

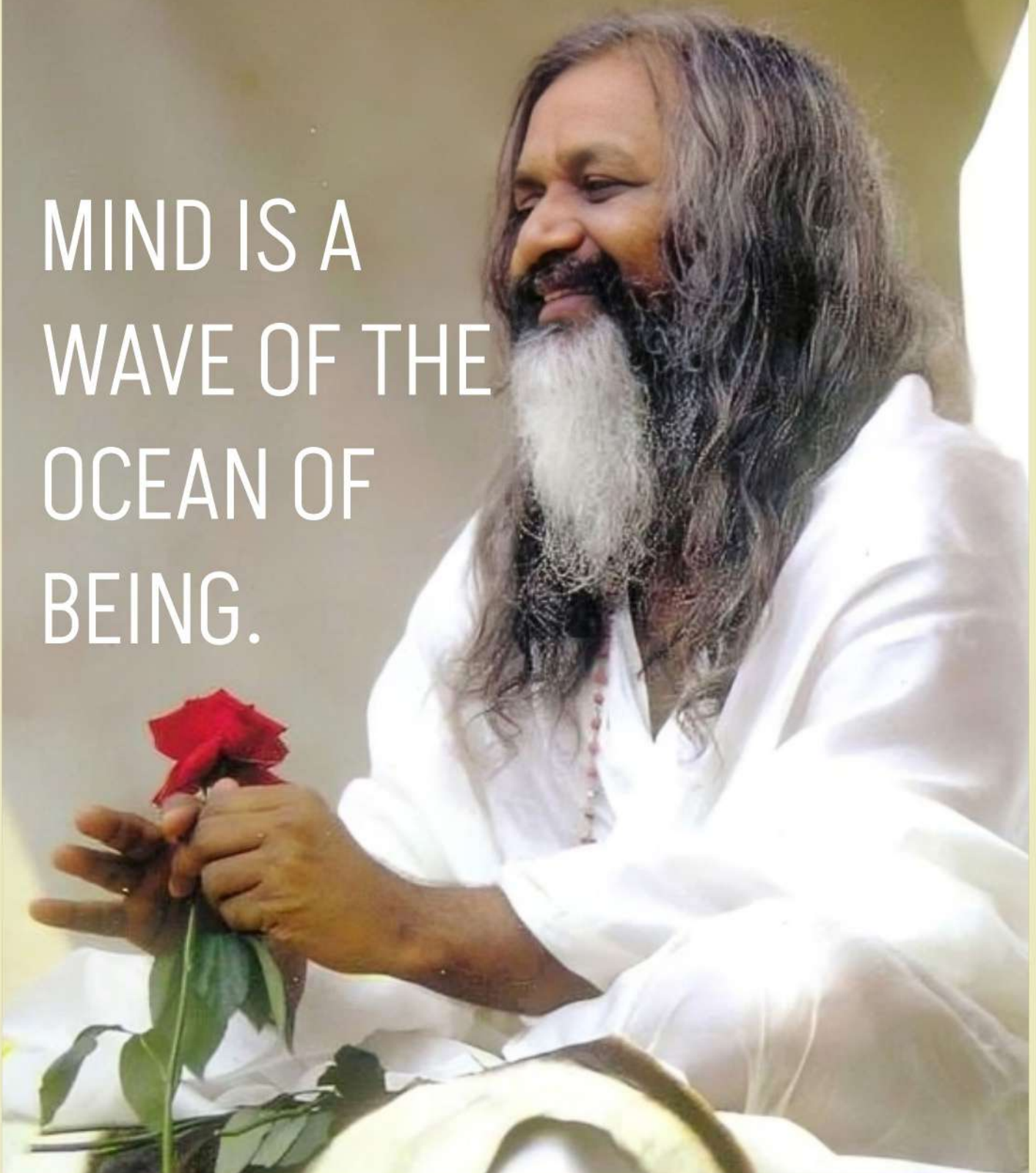


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e-Gyan

Monthly Digital News Letter of Maharishi World

MIND IS A
WAVE OF THE
OCEAN OF
BEING.



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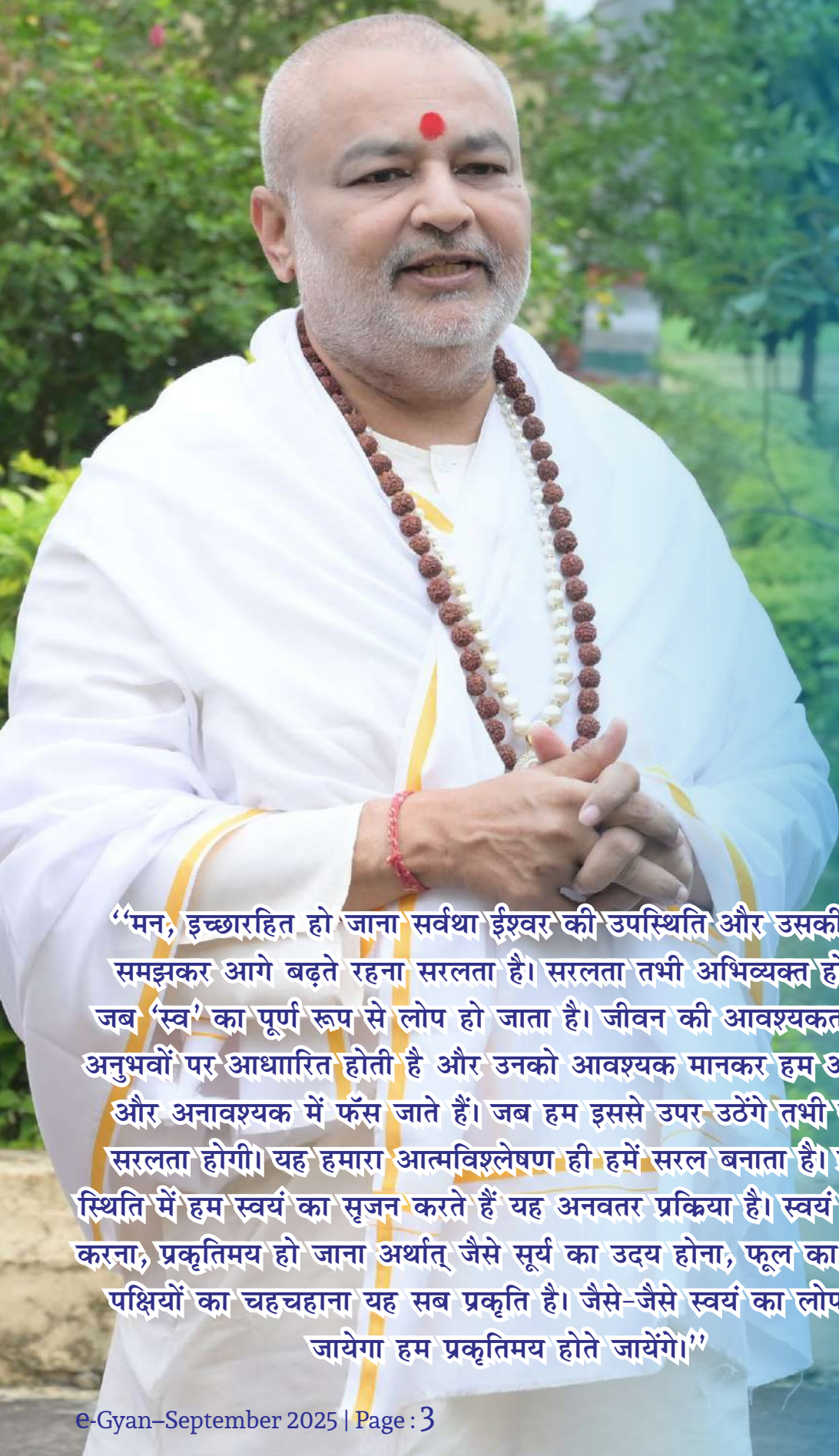
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(ब्रह्मचारी गिरीश जी अध्यक्ष, महर्षि विद्या मन्दिर विद्यालय समूह)



