



e-Gyan

JULY 2026

Monthly Newsletter of Maharishi Organisation – India

महर्षि संस्थान भारत का मासिक सूचना पत्र

अंक - दो सौ छः Volume - 206

Website : www.e-gyaan.net



जीवन आनंद है आसक्ति नहीं

ब्रह्मचारी गिरीश जी

अध्यक्ष, महर्षि विद्या मन्दिर विद्यालय समूह

अर्जुन व श्रीकृष्ण के सापेक्ष का प्रत्येक जीवन पर प्रभाव पड़ता है। यदि आप स्वयं को अर्जुन मानते हैं तो आपका समर्पण अपने इष्ट के प्रति अर्जुन जैसा होना चाहिए। जब महाभारत के युद्ध में श्रीकृष्ण को आमंत्रित करने के लिए दुर्योधन श्रीकृष्ण के



निवास पहुँचते हैं तो पता चलता है कि वह विश्राम कर रहे हैं तब वह उनके शयन कक्ष में ही श्रीकृष्ण के सिरहाने की ओर बैठकर उनके उठने की प्रतीक्षा करने लगते हैं। कुछ ही समय पश्चात अर्जुन भी श्रीकृष्ण को महाभारत में अपनी ओर से सम्मिलित होने की इच्छा रखते हुए उन्हें आमंत्रित करने के

लिए श्रीकृष्ण के शयन कक्ष में चले जाते हैं। वहाँ वह दुर्योधन को श्रीकृष्ण के सिरहाने बैठा देखकर स्तब्ध हो जाते हैं। वह श्रीकृष्ण के भक्त थे अतः वह उनके चरणों की ओर बैठकर उनके जागने की प्रतीक्षा करने लगे। कुछ समय पश्चात जब वासुदेव श्रीकृष्ण जागे तो उनकी प्रथम दृष्टि अर्जुन पर पड़ी और उन्होंने कहा हे पार्थ कैसे आना हुआ? इस पर शीघ्र ही दुर्योधन बोल उठे द्वारकाधीश मैं अर्जुन के पहले से आपके जागने की प्रतीक्षा कर रहा था। अतः आप मुझे अर्जुन से पहले युद्ध में आमंत्रित करने का अवसर प्रदान करें। श्रीकृष्ण बोले संभवतः यह सत्य है किंतु मैंने, मेरे जागने के पश्चात सर्वप्रथम अर्जुन को देखा। अतः मैं पहले अर्जुन को यह अवसर दूँगा कि वह मुझे युद्ध में आमंत्रित करे। परन्तु आप दोनों ध्यान से सुनें मैं इस युद्ध में अस्त्र, शस्त्र नहीं धारण करूँगा। आप दो लोग हैं तो एक ओर मेरी चतुरंगिणी सेना रहेगी और दूसरी ओर मैं निहत्था। इस पर शीघ्र दुर्योधन ने कहा मुझे तो आपकी सेना चाहिए। इसका परिणाम सभी को ज्ञात है कि कौरवों की अतिविशाल सेना से पांडवों की सेना विजयी हुई क्योंकि स्वयं भगवान श्रीकृष्ण, अर्जुन का मार्ग प्रशस्त कर रहे थे। ऐसे अनेक अवसर हमारे भी जीवन में आते हैं किंतु हम भी दुर्योधन के समान भगवान की कृपा न माँगकर भौतिक जीवन में उन्नति माँग कर भूल कर बैठते हैं। ध्यान रखिये किस प्रकार

छलपूर्वक अभिमन्यु का विश्व के सर्वश्रेष्ठ महारथियों ने धोखे से वध किया था किंतु वह युद्ध न जीत सके। ठीक उसी प्रकार हम सभी अपने जीवन में यह अनुभव करते हैं कि कुछ लोग यदि हमसे छल न करते तो हम भी और प्रगति कर लेते किंतु प्रभु की कृपा से बढ़कर कोई प्रगति नहीं है। आप देखिये जिन्होंने आपको धोखा दिया, उनका जीवन भौतिक रूप से तो सम्पन्न होगा, परन्तु उनके जीवन में सुख, शांति, आनंद एवं अध्यात्म का अभाव होगा, यह निश्चित है। हम सभी अपनी यात्रा के एक पड़ाव के लिये यहाँ 'मृत्युलोक' में ठहरे हैं। यह मृत्युलोक हमारी अंतिम यात्रा के बीच का विश्राम स्थल है। गंतव्य का आदेश मिलते ही आगे बढ़ जायेंगे। बाकी सब यहीं का यहीं रह जाएगा। हमारा शरीर पंचतत्वों और पंचकोषों से बना हुआ है। अन्नमय कोष, प्राणमय कोष, मनोमय कोष, विज्ञानमय कोष एवं आनन्दमय कोष। सामान्यतः हम सभी अपने शरीर और इसके सुख की चिन्ता में अन्नमय कोष से ही जुड़े रहते हैं। अतः हमें अपने जीवन को सचिदानन्द की ओर ले जाने वाले आनन्दमय कोष से जुड़ना चाहिये क्योंकि जीवन आनन्द है आसक्ति नहीं।

