 3, Juhu Scheme.

Contact : Swati - 9819904606

or write to [chinmayaparakash.juhu@gmail.com](mailto:chinmayaparakash.juhu@gmail.com)

Entry Free. but Participation by registration only.



## Sessions by Brni. Nidhi Chaitanya

### Summer Courses for Teens & Youth

### WOW - With Or Without

#### 1 Month Course for Youth based on Bhaja Govindam

5<sup>th</sup> - 30<sup>th</sup> May 2015

on Every Tuesday, Thursday & Saturday 11.00 am - 12.30 pm

Eligibility: 16 - 24 years only

Contribution: Rs. 100 per head

Venue : Chinmaya Priyam, 5, Jain Vihar Building,  
Swastik Society, 3<sup>rd</sup> Road, Juhu Scheme.

Contact : Swati - 9819904606  
or write to chinmayaprakash.juhu@gmail.com

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### SMS - Sure Mantras for Success

1 Month Course for Teens Based on Hanuman Chalisa

11<sup>th</sup> - 31<sup>st</sup> May 2015

on Every Monday, Wednesday, Friday 11.00 am - 12.30 pm

Eligibility: 13 - 15 years only

Contribution: Rs. 100 per head

Venue : Chinmaya Priyam, 5, Jain Vihar Building,  
Swastik Society, 3<sup>rd</sup> Road, Juhu Scheme.

Contact : Swati - 9819904606  
or write to chinmayaprakash.juhu@gmail.com

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

### **Being Consistent in Daily Life**

4<sup>th</sup> June 2015 (Thursday) 7.00 pm - 8.30 pm

Venue: Juhu Gymkhana, Plot No U/13, NF 13<sup>th</sup> Road,  
Opp Juhu Bus Depot, JVPD Scheme, Juhu

Entry Free ● All are welcome ● Contact Swati : 9819904606

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### **Making Meditation a Way of Life**

18<sup>th</sup> July 2015 (Saturday) 11.00 am - 12.30 pm

Venue: Juhu Gymkhana, Plot No U/13, NF 13<sup>th</sup> Road,  
Opp Juhu Bus Depot, JVPD Scheme, Juhu

Entry Free ● All are welcome ● Contact Swati : 9819904606

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### **Managing Irritability & Anger**

Date: 9<sup>th</sup> July 2015 (Thursday) 7.00 pm - 8.30 pm

Venue: Oberoi Springs Banquet Hall, Oberoi Springs Building,  
Opp Citi Mall, Off Link Road, Andheri West

Entry Free ● All are welcome ● Contact Swati : 9819904606

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### **Making Right Decisions**

Date: 5<sup>th</sup> August 2015 (Wednesday) 7.00 pm - 8.30 pm

Venue: Oberoi Springs Banquet Hall, Oberoi Springs Building,  
Opp Citi Mall, Off Link Road, Andheri West

Entry Free ● All are welcome ● Contact Swati : 9819904606



## Sessions by Swami Swatmananda

### Dip-in-Scrip 2015

3-DAY NON-RESIDENTIAL COURSE  
Based on Adi Shankaracharya's Bhaja Govindam

Part 1 - 25<sup>th</sup> July Saturday - Examining Life

Part 2 - 3<sup>rd</sup> Oct. Saturday - Managing Priorities

Part 3 - 7<sup>th</sup> Nov. Saturday - Spiritual Practices For Daily Life

7.00 am - 5.30 pm

Venue: Juhu

07.00 am - 08.30 am	-	SESSION 1
08.30 am - 09.15 am	-	Breakfast Break
09.15 am - 10.45 am	-	SESSION 2
11.00 am - 12.30 pm	-	SESSION 3
12.30 pm - 01.15 pm	-	Lunch Break
02.00 pm - 03.30 pm	-	SESSION 4
03.15 pm - 04.15 pm	-	SESSION 5
04.15 pm - 04.30 pm	-	Tea Break
04.30 pm - 05.30 pm	-	SESSION 5

