



HIS HOLINESS
MAHARISHI MAHESH YOGI JI

E-Gyan

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Maharishi Ji Speaks to India-to the Press & the People

In June 2003 Maharishi Ji started a historic series of weekly press conferences which were broadcast live over satellite and via the internet or 'www.globalcountry.org.' In these precious discussions with Indian and world media, Maharishi Ji has included subjects from all areas of life; Veda, education, family life, defence, organic agriculture, politics and many other areas. A true treasury of Vedic wisdom was revealed every week.

On December 5th, 2003 press conference a group of student reporters from around the world asked Maharishi Ji several questions and these you will find very interesting.

Q 1. Maharishi Ji you have spoken about people getting enlightened during their student years, how our time is so precious at this age. Is there something special about the physiology during this time in a person's life that makes enlightenment easier to gain?

MAHARISHI: Yes, yes, yes. The brain is developing, developing, developing. That is why at about the age of 18, somewhere, 21, the child is said to be responsible for what he does. By that time his brain physiology is developed. So when it is developing, it should have that tenderness of totality within every point of its structure. Every fiber, every grain of physiological nerves and all those values of the brain, they are being built up, they are being built up. That is why morning and evening Transcendental Meditation, that is experience of this Transcendental Consciousness. There is nothing in the world—and for ever there will be nothing in the world, which puts the whole brain to function except experience of Transcendental Meditation, which opens the awareness to direct experience of that unbounded, unmanifest Infinity. More and more clarity is experienced in that Infinite Value of abstract Infinity. It only happens through the practice of Transcendental Meditation. And that is why for the students to know about the Unified Field and

different sciences theoretically, but experience Vedic Science from this programme of Transcendental Meditation. To experience, in this experience only the full use of the brain physiology is brought about.

It is very necessary that student's time should be used morning and evening, half an hour, one-hour, depending on the age group for the practice of TM and TM Sidhi Programme. It is very necessary when they are studying all about Natural Law that Total Natural Law in its abstraction, should be a direct experience. And this will culture the brain for total possible potential to become useful. It's very necessary. It's very necessary.

Q 2. Maharishi Ji this follow-up question. How do you find enlightenment? Is it clear when someone is experiencing it?

MAHARISHI: Only experience verifies it. Science means both things. Intellectual understanding about the principles of it, and by direct experience one sees what is understood. Experience only makes it science, which puts the theory into practice. It makes a theory and practice: science and technology.

Q 3. Jai Guru Dev. 30-years ago many students were interested in learning to meditate, developing consciousness, and promoting peace in the world.

Today most students are interested in getting into a good school so that they can get a good job and make a lot of money. What has changed in the world? What can meditating students say or do to inspire other students to practice TM?

MAHARISHI: Just practice TM and the air will influence other people that there is something nice developing in this boy. Give an example of a better quality of life by being regular in Transcendental Meditation. Don't worry about talking to other people. Use your time either in gaining knowledge or in experiencing Total Natural Law through TM. Don't waste your time in convincing others. Save your time. Use your own time for morning and evening meditation and use all your time in whatever the teachers teach in your school.

Q 4. Jai Guru Dev, Maharishi Ji. There are great many questions pouring in from students and other reporters. This question fairly typical of students in an angst-ridden economy. The question is how will students who focus on getting enlightenment when they are in school, be able to pay their bills when they are out of school? How will getting enlightened make them successful doctors or lawyers or artists.

MAHARISHI: When you have practiced Transcendental Meditation properly, repeatedly and thoroughly, then your thoughts will be supported by Total Natural Law. And Total Natural Law is that which guides the sun, the moon, the galaxies, the whole universe, like that, like that. So just getting money and buying some food and all, these are very small things; you don't have to worry about it. Prepare yourself so that your consciousness is fully awake—your brain is fully functioning, totally, and then your order or your desire will be upheld by Total Natural Law, which is Almighty, Omnipresent, and Omniscient. It is capable of doing everything.

So just worrying about money here, or money there— don't waste your time in counting paise—rupees and all, it's too small, it's a barbarous life. Life is so enormously huge. Get into the programme of the Siddhi Sutras, and you will have

the world of knowledge and you'll be able to move mountains.

Q 5. Thank you Maharishi Ji, this question from an editor of a major Japanese economic newspaper. The question is, Your Holiness, would you please explain about perfect health. What can we do to create a disease-free society? It might be impolite to ask this question, but how does His Holiness maintain such good health when he has been so very active in creating World Peace for such a long time? Thank you.

MAHARISHI: Health of all activity depends upon association with deep silence. It is just like awareness of the sap. The gardener waters the root and supplies nourishment to all the fruits. So the whole principle of action is the level of silence. योगस्थः कुरु कर्माणि *Yogasthah kuru karmaani*. This is the formula—Vedic formula for action. Stabilize your awareness on the ground of peace within yourself, Transcendental Consciousness; stabilize yourself in the peace of Self-Referral quality in terms of modern science and 'परमे व्योमन्' 'parame vyoman' in terms of Vedic Science and then fatigue will not come because all creation, infinite dynamism of creation has its seat in that eternal silence.

So '*yogasthah kuru karmaani*.' That is the formula for action. Stabilize yourself in the field of Unity—Self-Referral consciousness, Unified Field, and then perform action. So action will be undertaken by the Total Natural Law. And Total Natural Law is that which spontaneously administers the move of the sun—and not only one sun, millions of suns. Dr. Hagelin tells us that there are millions of suns, and millions of galaxies, and enormously big and ever-expanding universe. And you are born to be in command of that Total Natural Law which is competent to do anything without exhausting. This is the science of life—this is Vedic Science.

And this is what we want to have in the consciousness of all the people in all the countries. And everyone will be fulfilled in life. No one would create problems for anyone else. That is the administration that we want to promote.

Q 6. Maharishi Ji this question from Guadeloupe. His Holiness Maharishi and Dr. John Hagelin have called on scientists to become the leader of their community. Leadership today provokes competition and fierce fights. It kindles jealousy, covetousness, envy, and suspicion. Would it be better to avoid this negativity and find another way for scientists to serve their countries in silence, without stirring up all this political mud?

MAHARISHI: When Dr. Hagelin is calling for scientists, he is calling for those who are knowledgeable

about science. Science is not only physics, science is not only chemistry, it is due to the lack of proper education that physics has become a segregated, small area of knowledge. Chemistry has become a segregated, small area of knowledge. We are starting a University of World Peace where every student will gain the results of the frontier of scientific research in all the physical sciences and also science of consciousness. It is a great damage to life that some people are Ph.D. only in physics, and some are only in chemistry, and some are only in ... it is a very segregated field of knowledge. Life is not to be wasted anymore. These are the scientists that are being invited. Dr. Hagelin when he calls to scientists to be total scientists not segregated scientists. Not only a physicist, not only a physiologist. The research results of His Majesty Raja Raam and Dr. Hagelin, the Minister of Science and Technology of the Global Country of World Peace, they are the gems of the human race

for all times. The contribution of knowledge of Unity and diversity that they have demonstrated in their understanding and now they are practically making the whole world saturated with this Total Field of Natural Law.

