



E-Gyan

अंक – अड़तालीसवा Volume -48
4 June 2013, Tuesday

Monthly Digital News Letter of Maharishi Organisations - India

महर्षि संस्थान भारत का मासिक सूचना पत्र

महर्षि संवत्सर - ५८ विक्रम संवत्सर - २०६६ ज्येष्ठ कृष्ण पक्ष ११, मंगलवार, 4 जून 2013

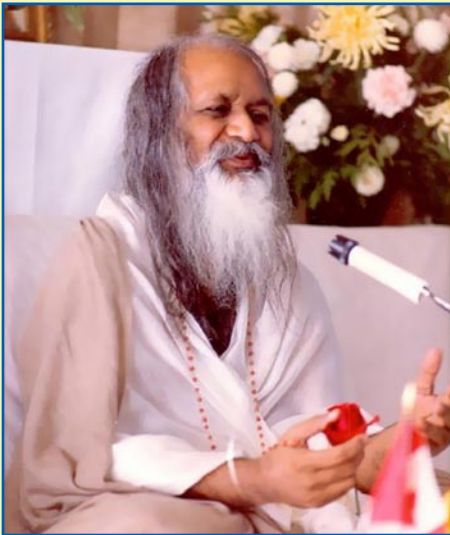
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Maharishi Speaks to Students*

INNOVATION IN EDUCATION

THE NEED FOR DIRECTING ATTENTION INWARD TO UNFOLD THE FULL CREATIVE POTENTIAL OF THE MIND—THE KNOWER



There are different systems of education to train experts in different fields—engineers, farmers, industrialists, managers, or secretaries. Various aspects of life are handled efficiently by educating individuals in specific channels of performance. Education so far has been directed outwards, presenting only information coming from outside—for example, some Laws of Nature from Physics or from Chemistry. From Information Theory in Physics, we know that knowledge has organizing power. This has been the basis of giving education to students, so that they come out to be disciplined individuals, able to organize their lives and their environment.

In the age of ignorance, when attention always used to remain in the outward direction, education also remained concerned only with the outside field of life. General education did not provide that knowledge which could enable active consciousness to derive nourishment from the unbounded value of creativity present within its own silent levels. We certainly want to accomplish everything in the outward direction, but without losing contact with the inner source from where all energy and vitality flow.

Much comfort has been added to life through present systems of education. A great degree of the knowledge of Natural Law has been uncovered and applied, and this has been the achievement of education in the age of ignorance. At the same time there is still something that can be added, and that is education to develop higher consciousness. We want to introduce into education knowledge of the knower—consciousness. Education for higher consciousness will take the attention inwards to the absolute value of consciousness. When the absolute value of pure consciousness is maintained even while the attention flows outwards, then the conscious mind is very powerful because it is attuned with the infinite Creative Intelligence which is the character of absolute consciousness. Education for higher consciousness will be as fulfilling to the subjective aspect of life as it is to the objective aspect. Both inner and outer values will blossom in their full potential.

If one is not in tune with the source of energy within, then one gets exhausted when constantly exposed

to outward strokes of action. Through the Science of Creative Intelligence, education is subjectively nourishing rather than subjectively exhausting. Human intelligence is the expression of the fullness of life; it can express infinity, and that value of infinity must blossom through education. Education should not only be concerned with giving efficiency in a profession, but should also make man master of his nature; and man's nature in its completeness is the nature of the universe.

In life, Natural Law is in its most fundamental state. From there it expresses itself in divergent values and controls different aspects of creation. We want to take our attention to that unmanifest basis of all the Laws of Nature and from there consciously create what we wish to create. For knowledge to be received in its purity it is necessary that the student's consciousness be clear and pure. Then the student receives without distortion the meaning that the teacher intends. The Transcendental Meditation Technique opens the awareness to Transcendental Consciousness, the field of pure knowledge, the home of all the Laws of Nature. The TM-Siddhi Programme develops the ability to function from the field of the Transcendent, the home of all the Laws of Nature, thereby raising life to mastery over Natural Law. When the full potential of human consciousness is enlivened, the life of the individual and the nation is fully supported by Natural Law. This will bring invincibility for every nation at this time when no nation is capable of defending itself. Pure knowledge has infinite organizing power. It is by stabilizing pure knowledge in human awareness that we are creating a new value of time, in which human life will no longer remain subject to errors, but rather the individual will be in command of Natural Law, and every nation will be fully supported by the invincible power of Nature.

Necessity is the mother of invention. Whenever there is something necessary in life, Nature provides it. That inward direction of awareness has become necessary because progress became tiring and unfulfilling due to the awareness always remaining in an outward direction. With education for higher states of consciousness, progress will be faster, and yet life will breathe in fulfilment.

**MAHARISHI'S ABSOLUTE THEORY OF EDUCATION
PROVIDING AN INVINCIBLE SYSTEM OF EDUCATION TO
TRANSFORM IGNORANCE INTO ENLIGHTENMENT**

Maharishi's Absolute Theory of Education is a system that has proven its value both in terms of scientific measurement and in terms of the positive response of students. Maharishi European Research University (MERU), which develops the principles and programmes of ideal education, is the leading institution in educational research in the world. MERU has shown to the leading educators of the world how every need of education can be met by the Science of Creative Intelligence. The theoretical principles developed under Maharishi's guidance at MERU are being applied on a very practical level throughout the world. This has given us a complete package of knowledge that can make any educational system invincible.

The progress of education is the progress of collective consciousness. Today every student is capable of grasping Einstein's Theory of Special Relativity, which seventy years ago was understood only by a handful of the world's top scientists. Maharishi's Science of Creative Intelligence is a vital need today, because the partial values of our scientific knowledge are extremely dangerous. When man knows and applies only a few Laws of Nature, Nature becomes imbalanced and this can lead to disasters. The only protection for a civilization dedicated to understanding the Laws of Nature is to be established in the totality of all the Laws of Nature—in the state of Transcendental Consciousness.

All leading educators commonly agree that the study of the Self will be more and more at the centre of education. The programme that Maharishi has developed is the model of what education everywhere will soon be. What has been lacking in education and society is success. Education everywhere has been a failure, producing an understanding that life is a struggle and that to err is human. Education should make life blossom in its full dignity so that one does not make mistakes or create problems for oneself or society. However, no system of education today creates such an educated man.

Maharishi's Transcendental Meditation Technique, the practical aspect of the Absolute Theory of Education, is a natural procedure that leads a man to enlightenment through the process of transcending, in which the mind experiences progressively finer levels of thought until the finest level of thought is transcended and pure awareness is gained. In this process of forgetting everything, one is left by oneself. The Absolute Theory of Education can transform an ignorant man into a fully enlightened man, blossoming in his infinite creativity. In the past, education focused only on learning without regard for the learner, the student. The Absolute Theory of Education expands the consciousness of the learner and enables him to grasp a greater range of knowledge. The Absolute Theory of Education starts with whatever ability the student has and allows him to experience his own unbounded awareness, which is a field of all possibilities. This creates a fertile ground for learning.

Through this system of education, any man becomes a man of all possibilities, capable of functioning spontaneously according to all the Laws of Nature and thereby fulfilling his own desires and those of the whole society. An enlightened man radiates a beautiful influence of harmony and coherence so that all disharmonies and problems in the environment disappear.

The quality of the consciousness of the knower is the basis on which knowledge is gained. In the simplest form of awareness, whatever the truth of the object, that will dawn. This state of realization of everything in terms of the Self is an educated awareness. The simplest form of awareness is the totality of creativity, the seed of the whole creation.