“मन, इच्छारहित हो जाना सर्वथा ईश्वर की उपस्थिति और उसकी कृपा समझकर आगे बढ़ते रहना सरलता है। सरलता तभी अभिव्यक्त होती है जब ‘स्व’ का पूर्ण रूप से लोप हो जाता है। जीवन की आवश्यकता हमारे अनुभवों पर आधारित होती है और उनको आवश्यक मानकर हम आवश्यक और अनावश्यक में फँस जाते हैं। जब हम इससे उपर उठेंगे तभी सच्ची सरलता होगी। यह हमारा आत्मविश्लेषण ही हमें सरल बनाता है। प्रत्येक स्थिति में हम स्वयं का सृजन करते हैं यह अनवरत प्रक्रिया है। स्वयं पर कार्य करना, प्रकृतिमय हो जाना अर्थात् जैसे सूर्य का उदय होना, फूल का खिलना, पक्षियों का चहचहाना यह सब प्रकृति है। जैसे-जैसे स्वयं का लोप होता जायेगा हम प्रकृतिमय होते जायेंगे।”

एक संत घूमते-फिरते एक दुकान पर आए। दुकान पर अनेक छोटे-बड़े डिब्बे रखे थे। दुकान पर एक बालक बैठा था। संत ने एक डिब्बे की ओर संकेत करते हुए दुकानदार से पूछा, ‘इसमें क्या है?’ बालक ने कहा, ‘नमक है।’ संत ने फिर पूछा, ‘इसके पास वाले में क्या है?’ बालक ने बताया ‘हल्दी।’ इसी प्रकार संत प्रत्येक डिब्बे के बारे में पूछते रहे और बालक बताता रहा। अंत में संत ने अंतिम डिब्बे के बारे में पूछा। बालक ने कहा, ‘उसमें भगवान हैं।’ संत हैरत में आ गए, ‘भगवान! भला भगवान किस वस्तु का नाम है? मैंने तो ऐसा कभी नहीं सुना है।’ बालक ने बड़े ही भोलेपन से कहा, ‘महात्मन! यह डिब्बा खाली है। हम खाली डिब्बे को खाली नहीं कहते, उसे भगवान कहते हैं।’ सन्यासी आश्चर्य से भर उठा। अचानक उसे लगा कि जिस बात के लिए वह दर-दर भटक रहा था, वो आज इस बच्चे से समझ आ रही है। यही तो सच है, जो खाली होगा, वहीं तो भगवान होगा। पहले से भरे रहेंगे, तो भगवान को स्थान कहाँ? काम, क्रोध, लोभ, मोह, अभिमान, ईर्ष्या, द्वेष और भली-बुरी, सुख-दुःख की बातों से जब दिल-दिमाग भरा रहेगा, तो उसमें भगवान का वास कैसे होगा? संत आनंद के साथ आगे बढ़ गए। यह सर्वथा उचित है सरल है। प्रश्न उठता है सरलता क्या है? सरल अर्थात् इच्छारहित होना। जो मिल गया वो ठीक। यह नहीं कि हम चुनाव करें कि हमारी सरलता को क्या फिट बैठता है। मन, इच्छारहित हो जाना सर्वथा ईश्वर की उपस्थिति और उसकी कृपा समझकर आगे बढ़ते रहना सरलता है। सरलता तभी अभिव्यक्त होती है जब ‘स्व’ का पूर्ण रूप से लोप हो जाता है। जीवन की आवश्यकता हमारे अनुभवों पर आधारित होती है और उनको आवश्यक मानकर हम आवश्यक और अनावश्यक में फँस जाते हैं। जब हम इससे उपर उठेंगे तभी सच्ची सरलता होगी। यह हमारा आत्मविश्लेषण ही हमें सरल बनाता है। प्रत्येक स्थिति में हम स्वयं का सृजन करते हैं, यह अनवरत प्रक्रिया है। स्वयं पर कार्य करना, प्रकृतिमय हो जाना है अर्थात् जैसे सूर्य का उदय होना, फूल का खिलना, पक्षियों का चहचहाना यह सब प्रकृति है। जैसे-जैसे स्वयं का लोप होता जायेगा हम प्रकृतिमय होते जायेंगे। हम ब्रह्म को पा लेंगे। ब्रह्म बाहरी रूप से गुणहीन