I would like you to just have the vision of His Majesty Raja Raam. This is that great scientist in the field of physiology that is putting forward for the world an administration—an Ideal Administration, using Total Natural Law, without damaging any effort to rule society through man made laws. So universe is going to be now guided, be ruled by the Supreme Intelligence. Supreme Intelligence, that higher intelligence, which is called even today—and which has been called in all past ages as it is today—the Divine Intelligence. But the Divine Intelligence in this scientific age has come to be the intelligence of every human being. And the education department, Ministry of Higher Education of His Majesty Raja Raam is structuring this knowledge of Total Natural Law, knowledge of all the physical sciences with the knowledge of the Total Science of Consciousness in the world for every single individual.

Knowledge is not going to be segregated because the world has experienced the awful results of segregated knowledge. Life is too precious to be wasted in the conjectures of either physics, or chemistry, or this alone. There has to be a total blossoming of the Cosmic Intelligence within the individual awareness. And that is going to be from the University of World Peace.

**"E-Gyan"
Editorial Board**

महर्षि संदेश

वेद का साहित्य, ऋग्वेद, सामवेद, यजुर्वेद, अथर्ववेद, वेदांत, उपांग, उपवेद, इतिहास, स्मृति, उपनिषद्, आरण्यक, ब्राह्मण इत्यादि में उपलब्ध है। यह सर्वसमर्थ विद्या (वेद विद्या) के क्षेत्र हैं। सारे क्षेत्रों की पूर्ण विद्याओं को व्यक्ति की चेतना में उभार कर, उसे विद्वान बनाकर, सर्वसमर्थ बनाकर, व्यवहारिक जीवन में स्वर्ग का अनुभव कराने की योग्यता देने के लिये वैदिक विद्यालयों की स्थापना पूरे विश्व में कर रहे हैं। वेद व्यापक तत्व है, शुद्ध ज्ञान एक व्यापक तत्व है। शुद्ध ज्ञान का क्या स्वरूप है? एक शब्द में कहते हैं 'वेद'। दूसरे शब्द में कहते हैं 'संहिता'। ऋषि, देवता, छंद की संहिता वेद है, और संहिता कहते हैं इक्वेटेपन को। देवता का गुण, ऋषि का गुण, छंद का गुण, तीनों गुणों का एकीकरण जो चेतना में है, वह वेद है। साधारण भाषा में देखें ज्ञान किसे कहते हैं? वेद का अर्थ होता है—ज्ञान, शुद्ध ज्ञान। जब ज्ञाता की वृत्ति या चेतना एक पदार्थ पर पड़ती है तो दृष्टि के सहारे, रसना के सहारे, स्पर्श के सहारे, नासिका के सहारे और कान के सहारे, अर्थात् पंच इन्द्रियों के सहारे अनुभवकर्ता और पदार्थ तथा इन दोनों में सम्बंध बनाने वाली जो वृत्ति है उन तीनों का एकीकरण होता है तथा उस एकीकरण या संहिता को कहते हैं ज्ञान।

'ज्ञान' का उदय तब होता है जब ज्ञाता, ज्ञेय से मिलता है, तो ज्ञान एवं ज्ञेय इन तीनों का एकीकरण होना ही ज्ञान का प्रकट होना है। वेद जो शुद्ध ज्ञान है वह किसका बना है? वह ज्ञाता का बना है, उसमें ज्ञेय भी है और उसमें ज्ञान की क्रिया भी है। ज्ञाता को वैदिक भाषा में कहते हैं ऋषि और क्रिया का संचालक देवता होता है तथा पदार्थ को कहते हैं छंद। तो ज्ञाता, ज्ञेय और ज्ञान की क्रिया तीनों को मिलाकर ज्ञान कहते हैं, वेद कहते हैं। तो वेद ऋषि, देवता, छंद की संहिता है। वेद किताब में नहीं हैं, वेद तो चेतना में है। अपनी चेतना का वेद अनादिकाल से, परम्परा से पिता—पुत्र को अथवा गुरु—शिष्य को सुनाता आया है और पुत्र अथवा शिष्य याद करता है। यह वैदिक परम्परा में वेद की सुरक्षा का एक उपाय है। यह अनादिकाल से चला आ रहा है, अनंतकाल तक चलता रहेगा। तो वेद, शुद्ध ज्ञान जो सारी प्रकृति का पूर्ण ज्ञान है, वह चेतना में है।

चेतना में स्मृति के आधार पर एक—एक जीवन में उसका पूरा का पूरा उभार हुआ है। लोग वेद को याद कर लेते हैं और फिर अपनी एक पीढ़ी से दूसरी, दूसरी से तीसरी पीढ़ी, इसी प्रकार चलता रहता है। अनेक प्रकार के ऋषि हो सकते हैं। ऋषि, देवता, छंद

तीनों अनंत प्रकार के हो सकते हैं। चींटी भी एक ज्ञाता है, हाथी भी एक ज्ञाता है। वह अपने—अपने क्षेत्र के ज्ञाता हैं। व्यक्ति भी एक ज्ञाता है। ज्ञेय कई प्रकार के होते हैं। आँख देखती है रंग—बिरंगे फूलों को, कान सुनते हैं अलग—अलग शब्दों को, नासिका अलग—अलग सुगन्धों को सुंघती है तथा रसना अलग—अलग पदार्थों का स्वाद लेती है। शरीर का गठन अंग प्रत्यंगों का गठन अलग—अलग प्रकार के पदार्थों की अनुभूति के लिये बना है। आत्मा सबका अनुभव करती है। एक जीवात्मा आँख से देखती है तो उसे हरा दिखाई देता है, दूसरे को लाल दिखाई देता है, तीसरे को पीला दिखाई देता है। जो जिस प्रकार का चश्मा लगाये हुए हैं उसे उसी रंग का फूल दिखाई देता है। जिसकी चेतना सतोगुणी, रजोगुणी, तमोगुणी जैसी होती है उसके शब्दों का अर्थ भी उसी प्रकार का निकलता है। स्पष्ट है कि ऋषि अनन्त प्रकार के हैं इसी प्रकार देवता अनन्त प्रकार के हैं। जहाँ कहीं स्पन्दन है, वह क्रिया शक्ति है, वह विशेष देवता है। यह कैसे मालुम हुआ कि कितने देवता होते हैं, कितने ऋषि होते हैं, कितने छन्द होते हैं? सारे विश्व ब्रह्माण्ड की क्रियाओं में ऋग्वेद को देखते हैं। उसमें लिखा है कि इतने श्लोक ये ऋषि हैं, ये देवता हैं, ये छन्द हैं। आगे देखो