The Absolute Theory of Education is an absolute and invincible system of education, because it can bring enlightenment to both the teacher and the student in the same stroke. New values are dawning in the Age of Enlightenment. The principles on which life and living have been based so far must be replaced by more natural and comprehensive principles.

Education so far has attempted to take care of consciousness, but only in an indirect way. The Absolute Theory of Education handles consciousness directly. By giving more importance to developing consciousness directly, every system of education can become invincible. Both the most ancient system of knowledge, through subjective evaluation of consciousness, and the most modern system of gaining knowledge, through experimentation and discovery of Natural Laws by different sciences, now meet on the level of experience. This totality of knowledge is offered by the Absolute Theory of Education.

(Excerpts from His Holiness Maharishi Mahesh Yogi Ji address to international conference on education for higher states of consciousness, at International Capital of the Age of Enlightenment, Seelisberg, Switzerland.)





What is the Transcendental Meditation technique ?

—John Hagelin

John Hagelin, Ph.D., is a world-renowned quantum physicist, educator, author, and a leading researcher on the benefits of the Transcendental Meditation technique for the individual and society. Dr. Hagelin is Director of the Institute of Science, Technology and Public Policy at Maharishi University of Management, and International Director of the Global Union of Scientists for Peace.

What is the Transcendental Meditation?

The Transcendental Meditation (TM) technique is a simple, effortless technique for improving all areas of life. The technique is easily learned and is practiced sitting comfortably in a chair with the eyes closed for 15 to 20 minutes twice a day.

What happens when you meditate?

During the TM practice, the active thinking mind settles down naturally to a state of "pure consciousness," where the mind is silent yet fully alert. At the same time the body gains a profound state of rest and relaxation.

What are the benefits of this experience?

This unique state of "restful alertness" develops the total brain and eliminates accumulated stress and fatigue. This experience is the basis for the increased creativity and intelligence and improved health reported by people who practice the Transcendental Meditation technique.

Is there any scientific evidence " to show that the technique work?

Yes. More than 600 scientific studies on the benefits of the Transcendental Meditation technique have been conducted at 250 independent universities and research institutions, including Harvard Medical School, Cornell Medical School, University of Michigan Medical School, and UCLA Medical School.

Has the research been published?

Yes. Research has been published in leading, peer-reviewed scientific and medical journals, including Scientific American, Science, the American Heart Association's Hypertension and Stroke, and the American Medical Association's Archives of Internal Medicine. Moreover, during the past 18 years, the National Institutes of Health has awarded over \$24 million to study the beneficial effects of the TM programme on heart disease, hypertension, and stroke.

To practice TM do I have to change my diet or adopt a particular lifestyle or religion?

No. The Transcendental Meditation technique does not require a change in lifestyle. Introduced by Maharishi Mahesh Yogi over half a century ago, the TM technique has now been learned by over five million people of all ages, nationalities, and religions. TM meditators report that the reduced stress and increased clarity of mind resulting from Transcendental Meditation practice have helped them to appreciate life more fully—and, for religious people, to follow their religions more faithfully.

Is it correct to say that all meditation techniques produce similar results?

No. There are striking physiological and neurophysiological differences between various meditation techniques. For example, EEG and brain imaging technologies clearly distinguish the TM technique from all other practices, showing enhanced EEG coherence and marked improvements in the all-important prefrontal cortex (the "CEO" of the brain), which governs such key executive functions as planning, decision making, problem solving, and judgment.

Do other meditation techniques produce similar health benefits?

Many comprehensive meta-analyses of published studies on meditation and stress-reduction techniques clearly show that the Transcendental Meditation technique produces highly beneficial effects for health that are not produced by other techniques. These include marked reductions in high blood pressure, anxiety, depression, insomnia, and other stress-related disorders.

I am a skeptic.

Being skeptical is fine. Fortunately, no belief or change in beliefs is required to learn and practice the TM technique—and to gain all the benefits. In fact, you can be 100 percent skeptical and the TM technique will work just fine.

Balancing the Brain

David Hughes explains how a child's brain benefits from the practice of Transcendental Meditation

Every child is born a billionaire. In neural terms, that is. The human brain has 100 billion individual cells that's 15 times the number of people on earth - and ideally, bringing up children would involve every strategy we can find to allow the full use of all those billions of neurons - so that every child may grow to live their complete mental, physical, emotional and spiritual potential.



Children practice Transcendental Meditation of their lesson at the Maharishi School, Lancs, U.K.

The brain is a very flexible organ, and every experience changes it. Repeated experience strengthens the connections in the part of the brain involved, and conversely, if neural connections are not used, they simply disappear. It's a matter of use it or lose it. Using full potential, in brain terms, would involve enlivening connections throughout the brain: and that's why interest is growing in a simple mental technique which seems to do exactly that.

Transcendental Meditation, introduced fifty years ago by Maharishi Mahesh Yogi, has been the subject of hundreds of scientific studies, and is currently being taught to hundreds of thousands of children worldwide. Evidence supports the claim that the technique promotes a balanced brain and thus a stable, adaptable child, well prepared to deal with the challenges of a rapidly changing world without picking up stress.

Adults experience the world in a very different way to children. For a young child, every experience is immediate and concrete, very much a product of the five senses, primarily involving the rear part of the brain. Only with time and the development of the brain do more abstract evaluations come into play. As we all know, impulsive behaviour is natural for children -the neural circuits to see the bigger picture only begin to grow around the age of 12, and continue until 25 or so.

A key factor is the development of connections to and in the frontal part of the brain, the part which evaluates the concrete experience of the senses, brings emotions into play, and makes judgments and decisions. It's the most significant part of the brain in expressing who we are. Tiredness reduces the use of the frontal regions, as does stress. Overload effectively takes the frontal regions "offline," leaving us prey to more primitive, less mature "fight or flight" tendencies and excessive reactions to even simple challenges. Even the amount of brain cells we have is affected by strain. Up until a decade or so ago it was thought we were born with all the brain cells we would have for life, but it is now known that the hippocampus produces new cells every day. Yet it takes 4-6 weeks for these cells to mature, and under stress, they will not do so. But in a nourishing environment, these cells do mature, and become part of the ongoing memory system. Free of tiredness and stress, a child will simply develop a better brain, and use it in a more effective way.

Foundational state

How can TM assist with this? Meditation practices are usually thought of in terms of either concentration - focused attention - or of contemplation - open monitoring of thoughts or breathing. Transcendental Meditation is neither of these, but rather involves a process which transcends its own activity, taking the mind to a state of restful alertness. Recent research suggests this is the experience of a foundational state of the brain, underlying the changing states of waking, dreaming and sleeping.

The transcending process

If we imagine the mind having a vertical dimension, rather like a pond of water, a thought might be illustrated as a bubble of air rising from the bed of the pond -just a faint idea at first, then gathering emotions and memories as it rises, and bursting on the surface as a conscious thought. TM reverses this process, allowing the attention to follow a specific thought from the surface level of thinking to progressively finer levels, until it reaches a

silent level of restful alertness at the source of the thinking process. This process of transcending a thought allows wakefulness, which is the background to all thinking, to become more lively in the mind.

In brain terms, the whole attentional system is awake and quiet, and because all experience changes the brain, repeated experience of this restful alertness - TM is recommended for a few minutes twice a day - means that being restfully alert becomes part of how the brain naturally functions. That in turn

"The technique promotes a balanced brain and thus a stable child, well prepared to deal with the challenges of a rapidly changing world without picking up stress."

means that every experience during the day is dealt with from a more balanced and integrated state of the brain, and so less stress is experienced even from very challenging circumstances. Experiencing silence in the mind is deeply restful for the body, so TM also helps by removing tiredness and boosting energy.