है परंतु आंतरिक रूप से विचारों की निरंतर धारा है। यह विचार ही चेतना की जागृति है। चेतना ही सृष्टि की रचना, पालन और लयबद्धता है। ब्रह्म की चेतना समस्त प्रकृति के भीतर प्रवाहित होती है, किंतु सीमित रूप में। जब कोई जीव इस सीमा को भी पार कर ब्रह्म से एकाकार कर लेता है तब वह प्रकृति के मूल रूप को अनुभव कर सकता है। ब्रह्म किसी क्रिया से पहचाना नहीं जा सकता, अनुभव किया जा सकता है। यह अनुभव वह प्राप्त कर सकता जो अपने भीतर की सीमा को अनंत चेतना से एक रूप कर देता है। एक कहावत है— ‘अधजल गगरी छलकत जाए।’ आधा भरा हुआ घड़ा शब्द करता है। पूर्ण घड़ा शब्द नहीं करता। उसी प्रकार अज्ञानी थोड़ा-सा ज्ञान प्राप्त करने पर अपने आपको संसार का महाज्ञानी मानने लगता है, किंतु एक ज्ञानी व्यक्ति संपूर्ण ज्ञान भी प्राप्त कर लेगा, तब भी अपने आपको अज्ञानी ही मानेगा। जो व्यक्ति विद्वान तथा सज्जन होते हैं, उनकी भाषा और व्यवहार में कभी अहंकार नहीं झलकता। उनकी विनम्रता ही उनकी पहचान होती है। गुणविहीन मूर्ख व्यक्ति ही अहंकार करते हैं। यदि आप विकास का आसमान छूना चाहते हो, सफलता के शिखर पर स्थापित होना चाहते हो तो आपको सरलता रूपी शस्त्र को धारण करना होगा। सरलता वह संजीवनी बूटी है, जिससे आपका जीवन अमरता का आनंद प्राप्त कर सकता है। याद रखें फलदार वृक्ष सदा झुका हुआ रहता है, वैसे ही ज्ञानी व्यक्ति झुका हुआ रहता है। सूखा काष्ठ और मूर्ख मनुष्य टूट जाता है पर झुकता नहीं है। हमें फलदार वृक्ष बनकर समाज और राष्ट्र के लिए प्रत्येक तरह से उपयोगी बनना है। सरल व्यक्ति ही समाज और राष्ट्र के लिए उपयोगी बन सकता है। विनम्रता एक आध्यात्मिक गुण है, जिससे व्यक्ति अपने शरीर ही नहीं, आत्मा को भी प्रत्येक प्रकार से सुरक्षित रखता है। स्वयं को प्रकृतिमय करने हेतु परमपूज्य महर्षि महेश योगी जी ने भावातीत ध्यान-योग की पद्धति को श्रेष्ठ बताया है। प्रतिदिन प्रातः एवं संध्या 15 से 20 मिनट भावातीत ध्यान के नियमित अभ्यास से आप प्रकृति के मूल रूप एवं ब्रह्म का अनुभव कर सकते हैं जो आपको आनंदित करेगा क्योंकि जीवन आनंद है।

जय गुरुदेव, जय महर्षि



GLOBAL LAUNCH OF "MAHARISHI WORLD- BLISSFUL WORLD PLAN"

BEST WISHES FOR BIRTHDAY OF BRAHAMACHARI GIRISH JI

On Monday, the 25th August 2025, a unique celebration was organised at Maharishi Utsav Bhavan, Brahmanand Saraswati Ashram in Bhopal.

This grand event saw a gathering of distinguished saints who offered their blessings to Brahmachari Girish Ji for launching “Maharishi World–Blissful World Plan” on the auspicious birthday of Brahmachari Girish Ji.

The esteemed spiritual leaders included Swami Jitendranand Saraswati Ji Maharaj-General Secretary of Akhil Bartiya Sant Samiti Varanasi, Swami Ramvilas Vedanti Ji Maharaj-Vashishtha Peethadheeshwar of Ayodhya, Swami Anilanand Ji Mahamandaleshwar of Udaseen Akhada, Swami Ramdas Ji Maharaj-Mahant of Hanuman Gadhi Naka Ayodhya, Swami Abhiramacharya Ji Maharaj Sangamtat Prayagraj, Mahant Swami Arpit Das Ji Maharaj, Hanuman Sakhi Mandir Jhansi, Bal Yogi Chaitanya Ji Maharaj also known as “Glacier Baba” and Vaidya Devendra Triguna Ji, President of Akhil Bhartiya Ayurved Mahasammelan Delhi were present along with other saints, Acharya Shri Vinod Gautam of Jyotishmath Bhopal and many other members of Maharishi Vedic Vidwan Mahasabha also graced the occasion.

The celebration began with a Shri Guru Parampara Pujan, conducted by Vedic Pundits. Brahmachari Girish Ji warmly welcomed and honored all the saints and sages present on the dias with shawls, floral bouquets, memento and sweets. In return, the saints blessed him with their heartfelt blessings. Saints of Akhil Bhartiya Shatdarshan Sadhu Samaj and Vedic Scholars of Maharishi Vedic Vidwan Mahasabha also blessed Brahmachari Girish Ji with the title of “Mahaguruji”.

Addressing everyone on this auspicious occasion, Brahmachari Girish Ji said that it is not the celebration of his birthday but it is the celebration of divine presence of revered saints from all over India. He shared that he had always been fortunate to receive the blessings





and guidance of saints and sages since his childhood. He said it is now over 60 years that he has been receiving blessings of saints. This is what inspired him to dedicate his life for serving his Guru His Holiness Maharishi Mahesh Yogi Ji from very young age.

He recounted an incident when a saint asked him what blessing he desired and suggested that he should ask for a long life. Girish Ji replied that he only wished to be blessed with the ability to fulfill all the Sankalpas (resolutions) of his Guru, Maharishi Ji, during his lifetime.

Girish Ji drew a parallel from a story which is about Tulsidas Ji, where Lord Ram offered him a choice between liberation (moksha) and rebirth. Tulsidas chose rebirth, stating that if he attained moksha, he would not be able to see and sing the glory of Lord Ram again.

Brahmachari Girish Ji stated that his sole aim is to fulfill Maharishi Ji's resolutions. He expressed that he never feels disappointed or sad while working towards this goal. He said that he has learned from the Gurus of Vedic Holy Tradition that life is a source of joy. He concluded by saying that one's life cannot be truly uplifted until his or her consciousness is fully awakened.

The event, held with immense joy and enthusiasm, was highlighted by the screening of a documentary of Brahmachari Girish Ji's life journey which was a matter of delight for all audience.