#### Suggested Donations:

Rs.1500 per head, per day

Rs.3000 per head for combined registration for all 3 days

(to support logistic expenses such as cost of Venue, food, study material, etc)

To Register, Contact : Swati - 9819904606

Or Write to: chinmayaprabakash.juhu@gmail.com

# 1-Year Foundation Vedanta Certificate Course 2015

(through Chinmaya International Foundation, Kerala)

## Register Soon to avoid Disappointment

Registrations on first-come-first-serve basis ONLY

5 New Batches in Juhu & Lokhandwala launching shortly

**Contribution: Rs.3500**

THIS IS NOT A TUITION FEES. This donation is towards the printed study-material, xeroxed notes, chanting text books, questionnaires and certification.

The Course by itself is FREE.

## Upcoming Batches in Juhu

**Sri. Mukul Patel**

Sunday 11.00 am - 12.30 pm • 7<sup>th</sup> June 2015

Contact: Meghna - 9820462201

**Smt. Meghna Patel**

Tuesday 11.00 am - 12.30 pm • 7<sup>th</sup> July 2015

Contact: Meghna - 9820462201

**Sri. Advait Chitalia**

Saturday 9.30 am - 11.00 am • 20<sup>th</sup> June 2015

Contact: Swati - 9819904606

## Upcoming Batches in Lokhandwala

**Smt. Usha Munshi**

Thursday 7.00 pm - 8.30 pm

20<sup>th</sup> August 2015

Contact: Usha - 9820304242

**Smt. Anu Oberoi**

Saturday 8.00 am - 9.30 am

25<sup>th</sup> July 2015

Contact: Anu - 9820113899

For details and enquiries, you can also write to us on  
[chinmayaparakash.courses@gmail.com](mailto:chinmayaparakash.courses@gmail.com)



# Chinmaya Bhakti Zone

(Goregaon to Bhayandar)



Session by  
**Br. Pavan Chaitanya**

## Taittiriya Upanishad

for Spiritual Seekers

19<sup>th</sup>, 26<sup>th</sup> April  
6.30 pm - 7.30 pm

Venue : Chinmaya Bhakti, I-001 Ekta Bhumi Gardens,  
Rajendra Nagar, Borivali (E).

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## Study of Srimad Bhagavatam

(in Hindi)

13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> April, 2015

(Limited Seats - Register yourself early)

Venue : Chinmaya Bhakti, I-001,  
EktaBhoomi Gardens, Rajendra Nagar, Borivali (East),  
Mumbai - 400 066

Contact - 65235162

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## Life is a Gift, Living is an Art

based on Geeta Chp. 2 - Sttitha Prajna Lakshana - Man of Perfection

24<sup>th</sup> to 26<sup>th</sup> April 2015

Venue: Vivek Vidhyalaya, Goregoan (E)

Contact: (022) 65235162

All are Cordially Invited

# Sessions by Br. Pavan Chaitanya (contd...)

## Hanuman Jayanti Celebration

With Chanting of Hanuman Chalisa & Pooja.

4<sup>th</sup> April 2015 • 5.00 pm - 6.30 pm

Venue: Chinmaya Bhakti, I-001, EktaBhoomi Gardens,  
Rajendra Nagar, Borivali (E), Mumbai - 400 066.

For Pooja Bookings: (022) 65235162 • All are Cordially Invited

## 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



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Puja Gurudev  
Swami Chinmayanandaji  
on



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**Bhakti Sagar TV Channel**

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**Vivekachoodamani**

(Monday to Friday 7.30 am - 8.00 am)

Upanishad Ganga Telecast every Sunday - 7.30 am - 8.00 am

# Jagadeeshwara Zone

(Powai)

## Geeta Dhoota session:

Chinmaya Jagadeeshwara Zone organized a Geeta Dhoota session for parents of balvihar children and others on 22<sup>nd</sup> February 2015, Sunday at Bal Mandir in Powai ashram between 10.00 am and 12.00 pm.

Around 15 participants attended the session which was very ably conducted by Shri. Someshwarji.