Easy to learn

TM is extremely easy to learn, and produces brain integration within about 30 seconds - there is no difference during the meditation between someone who has been doing TM for a few months and someone who has been practising for 20 years. The technique is effortless, using only the natural tendency of the mind to go in the direction of a more enjoyable experience - restful alertness, not surprisingly, is pleasant - and no attitude, belief or change of lifestyle is required.

Although easy to practise, TM does have to be learned on a one-to-one basis from a properly trained teacher as the technique is tailored to the individual. And, like learning to talk - another natural ability - feedback is essential during instruction to ensure that practise is correct. Following a couple of talks which describe what TM is and the principles by which it works, learning the technique involves a personal one-to-one instruction followed by three classes on consecutive days. Instructions given in each class are practised at home, so that each session focuses on the learner's growing experience of the meditation. A follow-up session is recommended after about ten days, and a few further checkings in the first six months - but after that, one is self-sufficient for life.

Older children, from about the top junior level onwards, can learn the adult version of TM practised sitting comfortably with eyes closed. Younger ones, from age four or five, learn a more appropriate version (taught in two short sessions) with components of TM, which children carry out for a few minutes silently but with eyes open, while walking or playing.

TM in school

TM is taught in hundreds of schools worldwide. Pioneer in this country is the Maharishi School (maharishischool.com) in Lancashire, which has been adding a few minutes of TM for pupils and teachers at the beginning and end of the school day since 1986. The head teacher, Derek Cassells is full of praise for the effects, and increased creativity and intelligence is certainly reflected by examination results. While proud of the academic achievements, Cassells is reluctant to be judged on examination results alone, preferring the overall personal development of pupils as a measure of success. "The brain they grow as a child is the brain they have as an adult," he says. "So by practising meditation as a child, teenage years are easier, and they're a more balanced adult."

Elsewhere TM has been used at inner-city schools in the US and South Africa with dramatic results in reducing violence and improving pupil behaviour, and has been found effective in helping with ADHD.

To read more about this method and to discover learning opportunities in your area, visit, t-m.org.uk.

Transcendental Meditation May Help Brain Handle Pain

Study: Five Months of Daily Meditation May Cut Brain's Pain Response.

Five months of daily meditation may help your brain stay calm during sudden pain. So says a study on transcendental meditation, published in *Cognitive Neuroscience and Neuropsychology*.

Researchers included Zang-Hee Cho, Ph.D., of the University of California at Irvine, and David Orme Johnson, Ph.D., of the Maharishi University of Management in Fairfield, Iowa. According to Maharishi University's Web site, students and faculty there practice Transcendental Meditation.

The researchers studied 24 healthy Californians (average age: 56-58 years) recruited from Transcendental Meditation centers in Los Angeles and Orange County.

Long-time meditators made up half the group. They had practiced Transcendental Meditation for an average of 31 years.

The other 12 people, who served as the comparison group, had attended only an introductory lecture about Transcendental Meditation.

Hot Water Test

The study started with a quick pain test. Participants dunked two fingers in warm water for 90 seconds. Then they put those fingers in hot water for 30 seconds, and then in warm water for a minute.

Meanwhile, they got their brains scanned with functional magnetic resonance imaging (fMRI).

Immediately afterwards, they rated the pain they felt during the test on a scale ranging from "no pain" to "worst possible pain."

Pain ratings were similar for all participants, with them reporting roughly the same amount of pain from the hot water.

But their brain scans differed. The experienced meditators showed 40% to 50% less brain activity in certain regions in response to the pain, the study shows.

Change In Five Months

Lastly, those in the comparison group got four days of instruction in Transcendental Meditation. Then, for five months, they meditated 20 minutes, twice a day. Then they repeated the pain test and brain scans.

This time, the scans showed 40% to 50% less brain activity in response to the pain, compared with their first scans five months earlier.

Transcendental Meditation may not numb people to sudden pain, but it may change how the brain responds to that pain, the researchers conclude.

SOURCES: *Cognitive Neuroscience and Neuropsychology*.

New American Heart Association Report Informs Doctors that Transcendental Meditation Lowers Blood Pressure

A report from the American Heart Association published on April 22 concluded that the Transcendental Meditation (TM) technique lowers blood pressure and recommends that TM may be considered in clinical practice for the prevention and treatment of hypertension.

The purpose of the report, entitled “Beyond Medications and Diet — Alternative Approaches to Lowering Blood Pressure: A Scientific Statement From the American Heart Association,” is to inform physicians which alternative approaches to lowering blood pressure have been shown by research to be effective.

After considering meta-analyses and the latest clinical trials on different types of meditation, the report stated that while Transcendental Meditation is recommended to lower BP, there is not enough scientific evidence to recommend other meditation or relaxation techniques.

“This is an important breakthrough in the evolution of medical practice, since it is the first time that the Transcendental Meditation technique has been recognized and recommended for consideration by a national medical organization that provides professional practice guidelines to physicians, health care payers, and policymakers,” said Robert Schneider, MD, FACC, director of the Institute for Natural Medicine and Prevention who has been the principal investigator for several research studies on the Transcendental Meditation technique and cardiovascular disease. “This type of guideline statement has been what health insurance companies have been requesting for many years.”

The authors of the report assessed three categories of alternative approaches: behavioral therapies such as meditation, non-invasive procedures or devices, and exercise-based regimens. The report did not review diets or dietary supplements.

Part of the impetus for this statement from the AHA came from the patients themselves, who are sometimes reluctant to take medication. “A common request from patients is, ‘I don’t like to take medications, what can I do to lower my blood pressure?’ said Robert Brook, M.D., chair of the expert panel that authored the report. “We wanted to provide some direction.”

Meta-analyses referenced in the report found that Transcendental Meditation practice lowers blood pressure on average 5 mmHg systolic and 3 mmHg diastolic. Although by some accounts modest, Dr. Schneider pointed out that for millions of people with high blood pressure, this reduction may help to bring them into a more normal range or prevent the need for hypertension medication with attendant side effects and costs. Clinical trials have shown that lower blood pressure through Transcendental Meditation practice is associated with significantly lower rates of death, heart attack, and stroke.

“We are gratified that our research demonstrating the efficacy of TM on blood pressure is being recognized and hope that this consensus will result in its wider use in clinical practice,” said C. Noel Bairey Merz, professor of medicine at Cedars Sinai Medical Center and principal investigator for an NIH-sponsored clinical trial on Transcendental Meditation and cardiovascular health.

The report also recognized that Transcendental Meditation is generally considered safe and without harmful side effects. As an additional advantage, the statement noted that many of the reviewed alternative therapies, such as meditation, may provide a range of health or psychological benefits beyond BP lowering or cardiovascular risk reduction.

The report concluded that, “It is the consensus of the writing group that it is reasonable for all individuals with blood pressure levels >120/80 mm Hg to consider trials of alternative approaches as adjuvant methods to help lower blood pressure when clinically appropriate.”

WELLNESS NEWS



HEALTHY DIET AND LIFESTYLE ESSENTIAL TO BATTLE THE BULGE

Thursday, May 30, 2013: (indianexpress.com) (*The Indian Express*)

ISHI KHOSLA

Body awareness and health have assumed importance, like never before. There is a clear shift in mind sets not only among the youth, but across gender and age. Men and women even in their 60s and 70s are slipping on their jogging shoes and measuring their waistlines. Mushrooming of gyms and weight loss centres all over the city is a clear indicator of this trend. Personal trainers, yoga instructors and personal dieticians are a growing lot. The demand for bariatric surgeons too has grown in the last of couple of years.