जय गुरुदेव, जय महर्षि

श्रावण सोमवार

की समस्त शिव भक्तों को
हार्दिक शुभकामनाएं।

श्रावण मास 2026

आइए, इस पावन श्रावण मास में
भगवान शिव की आराधना करें तथा
अपने जीवन में सुख, शांति, उत्तम स्वास्थ्य,
समृद्धि, आध्यात्मिक उन्नति एवं
विश्व शांति का संकल्प लें।
जय गुरुदेव, जय महर्षि

प्रथम सोमवार	द्वितीय सोमवार	तृतीय सोमवार	चतुर्थ सोमवार
3 अगस्त 2026	10 अगस्त 2026	17 अगस्त 2026	24 अगस्त 2026

भगवान भोलेनाथ की असीम कृपा आप एवं आपके परिवार पर सदैव बनी रहे।
ॐ नमः शिवाय

ब्रह्मचारी निरीश



Shri Guru Purnima Celebration 28 & 29 July 2026

Following the Holy Traditions of Maharishi Organisation, two days Shri Guru Purnima celebration was organised under the chairmanship of Ved Vidya Martand Brahmachari Girish Ji, the most blessed disciple of His Holiness Maharishi Mahesh Yogi Ji at Maharishi Utsav Bhawan, Bhopal with full fervor and dignity on 28th and 29th July 2026.

First day (28 July 2026) -

The two-days "Shri Guru Purnima Mahotsav" started on 28th July with Shri Guru Parampara Poojan by Brahmachari Girish Ji and other dignitaries. On the occasion of Bhajan Sandhya, Brahmachari Girish Ji said that "today we will place all good Bhajans in the lotus feet of Shri Gurudev & His Holiness Maharishi Mahesh Yogi Ji and pray them to shower their blessings on all of us for the success of all our endeavours for the coming year."

Renowned Bhajan singer Dr. Rindana Rahasya was the lead singer and she was supported by renowned Tabla player Pundit Anup Ghosh, Dr. Ashique Kumar (Harmonium Player), Shri Manoj Singh Borliya (Percussionist) and Shri Atul Shankar (Flute Player). Her Bhajans enthralled the audience.

This was followed by memorable Kathak dance performance by Shushri Muktishri, Shushri Aayushi Dixit, Shushri Avnishri and their team members. Their symphony was praised repeatedly by everyone present in the Maharishi Utsav Bhawan and others who joined the celebration Online.



Second day (29 July 2026) -

The national level Shri Guru Purnima celebration was organised on 29th July with great grandeur at the Maharishi Utsav Bhawan, Gurudev Brahmanand Saraswati Ashram, Bhopal. The entire campus was beautifully decorated with flowers, rangoli etc. which illuminated the spiritual motifs, creating a deeply devotional and serene atmosphere. Devotees, students, faculty members, and guests from various parts of India participated in large numbers, making the occasion a truly vibrant spiritual gathering.



The auspicious celebrations unfolded under the divine guidance and august presence of Ved Vidya Martand Brahmachari Girish Ji, Hon'ble Chairman, Maharishi Group of Educational Institutions. His presence infused the entire event with spiritual depth and inspiration.

In his inspiring discourse, Brahmachari Girish Ji emphasized that "Guru Bhakti and Transcendental Meditation are the true catalysts for global peace. He explained that when individuals align their thoughts, speech and actions with the guidance and vision of the Guru, they experience deep inner transformation. This transformation, he noted, naturally extends into society, fostering harmony, reducing stress and increasing collective well-being. He further highlighted that Maharishi Mahesh Yogi Ji's teachings continue to provide a scientific and practical approach to achieving inner peace and global harmony.

Brahmachari Girish Ji further said "We humbly bow before our Gurus always because we are aware of their spiritual power and grace, and we seek their blessings every day."

He encouraged students to adopt regular practice of Transcendental Meditation twice a day and value-based living for success in all areas of life.