तो दूसरा श्लोक यह ऋषि है, यह देवता है, यह छन्द है। अर्थात् ऋचाएं, सूक्त हैं, मण्डल यह सब विभाजन हैं वैदिक भाषा के। इसमें क्या है? एक-एक ऋषि का क्या रूप है? देवता का क्या रूप है? छन्द का क्या रूप है? एक चेतना में जो ऋषित्व, देवत्व, छन्दत्व के तीन गुण हैं उन तीनों गुणों के मिलाप से एक-दूसरे को, एक-दूसरे से लेकर कितने अनंत प्रकार के ऋषि देवता, छन्द हैं। जब वेद, ऋषि, देवता, छन्द की संहिता है सबका इकट्ठापन है तो वेद क्या है। पूरे के पूरे ज्ञातापन का विज्ञान है। पूरी की पूरी क्रिया शक्ति का विज्ञान है। पूरे के पूरे छन्द तत्व का विज्ञान है। ऋषि देवता, छन्द का पूरा का पूरा विज्ञान वेद है। तो पूरे विज्ञान को प्रत्येक व्यक्ति की चेतना में जगाकर कहते हैं:

जो इच्छा करिहौं मन माहिं ।

प्रभु प्रताप कछु दुर्लभ नाहिं ॥

व्यक्ति की चेतना में जो इच्छा का स्पन्दन होगा, सम्पूर्ण प्रकृति, वेद, उनकी चेतना में जागृत रहने से सम्पूर्ण प्रकृति की शक्तियाँ, सम्पूर्ण प्रकृति के नियम, उसकी चेतना में उभार लाते हैं। फिर चेतना का स्पन्दन जिधर जायेगा, जैसा वह चाहेगा वैसा होने लगेगा। यह बड़े हर्ष की बात है कि इस विद्या का उभार आया है। उस चेतना में जिसमें वेद जागृत है उसके लिये ऋग्वेद कहते हैं:

“ब्रह्मा भवति सारथिः”

अपने भारत में सब जानते हैं कि श्री कृष्ण अर्जुन के सारथी थे, उनके रथ को चलाने वाले सारी क्रियाओं की बागडोर उनके हाथ में थी। जिसकी चेतना में वेद जागृत है उसके लिये वेद स्वयं अपना महात्म बताता है। **“ब्रह्मा भवति सारथिः”**। उसकी क्रियाओं का संचालक ब्रह्मा होता है। ब्रह्मा सारी सृष्टि के नियामक, सृष्टा संचालक, प्रवर्तक हैं। सारी सृष्टि का जो सृष्टा है वह ब्राह्मी शक्ति है जो समस्त विश्व ब्रह्मण्ड का संचालन कर रही है। उसके लिये ब्रह्मसूत्र में कहते हैं ‘जन्माद्यस्ययतः’। योगसूत्र में कहते हैं:

“स्वरूपे अवस्थानम् वृत्तिसारूप्यामतरत्” ।

वह चेतना अपने आप में स्थित है, अपने आप में स्थित होती हुई परम ऐक्य गुण वाली चेतना, परम ऐक्य के गुण वाली यौगिक चेतना अपने आप में वृत्तिमान है। **“स्वरूपे अवस्थानम् वृत्तिसारूप्यामतरत्”**। वह सर्वसमर्थ चेतना है उसके लिये वैदिक साहित्य के विभाजन किये हुए जितने दर्शन हैं—न्याय, वैशेषिक, सांख्य, योग, पूर्वमीमांसा, कल्प, वेदांत, यह जितने सिद्धान्त हैं ये सभी सिद्धान्त चेतना में जागे हुए हैं वह चेतना में पूर्ण विद्या का जागरण करने के लिये व्यवस्था बनाते हैं। उसके लिए यह अपना जो वैदिक साहित्य है उसे पढ़ते हैं, गुरुओं से सुनते हैं, अर्थात् वैदिक शब्दों का एक आनुपूर्वी क्रम से जो विकास है उसे सुनते हैं। वेद का जो प्रवाह है उसको सुनते हैं। उसे वेद के प्रवाह में क्या है? आनुपूर्वी अर्थात् एक से दूसरा निकलता है। जैसे कपास की ढेरी से एक रेशा लेते हैं, उस रेशे को घुमाते हैं तो फिर वह दूसरे रेशे को अपने आप में ले लेता है फिर तीसरे रेशे को और चौथे रेशे को, इसी प्रकार से वह अगले रेशे को लेता रहता है। उसमें एक ही ढेरी से लम्बा सूत निकल रहा है। वेद विद्या का गठन ऐसा ही है कि उसके एक शब्द में पूरा का पूरा वेद आ गया है। वह शब्द कौन सा है? वह शब्द है वेद का पहला अक्षर **“अ”**। दूसरा क्या है? व्यंजन—**अक्** कहते हैं। वेद के प्रथम स्वर आ से वेद का प्रथम अक्षर बना। **‘अ’** का क्षरण हुआ **‘क्’** में, स्वर व्यंजित हुआ अनन्त कणरूपता में परिणत हुई तो यह अनन्तता का क्षरण हुआ, **‘क्’** में स्वर व्यंजित हुआ। सारे वेद की ऋचाएं सारा वेद का ज्ञान जो कि आनुपूर्वी ढंग से प्रवाहित होकर बढ़ता है वह सब **‘अ’** से निकलता है। **‘अ’** का अर्थ आत्मा होता है। आत्मा से कैसे वेद निकलता है? यह शिक्षा के एक सूत्र में है:

“आत्मा बुद्धया समेत्यार्थान् मनो युक्ते विवक्षयाः

मनः कायाग्रिमाहन्ति

**सच प्रेरयति मारुतम् । मारुतस्तुरसि चरन्
मन्द्रम् जनयति स्वरम् ” ।**

इतने क्षेत्रों में विकसित हुआ आत्मा का स्पन्दन, जीवात्मा का स्पन्दन, मन बनकर, बुद्धि बनकर, प्राण बनकर फिर "मन्द्रम जनयति स्वरम्"। एक स्वतः स्पन्दन होता है, वेद का स्वरूप बनता है, ऋक् बनता है, ऋग्वेद का स्वरूप बनता है और फिर ऋक् से अक् बनकर, अक् से सारे वेद का विस्तार होता है। कहने का तात्पर्य यह है कि वेद विद्या, सम्पूर्ण वेद विद्या, सम्पूर्ण व्यवहारिक, परमार्थिक विश्वविद्या का आलय चेतना है और चेतना के पूर्णता का प्रकाशक एक अक्षर **अ** और **अ** से सारे विधान जो एक को अनेक बनाते हैं आत्मा में, चेतना में **स्वरूपे अवस्थानम्** की स्थिति में वह सारी सृष्टि के विधान बने हुए हैं। प्रकृति के सारे नियम इकट्ठे हुए हैं और वह 'अ' कहने में पूरा का पूरा अभिव्यक्त होता है और पूर्ण विद्या की अभिव्यक्ति जो 'अ' में है तो फिर 'अ' से कैसे उन सारी विद्याओं का विकास आनुपूर्वी ढंग से होता है। यह वेद का गठन है। इस प्रकार इसमें सारी वेद विद्या एक अक्षर में उपलब्ध है। फिर सारी वेद विद्या दो अक्षरों में उपलब्ध है। यह वेद की 24 अक्षरों की एक ऋचा है।