Consequently, the food industry too has added several 'low-fat' calorie counted fare. The big giants in the food industry have been quick to enter the health food arena with the introduction of sugar-free beverages, sugar substitutes, sugar-free and low-fat foods and salads.

Yet, there are those who continue to be victims of gluttony and inactive lifestyles, preferring to remain unaware.

The solution lies in recognising special obesogenic features in India including, diet high in carbohydrate, glycemic index, sugar and poor quality fat. Late dinners, persuasive hospitality, innumerable celebrations and festivals, and physical inactivity coupled with genetic predisposition also help put on those added kilos.

Healthy diets, regular physical activity, lifestyle changes and behavioural modification are required to help fight the 'battle of bulge'. Customised solutions, guidelines and identifying mindless eating, emotional eating or stress eating patterns, need attention.

However, the individual responsibility approach has failed to make an impact. A broader outlook involving multi-system integrated approach is needed. Identifying evils in food, amendments of food marketing laws and innovative legal strategies for food policy, learning lessons from tobacco for obesity prevention, school wellness policies, changing the food environment and working with the food industry for availability of healthier food alternatives are some of the important strategies that must be a part of a National Anti-Obesity programme.

With increasing childhood obesity, early intervention can help nip things in the bud. Creating healthy school environment is crucial to create awareness and prevent obesity. Development of school policy to support a nutritional environment is critical.

At a personal level, each one of us can begin by redefining our relationship with food eat to live rather than live to eat.

Articles of MVM Students

Blue Blue Sky

Blue Blue Sky
 Blue - Blue sky
 I can see the sky
 God give me eyes
 So, I can see the sky

What a beautiful sky
 full of sweet dreams.
 full of heavenly beauty
 sky is immortal

It can never sink
 It teaches us so many things
 blue blue sky

Please hear my request
 Always give me your comfort
 I like you very much
 I like you very much

Navjot Kaur
 Calss - I, MVM, Jagadhri

पिता का वरदान

मैं दिशा तो विस्तार हैं आप।
 मैं बालक तो संसार हैं आप।
 मैं पंछी तो आकाश हैं आप।
 मैं उमंग तो उत्साह हैं आप।
 मैं नाम तो पहचान हैं आप।
 आपकी आँखों से जाना है जगत को,
 और हर पल चाहा आप सा बनना।
 रखना हाथ हमेशा सिर पर मेरे।
 नहीं तो बिखर जाऊँगा मैं, क्योंकि
 मैं तो केवल मिट्टी का ढेला हूँ,
 लेकिन कुम्हार हैं आप।

Pooja
 Calss - III, MVM, Jagadhri

CBSE & other Board's results

The CBSE and other Board's results of class X & XII have been declared. Many principals have informed us about grand achievements of their students. E-Gyan proposes to publish names and photographs of the students of various schools in E-Gyan July 2013 who have secured more than 90% in class XII and 10 CGPA in class X. So all principals of MVM Schools Group are requested to send this information to Director, CPR, NCO, Bhopal latest by 10th June 2013 by e-mail.

Maharishi Vidya Mandir Schools Group Reports

MVM Sagar



Sundarkand path was performed in the school campus by the staff members for the well being good health of everyone. Beautiful presentation with musical instruments was held on the occasion of Hanuman Jayanti.

MVM Gurgaon

International Labour Day was celebrated at MVM Gurgaon. A poster making competition was organised on this occasion to highlight the condition of labour in the country. Ku. Yasika, Master Mohit and Ku. Chelsi secured the first, second and third positions respectively.



MVM Jabalpur-I

The principal MVM Jabalpur-I Smt. Mamta Bhattacharya Ji has informed that 22 students of her school have been successful at JEE mains examination. Master Utsav Gupta has secured second position in Jabalpur district in this examination. They will appear for JEE advance examination to be held on 2nd June 2013.

MVM Shahdol

महर्षि विद्या मंदिर, शहडोल में जूनियर ग्रुप के कक्षा तीसरी, चौथी एवं पांचवी के छात्रों के बीच वि्वज प्रतियोगिता का आयोजन मुख्य अतिथि श्रीमती कमलेश जोशी, शिक्षिका, केन्द्रीय विद्यालय, नागपुर एवं श्रीमती डॉ. भावना तिवारी, प्राचार्या, महर्षि विद्या मंदिर, शहडोल की अध्यक्षता में संपन्न हुआ। कार्यक्रम शुभारम्भ दीप प्रज्वलन के साथ माँ सरस्वती और गुरुपरम्परा पूजा कर किया गया। छात्र अंजनी कुमार, शुभांस स्वर्णकार, खुशी गुप्ता, अभिषेक पाण्डेय, राज गुप्ता एवं निशा शर्मा की टीम विजेती रही तथा प्रखर तिवारी, प्राची सिंह, शिवांग गर्दे, आदित्य तिवारी, वंदना सिंह एवं अभिषेक पवन की टीम उपविजेता टीम रही।



महर्षि विद्या मंदिर, शहडोल के छात्रों ने आदरणीय वेद प्रकाश शर्मा जी, पुलिस महानिरीक्षक, शहडोल संभाग के सौजन्य से अमरकंटक ताप विद्युत गृह, चर्चाई का अवलोकन किया। विद्यालय के शिक्षकों श्रीमती कीर्ति गुप्ता, श्री सुनील कुमार गुप्ता, श्री शैलेन्द्र कुमार सिंह तोमर, श्रीमती शोभा परौहा, श्रीमती रीमा मिश्रा, सुश्री पूजा तिवारी एवं श्री शिशिर श्रीवास्तव के कुशल मार्गदर्शन में विद्यार्थियों ने पूर्ण अनुशासन का परिचय देते हुए अमरकंटक ताप विद्युत गृह का भ्रमण कर उष्मीय ऊर्जा से बिजली उत्पन्न होने की प्रक्रिया को समझा तथा थर्मल पावर प्लांट की विभिन्न इकाईयों का अवलोकन किया। कोयला जलाकर उत्पन्न ऊष्मा से जल को वाष्प में परिवर्तित कर वाष्प को टरबाइन में स्थानांतरित कर टरबाइन घुमाना एवं टरबाइन के द्वारा जनरेटर को चलाना एवं बिजली उत्पन्न करने की प्रक्रिया को छात्र एवं छात्राओं ने बारीकी से समझा तथा बड़ी लगन के साथ अन्य यूनितों का भी अवलोकन किया।

इसके लिए विद्यालय की प्राचार्य डॉ. भावना तिवारी द्वारा माननीय पुलिस महानिरीक्षक, शहडोल संभाग एवं अमरकंटक ताप विद्युत गृह के समस्त अधिकारियों एवं कर्मचारियों का धन्यवाद ज्ञापित किया तथा अपेक्षा की गई कि भविष्य में भी इसी प्रकार से उनका मार्गदर्शन एवं सहयोग प्राप्त होता रहेगा।



महर्षि ज्योतिष की दृष्टि में जून माह

पण्डित हरिशरण मिश्र,
(ज्योतिषाचार्य)



जून माह ज्येष्ठ कृष्ण पक्ष अष्टमी दिन शनिवार से प्रारम्भ होकर आषाढ कृष्ण पक्ष अष्टमी दिन रविवार पर्यन्त रहेगा।