On this auspicious occasion, a major global initiative was launched by Brahmachari Girish Ji, in form of a project titled "Maharishi World-Blissful World Plan." This ambitious plan aims to bring peace, good health, and enlightenment to all members of world family and invincibility to all nations. This will be ascertained by applying the principles of Maharishi Vedic Science

and Technology as brought to light by His Holiness Maharishi Mahesh Yogi Ji.

The launch was supported by number of volunteers of the "Maharishi World-Blissful World Plan" from around the globe. These volunteers extended their best wishes to Brahmachari Girish Ji on his birthday and expressed their good wishes for the great success of this plan.

The most delightful moment of the event was a video message from the revered spiritual leader, Anant Shri Vibhushit Jyotishpeethadheeshwar Jagatguru Swami Vasudevanand Saraswati Ji Maharaj Shankaracharya of Jyotirmath, Himalayas. He conveyed his profuse blessings and warm wishes to Brahmachari Girish Ji on his birthday recognizing his tireless efforts and unwavering commitment to spread the divine knowledge of Maharishi Ji for the welfare of humanity.



In second session of the function, Indian classical musical concert was also organised in which renowned artists participated. They were well known flute player Pandit Parasnath, Shehnai player Shri Ashwini Shankar, Sarod player Shri Smit Tiwari, Tabla player Pandit Anoop Ghosh, Tabla player Pundit Shantanu Narendra, keyboard player Anil Dhumal along with percussion instrument player Siddesh Narendra. They all enthralled the audience by giving melodious performances of Indian classical music and light music.



MAHARISHI WORLD PEACE ASSEMBLY AT BHOPAL



Two Maharishi World Peace Assemblies were organized from 22 to 28 September 2025 and from 22 September to 02 October 2025 respectively at Maharishi Bliss Residency, Bhopal in the divine presence of Ved Vidya Martand Brahmachari Girish Ji. It was also graced by Prof. Bhuvnesh Sharma- former Vice Chancellor of Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Shri V. R. Khare, Director CPR Maharishi Vidya Mandir Schools Group, Shri Ranjan Singh Patwari- National Coordinator of Maharishi Consciousness Based Education and Smt. Anita Bhargava & Smt. Rekha Pawar, TM and TM Siddhi Administrators. 79 participants from all over India attended these MWPA's. In these assemblies knowledge of life

oriented different Vedic subjects were presented to the participants.

Every day began with offering Surya Arghya, practice of TM and TM-Siddh Programme, Yogic Flying, listening Vishnu Sahasranam.

Thereafter the participants attended Shri Durga Saptshati Path daily from 9:30 to 12:30 pm. Everyone including participants of MWPA and the local villagers enthusiastically participated in the Maha Durga arti.

In the afternoon of first day, Brahmachari Girish Ji inaugurating the MWPA, shared the history of Maharishi Global Organisation which was very impressive and informative to all participants.



On this occasion Brahmachari Girish Ji also said that "One single person His Holiness Maharishi Mahesh Yogi Ji has done so much for the world in only 50 years of time. We can together may continue now to take care of the humanity by offering Maharishi Vedic knowledge for the stress free, blissful, peaceful, healthy and prosperous life to all dear world family members."

He has invited everyone to join him full time or part time to be a team member to bring enlightenment to every individual and gift invincibility to all nations, establishing Heavenly Life on Earth.

Prof. Bhuvnesh Sharma Ji former Vice Chancellor MMYVV reminded all, that Maharishi Ji's Vedic knowledge is available in a simple and easy manner. He welcomed all to enjoy benefits of this knowledge and also share this knowledge with everyone else.

Shri V. R. Khare gave detailed information of these assemblies and said that everyone will enjoy next fews days, which will be unique life time experience.



श्री अनंत चतुर्दशी महोत्सव 2025

Shri Anant Chaturdashi 2025

महर्षि संस्थान में श्री अनंत चतुर्दशी महोत्सव

श्री अनंत चतुर्दशी के पावन अवसर पर दिनांक 6 सितम्बर 2025 को मध्य प्रदेश की राजधानी भोपाल में स्थित स्वामी ब्रह्मानंद सरस्वती आश्रम में महर्षि विद्या मन्दिर विद्यालय समूह के माननीय अध्यक्ष ब्रह्मचारी गिरीश जी के नेतृत्व में भगवान अनंत (विष्णु) जी का वैदिक मंत्रोच्चार एवं पूर्ण विधि-विधान के साथ पूजन किया गया। यह समारोह श्री गणेशोत्सव जो कि महर्षि वेद विज्ञान विश्व विद्यापीठम, महर्षि विश्व शांति आंदोलन और महर्षि विद्या मंदिर विद्यालय समूह द्वारा 27 अगस्त से 6 सितम्बर तक उत्साह पूर्वक अनंत चतुर्दशी के दिन तक आयोजित किया गया।

इस अवसर पर महर्षि विद्या मंदिर विद्यालय समूह के माननीय अध्यक्ष ब्रह्मचारी गिरीश जी ने कहा कि “हम सभी भाग्यशाली हैं कि वर्ष भर इतने सारे वैदिक उत्सव होते हैं, जहाँ हमें विभिन्न देवी-देवताओं की पूजा करने और उनका आशीर्वाद प्राप्त करके अपने जीवन को सफलता और आनंद के साथ जीने का अवसर प्राप्त होता है। किसी अन्य संस्कृति और परंपरा में अपनी आत्म चेतना के जागरण के ऐसे स्वर्णिम अवसर उपलब्ध नहीं हैं। केवल सनातनियों को ही प्रकृति का यह आशीर्वाद प्राप्त है।”

इस दस दिवसीय श्रीगणेश चतुर्थी महोत्सव का समापन श्रीअनंत चतुर्दशी के दिन भगवान श्रीगणेश की प्रतिमा के विसर्जन के साथ हुआ जिसमें महर्षि संस्थानों के सदस्यों एवं स्थानीय नागरिकों ने भाग लिया और साथ ही बड़ी संख्या में लोगों ने इस कार्यक्रम को www.ramrajtv.com और **Ramrajtv YouTube** चैनल के माध्यम से ऑनलाईन भी देखा।





Vidya Bharti Madhya Kshetra Spiritual Education Seminar at Bhopal

Madhya Kshetra branch of Vidya Bharti Akhil Bhartiya Shiksha Sansthan, organized a seminar on 19 September 2025 at Bhopal. The topic of discussion was Spiritual Education in light of NEP 2020 in the educational institutions. Senior educators of different education groups participated in this seminar.