अग्निमीळे पुरोहितं – ऋग्वेद की पहली ऋचा है। एक शब्द से कैसे दो हुए फिर दो से आठ हुए फिर पाद हुए, ऋचार्ये हुई अर्थात् यह सारा वेद एक शब्द में जाना जा सकता है। सारा वेद आठ शब्दों की ऋचाओं में या पादों में जाना जा सकता है। सारा वेद तीन पादों की, 24 अक्षरों की एक ऋचा में जाना जा सकता है। 24 अक्षरों के बीच की जो संधियाँ हैं वह सब 192 सूक्तों में विभक्त हैं।

इसका तात्पर्य है कि जिसके पास जितना समय हो, उतने समय में उसको जान लो।

"अल्पकाल विद्या सब पाई"।

अर्थात् एक अक्षर में पूरा वेद जान लो, आठ अक्षरों की ऋचा में पूरा वेद जान लो, एक सूक्त में पूरा वेद जान लो, एक पाद में पूरा वेद जान लो, एक मण्डल में पूरा

वेद जान लो, चारों वेदों में पूरा वेद जान लो, छः उपांगों में पूरा वेद जान लो, शिक्षा में पूरा वेद जान लो, कल्प में, व्याकरण में, निरुक्त में, छंद में, ज्योतिष में, न्याय में, वैशेषिक में, सांख्य में, योग में, कर्ममीमांसा सूत्रों में, वेदान्त सूत्रों में पूरा वेद जान लो। जिसके पास में जितना कम समय हो उतने कम समय में जान लो। यह वेद का गठन है। चारों वेदों की ऋचाओं का यह एक गठन है। इतिहास और पुराणों में यही बात है। सारे वेदों की व्यवहारिकता को एक किताब में—रामायण में जान लो, राम के नाम में जान लो, गीता में कृष्ण के नाम में जान लो। शिव पुराण में जान लो। शिवत्व में जान लो। क्या जान लो?

"शिवम् शान्तम् अद्वैतम् चतुर्थम् मन्यन्ते स आत्मा स विज्ञेयः"।

शिव तत्व शान्त तत्व है, शिवत्व योगिक तत्व है, संहिता तत्व है, शुद्ध ज्ञान का गठित रूप है। यह शिवत्व में **"शिवम् शान्तम् अद्वैतम् चतुर्थम् मन्यन्ते"** चेतना की चतुर्थ स्थिति में जागृत, स्वप्न, सुषुप्ति तीनों चेतनाओं में फिर चौथी चेतना में तुरीय चेतना में परम् शिवत्व की नित्य स्थिति है। शान्त, महाशान्त, अनन्त, शान्ति, परा की सत्ता, शक्ति की सत्ता यह चतुर्थ चेतना में है। शिवत्व में शक्ति अन्तर्निहित है तो शिव तत्व को लेकर शिवत्व में पूरे वेद का ज्ञान, पूरे वेद को अपनी चेतना में जगा लो। शिव तत्व आत्मा है, वह सविज्ञेयः है, विशेष रूप से जानने योग्य है। यह उपनिषद् का एक मंत्र है जो बताता है कि अपनी आत्मा में ही पूरे वेद को जान लो।

जय गुरु देव

"ई-ज्ञान"

सम्पादक मण्डल

Achievements of Maharishi Vidya Mandir Schools in Sports & other Co-curriculum activities

MVM-I Guwahati



Anwasha Sarma

1- A Programme on Youth for leadership in science under the Council of Scientific & Industrial Research, New Delhi implemented a scheme among the top 150 students at the Secondary School Examination from the entire North-East where our student Anwasha Sarma have been selected among top 150 students for her outstanding performance in her CBSE class X examination. She was also invited by Ministry of Human Resource Development, Govt. of India to witness Republic Day parade from the Prime Minister's Box 2010 for her outstanding performance in CBSE class X final Examination. Anwasha also took part in Republic Day Camp at New Delhi in the year 2008.

2- **Kabyasree Deka** was selected to attend the Republic Day Camp at New Delhi. Under 60 Assam Girls Bn. NCC. She was well appreciated for her overall performance during the camp.



Kabyasree Deka

3- **Satabdi Mahanta** – Satabdi Mahanta, class IX got the opportunity to attend the Republic Day Camp after passing through five pre-Republic Day camps at New Delhi in the month of December 2009 and January 2010 on the occasion of Republic Day.



Pranat Kashyap, class VIII has secured national rank 228th and state rank 1st in second level of 11th National Science Olympiad and receiving prize from Shri Vinod Mehta Additional Director Finance, MVM Schools Group.



Mriyam Bikash Tamuli class XI has secured national rank 480th & state rank 2nd in second level of 11th National Cyber Olympiad and receiving prize from Mrs. Mehta, guest of honour at MVM-I Guwahati.

Maharishi Regional Cultural Celebration 2011 Maharishi Vidya Mandir Haldwani (Uttarakhand) 25 & 26 September 2011

Under the perpetual divine guidance & blessing of **His Holiness Maharishi Mahesh Yogi Ji** and under the able leadership and guidance of **Brahmachari Girish Ji**, Hon'ble Chairman, National Board of Directors, Maharishi Vidya Mandir Schools Group, Two-day Maharishi Regional Cultural Celebration 2011 was organised and hosted by Maharishi Vidya Mandir, Haldwani, Uttarakhand on 25 & 26 September 2011.



Shri C. D. Sharma, Director Education Guest of Honour lighting the lamp on the occasion of Regional Cultural Celebration 2011

Shri C. D. Sharma, Director Education, Maharishi Vidya Mandir Schools Group, Regional Director Haridwar Region Shri Naveen Kumar, Smt. Anjali Chandra, Principal, Maharishi Vidya Mandir, Haldwani, number of other MVM school principals, thousands of students, parents, staff and teachers were present to witness the Inaugural ceremony of Regional Cultural Celebration 2011. The programme started with Pujan of Vedic Guru Parampara, Vedic Chanting and lighting the lamp-Deep Prajwalan.