इस माह में पड़ने वाले विशिष्ट पर्व एवं त्यौहारों का महात्म्य निम्नांकित है:-

1. वट सावित्री या बड़ अमावस्या - यह व्रत प्रायः ज्येष्ठ कृष्ण अमावस्या को किया जाता है। यह सौभाग्यवती स्त्रियों का प्रमुख पर्व है। इस दिन वट वृक्ष की पूजा की जाती है। स्त्रियां बड़े सबेरे स्नान करती हैं और केशों को धोती हैं, फिर जल, मौली, रोली, चावल, धूप, दीप इत्यादि सामाग्रियों के साथ वट वृक्ष के नीचे जाकर सत्यवान एवं सावित्री की प्रतिमा बनाकर स्थापित करती हैं। उस प्रतिमा सहित वट की पूजा करके फिर वट के चारों ओर कच्चे सूत का धागा लपेटा जाता है। प्रसाद में भीगे चने तथा गुड़ अथवा मिठाई का वापना निकाला जाता है। कहीं कहीं यह त्यौहार ज्येष्ठ कृष्ण पक्ष त्रयोदशी से अमावस्या तक मनाया जाता है। यह व्रत स्त्रियों द्वारा अखण्ड सौभाग्यवती रहने की कामना से किया जाता है। पूजन के बाद वट वृक्ष की सात परिक्रमा भी करनी चाहिये। यदि आस-पास वट का वृक्ष उपलब्ध न हो तो निराश नहीं होना चाहिये, वट की एक डाल मंगाकर गमले में लगा कर उसी की पूजा कर लेनी चाहिये तथा उसके बाद सत्यवान सावित्री की कथा सुननी चाहिये।

2. श्री गंगा दशहरा गंगावतरण - ज्येष्ठ शुक्ल पक्ष की दशमी तिथि को हस्त नक्षत्र में स्वर्ग से श्री गंगा जी का आगमन पृथ्वी पर हुआ था। अवैव इस दिन गंगा स्नान, अन्न वस्त्रादि का दान, जप-तप, उपासना और उपवास किया जाय तो दस प्रकार के पापों का क्षय होता है। इसीलिये इसे दशहरा भी कहते हैं। इस प्रकार के पाप में 3 प्रकार के कायिक, चार प्रकार के वाचिक और तीन प्रकार के मानसिक पाप कहे गये हैं। इस दिन श्री गंगा जी की पूजा की जाती है, तथा गंगा स्त्रोत्र का पाठ करके गंगा जी की आरती की जाती है। फिर यदि सम्भव हो तो 10 सेर तिल, 10 सेर जौ और 10 सेर गेहूँ का दान दस ब्राह्मणों को करना चाहिये।

3. निर्जला एकादशी (भीमसेनी एकादशी) - यह व्रत ज्येष्ठ शुक्ल एकादशी को किया जाता है, इसका नाम निर्जला है, अतः नाम के अनुसार बिना जल के इस व्रत को निर्जला किया जाये तो स्वर्गादिक लोक के अलावा आयु आरोग्यादि वृद्धि के तत्व व्यक्ति के शरीर में विशेष रूप से विकसित होते हैं। वेद व्यास जी के कथनानुसार यह अवश्य सत्य है कि जो व्यक्ति दृढ़तापूर्वक नियम-पालन के साथ निर्जल उपवास करके अगले दिन सामर्थ्यानुसार दान दक्षिणा ब्राह्मणों को देकर व्रत का पारण करे तो सम्पूर्ण तीर्थों में जाकर स्नान दानादि करने के समान फल प्राप्त होता है।

इस माह (जून) में पड़ने वाले व्रत, पर्व एवं त्यौहारों की सूची इस प्रकार है

क्रमांक	व्रत-पर्व-त्यौहार	मास	पक्ष	तिथि	दिनांक
1.	श्री शीतलाष्टमी व्रत	ज्येष्ठ	कृष्ण	अष्टमी	01.06.2013
2.	अचला एकादशी व्रत	ज्येष्ठ	कृष्ण	एकादशी	04.06.2013
3.	प्रदोष व्रत	ज्येष्ठ	कृष्ण	द्वादशी	05.06.2013
4.	मास शिवरात्रि व्रत	ज्येष्ठ	कृष्ण	त्रयोदशी	06.06.2013
5.	ज्येष्ठ अमावस्या	ज्येष्ठ	कृष्ण	अमावस्या	08.06.2013
6.	वट सावित्री व्रत	ज्येष्ठ	कृष्ण	अमावस्या	08.06.2013
7.	रम्भा तृतीया व्रत	ज्येष्ठ	शुक्ल	तृतीया	11.06.2013
8.	वैनायकी श्रीगणेश चतुर्थी व्रत	ज्येष्ठ	शुक्ल	चतुर्थी	12.06.2013
9.	उमावतार चतुर्थी	ज्येष्ठ	शुक्ल	चतुर्थी	12.06.2013
10.	श्री स्कन्द षष्ठी व्रत	ज्येष्ठ	शुक्ल	षष्ठी	14.06.2013
11.	श्री गंगा दशहरा (गंगावतरण)	ज्येष्ठ	शुक्ल	दसमी	18.06.2013
12.	निर्जला एकादशी (भीमसेनी एकादशी)	ज्येष्ठ	शुक्ल	एकादशी	19.06.2013
13.	प्रदोष व्रत	ज्येष्ठ	शुक्ल	त्रयोदशी	21.06.2014
14.	ज्येष्ठ पूर्णिमा	ज्येष्ठ	शुक्ल	पूर्णिमा	23.06.2013
15.	संकष्टी श्रीगणेश चतुर्थी व्रत	आषाढ	कृष्ण	तृतीया	26.06.2013
16.	श्री शीतलाष्टमी व्रत	आषाढ	कृष्ण	अष्टमी	30.06.2013

पंचक - दिनांक 31 मई 2013 दिन शुक्रवार को प्रातः (रात्रि) 01 बजकर 01 मिनट से प्रारम्भ होकर दिनांक 04 जून दिन मंगलवार को दिन में 12 बजकर 14 मिनट पर्यन्त रहेगा।

मास प्रभाव - इस माह खाद्य पदार्थों के मूल्यों में तेजी का रुख रहेगा, सर्राफा बाजार में सामान्य सस्ती का रुख रहेगा, फलों के मूल्यों में तेजी बनी रहेगी, भौमान्तरिक्ष उत्पात अपहरण तथा यत्र-तत्र जन क्रांति की घटनाएं घटित होंगी। दलहन एवं तिलहन का संग्रह करना भविष्य के लिये श्रेयस्कर होगा। वाहन दुर्घटना एवं आंधी तूफान से हानि होगी।

इन अनेकानेक नकारात्मक प्रवृत्तियों के निवारण के लिये महर्षि भावातीत ध्यान एवं सिद्धी तथा यज्ञ का आश्रय लेना श्रेयस्कर होगा।

जय गुरु देव, जय महर्षि जी

"India Growing in Positivity with Rise of Coherence in Collective Consciousness"



India probably world's 3rd largest economy: OECD

India has probably surpassed Japan to become the world's third largest economy after the US and China, Paris-based think-tank OECD said today even as it lowered the country's economic growth projection for 2013 to 5.3%. "China will likely pass the United States as the world's largest economy in the next few years and India has probably recently surpassed Japan to be third largest," said the OECD Economic Outlook report.

Until around 2020, China is set to have the highest growth rate among major countries, but could be then surpassed by India, it further said. OECD also said that by early 2030s, the BRIICS' (Brazil, Russia, India, Indonesia, China and South Africa) combined GDP should roughly equal that of the OECD (based on current membership), compared with just over half that of OECD now.

"Between now and 2060, GDP per capita is seen to increase more than 8-fold in India and 6-fold in Indonesia and China," it added.

The Organisation for Economic Cooperation and Development (OECD), which in November had projected India to grow at 5.9% in 2013, cautioned that structural bottlenecks in the country could further constrain investment and growth potential.

"GDP growth is projected to rise gradually over the next two years... Significantly more growth would be forthcoming if structural bottlenecks were swept away by fundamental structural reforms," the report said.