At the end of the session, the CDs of the 15<sup>th</sup> chapter were given to all the participants who would listen to it in order to become well-versed and follow up after a month to volunteer their services for the Geeta chanting competition. Some of them also agreed to become Geeta Vidyarthi Yajmans to sponsor children for the competition.

*-Compiled by Sandhya Rajesh*



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Email: [enquiries@chinmayashish.com](mailto:enquiries@chinmayashish.com) or Call: +91 22 2857 9525

# Chembur - Ghatkopar Zone

'Tame the Mind' a Satsang by  
Br. Sujay Chaitanya (CM -  
Mangalore) on 15<sup>th</sup> March @  
Saraswati Vidyalaya, Chembur

Important Points -

1. Dharma of the mind is to be fickle and hence difficult to control.
2. The goal of every human being is to get Unlimited Happiness for Unlimited Time.
3. But this untrained & wandering mind makes it imposible to reach the goal.
4. Common techniques used by people to tame the mind and break free from its limitations -

*Indulgence* - here one fulfills all desires emanating from within, but after fulfilling one desire, one is not happy, because of fire for desire burns more and more. He quoted 8 types of disappointments on account off indulgence.

*Supression* - here one tries to suppress the mind by punishing oneself with fasting, or by punishing the body etc. etc. This method is also not feasible because it gives temporary solution.

*Escapism* - here one diverts the mind by assigning different tasks to the mind, but on completion of the tasks, again the mind craves for more tasks resulting in unhappiness.

*Sublimation* - here one attaches oneself to a higher goal (spirituality) and selflessly serves GOD and humanity. Thus resulting in the loss of interest in lower goals and the mind attains peace and tranquillity.

This is a time-consuming process but recommended by all Mahatmas.

5. During the transformation period one should take the support of scriptures and be in the vicinity of Mahatmas and offer all actions and also the fruits of action to GOD.

6. A time-tested technique and once mastered the mind becomes quiet and meditation takes place very naturally.

The Satsang was followed by a question & answer session and Sujayji's answered everyone's satisfaction as his answers were appreciated by all.



# Geeta Jnana Yagna by by Swami Advaitananda

## **Bhagawad Geeta - Chapter 12**

*(Bhakti Yoga - in Hindi)*

21<sup>st</sup> April to 26<sup>th</sup> April 2015

Evening 7.30 pm to 9.00 pm



## **Know the Knower**

*(Drg Drsya Viveka, Contd.)*

*(in English)*

from 22<sup>nd</sup> April to 26<sup>th</sup> April 2015

Morning 7.00 am to 8.00 am

Contact : C. S. Dinesh (9820464489), Rajashekhar (9820131416)

Venue : Saraswati Vidyalaya, 11<sup>th</sup> Road,  
Near Chembur Post Office, Chembur (East), Mumbai - 400 071



## **Atmabodh (New Study Class)**

Every Monday, 7.00 pm to 8.30 pm from 5<sup>th</sup> 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.*

## **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: 14<sup>th</sup> December - 2014

Sunday 6.00 pm - 7.30 pm

Venue: Kurla (E) • Contact : 9969424587

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## **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

---

## **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*

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# CHINMAYA NAADA BINDU

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- BEGUM PARWEEN SULTANA (HINDUSTANI VOCAL)
- DR. JAYANTHI KUMARESH (VEENA)
- VIDVAN ABHISHEK RAGHURAMAN (CARNATIC VOCAL)
- VIDHA & ABHIMANYU LAL (KATHAK)



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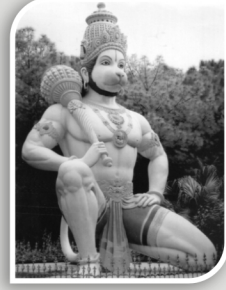
(Hindi)

AT CHINMAYA TAPOVAN ASHRAM,  
SIDHARI, HIMACHAL PRADESH

Camp Acharya: Swami Advaitanandaji  
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Date: 7<sup>th</sup> June, 2015 (4.00 pm to  
12<sup>th</sup> June, 2015 1.00 pm)