The program started with lighting the lamp, offering flower to Devi Saraswati Ji and Bharat Mata. Officials of Vidya Bharti welcomed all participants.

Ved Vidya Martand Brahmachari Girish Ji presided the seminar. In his inaugural address, he said "It is good that now government has introduced some spiritual values and number of other useful policies in NEP 2020. The practical aspect of spiritual practice (Sadhna) is still to be introduced in order to awaken the consciousness of every

student and to train students to attain higher states of consciousness and through students enable society to develop in every area of life. This will result in stress free, peaceful, prosperous, healthy and blissful individual and social life with coherent, pure atmosphere."

Girish Ji further mentioned that "in all Maharishi Educational Institutions, students, teachers and administrative staff practice Yogasanas, Pranayam and scientifically validated Transcendental Meditation twice a day regularly. They study Sanskrit and Vedic Science in all classes."

Shri D. Ramakrishna Rao, Senior Vice-President of Vidya Bharti in his key-note address informed about all plans and programmes of Vidya Bharti. Shri Rao emphasized on importance of spiritual education and Sanskaras to this generation in



order to have Indian society full of harmony, peace, joy and success to provide global leadership.

The participants shared information of the activities and programmes of their respective organisations. Dr. Ravindra Kanhere Ji, President of Vidya Bharati India in his concluding remarks inspired everyone to share the plans, programmes and courses being offered by different organisations with each other and enrich the knowledge to provide maximum benefit to students and society as a whole.

MAHARISHI MAHESH YOGI VEDIC VISHWAVIDYALAYA



Maharishi Mahesh Yogi Vedic Vishwavidyalaya, Karaundi, Brahmasthan, Madhya Pradesh, in collaboration with the Central Ground Water Board, successfully organized a training programme on water awareness for local farmers, women, and youth. All participants appreciated the event and requested University officials to organize similar training programs in the future also.



Maharishi Mahesh Yogi Vedic University, Karaundi Brahmasthan celebrated National Hindi Diwas. The theme was "Achieving the goal of social harmony through the Hindi language." The chief guest was Acharya Rajendra Koodaria, Vice Chancellor, Awadhesh Pratap University, Rewa, and the special guest was Acharya Akhilesh Pandey, former Vice Chancellor of Samrat Vikramaditya University (formerly Vikram University), Ujjain. A meaningful discussion took place on this occasion on the purity of the Hindi language and its importance in national unity. Hon'ble Vice Chancellor MMYVV, Acharya Pramod Verma Ji said that while knowledge of various languages is essential to meet current needs, one's mother tongue is extremely useful for life's knowledge.

INTERNATIONAL DAY OF PEACE CELEBRATED AT BHOPAL



With the Divine blessing of His Holiness Maharishi Mahesh Yogi Ji and under the guidance of Hon'ble Chairman of Maharishi Vidya Mandir Schools Group, Brahmachari Girish Ji, the 'International Day of Peace' was celebrated in all MVM Schools and in other Maharishi Institutions with great enthusiasm and fervor. The main celebration was organised at National Office MCEE Campus, Bhopal.

On this occasion Chairman of Maharishi Educational Institutions Group, Ved Vidya Martand Brahmachari Girish Ji said that unless there is peace in the consciousness and the Self of individuals, how can there be peace in nations and the world. Today we are in dire need of spiritual peace, cosmic or divine peace and mental peace. He said that "Maharishi Mahesh Yogi Ji had visited 124 nations and has awakened

the collective consciousness of these nations and of world on the basis of the principles and practical programmes of Vedic science. For this, Maharishi Ji made thousands trips, resulting in the end of several cold wars and the improvement of relations between numerous nations. Maharishi Ji's efforts not only ended the cold war but also brought many warring nations together on single platform."

Brahmachari Girish Ji further said "today we are celebrating the International Day of Peace. Our body is made up of five elements, and we include even air and vegetation in the Vedic Shanti Path. In our Vedic system, there are Vedic Suktas for Earth, Fire, Water, Space and Air. We work for peace and the peace of the five elements. Just as every tree must have strong roots, the Banyan tree of peace must be so strong that even a global upheavals or shocks cannot create unrest. The peace we talk about is possible only through positivity; Western culture is based on negativity. The biggest example of this is that over 3,000 treaties have been signed worldwide for world peace, but they have all been broken or rendered ineffective; there is no peace and

harmony between nations. We all need to come together to dispel the darkness of unrest by bringing light."

Professor Bhuvanesh Sharma, former



Vice Chancellor of Maharishi Mahesh Yogi Vedic Vishwavidyalaya, said that "world peace begins with our Shanti Path. The United Nations has chosen Sustainable Development as its theme this year. We believe that the goal of sustainable development can be achieved through Vedic knowledge because Vedic knowledge does not cause any harm. Therefore, we are watering the roots so that the tree of world peace can become strong throughout the world." Professor Sharma said that Satoguna, Rajoguna, and Tamoguna are all important in the functioning of the universe, but coordination and balance in their quantities is very important. Therefore, we believe that





only Vedic knowledge can pave the way for world peace.

Shri V. R. Khare, Director of Communications and Public Relations of Maharishi Vidya Mandir Schools Group, said that “Maharishi Ji had dedicated his entire life for world peace, and inspired by him, Brahmachari Girish Ji is carrying forward the same tradition by establishing Maharishi World Peace Movement in 2008 and today we are all participating in this peace establishment event.”

After this, Khare Ji administered the Oath to

all present on this day.

The program began with Guru Poojan and Shanti Path, as per the tradition of Maharishi Sansthan. After this, Ram Vinod Gaur, National Coordinator of Transcendental Meditation and Siddhi, led all those present to pranayama and group Transcendental Meditation. Students from each of the five Maharishi Vidya Mandir Schools of Bhopal expressed their views on world peace and commitment to peace.

All the five students were honoured with gifts by Brahmachari Girish Ji for their excellent address on this day.