Shri C. D. Sharma, Director Education, Maharishi Vidya Mandir Schools Group said that “during the two days Maharishi Regional Cultural Celebration this year,

500 students of Maharishi Vidya Mandir Schools from 28 schools are participating in the programme. Main cultural activities would comprise solo song and group song and dance competition (senior and junior), Debate Quiz, On spot painting competition and Science and Mathematics Exhibition”.

Shri C. D. Sharma added “Students of Maharishi Vidya Mandir Schools have won several states, national and international awards in the field of academics, sports, athletics, dance, drama, music, debates etc. Hundreds of students have gained success and have been selected in national level entrance tests; such as Indian Institute of Technology, Indian Institute of Management, Pre-Engineering Test, Common Admission Test, Central Pre-Medical Test, National Defense Academy, Sainik Schools, Institute of Chartered Accountant, National Law University, Indian Institute of Information Technology etc”.



Shri C. D. Sharma, Director Education addressing on the occasion of Regional Cultural Celebration 2011.

“Cultural Meet is the best medium for the students of various states with different cultural and languages to learn and interact with each other and comprehend the value of nationalism and unity”.

Various dances & performances were given by the students of MVM schools. Later, winners of various competitions were awarded by the Members of National Board of Directors, MVM Schools Group, India.

Maharishi Vidya Mandir MVM Aligarh Main bagged the first prize and MVM Dehradun won second prize in Group Dance Senior. Similarly in Group Dance Junior Maharishi Vidya Mandir Haldwani won first prize and MVM-II Aligarh won second prize. In Group Song Senior MVM Maharishi Nagar won the first prize & MVM



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.

Noida won the second prize. Similarly, in Group Song (junior group) first prize was won by MVM Haldwani, while MVM-II Aligarh won second prize.

For the Vocal Classical Song-Junior, MVM Ranibagh got the first prize and the second prize was won by MVM Noida.

For the Vocal Classical Song-Senior, MVM Haldwani got the first prize and the second prize was won by MVM Khatima.

For the Vocal Semi Classical Song-Junior, MVM Haldwani got the first prize and the second prize was won by MVM Noida.

For the Vocal Semi Classical Song-Senior, MVM Badaun got the first prize and the second prize was won by MVM Haldwani.

For the Instrumental String-Senior, MVM Haldwani got the first prize and the second prize was won by MVM Aligarh Main.

For the Instrumental Percussion-Senior, MVM Haldwani got the first prize and the second prize was won by MVM Badaun.

In Science exhibition (senior) MVM Maharishi Nagar got the first prize and MVM Dehradun got the second prize.

In Science Exhibition (junior) MVM Aligarh II got the first prize and MVM Aligarh Main got the second prize.

In Math's exhibition (senior) MVM Haldwani got the first prize and MVM Noida got the second prize.

In Math's exhibition (junior) MVM Noida got the first prize and MVM Haldwani got the second prize.

In G. K. Quiz Senior MVM Haldwani got the first prize and MVM Ranibagh got the second prize.

In drawing and painting competition, Manish Paleria of MVM Ranibagh and Nageshwar Chaudhary of MVM Noida Shared the first prize and Himanshu Bist of MVM Haldwani & Miss Lakshita Goel of MVM Aligarh Main Shared the second prize.

In Classical Orchestra Mixed Competition MVM Haldwani got the first prize and MVM Noida got the second prize.

In Debate Competition Senior MVM-I Haldwani got the first prize and MVM Noida got the second prize.

Dr. Anjali Chandra, Principal MVM Haldwani & organiser of Maharishi Regional Cultural Celebration has proposed a vote of thanks.



Dr. Anjali Chandra, Principal MVM Haldwani Honouring Shri Naveen Kumar Deputy Director, Haridwar Region.



Audience witnessing cultural programme on the occasion of Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.

Maharishi Regional Cultural Celebration 2011

Maharishi Vidya Mandir, Guwahati

The regional Cultural Celebration of North–East region was held at Guwahati in the premises of MVM-I Silpukhuri and MVM-IV, Borsajai on 5th and 6th August 2011 respectively. Shri Vinod Mehta Addl. Finance Director, Maharishi Vidya Mandir Schools Group attended the programme. Shri T. P. Bhattacharya, Regional Director Assam region along with principals from MVM-II, III, V (Guwahati), Tezpur and Jorhat were also present.

Result of

Maharishi Regional Cultural Celebration 2011

Sl. No.	Event	Position	Name of the School
1	Group Dance (junior)	1 st	MVM - V Guwahati
2	Group Dance (junior)	2 nd	MVM- IV Guwahati
3	Group Dance (senior)	1 st	MVM-II Guwahati
4	Group Dance (senior)	2 nd	MVM-V Guwahati
5	Group Song (junior)	1 st	MVM-V Guwahati
6	Group Song (junior)	2 nd	MVM-III Guwahati
7	Group Song (senior)	1 st	MVM-V Guwahati
8	Group Song (senior)	2 nd	MVM-I Guwahati
9	Vocal (classical) junior	1 st	MVM-V Guwahati
10	Vocal (classical) junior	2 nd	MVM-IV Guwahati
11	Vocal (classical) senior	1 st	MVM-I Guwahati
12	Vocal (classical) senior	2 nd	MVM-V Guwahati
13	Vocal (Semi classical) junior	1 st	MVM-I Guwahati
14	Vocal (Semi classical) junior	2 nd	MVM-IV Guwahati
15	Vocal (Semi classical) junior	1 st	MVM-I Guwahati
16	Vocal (Semi classical) junior	2 nd	MVM-IV Guwahati



Shri Vinod Mehta, Addl. Director Finance, MVM Schools Group lighting the lamp on the occasion of Maharishi Regional Cultural Celebration 2011



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Maharishi Regional Cultural Celebration 2011.

Photographs of Maharishi Regional Cultural Celebration 2011



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Maharishi Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Maharishi Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group song on the occasion of Maharishi Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Maharishi Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Maharishi Regional Cultural Celebration 2011.



Audience witnessing cultural programme on the occasion of Maharishi Regional Cultural Celebration 2011.

MAHARISHI REGIONAL CULTURAL MEET 2011 SOUTH REGION MAHARISHI SCHOOL OF EXCELLENCE, CHENNAI

The 18th & 19th August 2011 was the important days in the history of Maharishi School of Excellence. The dais was shared by Maj. Gen. (Retired) G. K. Sahney, Regional Director, Mrs. Vijayalakshmi, Principal of MVM Thanjavur, Smt. Kalyani, Principal of MVM Thiruvannamalai, Shri Sathya Prakash Singh, Principal of M.V.M. Chikmagalur, Shri Suresh, Principal of MVM Rajapalayam, Shri Sridharan, Principal of Maharishi Centre for Excellence, Bangalore & Dr. T. Suprabha Singh, Principal of Maharishi School of Excellence, Chennai.