Looking ahead, it said India is likely to improve growth to 6.7% next year, after having logged a decade's low of 3.8% in 2012.

OECD said the world real GDP is projected to increase by 3.1% this year and by 4% in 2014. Across OECD countries, GDP is projected to rise by 1.2% this year improve to 2.3% in 2014. Growth in non OECD countries will rise by 5.5% this year and 6.2% in 2014.

In the US, activity is projected to rise by 1.9% this year and by a further 2.8% in 2014, OECD said. GDP in the euro area is expected to decline by 0.6% this year and then rebound by 1.1% in 2014. Japan's GDP is expected to grow by 1.6% in 2013 and 1.4% in 2014, it added.

UNESCO declares Nicobar Islands world biosphere reserve.

The United Nations Educational, Scientific and Cultural Organisation (UNESCO) has declared and designated the Nicobar Islands in India as a world biosphere reserve under its Man and the Biosphere Programme.

Member countries establish such reserves. UNESCO recognizes them under the programme to promote sustainable development based on local community efforts and sound science.

They are considered as sites of excellence, where new and optimal practices to manage nature and human activities are tested and demonstrated.

The island chain is home to 1,800 animal species and some of the world's most endangered tribes. It

is among 12 new sites added to the global network of biosphere reserves in Paris on Thursday. Such reserves are located in 117 countries and nine of them are now located in India.

Postal department launches service to transfer money via cell phone.

Sending and receiving a money order will be easier now than ever as India Post introduces money order facility through mobile phones. Under the Mobile Money Transfer Service (MMTS) minimum amount of Rs. 1,000 and maximum of Rs. 10,000 can be sent in a single transaction, whereas there is no limit to the maximum number of transactions made in a day.

Inaugurating the service at Allahabad Kutchery Head Post Office, Krishna Kumar Yadav director Postal Services Allahabad region said Mobile Money Transfer is a financial service is a facility for remittance and receiving of money at selected post offices. The director launched the service by sending money from Allahabad Kutchery Head Post Office to Pratapgarh Head Post Office.

Rates of the service have been fixed low, keeping in mind needs of customers. A person sending money through MMTS will be charged Rs. 45 for sending money in the range of Rs. 1,000 to Rs. 1,500, Rs. 79 for an amount between Rs. 1,501 to Rs. 5,000 and Rs. 112 for money transfer for an amount from Rs 5,001 to Rs 10,000.

In the pilot phase this service has been started in 136 post offices of Uttar Pradesh, whereas 19 offices of Allahabad Region have been covered in this phase. It will be the priority of the department to cover offices in rural and remote areas under the service. In Allahabad, the service has been started in Bamaila, Atraura and Aura branch post offices, Mau Aima Sub Office and Allahabad Kutchery Head Post Office.

Under Mobile Money Transfer Service, customers will have the facility to send money anywhere in the country. Specially designed mobile handsets with perinstalled mobile money transfer application have been provided to the offices selected to carry out this service.

On the occasion of inauguration of the service senior superintendent of Post Offices, Allahabad, Rahmatullah, assistant directors R N Yadav and M P Mishra, Postmaster Allahabad Kutchery, HPO A K Shukla, and others were present along with other officials.

Man made forest and a RIVER.

People near the villages of the Doodhatoli mountains in Uttarakhand were leading a quiet life, rearing cattle and farming on their respective agricultural lands. Also going on simultaneously in the region were large scale deforestation activities.

A young man, Sacchidanand Bharati, had just returned to his village Ufrainkhal in the same district after completing his graduation from Gopeshwar University in Chamoli, the hotbed of the Chipko Movement of the 70s. Having actively participated in the Chipko Movement and other similar activities, he had the desire and the experience to stop the destruction of his homeland.

His first task was to get people to participate actively in the movement. In 1980, he sought support from the Gandhi Peace Foundation in Delhi. He received a money order for Rs 1,000. It proved to be enough to bring people from neighboring villages together to discuss the state of their forests.

From that camp was born the Doodhatoli Lok Vikas Sansthan(DLVS), an initiative to stop deforestation and restore the ecology of villages.

Today, this initiative spans 136 villages and the entire mountain region is enveloped by dense vegetation.

e-district program of Kerala.

The e-district program of Kerala has been successfully implemented across the state. This makes Kerala the first state in the country to have all the districts linked into the network of e-districts.

Through the e-district website, residents in any district of Kerala can now get over 20 certificates issued by various government departments online.

They can file applications at any Akshaya centre in the district and receive the certificates from the same centre. Services offered through village offices and taluk offices will be accessible through Akshaya Centres in the first phase of the project. Twenty three revenue certificates such as caste, nativity, identity, relationship, succession, encumbrance, location and income have been already made available online in the first phase.

The advantage of the program is that a citizen could submit applications online anytime, even during holidays, for services such as getting revenue certificates.

All certificates issued through the e-district portal are authenticated with the digital signature of the concerned issuing officer.

Circle of 6 APP against sexual assault launched in India.

Circle of 6APP is a Smartphone application against sexual assault. When the Circle of 6 app saw download numbers in India rise sharply after the devastating gang rape and murder in New Delhi in December, the team was motivated to act quickly and localized the app for greater accessibility.

New Delhi is programmed for use in both English and Hindi, including a specific translation note for the Hindi that makes the app gender-neutral to ensure that the app speaks to people of all genders and orientations. Hotlines are now pre-programmed for the recently formed 24/7 women's hotline of New Delhi and the Jagori advocacy helpline. As a suggested third number, the user is directed to the Lawyer's Collective if calling the police feels unsafe, which for many women it does.

With only two taps, Circle of 6 connects users threatened with possible sexual assault and abuse to a network of trusted friends using GPS technology, texting, anti-violence resources, and a commitment to support each other. The app is currently being used in 26 countries with over 55,000 downloads worldwide.

Circle of 6 was a winner of the 2011 Apps Against Abuse challenge held by U. S. Department of Health & Human Services (HHS) and has received awards from the Institute of Medicine and the Avon Foundation for Women. The New Delhi launch has been endorsed by leading Indian women's advocacy organization Jagori and partners at the UN.





Maharishi Movement Global News

African PTSD Relief: Help for survivors of war through Transcendental Meditation

A new organization, African PTSD Relief, in partnership with the David Lynch Foundation, is providing Transcendental Meditation to survivors of decades of horrific violence and war in Africa to help them reclaim their lives by overcoming the crippling effects of traumatic stress. New research published last month in the Journal of Traumatic Stress found dramatic reductions in the severity of Post Traumatic Stress symptoms in refugees from the Congolese civil war soon after they learned the Transcendental Meditation technique. 'No negativity, no. It doesn't come near me now,' said one woman who learned to meditate through the programme. 'I am a free woman, very free.'

Transcendental Meditation helping students with ADHD in the Caribbean

Schools in the Caribbean are beginning to utilize Transcendental Meditation to help students with ADHD. The children who have learned the technique can focus better in school, are much better behaved, do their homework with greater ease, and have more success in their studying for tests, according to their teachers. Parents report that their children are experiencing less anxiety and more inner contentment.

Maharishi Vedic Organic Agriculture course offered at Europe's first Maharishi Peace Palace

Europe's first Maharishi Peace Palace, in Erfurt near the centre of Germany, is hosting a course in Maharishi Vedic Organic Agriculture. Dr. Eckart Stein, Peace Palace director and one of the project leaders for its recently completed construction, explained that Dr. Peter Swan would be giving a public lecture on Vedic organic farming and gardening. 'Everyone who has a garden, who is just growing tomatoes or flowers on his windowsill, who has a farming house, or all those who just want to learn about the intelligence of nature they all should come to the public lecture.'