INTERNATIONAL DAY OF PEACE CELEBRATED AT VARIOUS MVM SCHOOLS



Maharishi Vidya Mandir, Aligarh-I celebrated International Day of Peace



Maharishi Vidya Mandir, Chhattarpur celebrated International Day of Peace



Maharishi Vidya Mandir, Jabalpur-III celebrated International Day of Peace



Maharishi Vidya Mandir, Mandala celebrated International Day of Peace



Maharishi Vidya Mandir, Naini Prayagraj celebrated International Day of Peace

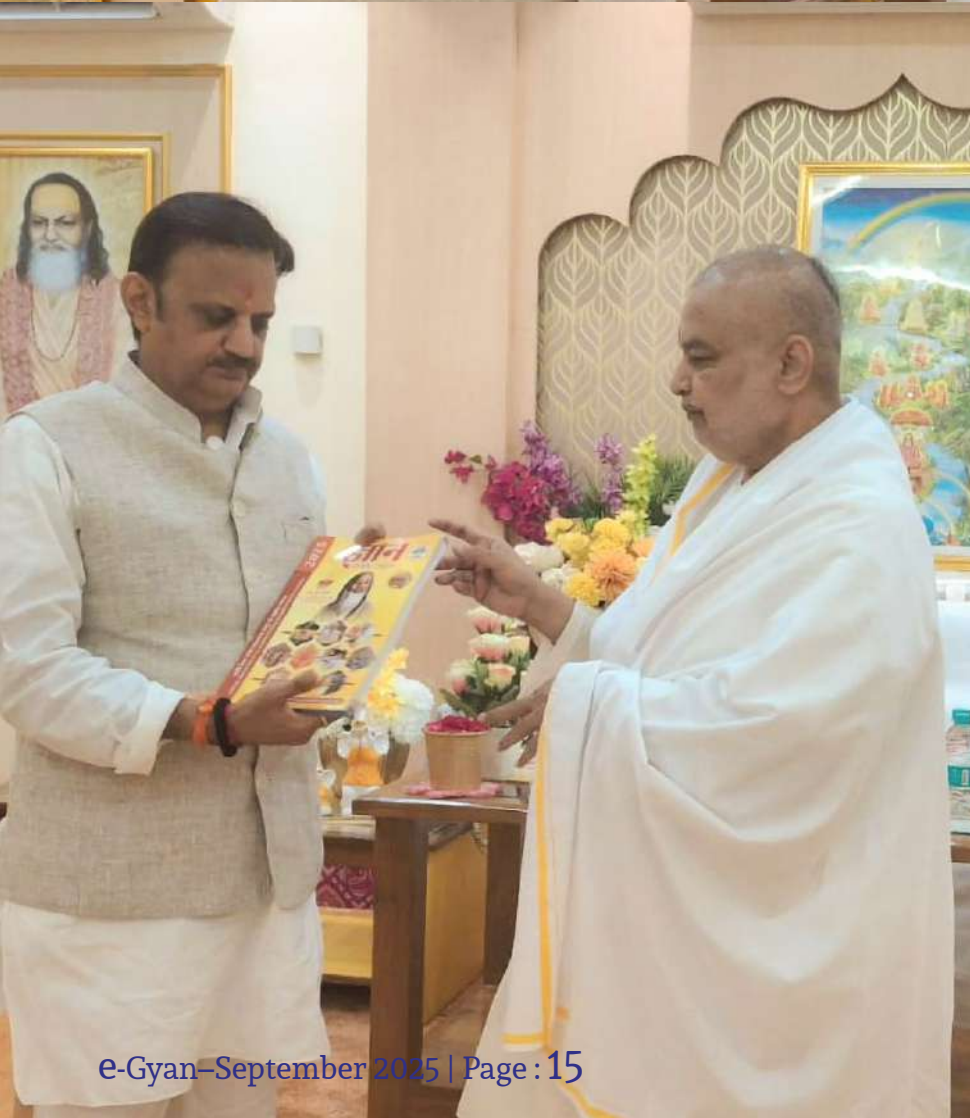


Maharishi Vidya Mandir, Tumsar celebrated International Day of Peace





शारदीय नवरात्रि के पावन अवसर पर महर्षि आनंद निकेतन भोपाल में भगवती माँ दुर्गा जी, लक्ष्मी जी, सरस्वती जी, गणपति जी, कार्तिकेय जी और शिव जी की अति सुंदर प्रतिमाओं की स्थापना की गई। साथ ही इव अवसर पर महर्षि वैदिक पंडितों द्वारा लक्षचंडी यज्ञ भी किया गया। कलश यात्रा एवं स्थापना समारोह महर्षि महेश योगी वैदिक विश्वविद्यालय के पूर्व कुलपति प्रो. भुवनेश शर्मा जी, महर्षि विद्या मंदिर विद्यालय समूह के संचार एवं जन संपर्क निदेशक श्री वी. आर. खरे, चेतना पर आधारित शिक्षा के राष्ट्रीय समन्वयक श्री रंजन सिंह पटवारी और टीएम एवं टीएम सिद्धि प्रशासक श्रीमती अनीता भार्गव एवं श्रीमती रेखा पवार की उपस्थिति में वैदिक पंडित श्री मुकेश मिश्रा जी के नेतृत्व में वैदिक पंडितगणों द्वारा संपन्न हुआ। सभी प्रतिभागियों, संकाय सदस्यों और कर्मचारियों ने भी कलश यात्रा एवं समारोह में भाग लिया। नवरात्रि महोत्सव 22 सितम्बर से 02 अक्टूबर 2025 तक मनाया गया।



**Brahmachari Girish Ji
met Hon'ble Deputy Chief
Minister of
Madhya Pradesh Shri
Rajendra Shukla Ji.
A useful discussion on
health education and
health facilities took place
including mass level health
benefits to the citizens of
M.P. Brahmachari Girish Ji
presented Annual Magazine
of Maharishi Group-Gyan
2025, Ojaswi Health book
and brochure of Maharishi
Spiritual Citizens Awakening
Program to Hon'ble
Shri Shukla Ji.
Dr. Chandresh Shukla,
President of Dental
Surgeons Association of
India was also present
during the meeting and gave
some valuable suggestions
to improve overall health
conditions in MP.**

Shri Jai Narayan Chauksey Ji, Founder and Chairman of LNCT group & JK hospital Bhopal visited Brahmachari Girish Ji, Chairman of Maharishi Group of Educational Institutions. Shri Chauksey was greeted by Brahmachari Ji and a very useful discussion on present system of education and new requirements were discussed. Brahmachari Girish Ji presented his book " Brahmachari Girish in Divine Umbrella of His Holiness Maharishi Mahesh Yogi Ji " and Maharishi Ved Vigyan part I, Ojaswi-Maharishi Health Education Programme to Shri Chauksey Ji.