The forenoon and afternoon session lasted for two hours each and as many as 200 students attended the programme and benefitted from it.

Maj. Gen. G. K. Sahney, Regional Director gave a short introduction of Maharishi School of Excellence Campus located at Thiruverkadu in Chennai. He highlighted the salient features of the serene campus. Students hailing from different places shared a common place and participated in different competitions.

The students took part in certain recreational activities after the programme. Dr. T. Suprabha Singh, Principal Maharishi School of Excellence proposed a vote of thanks to all the guests, participants & delegates.

Results Maharishi Regional Cultural Celebration

Events	Groups	Selected School
Folk Group Dance/Dance based on patriotic or Vedic theme	Senior 1. Thanjavur 2. Rajapalayam Junior 1. Chikmagalure 2. Chennai	Thanjavur Chikmagalure
Group Patriotic Songs	Junior 1. Chennai 2. Chikmagalure	Chennai
Music (Vocal) Indian Classical	Senior 1. Thiruvannamalai Junior 1. Thanjavur	Thiruvannamalai Thanjavur
Science Exhibition	Junior 1. Chennai	Chennai
Math's Exhibition	Senior 1. Rajapalayam 2. Thanjavur	Rajapalayam
All Round Quiz	Senior 1. Hyderabad 2. Thiruvannamalai	Hyderabad
Debate	Senior Hyderabad	Hyderabad
On the spot painting	Junior Hyderabad	Hyderabad

PHOTOGRAPHS OF MAHARISHI REGIONAL CULTURAL CELEBRATION 2011, SOUTH ZONE



Maj. General G. K. Sahney (Retd.), Regional Director, Chennai Region Maharishi Vidya Mandir Schools Group lighting the lamp on the occasion of Maharishi Regional Cultural Celebration 2011.



Guest of Honour lighting the lamp on the occasion of Maharishi Regional Cultural Celebration 2011.



Chief Guest & other distinguished guests witnessing cultural programme on the occasion of Maharishi Regional Cultural Celebration 2011.



Dr. T. Suprabha Singh Principal of Maharishi School of Excellence presenting memento to guest of honour.



Students of Maharishi Vidya Mandir presenting group dance on the occasion of Regional Cultural Celebration 2011.



Students of Maharishi Vidya Mandir presenting group song on the occasion of Regional Cultural Celebration 2011.

**RESULT OF MAHARISHI REGIONAL CULTURAL CELEBRATION
MAHARISHI VIDYA MANDIR, DURG CHHATTISGARH
JABALPUR REGION**

S. No.	Name of Event	First Position
1.	Folk Group Dance/Dance based on Patriotic or Vedic theme-Senior	Raipur-I
2.	Folk Group Dance/Dance based on Patriotic or Vedic theme-Junior	Bilaspur-I
3.	Group Patriotic Songs- Senior	Raipur-I
4.	Group Patriotic Songs- Junior	Bilaspur-I
	Music Senior	
5	Vocal Music (i) Indian Classical	Seoni
6	Vocal Music (ii) Semi Classical (Thumri, Chaiti, Kajri)	Raipur-I
7	Instrumental Music (i) Wind	Bilaspur-I
8	Instrumental Music (ii) String	Bilaspur-I
9	Instrumental Music (iii) Percussion	Jabalpur-V
	Music Junior	
10	Vocal Music (i) Indian Classical	Jabalpur-I
11	Vocal Music (ii) Semi Classical (Thumri, Chaiti, Kajri)	Bilaspur-I
12	Instrumental Music Percussion	Jabalpur-I
13	Science & Maths Exhibition Senior	
	Science	Durg
	Maths	Seoni
14	Science & Maths Exhibition Junior	
	Science	Raipur-I
	Maths	Raipur-I
15	Quiz (G. K.) Senior	Shahdol
16	On the Spot Painting Competition Junior	Durg
		Bilaspur-I
17	Debate Competition Senior	Jabalpur-I

MAHARISHI REGIONAL CULTURAL CELEBRATION, BHOPAL REGION MAHARISHI VIDYA MANDIR, SAGAR



Hon'ble Member of Parliament, **Shri Bhupendra Singh Thakur**, **Shri Shailendra Jain**, MLA Sagar, **Shri V.R. Yadav**, Regional Director, Bhopal Region, Maharishi Vidya Schools Group, **Shri Satbir Singh**, Principal MVM Sagar performing Guru Pujan on the occasion of Regional Cultural Celebration 2011.

V. R. Yadav, Regional Director, Bhopal Region, Maharishi Vidya Schools Group.

The Chief guest of inaugural ceremony was Hon'ble Member of Parliament, Sagar, **Shri Bhupendra Singh Thakur** & Hon'ble MLA, Sagar **Shri Shailendra Jain** as Guest of honour. The function was presided by Hon'ble Director (P&A) MVM Schools Group, **Brig. G. S. Sandhu (Retd.)**. Regional Director **Shri V. R. Yadav** & Prof. Vishnu Pathak, Dr. H.S. Gour University were Special Guests on the occasion.

Dr. S. N. Rai, Principal, MVM Ratanpur Bhopal, **Shri Rajesh Dixit** Principal, MVM Damoh, **Shri M. S. Rajput**, Principal, MVM Tikamgarh and **Shri C. K. Sharma** Principal MVM, Chhatarpur have also graced the occasion.



Hon'ble Member of Parliament, Sagar, **Shri Bhupendra Singh Thakur**, addressing on the occasion of Maharishi Regional Cultural Celebration 2011.

With the divine blessing of **Shri Gurudev** and **His Holiness Maharishi Mahesh Yogi Ji** and under the able guidance of Hon'ble Chairman, Board of Directors **Dr. Girish Chandra Varma**, Maharishi Vidya Mandir, Sagar has got the golden opportunity to host Maharishi Regional Cultural Celebration 2011. The two-day (27th & 28th August 2011) programme was celebrated at Ravindra Bhawan, Sagar.

On 27th Aug. programme has started at 10:30 AM with Guru Pooja followed by Lighting of Lamp, Welcome of Guests, Welcome Song (MVM, Sagar) and Welcome Speech and Brief Introduction of the celebration by **Shri**



Hon'ble Member of Parliament, **Shri Bhupendra Singh Thakur**, **Shri Shailendra Jain**, MLA Sagar, Director (P&A) MVM Schools Group, **Brig. G. S. Sandhu (Retd.)**, Regional Director **Shri V. R. Yadav** & Prof. Vishnu Pathak, Dr. H. S. Gour University, Dr. S. N. Rai Principal, MVM Ratanpur Bhopal present at the inaugural ceremony.

327 students of 15 MVM schools have participated in different events i.e. Folk Dance, Patriotic Song, Solo Song, Music Instrumental, Spot Painting, Science & Maths Exhibition, Debate, Quiz and Orchestra.