Topic: Amrit Bindu Upanishad  
Hanumat Charitra



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**CONTACT: SMT MADHURI RANE, PUNE - 09011718758**

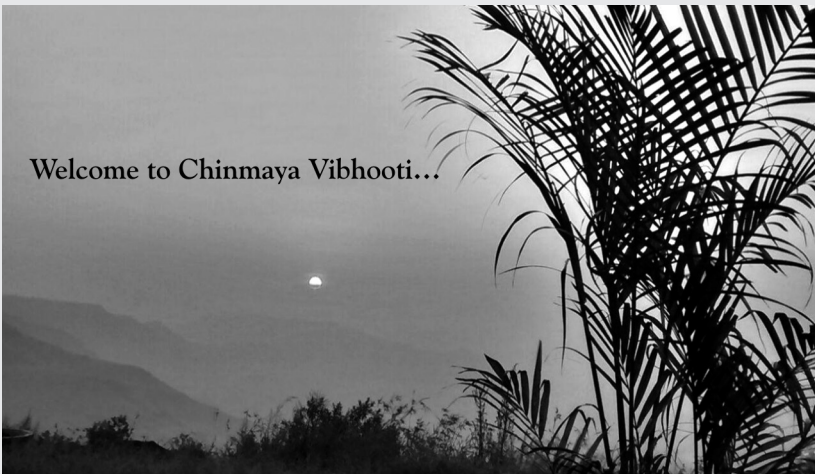
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## CONTACT DETAILS:

**CHINMAYA TAPOVAN TRUST,**  
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Email: ctthm@sancharnet.in  
ctt@chinmayamission.com





Welcome to Chinmaya Vibhooti...

... for a spiritual retreat on **Purusha Suktam** (in English)  
by Pujya Guruji Swami Tejomayananda  
(global head of Chinmaya Mission)

25<sup>th</sup> to 29<sup>th</sup> May 2015 (5-day camp)  
29<sup>th</sup> to 31<sup>st</sup> May 2015 (5<sup>th</sup> Naada Bindu Festival for the Arts)

*What are the processes and stages through which the Universe has emerged out in this act of Divine Yagna? These are most poetically visualised and sung in the Vedas.*

*This sublime song is the Purusha Suktam...*

*- Pujya Gurudev Swami Chinmayananda*

To register, please email [cvsawat@chinmayamission.com](mailto:cvsawat@chinmayamission.com) or  
Contact : +91-9689891959

Suggested donation (on a room-sharing basis):

**Rs 6400 per person (camp + festival)**

Rs 3500 per person (camp only)

Rs 3500 per person (festival only)

*This May, join us for an unforgettable experience...*



## Purusha Suktam Camp

25<sup>th</sup> to 29<sup>th</sup> May 2015 Highlights:

Talks by Swami Tejomayanandaji  
Talks by Swami Advaitanandaji  
(resident acharya)

Purusha Suktam **chanting Aartisat**  
Pranav Ganesh & Chinmaya Maruti  
Mandirs Your personal Journey with  
the Master at **Chinmaya Jeevan**  
**Darshan** Browsing at **Chinmaya**  
**Vani, Chinmaya Upahar &**  
**Shivashakti** for tokens & gifts

*Purusha Suktam is a song sung in  
praise of the Lord who is in the form of  
the entire Universe-Cosmic Purusha.  
Understanding the meaning of the  
Suktam one can worship God~Swami  
Tejomayananda*

## 29<sup>th</sup> to 31<sup>st</sup> May 2015

List of unmissable performances by  
world-class artists at the  
5<sup>th</sup> Naada Bindu Festival:

- Pt. Shivkumar Sharma (Santoor)
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- Vidushi Malini Rajurkar (H. Vocal)
- Dr. Jayanthi Kumaresh (Veena)
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Pujya Guruji Swami Tejomayanandaji, the head of Chinmaya Mission world-wide, is a visionary leader and devoted torch-bearer. Under his loving guidance, all activities and projects of Chinmaya Mission are flourishing, blessing the lives of thousands across the globe.