ब्रह्मचारी गिरीश जी ने गणेश चतुर्थी महोत्सव के अवसर पर विभिन्न महर्षि परिसरों में स्थापित श्रीगणपति जी की प्रतिमा के दर्शन किये एवं गणपति जी की पूजा की। उन्होंने प्रार्थना की कि वे विश्व को श्रद्धा, भक्ति और सदबुद्धि का आशीर्वाद देते रहें और अगले वर्ष मानवता के लिए और अधिक ज्ञान, शक्ति और आनंद लेकर पुनः पधारे।

MAHARISHI REGIONAL CULTURAL CELEBRATION KURUKSHETRA REGION



With the divine blessing of Shri Guru Dev and His Holiness Maharishi Mahesh Yogi Ji and under worthy guidance of Hon'ble Chairman, Maharishi Vidya Mandir Schools Group, Brahmachari Girish Ji, Maharishi Vidya Mandir Kangra successfully conducted three days Maharishi Regional Cultural Celebration 2025 of Kurukshetra Region in online mode. It was held from 11th to 13th September 2025. The schools of Kurukshetra region were connected online.

In this celebration the students of 12 MVM Schools of Kurukshetra region participated. The students of these schools participated in different events such as dance, debate, group song, vocal semi classical, chanting of Shrimadbhagwadgeeta

and recitation of Shri Ramcharitmanas, on the spot painting, science exhibition and Yogasan.

The three days grand celebration was inaugurated by chief guest, Shri Ishant Jaswal SDM Kangra. As per the tradition, the program started with Shri Guru Parampara Pujan followed by the Saraswati Vandana by the group of senior students to seek blessings from Goddess Saraswati.

The chief guest, The Principal and other dignitaries lit the lamp to spread the light of knowledge and remove the ignorance from our hearts and minds.

Sushri Pooja Sharma, venue Principal of MVM kangra warmly welcomed the chief guest, Guest of honour Shri Manish Sinha Ji, National

Representative for this programme, Mrs. Tripti Sinha ji, teachers & students of participating schools and viewers who were watching the programme online.

The chief guest appreciated the celebration especially the Shri Guru Parampara Pujan. He emphasised on the conduction of such events, as they provide a golden opportunity to the students to show their talents. He advised the participants to put their best efforts to achieve their goals. He also said "education must be holistic in approach. Every individual should try his/ her best to achieve goals through persistent efforts."

In the three days of celebration, the programme started with Dance Competition (on Patriotic or Vedic



theme) and completed with Yogasan. On the first day of the programme, different events like group dance for junior, senior, lotus and Marigold categories, Spot painting for senior and junior group and Yogasan were held. All these competitions were conducted Online and were judged by judges who are experts in their respective fields.

The second day of the MRCC—began with the fancy dress for lotus and marigold categories. This was the first time when Lotus (students from 1st and 2nd classes) and Marigold (students from 3rd to 5th classes) categories also participated. The students also participated in chanting

of Shrimadbhagwadgeeta Shloka and recitation of Ramcharitmanas. Little students filled the atmosphere with purity and devotion. The judges were spellbound after seeing the performances of the Lotus and Marigold childrens, that such young little children were reciting the shlokas with such good pronunciation. The debate in English and Hindi was conducted live on the topic “Impact of Social Media on social life”. The second day concluded with the Science and Mathematics exhibitions.

The third day of grand celebration of MRCC started with music based on patriotic and vedic theme followed by vocal Indian classical and semi-Classical music for senior and junior categories, solo song, classical orchestra, instrumental wind and percussion.

After completion of each event judges heartily appreciated the performances of the participants.

Smt. Shushma who has completed MCBE course also gave enlightened presentation on that day correlating all the events with the MCBE Principles.

In the valedictory function, Shri Manish Sinha Ji Additional Director, (Finance) MVM Schools Group appreciated the efforts of all the participants and Principal and teachers of various MVM schools of Kurukshetra region for making MRCC successful. He declared that the teams securing 1st position will participated in the MNCC Maharishi National Cultural Celebration 2025 to be held at Bhopal from 11th to 13th November 2025.

The celebration ended with in to the enthusiastic singing of National Anthem.



MAHARISHI REGIONAL CULTURAL CELEBRATION HARIDWAR REGION



With the divine blessings of Shri Guru Dev and His Holiness Maharishi Mahesh Yogi Ji and under the constant guidance of Hon'ble Chairman MVM Schools Group, Brahmachari Girish Ji, Maharishi Regional Cultural Celebration 2025 of Haridwar Region was organized at Maharishi Vidya Mandir, Haridwar in online mode.

The three days event, held from August 21st to 23rd August 2025, provided a platform for young talents to 617 students from 21 MVM Schools to showcase their skills in various competitions.

In a bid to further nurture the creativity and

talent of its young learners, Maharishi Vidya Mandir Group has launched two new categories — Lotus and Marigold. Lotus is for students of classes I and II & Marigold is for students from classes III to V.

Various MVM schools of Haridwar region participated via online mode in which the videos of various events like group dance, song, vocal, instrumental, Science & Mathematics exhibitions, chanting of Shriramcharitmanas, Shrimadbhagwadgeeta, Yogic flying and Yogasan in Junior and Senior Categories were displayed before the judges through videos.

Only three events namely on the spot painting,

Quiz, Debate in Hindi, Sanskrit and English were conducted live on online mode. In sub junior groups Lotus and Marigold, group dance, solo dance, group song, solo song, fancy dress, on the spot painting, chanting of Ramcharitmanas and Shrimadbhagwadgeeta were displayed before the Judges through videos. Students participated in each and every categories with full energy and enthusiasm.

On 21st August the MRCC was inaugurated at 09:30 am. with the traditional Guru Poojan, followed by lighting of traditional lamp & practice of Transcendental Meditation in august presence of National Representative Dr. Prakash Chandra Joshi, Executive Director MVM Schools Group. Judges of various events of the day, venue Principals

and teachers. Shri Rajeev Tyagi, Principal MVM Haridwar in his welcome speech encouraged the participant of various competitions and wished them good luck.



The chief guest and National Representative Dr. Prakash Chandra Joshi narrated the significance of Maharishi Regional



Cultural Celebration and its influence in student's life. He focused on the importance of these types of cultural activities region wise in MVM Schools and informed that they give the golden opportunities to the students to show their talents.