Addressing to the celebration, Hon'ble Member of Parliament, Sagar, **Shri Bhupendra Singh Thakur** said that the contribution of **Maharishi Ji** is unique in the

field of Education for poor children and with the study of modern education as well as Vedic Culture. Hon'ble MLA, Sagar **Shri Shailendra Jain** said that **His Holiness Maharishi Mahesh Yogi Ji** has preserved the *Bhartiya Sanskriti and Vedic Gyan* along with the modern education. And spread to all over the world. Which is the sign of our progress and prosperity.

On 28th Aug. programme was started at 10:00 AM with Guru Pooja and Saraswati Vandana. **Shri K. M. Mishra, ADJ Sagar** was Chief Guest in the morning session.



Brig. G. S. Sandhu (Retd.), Director P&A, Maharishi Vidya Mandir, Schools Group, addressing on the occasion of Maharishi Regional Cultural Celebration 2011.

Shri K. S. Rathore, DIG (JNPA) Sagar, in his address told that Guru is great and Maharishi Vidya Mandir Public Schools are following the tradition of Great Gurus. Hon'ble **ADJ Sagar Shri K. M. Mishra** said that the tradition of Maharishi Vidya Mandir is appreciable, which is promoting the Vedic Culture.



Students of Maharishi Vidya Mandir, Sagar, presenting group song on the occasion of Maharishi Regional Cultural Celebration 2011.

The Valedictory Function was held at 3:30 PM in the benign presence of Hon'ble **DIG (JNPA) Sagar, Shri K. S. Rathore** as **Chief Guest** and at the end of the programme winners were awarded with certificates by Chief Guest and Brig. G. S. Sandhu, Director P&A, MVM Schools Group.



Regional Level Science Exhibition



Students presenting group dance on the occasion of Maharishi Regional Cultural Celebration 2011.

स्मृतिर्लब्धा ।

smrtirlabdha

I have regained memory.

(*Bhagavad-Gita*, 18.73)

Understanding the Verse:

At the moment of his enlightenment, Arjuna speaks this verse to Lord Krishna. Maharishi Ji explained that Arjuna has regained the memory of the Self, the field of total wakefulness, which is the inner reality of everyone's life. However, for the unrealised this field of total wakefulness-pure intelligence has been shadowed by ignorance. In Maharishi's Vedic Science this is called *pragya-aparadh*, or the mistake of the intellect. The essential nature of the Self has been forgotten and only the ever-changing field of diversity is experienced. Enlightenment means coming back to the realisation of one's true nature, the state of memory of the Self. This is how *pragya-aparadh* is overcome.

Having gained this state, Maharishi Ji further explains, Arjuna enjoys complete fulfillment and also complete freedom to fulfill his natural duty. He is no longer bound by limitations or doubts. He has become an instrument of nature, and at the same time enjoys the complete support of nature. This is the state of life worth living and one, the student of Maharishi's Vedic Science and Technology can aspire to on the basis of their regular practice of Maharishi's Transcendental Meditation and TM-Sidhi programme.

पश्य मे योगमैश्वरम् ।

pasya me yogam aisvaram

Behold my sovereign Yoga.

(*Bhagavad-Gita*, 9.5)

Understanding the Verse:

In this glorious verse Lord Krishna reveals to Arjuna the supreme state of *Yog*. In Maharishi's Vedic Science, *Yog* is the union of the individual mind with unbounded bliss consciousness. *Yog* is sovereign because it brings the total potential of natural law, which guides the evolution of everything. In *Yog* we act in full accord with all the laws of nature.

Maharishi Ji pointed out that Lord Krishna is revealing this state of *Yog* to Arjuna because he wants him to enjoy that state of sovereignty, in which he will gain mastery over natural law. As the state of *Yog* matures through the students' daily practice of Maharishi's Transcendental Meditation and TM-Sidhi programme, they grow in the ability to know anything, do anything, and accomplish anything. They gain the support of nature's government, which has its sovereignty in the domain of consciousness.

योगिनः कर्म कुर्वन्ति संज्ञं त्यक्त्वात्मशुद्धये ।

yoginah karma kurvanti sangam tyaktvatma -suddhaye

Yogis, abandoning attachment, perform action for self-purification.

(Bhagavad-Gita, 5.11)

Understanding the Verse:

Yogis are those, who practicing Maharishi's Transcendental Meditation programme; turn the senses inward to attain the state of *Yog*, or union with pure consciousness. Maharishi Ji explained that as the mind travels inward it experiences greater charm at every step, because it is approaching the field of infinite charm and bliss. Since there is greater charm inside, attachment to the external, ever-changing world spontaneously becomes less. Having enlivened the state of *Yog* in the awareness, the *Yogi*-the student-comes out to act in a natural way in order to stabilise this state. This alternation of rest and activity spontaneously structures most rapid progress toward enlightenment while eliminating any obstacles to progress.

Maharishi Ji has given the analogy of the snow plow which has the ability to move forward while it is removing the obstacles in its path. In the same way, as the students meditate, stress is removed from the nervous system, allowing the body to support more pure awareness in the mind. Activity then serves to stabilise this increased pure awareness so that it becomes a permanent reality. In this way the alternation of rest and activity becomes a means for self-purification, and leads the student to higher states of consciousness.

ब्रह्मसंस्पर्शमत्यन्तं सुखम् ।

brahma-samsparsam atyantam sukham

Contact with brahman is infinite joy

(Bhagavad-Gita, 6.28)

Understanding the Verse:

Maharishi Ji explained that *Brahman* is the fullness of Transcendental Being and the fullness of active life at the same time. Because it encompasses the entire range of life, it is a state of ultimate refinement and flexibility, and is therefore possible only when the nervous system is entirely pure.

Brahman is the infinite field of bliss and contact with that state brings infinite joy. This experience is far beyond any relative happiness that may change from day to day. The students experience the growth of joy in their lives as a result of regularly contacting the field of Brahman in their daily practice of Maharishi Ji's Transcendental Meditation and TM-Sidhi programme. This practice culminates in unity consciousness, the permanent state of bliss, in which every thought, word, and action is a wave of infinite joy.