'Feeding our future': MUM hosts Bhutanese Vedic Organic Agriculture expert - Live webcast on MUMTV,

As part of Maharishi University of Management's Distinguished Lecture Series, MUMTV will webcast a live presentation on Vedic Organic Agriculture by Dr. A. Thimmaiah, developer of Bhutan National Organic Standards and senior advisor to the Bhutan Agriculture and Food Regulatory Authority, a division of Bhutan's Ministry of Agriculture and Forests. The title of his talk is: 'Feeding our future: What we must do to nourish our bodies, our communities, and our planet'. Dr. Thimmaiah's visit is being hosted by the MUM Sustainable Living Department.

Live 365 partners with Transcendental Music to launch custom Internet radio stations increasing awareness of Transcendental Meditation:

Wall Street Journal Live 365, the leader in internet radio broadcasting, announces the launch of Transcend Radio, the newest venture of Transcendental Music, the premier non-profit record label under the David Lynch Foundation, the Wall Street Journal reported. The primary goal of the David Lynch Foundation is to fund the teaching and practice of Transcendental Meditation, helping at-risk social groups reduce stress in their daily lives. Transcend Radio will help bring the benefits of Transcendental Meditation to a global audience, through two uniquely programmed radio stations.

Belgium: Transcendental Meditation group established to create coherence, harmony for EU

In Brussels, Belgium, where many key institutions of the European Union are based, a group of advanced Transcendental Meditation practitioners dedicated to supporting unity and stability in Europe has been established nearby in two adjacent, dignified city-centre buildings. The group's purpose is to create through their daily meditation practice an influence of coherence and harmony in the collective consciousness of Europe one of many initiatives of Maharishi's Invincible Defence programmes in Belgium and other countries around the world.

'Doctor's orders: 20 minutes of meditation twice a day' -Wall Street Journal

The front page of the Health section of the Wall Street Journal, America's most read newspaper, recently featured a story affirming meditation's move into mainstream American health care. The article included a description of a study published last November in the American Heart Association journal Circulation: Cardiovascular Quality and Outcomes, which found that 'African-Americans with heart disease who practiced Transcendental Meditation regularly were 48% less likely to have a heart attack or stroke, or to die, than those who attended a health-education class'.

New Transcendental Meditation websites launched in UK and Holland

Two new Transcendental Meditation websites have been launched in the last month, one in the United Kingdom and one in the Netherlands. Both are test runs for a new design and template that can be applied to Transcendental Meditation websites in every country. Transcendental Meditation teachers can easily adopt the template without having to enlist web programmers or software engineers.

Reduced stress, increased intelligence in Cambodian students practising Transcendental Meditation

Scientific research on university students in Cambodia showed reduced stress and development of intelligence through the Transcendental Meditation Programme.

Students who participated needed to take a year of remedial study in preparation for college. The education system had suffered disruption during difficult national situations in Cambodia, and universities found that they had to spend an extra year on remedial training for the large majority of entering students.

University students who began the Transcendental Meditation Programme as part of this first year of study showed a significant increase in intelligence over the course of that academic year, compared to students who did not learn Transcendental Meditation.

Germany: British project's directors inspired by visit to Maharishi Peace Palace in Erfurt

German and British coordinators for their countries' initiatives to build Maharishi Peace Palaces continued to describe a UK delegation's recent visit to the newly completed Peace Palace in Erfurt, Germany. The group from Maharishi Foundation UK included five project directors for the Peace Palace to be built at Maharishi Garden Village in Rendlesham, Suffolk, England. The British team was deeply impressed and inspired by the overall dignity and beauty of the Erfurt facility, which was designed according to Maharishi Vastu architecture.



NEWS CLIPPING



रविवार, 4 मई 2013
राज एक्सप्रेस

एक्सप्रेस न्यूज

महर्षि के छात्रों ने पीईटी में वाजी मारी

जबलपुर। महर्षि विद्या मंदिर नर्मदा रोड के कई छात्रों ने पीईटी परीक्षा में अपने अकेले परिणामों से विद्यालय एवं शहर का नाम रोशन किया है। सफल छात्रों में आदित्य गुप्ता, सत्यम राजपूत, अर्णव शर्मा, ईशान शर्मा, प्रखर पटेल, नीरम वादव, शुभम पटेल, शशांक खरे, करण राजन, शिवम राय, शुभम, फयल तिवारी शामिल हैं। विद्यालय प्राचार्य ममता भट्टाचार्य एवं शिक्षकों ने विद्यार्थियों की इस सफलता पर हर्ष व्यक्त करते हुए उन्हें बधाई दी है।



नई दुनिया 19
जबलपुर, बुधवार 08 मई 2013



सिजल्ट परीक्षा होने के बाद महर्षि विद्या मंदिर नर्मदा रोड की प्राचार्य ममता भट्टाचार्य स्टूडेंट्स के साथ।

The Hitavada

TUESDAY • MAY 28 • 2013

महर्षि की अनुप्रिया ने जिले में टॉप कर रचा इतिहास

सीबीएसई रिजल्ट

महर्षि की अनुप्रिया ने जिले में टॉप कर रचा इतिहास

सीबीएसई रिजल्ट के अनुसार महर्षि की अनुप्रिया ने जिले में टॉप कर रचा इतिहास।

मेधावियों का संक्षिप्त परिचय	बोले मेधावी
<p>महर्षि विद्या मंदिर के मेधावी</p> <p>1- अनुप्रिया गुप्ता - 94.4 प्रतिशत 2- प्रिया कर्मा - 94.0 प्रतिशत 3- सारभा शर्मा - 93.8 प्रतिशत 4- प्रियंका शर्मा - 92.8 प्रतिशत 5- प्रिया शर्मा - 92.0 प्रतिशत 6- प्रिया शर्मा - 91.0 प्रतिशत</p> <p>विद्युत प्रौद्योगिकी के मेधावी</p> <p>1- अनुप्रिया गुप्ता - 94.2 प्रतिशत 2- प्रिया कर्मा - 93.8 प्रतिशत 3- सारभा शर्मा - 93.2 प्रतिशत 4- प्रियंका शर्मा - 92.8 प्रतिशत 5- प्रिया शर्मा - 92.0 प्रतिशत</p>	<p>महर्षि विद्या मंदिर के मेधावी</p> <p>7- गुणवती - 91.4 प्रतिशत 8- प्रिया कर्मा - 91.4 प्रतिशत 9- सारभा शर्मा - 91.2 प्रतिशत 10- प्रिया शर्मा - 90.8 प्रतिशत 11- प्रिया शर्मा - 90.2 प्रतिशत 12- प्रिया शर्मा - 90.0 प्रतिशत</p> <p>जवाहर नवोदय के मेधावी</p> <p>1- प्रिया कर्मा - 90.2 प्रतिशत 2- प्रिया कर्मा - 89.8 प्रतिशत 3- प्रिया कर्मा - 89.4 प्रतिशत 4- प्रिया कर्मा - 87.8 प्रतिशत 5- प्रिया कर्मा - 87.2 प्रतिशत</p>

महर्षि विद्या मंदिर के मेधावी
नूतन हनुमान विद्यालय के मेधावी छात्र

सीपीएस के मेधावी
जवाहर नवोदय विद्यालय के मेधावी

Maharishi Vidya Mandir

Students of Maharishi Vidya Mandir showing victory sign after declaration of CBSE 12th result, on Monday. (Pic by N K Budhodi)

THE overall result of Maharishi Vidya Mandir, Narmada Road is also cent per cent as Principal gave the credit to students and teachers stating result as pride for the city and results of their hard work.