In his inspiring message, Hon'ble Chairman MVM Schools Group Brahmachari Girish Ji said that "The Maharishi Regional Cultural Celebration is a momentous event and occupies a forefront position among the different events of Maharishi Vidya Mandir Schools Group. It is basically a platform to showcase the varied talents in different cultural and co-curricular activities in different fields. These events display the exotic Indian tradition and culture which has mesmerized the world since ages". He also conveyed his best wishes to all

participants.

Celebration started with inaugural welcome dance by MVM Haridwar students. After this the competitive events like debate in three languages, Group Dance, Solo dance in 3 different categories took place.

On 22nd August programme started from 08:30 am. with the Guru Pujan, lighting lamp and T.M. After that, students showed their talents in musical and instrumental performance, group song, solo song and vocal (classical & semi classical). After musical events, students from each group displayed Indian culture and religion through recitation of Shrimadbhagwadgeeta shlokas and Shriramcharitmanas.

On 23rd August again programme started from 08:30 am.

with the Guru Poojan, lighting of lamp and practice of T.M. The competition concluded with fancy dress, on the spot painting, science and Mathematics exhibitions, Yogic Flying, Yogasana and Quiz. Participation of students were unique and remarkable. The judges found it very difficult to decide the position in each event of 3 days.

In the valedictory function Dr. P. C. Joshi congratulated all the participating students for their dedication in displaying their culture through splendid performance. He also appreciated the 3-day function and congratulation the students and staff for their sincere effort. He also appreciated the teachers of different MVM School for their hard work and bringing out the talents and skill shown in tender minds. The programme concluded with chanting of National Anthem



ACADEMIC & CO-CURRICULAR EVENTS OF MAHARISHI VIDYA MANDIR SCHOOLS

Maharishi Vidya Mandir-II Jabalpur

The Principal and teachers of MVM Napier Town Jabalpur congratulates the class 8th student Alisha Sonkar, for winning a gold medal (group event) and a bronze medal (individual event) at the 9th MP State Cadet Taekwondo Championship.



Maharishi Vidya Mandir Rayagada

Health Camp was organized at Maharishi Vidya Mandir Rayagada, Odisha. A group of doctors and paramedical staff from Sri Sathya Sai Mobile Hospital Free Health Care Seva (School Health Programme) inspected the health of the students.



MVM Prayagraj Naini

Maharishi Vidya Mandir Prayagraj Naini Durwani students, Divyanshu Pandey (IX-D) and Arya Mishra (IX-B), secured 2nd position in the INTACH India Heritage Quiz 2025, Prayagraj.



ACADEMIC & CO-CURRICULAR EVENTS OF MAHARISHI VIDYA MANDIR SCHOOLS

महर्षि विद्या मन्दिर, छतरपुर

महर्षि विद्या मंदिर देरी रोड छतरपुर के खिलाड़ियों ने संभाग स्तरीय बैडमिंटन टूर्नामेंट में उपविजेता का पदक प्राप्त कर विद्यालय का नाम उज्ज्वल किया।



Maharishi Vidya Mandir, Karimganj

Students of Maharishi Vidya Mandir Karimganj secured 1st Position in the Quiz Competition and 2nd prize in speech competition on the topic of Vivekananda philosophy of "Be Good and Do Good" at the Youth Convention organized by Ramakrishna Mission, Karimganj.



MKH Ayodhya Nagar Bhopal

Maharishi kids home Ayodhya Nagar Bhopal student Aarav, a 10-year-old badminton prodigy has once again proved his excellence by becoming the Champion of Bhopal for the third consecutive year. The tournament was held at TT Nagar Stadium, Bhopal.



PHOTO GALLERY

TEACHER'S DAY CELEBRATED AT VARIOUS MVM SCHOOLS



Teacher's Day celebrated at Maharishi Vidya Mandir Fatehpur



Teacher's Day celebrated at MVM Uttarkashi & MVM Berasia Bhopal



Teacher's Day celebrated at Maharishi Vidya Mandir Nagaon



Teacher's Day celebrated at Maharishi Vidya Mandir-II Jabalpur



Teacher's Day celebrated at Maharishi Vidya Mandir Prayagraj



Teacher's Day celebrated at Maharishi Vidya Mandir Chhatarpur



14 Mantras for Leading Disease Free Life

1. We all must maintain a very good daily and seasonal Vedic routine.
2. We must practice suitable Yogasanas and Pranayam in the morning, practice Transcendental Meditation, Siddhi Programme and Yogic Flying twice daily without any excuse.
3. Avoid eating fast food of market and also try to avoid even home made fast food.
4. Eat only certified organic healthy food. It is little expensive but in long term it saves the health and wealth both.
5. Do suitable exercise at least 4 to 5 days in a week. Not to exert.
6. Get our complete medical checkup done once a year and if any health issue continues for few days, get in touch with specialist Vaidya/Doctor.
7. Must get Panchkarma done ideally twice a year or at least once a year for minimum 8 to 10 days to detox the physiology. Maharishi Vedic Health Centre provides this PK treatment on very reasonable charges.
8. Consult our Jyotish department, get yearly prediction done and arrange Graha Shanti and Yagyanushthan once or twice a year as per the situation to neutralise negative influence of Grahas.
9. Avoid to visit stressful places, meetings, families, movies etc. and try to spend your time in some good blissful healthy things/environment. It could be watching some spiritual shows, listening to Vedic chanting, Bhajans or even some old songs.
10. Try to avoid arguments and hot talks with anyone. Just be in peaceful mood and environment.
11. Avoid any activity that may bring strain. Our strength is in our peace and bliss. Try to maintain both.
12. Try to live in Vastu houses. Can send your house map and layout plan to our construction department and they will advice you if your house is as per Vastu or not. Some rectifications could be done with minimum expenses. Or you may have to change your house.
13. Daily use items (soaps, cosmetics, hair oil, toothpaste, food supplements etc.) should be pure and herbal without chemicals.
14. Try to set up your own kitchen garden for fresh organic vegetables and flowers. You can set up this in your veranda, balcony, stairs, roof if you don't have enough land. Tomato, Brinjal, Okra, Chillee, Coriander, Spinach, Fenugreek, Taro root or Colocasia (Arbi), Ginger, Ridge gourd, Bottle gourd, Bitter gourd etc. could be grown in your kitchen garden very easily.

It is hoped that these little suggestions will help to improve life of everybody along with all family members. Please share the knowledge and life oriented Maharishi Ji's programmes with your family friends and relatives to let them also improve their life.

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