Not only is Pujya Guruji the acharya of the Purusha Suktam Camp, but he is also a favourite at the annual Naata Bindu Festival, as a guide, acharya and rasika!

*Chinmaya Vibhooti is the Vision Centre of Chinmaya Mission, in a scenic valley called Kolwan, near Pune-a most glorious and inspiring place to come to connect with Pujya Gurudev Swami Chinmayanandaji's life, work, and teachings, in a beautiful and lasting way. Unto Him Our Best!*

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

To register, please email [cvsawat@chinmayamission.com](mailto:cvsawat@chinmayamission.com) or

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Celebrating The Birth Centenary Year of  
Parama Puja Gurudev Swami Chinmayanandaji

## ALL MAHARASHTRA & GOA CAMP

(in Hindi, English & Marathi)

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(in Hindi)

by Pujya Guruji Swami Tejomayanandaji

23<sup>rd</sup> to 28<sup>th</sup> February 2016 (Tuesday to Sunday)

**Sw. Advaitananda**

**Ramayana**

(in Marathi)

Total 51 Acharyas of  
Maharashtra and Goa



**Sw. Swatmananda**

**Guru Stotram**

(in English)

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Guru Paduka Puja: Rs. 11,000. Aarati: Rs. 5,000  
Yajaman for the Whole Camp: 5 Lakhs, Yajaman for One Day: 1 Lakh

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

**For On-Line Registration** - [www.chinmayamission.com/pune](http://www.chinmayamission.com/pune)  
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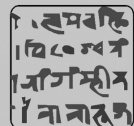
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Assisted by Brni. Anupama Chaitanya

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**Pujya Guruji Swami Tejomayananda**

(Head of Chinmaya Mission)

Venue: **Chinmaya Gardens, Coimbatore**

Dates: **16th July to 26th August 2015**

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Rs. 11,000 per person  
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Tel: +91 22 6789 3000 / +91 22 2553 1396

**Chinmaya Birth Centenary Celebrations -  
8<sup>th</sup> May 2015, Samashti Paduka Pooja Form**

To,

The Manager, Chinmaya Mission, F-3, Panchsheel Building, 'C' Road,  
P. M. Shukla Nirjhar Marg, Churchgate, Mumbai - 400020.

Tel. - 22884646, 22814646 ● Email - mumbaicm@gmail.com

Blessed Self, Hari Om! Salutations!!

I would be happy to launch the Birth Centenary Celebrations by offering Paduka Pooja on the occasion.

I am happy to participate as / offer (*please tick your choices*):

- Samashtipaduka Pooja Yajman - Rs. 500/- per person.  
 Mukhya Yajman for Paduka Pooja - Rs. 51,000/-  
 Upa-Yajman for Paduka Pooja - Rs. 25,000/-  
 Aarti Yajman - Rs. 11,000/-  
 Bhiksha to Acharyas & Devotees - Rs. 30,000/-  
 General Donation - \_\_\_\_\_

Please find enclosed the contribution of \_\_\_\_\_ by way of cash / cheque in favour of '**Chinmaya Seva Trust**' towards this event & the Chinmaya Birth Centenary Celebrations.

(The minimum suggested donation is Rs.500/- per person performing Paduka Pooja. If you donate more, it will all go towards 'Chinmaya Pradeep')

Together with me there will be \_\_\_\_\_ no. of persons who will be participating in the event.

(*Please fill up the number of people who are not going to do the Samashti Paduka Pooja and are coming to watch the programme.*)

Please organize Breakfast for \_\_\_\_\_ no. of people

With Prem & Om,

Name : \_\_\_\_\_ Area : \_\_\_\_\_

Cell No. : \_\_\_\_\_ City : \_\_\_\_\_

Email ID : \_\_\_\_\_ Pincode : \_\_\_\_\_

Address : \_\_\_\_\_

Please register before 1<sup>st</sup> May, 2015

Please submit your form at your local centres (Pg. 04)

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An offering unto Bhagawad Geeta

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



8<sup>th</sup> May 2014 - 8<sup>th</sup> 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