Following his address, Brahmachari Girish Ji ceremonially offered the cumulative annual achievements of all the branches of Maharishi Organisation in India at the lotus feet of the Vedic Guru Parampara, Guru Dev Swami Brahmanand Saraswati Ji Maharaj and His Holiness Maharishi Mahesh Yogi Ji. This symbolic offering represented gratitude for divine guidance and acknowledgment of collective progress in education, health and social initiatives. These institutions and initiatives included Maharishi Ved Vigyan Vishwavidyapeetham, Maharishi Vidya Mandir Schools Group, Maharishi Kids Home, Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Maharishi University of Management and Technology (Chhattisgarh), Maharishi Institutes of Management (Bhopal and Indore), Maharishi Institute of Skill Development and Training, Maharishi Dairy and Training Center, Maharishi Institute of Health Sciences, Maharishi Vedic Health Center, Maharishi Bliss Residency, Maharishi Nursery, Maharishi Corporate Development Program, Maharishi Ved Vigyan Prakashan, Maharishi World Peace Movement, Maharishi Adhyatmik Janjagran

Abhiyan (MAJA), Maharishi Ideal India Campaign, Maha Media Monthly Magazine, Maharishi Tower and several other initiatives. These organisations collectively continue to promote education based on consciousness, Vedic knowledge, Vedic Approach to Health, and sustainable development.



Brahmachari Girish Ji also released several important publications and outreach materials, including the "Maharishi World" badge, English edition of "Ojasvi" book detailing Maha Health Education Campaign, Maharishi World Peace Movement e-Newsletter, e-Gyan-monthly newsletter of Maharishi Organisation India, Maharishi Award and Scholarship Brochure, "Maha Media" monthly magazine, and the poster for the Maha Media News Service. These publications aim to spread awareness of Vedic

wisdom, educational opportunities, and global peace initiatives.

Following the morning session, the second session featured enlightening addresses by several distinguished dignitaries, including Prof. Bhuvnesh Sharma, Former Vice-Chancellor of Maharishi Mahesh Yogi Vedic Vishwavidyalaya; Dr. Prakash Chandra Joshi, Exicutive Director, MVM Schools Group, Vaidya Shri Madhusudan Deshpande, Director, Multi-Specialty Ayurveda Health Awareness (MAHA) programme and Shri Sunil Mansinghka-renowned name devoted for cows and their development. Each speaker highlighted different dimensions of Maharishi Ji's vision including education, health, and social transformation.



Addressing the gathering, Dr. Prakash Chandra Joshi observed that the Maharishi system of education is unique because it systematically integrates consciousness-based education with Vedic science, thereby attracting parents and students who value India's ancient knowledge traditions along with modern academic excellence. He also emphasised the growing global relevance of this educational model.

Prof. Bhuvnesh Sharma, former Vice-Chancellor of Maharishi Mahesh Yogi Vedic Vishwavidyalaya, emphasised on the profound spiritual relationship between the Guru and the disciple. He stated that Vedic vibrations generated through chanting and meditation bring immediate peace, clarity of mind, and emotional stability to individuals, thereby improving both personal and academic life.



Shri Vijay Ratan Khare, Director of Communications and Public Relations, announced 38 new scholarships for students of CBSE and State Boards studying in Classes X and XII. These scholarships are designed to support both meritorious students and those from economically weaker backgrounds, encouraging them to pursue higher education with confidence and without any problem. He further stated that the Maharishi World Peace Assembly, initiated in 2022 at the behest of Brahmachari Girish Ji, has successfully completed 5 years and has witnessed the participation of more than 752 participants till date, reflecting its growing impact and continuity.



Vaidya Shri Madhusudan Deshpande, Director, Multi-Specialty Ayurveda Health Awareness (MAHA), highlighted the advanced Panchakarma therapies available at Maharishi Vedic Health Centres located in Lambakheda and Arera Colony, Bhopal. He explained that these therapies are based on authentic Ayurvedic principles and are attracting patients not only from across India but also from several countries abroad due to their effectiveness in holistic healing and rejuvenation.

In the valedictory session Brahmachari Girish Ji unfolded Maharishi Organisation's new initiative about developing an App relating to diagnosis and treatment of various ailments through Ayurvedic system. He also appreciated the efforts of all the officials of Maharishi Organisations in translating the schemes and ideas into reality for the benefit of all the people at large.

The anchor of the programme Shri Priyam Pateria proposed the vote of thanks by expressing heartfelt appreciation to all the dignitaries, Vedic scholars, performers, faculty members, students, volunteers, guests, administrative, technical and hospitality teams whose dedicated participation and cooperation made this event a grand success.



Photographs of Shri Guru Purnima Celebration



Shri Guru Purnima Celebration at MVM Schools

On 29 July 2026, Shri Guru Purnima was celebrated with great enthusiasm in all Maharishi Vidya Mandir schools across the country.

These celebrations began with the lighting of lamp and Shri Guru Parampara Pujan as per the Vedic traditions.