From Maharishi Vidya Mandir, a total of 21 students scored above 90 percent, as two of the students Shruti Gupta (91.4), Arnav Sharma (91.2), Shivam Roy (91.2), Saurabh Yadav (91), Sneha Prajapati (90.6), Biswajit Sahoo (90), Shivam Jain (90), Rishabh Tiwari (90), Shubham Patel (90) and Saurabh Yadav (91).

शहडोल - अनूपपुर

सुंदर - धनपुरी - कोतमा - चंदिया

सीबीएसई में 3 छात्रों को 90 फीसद से ज्यादा अंक

शहडोल। सीबीएसई 12वीं कक्षा का सोमवार की सुबह दस बजे परीक्षा परिणाम घोषित हुआ जिसमें शहडोल शहर के तीन विद्यार्थियों ने टॉप किया। इन विद्यार्थियों में दो केन्द्रीय विद्यालय के हैं और एक विद्यार्थी महर्षि स्कूल का शामिल है।

केन्द्रीय विद्यालय के प्राचार्य एस. कृष्णा ने बताया कि उनके स्कूल के साइंस संकाय के विद्यार्थी आशीष गुप्ता ने 93.6 प्रतिशत और अंकित सक्सेना ने 91.1 प्रतिशत अंक हासिल कर टॉप किया है। वहीं स्कूल 56 विद्यार्थी परीक्षा में बैठे थे जिसमें 54 उत्तीर्ण हुए हैं। दो विद्यार्थी पूरक हुए हैं।

महर्षि का टॉपर शुभम

महर्षि विद्या मंदिर के शुभम गुप्ता ने गणित समूह से 91.4 प्रतिशत अंक हासिल कर टॉप किया है। यह होनहार विद्यार्थी एक साधारण एलआईसी एजेंट का पुत्र है। 12वीं में टॉप करने के साथ

शुभम ने जेईई मेन्स परीक्षा को क्लीयर

भावना तिवारी ने बताया कि उनके स्कूल



सचिन मिश्रा, पूजा तिवारी को दिया। शुभम ने कहा कि वह अपनी सफलता से काफी खुश है और वह जेईई मेन्स को क्लीयर करने के बाद इंजीनियर बनना चाहता है और यदि इंजीनियर नहीं बना तो आईपीएस या आईएएस की तैयारी करेगा। उल्लेख है कि सामान्य परिवार एवं साधारण एलआईसी एजेंट का बेटा शुभम आगे भी इसी तरह मेहनत के साथ पढ़ना चाहता है।

किया है और पीईटी की परीक्षा में मग्न में 1560वीं रैंक हासिल कर परीक्षा उत्तीर्ण की है। विद्यालय की प्राचार्य का परीक्षा परिणाम अच्छा है और शुभम की सफलता से उनका स्कूल गौरवान्वित हुआ है।

इंजीनियर बनना चाहता है शुभम

महर्षि स्कूल से 91.4 प्रतिशत अंक हासिल कर 12वीं की परीक्षा पास करने वाले शुभम गुप्ता पिता सीता राम गुप्ता इंजीनियर बनना चाहता है। अपनी सफलता का श्रेय शुभम ने पहले माता-पिता और स्कूल की प्राचार्य भावना तिवारी, शिक्षक एसएस मिश्रा, संजय मिश्रा, सुनील गुप्ता, का परीक्षा परिणाम अच्छा है और शुभम की सफलता से उनका स्कूल गौरवान्वित हुआ है।

Just to remind your goodself

Dear Readers,

We are very pleased to release 48th Edition of E-Gyan Monthly Digital Newsletter. All previous edition of E-Gyan Monthly Newsletter have been sent to you through e-mails. In every edition of E-Gyan, we are requesting you to send related information of your field. The response has been good but not total. We want to have information from all of our organization so that the students and others get proper encouragement when they find themselves on the E-Gyan pages.

E-Gyan Monthly News Letter is released in the first week of every calendar month. You must send E-Gyan matters so that they are received by us before 15th of every month. E-Gyan Monthly Digital News Letter is circulated to all members, employees, well-wishers, students, millions of Meditators, Sidhas, Devotees of Maharishi Global Organisations around the globe and people's representative and other members of the civil societies.

E-Gyan Monthly News Letter contains the following:

1. Courses currently run by Maharishi schools/colleges/institutions and universities.
2. Information on any new course/programme added in Maharishi schools/colleges/institutions and universities.
3. Present student strength course wise, subject wise, class wise, branch wise in different Maharishi Educational Institutions.
4. Announcement of any new course offering and its schedule with course details and venue.
5. Starting of new building construction, report on Bhumi puja or vastu puja or foundation stone ceremony.
6. Inauguration or graha pravesh or public offering of new building.
7. Special achievement of any Maharishi Organisation.
8. Special achievement of Staff or faculty of any Maharishi Educational Institution.
9. Special achievements or award received by Students in the field of academics, sports, arts, music, culture, language, general knowledge, quiz, talent search or any other competition on district, state, national and international level.
10. Report on NCC, NSS, Scouts, Adventure programme/trip.
11. High-level placement of graduates in national, international or multinational organisations/ corporations.
12. Outstanding performance of ex-students.
13. Publication of any paper by Faculty, Students, Staff, research department or organisation.
14. News coverage in local, state, national level newspapers, TV, radio, web site.
15. Selection of students in civil services, IIM, IIT, PMT, IIT, NDA, IMA, IFS, IRS, Armed Force or in any other institution of national importance.
16. List of outstanding government or private special projects taken by the organisation.
17. Launching of new product with details, availability, and price.

18. Details of products already in market.
19. Creative writings on different topics, such as cultural/social and historical issues.
20. Offering Vedic solution to any social problem.
21. Performance of any special Anushtan or Yagyas.
22. Vedic celebration reports.
23. Excursion tour reports.
24. Corporate visit, corporate training etc.
25. Visit of national and international dignitaries and their remarks.
26. Appreciation, recognition or awards received by Maharishi Organisations.
27. Report on academic or commercial collaborations.
28. Report on Maharishi Vedic Organic Agriculture.
29. Report on monthly Initiations in TM, Siddhi course and Advance Techniques.
30. Report on activities of Maharishi Global Movement.
31. Report on any other similar subject or area, which is not covered here but worth reporting.

We invite news, articles and reports from all Maharishi Organisations, their leaders, members, faculty, staff, students and all readers. Please note that all news reports must be authentic, original, true and correct. The writers of articles should send a note that the article is their original article.

Please also note that all contents should be sent in soft copy through e-mail (egyan@mahaemail.com and egyanmonthly@gmail.com) as word document file (or in a CD to Shri V. R. Khare, Director CPR, Maharishi Vidya Mandir Schools Group, MCEE Campus, Building No-5, Lambakheda, Berasia Road, Bhopal, Madhya Pradesh, PIN 462018). Hard copy should be neatly typed (“Times New Roman” font for English and “Devnagri” or “Chanakya” font for Hindi) and should be sent to above-mentioned address. High quality/resolution pictures and graphics will be very useful to make your report better looking and will be much interesting for readers. Editorial Board of E-Gyan Monthly News Letter will not be responsible for any copyright issues of reports.

Once a matter of false reporting comes to the Board, E-Gyan Monthly Newsletter will never publish reports of the sender in future and will inform it’s readers about this.

Please recommend all your friends and relatives to subscribe E-Gyan Monthly Digital News Letter and to visit web site www.e-gyan.net.

With All the Best Wishes
Jai Guru Dev, Jai Maharishi

V. R. Khare
For Editorial Board,
E-Gyan Monthly Digital Newsletter