This celebration at various MVM Schools is depicted through the following picture gallery -



Maharishi Vidya Mandir, Haridwar



Maharishi Vidya Mandir, Haridwar



Maharishi Vidya Mandir-VI, Jabalpur



Maharishi Vidya Mandir, Shahdol



Maharishi Vidya Mandir, Jhansi Prayagraj



Maharishi Vidya Mandir, Jhansi Prayagraj

Shri Guru Purnima Celebration Photographs



Maharishi Vidya Mandir, Mankapur



Maharishi Vidya Mandir, Mankapur



Maharishi Vidya Mandir, Katni



Maharishi Vidya Mandir, Katni



Maharishi Vidya Mandir, Seoni



Maharishi Vidya Mandir, Seoni



Maharishi Vidya Mandir, Uttarkashi



Maharishi Vidya Mandir, Uttarkashi

Shri Guru Purnima Celebration Photographs



Maharishi Vidya Mandir, Sleemnabad



Maharishi Vidya Mandir, Sleemnabad



Maharishi Vidya Mandir, Sultanpur



Maharishi Vidya Mandir, Sultanpur



Maharishi Vidya Mandir, Satna



Maharishi Vidya Mandir, Satna



Maharishi Vidya Mandir, Berasia Bhopal



Maharishi Vidya Mandir, Berasia Bhopal

Shri Guru Purnima Celebration Photographs



Maharishi Vidya Mandir, Gonda



Maharishi Vidya Mandir, Yavatmal



Maharishi Vidya Mandir, Thanjavur



Maharishi Vidya Mandir, Thanjavur



Maharishi Kids Home, Jorhat



Maharishi Vidya Mandir, Narsinghpur



Maharishi Vidya Mandir, Aligarh



Maharishi Vidya Mandir, Aligarh

Shri Guru Purnima Celebration Photographs



Maharishi Vidya Mandir, Chhatarpur



Maharishi Vidya Mandir, Chhatarpur



Maharishi Vidya Mandir, Tiruvannamalai



Maharishi Vidya Mandir, Tiruvannamalai



Maharishi Vidya Mandir, Gorakhpur



Maharishi Vidya Mandir, Gorakhpur



Maharishi Vidya Mandir, Chhindwara



Maharishi Vidya Mandir, Chhindwara

Shri Guru Purnima Celebration Photographs



Maharishi Vidya Mandir, Rayagada



Maharishi Vidya Mandir, Rayagada



Maharishi Vidya Mandir, Amarpatan



Maharishi Vidya Mandir, Amarpatan



Maharishi Vidya Mandir, Bareilly



Maharishi Vidya Mandir, Bareilly



Maharishi Vidya Mandir, Basti



Maharishi Vidya Mandir, Almora

Shri Guru Purnima Celebration Photographs



Maharishi Vidya Mandir, Nadaun



Maharishi Vidya Mandir, Naini Prayagraj



Maharishi Vidya Mandir-III, Chhatarpur



Maharishi Vidya Mandir-III, Chhatarpur



Maharishi Vidya Mandir, Fatehpur



Maharishi Vidya Mandir, Fatehpur



Maharishi Vidya Mandir, Rudrapur



Maharishi Vidya Mandir, Sitapur



Ved Vidya Martand Brahmachari Girish Ji Participates in Zee TV MP & CG Summit on “Building New India”

Ved Vidya Martand Brahmachari Girish Ji, Chairman of the Maharishi Group of Educational Institutions, participated in the summit organised by Zee TV MP & CG on the theme “Building New India” along with the chief guest, Hon'ble Speaker of the Madhya Pradesh Legislative Assembly Shri Narendra Singh Tomar Ji.



Responding to several questions on education during the summit, Brahmachari Girish Ji said, “It is encouraging that, after 75 years of Independent India, initiatives have been taken to bring the Indian Knowledge System (Bharatiya Gyan Parampara) into the mainstream of education. However, merely discussing or introducing the Indian Knowledge System in theory will not be sufficient. Students should receive holistic education that integrates values (Sanskaras) with consciousness of every

person. This is possible by regular practice of Transcendental Meditation, TM-Siddhi programme, and Yogic Flying as propagated by the greatest Scientist of Consciousness, His Holiness Maharishi Mahesh Yogi Ji. This integrated approach helps develop the full brain potential of every student, enabling them to attain higher states of consciousness. As a result, students and their families can enjoy a stress-free, problem-free, disease-free, happy and healthy life.”

Brahmachari Girish Ji further emphasised, “Merely changing the sequence of question papers or revising topics is not enough. The responsibility for reviewing and revitalizing the Indian education system should be entrusted to experienced educationists and subject experts.”

During the summit, Brahmachari Girish Ji was honoured for his exemplary contribution in the field of education spanning over more than four decades.



Maharishi World Peace Assembly 25 to 31 July 2026

Maharishi World Peace Assembly (MWPA) was organised at Maharishi Anand Niketan, Bhopal from 25 to 31 July 2026. The Assembly was inaugurated by Ved Vidya Martand Brahmachari Girish Ji, Hon'ble Chairman, Maharishi Group of Educational Institutions.

In his inaugural address, Brahmachari Girish Ji warmly welcomed all participants and explained the purpose and significance of the Assembly. He said that “Shri Guru Purnima is a sacred occasion to remember and express our deepest gratitude to Gurudev Swami Brahmanand Saraswati Ji Maharaj and His Holiness Maharishi Mahesh Yogi Ji, while celebrating and singing the glory of the eternal Vedic Holy Tradition of Masters.” He informed the gathering that elaborate preparations are underway for the grand Guru Purnima celebrations on 29 July 2026.



Sharing the history of the Maharishi Global Organisation, Brahmachari Girish Ji explained that its lineage does not begin with Maharishi Mahesh Yogi Ji alone but extends through the ancient Guru Parampara, originating from Lord Narayan. He emphasized that during Guru Puja, homage is offered to the entire lineage of Gurus, Rishis, and ultimately to Lord Narayan Himself.

Speaking about the life and mission of Maharishi Mahesh Yogi Ji, Brahmachari Girish Ji recalled that Maharishi Ji was born in the small village of Panduka, near Raipur. Blessed by his revered Master, Guru Dev Swami Brahmanand Saraswati Ji Maharaj, and endowed with the knowledge of eternal Vedic Science, Maharishi Ji travelled to 124 countries, inspiring millions of people through the practice of Transcendental Meditation (TM) and establishing numerous educational and spiritual institutions across the world. He remarked that Maharishi Ji's extraordinary journey—from a humble village to becoming a globally revered spiritual leader—is truly unparalleled and continues to inspire generations.

Brahmachari Girish Ji further emphasized that it is through the regular practice of Transcendental Meditation that every individual is able to attain higher states of consciousness and ultimately liberation—Moksha. The timeless wisdom transmitted through generations of Gurus and disciples has now become readily available to humanity. He reminded the participants that while access to knowledge is easy today, ancient Gurus and Rishis dedicated their lives to preserving, refining, and spreading this invaluable

Vedic wisdom. He urged everyone to carry this tradition forward by sharing the knowledge with others. He encouraged all participants to practice Transcendental Meditation twice daily, despite their busy schedules, to naturally achieve success, inner fulfilment, and all-round development.

During the seven-day assembly, each day's programme began with Surya Arghya offering, Surya Namaskar, Yogasanas, Pranayama, Transcendental Meditation (TM), the TM-Siddhi Programme, Yogic Flying, and the recitation of Vishnu Sahasranama. Following Guru Parampara Pujan, lectures on various Vedic subjects were delivered by eminent Vedic scholar Prof. Bhuvanesh Sharma, former Vice-Chancellor of Maharishi Mahesh Yogi Vedic Vishwavidyalaya, along with other distinguished experts.

Prominent dignitaries present at the inaugural session included Shri V. R. Khare, Director, CPR; Smt. Arya Nandkumar; Smt. Anita Bhargav; and Shri Ranjan Singh Patwari, National Coordinator for Consciousness-Based Education. 65 participants from different parts of India attended this Assembly.



Plantation Drive During the Rainy Season

Inspired by the timeless Vedic wisdom of living in harmony with Nature, Maharishi Vidya Mandir Schools, Universities, Maharishi Institute of Management Institute and Maharishi Colleges across the country organised tree plantation drives in their campuses. Students, teachers, staff members, and parents enthusiastically participated in planting a variety of shade - giving, fruit-bearing, and medicinal saplings, transforming the surroundings into greener and more vibrant spaces.

This have been depicted in the following picture gallery -



Maharishi Vidya Mandir-II, Bhopal



Maharishi Vidya Mandir-II, Bhopal



Maharishi Vidya Mandir, Naini Prayagraj



Maharishi Vidya Mandir, Naini Prayagraj



Maharishi Vidya Mandir, Badaun



Maharishi Vidya Mandir, Badaun

Plantation Drive During the Rainy Season



Maharishi Vidya Mandir, Durg



Maharishi Vidya Mandir, Durg



Maharishi Vidya Mandir, Almora



Maharishi Vidya Mandir, Almora



Maharishi Vidya Mandir, Aligarh



Maharishi Vidya Mandir, Aligarh



Maharishi Vidya Mandir, Fatehpur



Maharishi Vidya Mandir, Narsinghpur

Academic & Co-curricular events of Maharishi Vidya Mandir Schools

Maharishi Vidya Mandir, Ratanpur Bhopal

Swarn Prashan Sanskar camp was organised at Maharishi Vidya Mandir Ratanpur, Bhopal on 15th July 2026 on the auspicious occasion of Pushya Nakshatra. Young students were administered with drops of Swarnprashan by experienced Vaidhya Shri Arvind Choubey.



25 Hours In-Service Teachers Training Programme at MVM Ratanpur Bhopal on 11th to 13th June 2026



Maharishi Vidya Mandir Seoni

Cyber Suraksha Awareness Programme

Maharishi Vidya Mandir, Seoni, successfully organised the Cyber Suraksha Awareness Programme –2026. Town Police Inspector Shri Omeshwar Thakre and NGO representative Smt. Seema Chouhan were the distinguished guest speakers.

The interactive session provided students and teachers with valuable insights into cyber safety, prevention of online fraud, cyber-crime awareness, and responsible digital practices. The programme empowered participants to use digital platforms safely and responsibly while remaining vigilant against emerging cyber threats.



Maharishi Vidya Mandir Hisar

25 Hours In-House Teachers' Training Programme

The 25 Hours In-House Teachers' Training Programme was successfully conducted from 19 to 21 July 2026 at Maharishi Vidya Mandir Senior Secondary School, Hisar.

The programme was organised under the able guidance and visionary leadership of Hon'ble Chairman, MVM Schools Group, Ved Vidya Martand Brahmachari Girish Ji.

The training programme enhanced the professional competencies of teachers, strengthened their teaching methodologies, and reinforced the principles of Maharishi Consciousness Based Education enabling them to deliver holistic and value-based education to the students more effectively.



Maharishi Vidya Mandir, Badaun

Maharishi Vidya Mandir Students Shine at UP State Open Taekwondo Championship 2026



Students of Maharishi Vidya Mandir, Badaun performed outstandingly well at the UP State Open Taekwondo Championship 2026, held from 9th to 11th July 2026 at Badaun, Uttar Pradesh.

Among the medal winners, Master Rajat Rajpoot displayed remarkable talent, determination, and sportsmanship by securing the Gold Medal in the Cadet Boys Under-41 kg Kyorugi category. His exceptional performance reflected the school's commitment to excellence in sports alongside academics.

The management, Principal, teachers, and fellow students congratulated Rajat on his remarkable achievement and wished him continued success in his future sporting endeavours.

Maharishi Vidya Mandir, Kanpur

Maharishi Vidya Mandir, Kanpur successfully conducted three-days In-House Teachers Training Programme from 3 to 5 July 2026.

Each day the programme commenced with Shri Guru Parampara Pujan and group practice of Transcendental Meditation (TM) fostering inner calm, clarity, and holistic well-being amongst the participants. On the concluding day, an enriching training session was conducted by CBSE Master Trainer Smt. Pooja Sehgal, who shared valuable insights in to innovative teaching methodologies, effective classroom practices, and contemporary educational approaches.

The programme was conducted under the guidance of Principal Shri Adesh Kumar, whose leadership ensured the successful organization of the training. The initiative strengthened the professional competencies of the teachers while reinforcing Maharishi Ji's holistic approach to education.



Maharishi Vidya Mandir, Fatehpur

Students of Maharishi Vidya Mandir, Fatehpur brought laurels to the school with an impressive performance at the Swami Vivekanand Open National Taekwondo Championship, held in Mathura.

The young athletes secured a total of four medals, showcasing their talent, dedication, and competitive spirit. The medal winners are:

1. Anjali Mishra – Gold Medal
2. Sanidhya Kumar – Silver Medal
3. Aaradhya – Bronze Medal
4. Ayushi Singh – Bronze Medal



Maharishi Vidya Mandir, Angul

CBSE In-House Teachers' Training Programme at Maharishi Vidya Mandir, Angul, concluded successfully on 13 July 2026 with an enriching and impactful session. The programme empowered educators with innovative teaching strategies and emphasized the effective integration of Artificial Intelligence (AI) into classroom practices. This enabled them to gain more engaging, personalized, and future-ready learning experiences.



Maharishi Vidya Mandir, Shahdol

MVM Shahdol Students Bring Glory with NEET 2026 Success



With the blessings of His Holiness Maharishi Mahesh Yogi Ji and the holistic approach of Maharishi Consciousness Based Education, Maharishi Vidya Mandir, Shahdol proudly celebrated the outstanding achievement of its two regular students who qualified NEET 2026 in their very first attempt.

Their success reflects disciplined effort, focused learning, and the nurturing guidance of their teachers. This remarkable accomplishment stands as an inspiration for all other students to pursue excellence with confidence, dedication, and higher consciousness.

The entire Maharishi family extends its heartfelt congratulations to these students, their parents, and the school fraternity on this proud achievement and wishes them a bright and successful future in the service of humanity.

Maharishi Vidya Mandir-IV, Guwahati

MVM IV Guwahati Students Excel in NEET 2025



Arnab
(579 marks)



Sanjivan
(570 marks)



Aayan Das
(541 marks)

Maharishi Vidya Mandir IV, Borsajai, Lalmati, Guwahati, proudly celebrates the outstanding success of its students in NEET 2025. The school's achievers—Arnab Lahar Bharali (579 marks), Sanjivan Choudhury (570 marks), and Aayan Das (541 marks)—have brought laurels to the institution through their hard work, dedication, and perseverance.

The entire Maharishi family extends heartfelt congratulations to the students, their parents, and the teachers for this remarkable achievement and wishes them continued success in their future endeavours.

Kajyam Preet Kashyap Qualifies for CBSE National Athletics Championship

Kajyam Preet Kashyap showcased outstanding athletic excellence at the CBSE Cluster I Athletics Meet, hosted by Royal Global School, by winning Gold in the 200m sprint and Silver in the 100m sprint.

With this remarkable achievement, Kajyam has secured qualification for the CBSE National Athletics Championship, which will be held in Patiala. The impressive performance reflects the athlete's dedication, perseverance, and sporting spirit, bringing pride to the school and inspiring fellow students.



Maharishi Vidya Mandir-I, Raipur

Students of class IX and XI from Maharishi Vidya Mandir-I, Raipur, visited Indira Gandhi Krishi Vishwavidyalaya for an educational programme on mushroom cultivation and agricultural science. The session was conducted by renowned agricultural scientist Dr. Jitendra Trivedi.

The visit offered students valuable hands-on exposure to sustainable farming practices. Inspired by the experience, they received mushroom cultivation seeds to begin their own cultivation projects at school, fostering scientific learning and environmental awareness.



Maharishi Vidya Mandir, Mandala

MVM Mandla Alumnus Excels in NEET-UG 2026



Maharishi Vidya Mandir, Mandla proudly congratulates its alumnus **Pranjal Tiwari** (Session 2022–23) for his outstanding achievement in NEET-UG 2026.

Pranjal secured an impressive 596/720, achieving a 99.4 percentile, an All India Rank (AIR) of 11384 and a Gen-EWS rank of 1265. His remarkable success reflects his hard work, dedication, and perseverance, bringing immense pride to the school and the entire Mandla district.

Maharishi Vidya Mandir, Naini Prayagraj

Maharishi Vidya Mandir, Naini, Prayagraj proudly congratulates Shubhi Patel of Class VIII for securing second position in the 6th Open District Karate Championship 2026.

Her remarkable achievement reflects discipline, determination, and consistent practice, bringing laurels to the school. The MVM family extends its heartfelt congratulations to Shubhi and wishes her continued success in future.



Wellness News

Healthy Diet and Nutrition Plan for This Monsoon



Monsoon has arrived and it is soothing relief from the unbearable summer heat. However, we need to remember that the monsoon also invites a lot of health issues with it. As the rainy season affects the immune system of our body, it is very important to be extra careful about what we eat and drink during this season. So let's discuss monsoon diet plan to enjoy the blossom of this season.

The lower immune system is one of the main reasons various common monsoon diseases find their way in our body. A healthy diet is a key to good health. Here are some smart tips for healthy diet in monsoon.

Healthy Diet Tips for Rainy Season:

Eat Seasonal Fruits: Fruits like apples, jamuns, litchi, plums, cherries, peaches, papayas, pears and pomegranates are some of the best additions to your diet in rainy season to improve the immune system. Avoid watermelon and muskmelon.

Garlic: A hint of garlic here and there in your food will help in improving your immune system.

Curd over Milk: Instead of milk, prefer to have curd or yogurt as it avoids any possibility of bad bacteria entering the body.

Boiled Water: Prefer only boiled or purified water. Avoid drinking tap water directly.

Bitter is better: Vegetables like methi and bitter gourd, neem and turmeric as addition to the diet can help in preventing infections.

Herbal Warm Water: Those who suffer from infections and fever during rainy season can find relief with decoction prepared from ingredients like ginger, tulsi, and a dash of medicinal spices like cloves, pepper, cinnamon, cardamom.

Oils: Sesame, peanut, and mustard oil can invite infections thus prefer to use corn oil or light oil.

Avoid Salt: Lower down the salt intake as it causes water retention and high blood pressure which may cause additional problems in the rainy season.

Avoid Watery Foods: Buttermilk, lassi, rice, watermelon etc. can cause swelling in the body. Avoiding such foods will take care of the water retention.

Avoid Spicy Food: If you are prone to allergies, avoid spicy food as it increases body temperature and stimulates blood circulation which leads to the faster spread of allergies

Steam it: Avoid raw salad and make sure to steam it before eating during the rainy season.

Avoid Street-Food: Pre-cut fruit, fried food, junk food or any street-food should be avoided completely.



नीट की परीक्षा में चयनित महर्षि के बच्चे

नीट की परीक्षा में महर्षि के छात्रों ने एक बार फिर उत्कृष्ट प्रदर्शन किया

फतेहपुर, 18 जुलाई। शहर के महर्षि विद्या मन्दिर सीनियर सेकेण्ड्री स्कूल के छात्र-छात्राओं ने ऑल इंडिया नीट परीक्षा उत्तीर्ण कर जनपद व विद्यालय का नाम रोशन किया है। ऑल इंडिया नीट परीक्षा में महर्षि के अभिनव शुक्ला ने 603 अंक, युवराज ने 598, युसरा जब्बार 551, नवल अग्निहोत्री 545, रिद्धि त्रिवेदी 530, प्रखर द्विवेदी 501 एवं आयुष गुप्ता ने 501 अंक हासिल कर अपनी मेधा प्रदर्शन किया। इनके अतिरिक्त अलसबा रईस, कशिश सिंह व ऐश्वी श्रीवास्तव ने भी सफलता का परचम लहराया है।

विद्यालय के प्रधानाचार्य प्रमोद कुमार त्रिपाठी ने कहा कि प्रतिस्पर्धा के इस कठिन दौर में अपना मुकाम हासिल करना बड़े गौरव की बात है। जीवन में सदैव अवसर आते रहते हैं। बच्चों को योजनाबद्ध तरीके से लगकर तैयारी करनी चाहिए जिससे बड़ी से बड़ी परीक्षा में भी सफलता हासिल की जा सकती है। उन्होंने अपनी शुभकामना देते हुए कहा कि राष्ट्रीय स्तर की इस परीक्षा में अपना स्थान बनाना बड़ी बात है। यह सफलता बच्चों की कड़ी मेहनत, अभिभावकों एवं शिक्षकों के सतत् मार्गदर्शन से प्राप्त हुयी।

हरिभूमि

www.haribhoomi.com
23072024 Mahasamund Bhooni - 23 Jul 2024 - Page 3

महर्षि विद्या मंदिर में उत्साहपूर्वक मनाया गया राष्ट्रीय ध्वज अंगीकरण दिवस कार्यक्रम में छात्रों ने लिया उत्साह से भाग, राष्ट्रीय ध्वज के सम्मान में विद्यार्थियों ने जगाई राष्ट्रप्रेम की अलख

हरिभूमि न्यूज़ 24, बल्लभपुर

राष्ट्रीय ध्वज अंगीकरण दिवस का शुभारंभ हो गया। महर्षि विद्या मंदिर विद्यालय में देशभक्ति से जुड़े-ओले कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ प्रधानाचार्य के वीर, उद्देश्य एवं राष्ट्रीय ध्वज के सम्मान से शुरू किया गया।

इस अवसर पर विद्यार्थियों द्वारा देशभक्ति गीत, देशरागसंग गायन एवं नृत्यमय सांस्कृतिक प्रस्तुतियाँ प्रस्तुत की गईं, जिसने उत्साह

सन्ने को सुरुआत दी। कार्यक्रम के दौरान विद्यार्थियों ने राष्ट्रीय ध्वज के सम्मान से जुड़े-ओले कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ प्रधानाचार्य के वीर, उद्देश्य एवं राष्ट्रीय ध्वज के सम्मान से शुरू किया गया।



प्रमुख अतिथि, प्रधानाचार्य एवं विद्यार्थियों का कार्यक्रम का आयोजन

केने ने सफलतापूर्वक समाप्त किया। विद्यार्थियों ने राष्ट्रीय ध्वज के सम्मान से जुड़े-ओले कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ प्रधानाचार्य के वीर, उद्देश्य एवं राष्ट्रीय ध्वज के सम्मान से शुरू किया गया।

यस अवसर पर देशभक्ति एवं राष्ट्रीय ध्वज के सम्मान से जुड़े-ओले कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ प्रधानाचार्य के वीर, उद्देश्य एवं राष्ट्रीय ध्वज के सम्मान से शुरू किया गया।

Scan the QR code to download the
e-newsletter and online subscription



e-Gyan

Monthly Digital Newsletter of Maharishi World

www.e-gyaan.net

Copyright © 2026 by Maharishi Ved Vigyan Prakashan

All rights reserved. No part of e-Gyan Monthly Digital News Letter may be reproduced, distributed, or transmitted in any form or by any means, including Photocopying, recording, or other electronic or mechanical methods, without the prior written permission of Maharishi Ved Vigyan Prakashan.

Maharishi Ved Vigyan Prakashan, Chhan, Bhojpur Temple Road, Post - Misrod, Bhopal, Madhya Pradesh,

Phone: +91 755 4087351