महर्षि ज्योतिष की दृष्टि में अक्टूबर माह

पण्डित हरिशरण मिश्र, (ज्योतिषाचार्य)



अक्टूबर माह आश्विन शुक्लपक्ष चतुर्थी दिन शनिवार से प्रारम्भ होकर कार्तिक शुक्ल पक्ष पंचमी दिन सोमवार पर्यन्त रहेगा।

इस माह में पड़ने वाले विशिष्ट पर्व एवं त्यौहारों का माहात्म्य निम्नांकित है।

1. महाष्टमी व्रत – आश्विन शुक्ल अष्टमी को महाष्टमी के नाम से जाना जाता है। शारदीय नवरात्रि की यह अष्टमी तिथि शक्ति की उपासना करने वाले भक्तों के लिये बहुत ही महत्व रखती है। इस दिन देवी उपासक भक्त देवी का षोडशोपचार पूजन करके यथा शक्ति भेंट, उपहार, बलि प्रदान करते हैं। फिर हवन इत्यादि करके देवी का आशीर्वाद ग्रहण करके व्रत समाप्ति करते हैं।

2. महानवमी व्रत – आश्विन शुक्ल पक्ष की नवमी को महा नवमी कहा जाता है। शारदीय नवरात्रि की समाप्ति भी इसी दिन की जाती है। इस तिथि को देवी उपासक हवन, पूजन, कन्या भोजन, ब्राह्मण भोजन, दान इत्यादि करके नवरात्रि व्रत का समापन करते हैं।

3. विजया दशमी – आश्विन शुक्ल पक्ष की दशमी तिथि को विजया दशमी और लोक व्यवहार की भाषा में दशहरा भी कहते हैं। भगवान् श्री राम ने इसी तिथि को लंका पर चढ़ाई करके विजय प्राप्त की थी। ज्योति निबन्ध में लिखा है कि आश्विन शुक्ल दशमी को तारा उदय होने के समय विजय नामक मुहूर्त होता है, वह सब कार्यों में सिद्धि प्रदान करने वाला होता है। इसी कारण इस त्यौहार का विजया दशमी नाम पड़ा है। इस दिन रावण वध की राम लीला का प्रदर्शन किया जाता है। जगह-जगह रावण का पुतला दहन करके भगवान् राम की विजय का उत्सव मनाया जाता है। नील कण्ठ पक्षी एवं खंजन पक्षी का दर्शन इस दिन बहुत शुभ माना जाता है। इस दिन शस्त्र पूजा का भी विधान है, क्षत्रियों एवं राजाओं के यहाँ आज के दिन अस्त्र, शस्त्र, घोड़ा, हाथी एवं अन्यान्य वाहनों की पूजा की जाती है, राजा महाराजा लोग इस दिन विजय मुहूर्त में अपने सैनिकों के साथ विजय यात्रा का शुभारम्भ करते थे तथा ब्राह्मणों को प्रचुर दान देकर आशीर्वाद लेते थे। इस प्रकार क्षेत्रीय स्तर पर आज कल दशहरा मनाने की परम्परा अलग-अलग विधि से भी है।

4. शरद पूर्णिमा – आश्विन मास की पूर्णिमा को शरद पूर्णिमा कहते हैं। शास्त्रों में उल्लेख आया है कि इसी रात्रि को चन्द्रमा के द्वारा अमृत की बरसात की जाती है।

इस दिन अपने आराध्य देव अथवा भगवान् श्री कृष्ण की पूजा करके रात्रि में गाय के दूध की खीर बनाकर उसका नैवेद्य अर्पण करना चाहिये फिर श्रीमद् भागवत् के रास पंचाध्यायी का पाठ करके इस खीर को चंद्रमा के खुले प्रकाश में रखना चाहिये फिर सुबह उसका प्रसाद ग्रहण करने से अमृततत्त्व शरीर को प्राप्त होता है जिससे शरीर में आरोग्यता आती है और बड़े-बड़े असाध्य रोगों से मुक्ति मिलती है।

5. दीपावली – कार्तिक मास की अमावस्या को दीपावली का त्यौहार मनाया जाता है। इस दिन धन की अधिष्ठातृ देवी महालक्ष्मी का पूजन किया जाता है। किवदन्ती है कि इस रात्रि को लक्ष्मी जी भ्रमण करने के लिये निकलती हैं, जहाँ अच्छी सजावट के साथ उनका आराधन होता है वहीं पर लक्ष्मी जी आकर वास करने लगती हैं। इस लिये इस त्यौहार के आने के पूर्व ही लोग माकान की साफ-सफाई करके अच्छी सजावट के साथ महालक्ष्मी जी के पूजन की तैयारी करते हैं। फिर शुभ बेला में महालक्ष्मी जी का पूजन एवं श्री सूक्त पाठ

कराकर रात्रि जागरण करते हैं। सुबह के समय दरिद्रा के निस्सारण की क्रिया भी सम्पन्न करनी चाहिये। इस माह में पड़ने वाले व्रत, पर्व एवं त्यौहारों की सूची इस प्रकार है—

क्रमांक	व्रत-पर्व-त्यौहार	मास	पक्ष	तिथि	दिनांक
1.	उपांग ललिता पंचमी व्रत	आश्विन	शुक्ल	पंचमी	1.10.2011
2.	महाष्टमी	आश्विन	शुक्ल	अष्टमी	4.10.2011
3.	महानवमी	आश्विन	शुक्ल	नवमी	5.10.2011
4.	विजयादशमी	आश्विन	शुक्ल	दशमी	6.10.2011
5.	नवरात्र व्रत पारण	आश्विन	शुक्ल	दशमी	6.10.2011
6.	दुर्गा विसर्जन	आश्विन	शुक्ल	दशमी	6.10.2011
8.	पापांकुशा एकादशी	आश्विन	शुक्ल	एकादशी	7.10.2011
9.	पद्मनाभ द्वादशी	आश्विन	शुक्ल	द्वादशी	8.10.2011
9.	प्रदोष व्रत	आश्विन	शुक्ल	त्रयोदशी	9.10.2011
10.	शरद् पूर्णिमा	आश्विन	शुक्ल	पूर्णिमा	11.10.2011
11.	कोजागरी पूर्णिमा	आश्विन	शुक्ल	पूर्णिमा	11.10.2011
12.	महर्षि बाल्मीकि जयन्ती	आश्विन	शुक्ल	पूर्णिमा	11.10.2011
13.	कार्तिक स्नानारम्भ	आश्विन	शुक्ल	पूर्णिमा	12.10.2011
14.	अशून्य शयन व्रत	कार्तिक	कृष्ण	द्वितीया	13.10.2011
15.	संकष्टी श्री गणेश चतुर्थी (करवा चौथ)	कार्तिक	कृष्ण	चतुर्थी	15.10.2011
16.	दम्पत्यष्टमी व्रत	कार्तिक	कृष्ण	अष्टमी	19.10.2011
17.	अहोई अष्टमी	कार्तिक	कृष्ण	अष्टमी	19.10.2011
18.	राधा जयन्ती	कार्तिक	कृष्ण	अष्टमी	20.10.2011
19.	रम्भा एकादशी	कार्तिक	कृष्ण	एकादशी	23.10.2011
20.	गोवत्स द्वादशी, सोम प्रदोष	कार्तिक	कृष्ण	द्वादशी	24.10.2011
21.	धनत्रयोदशी (धनतेरस)	कार्तिक	कृष्ण	त्रयोदशी	24.10.2011
22.	नरक चतुर्दशी, हनुमान जन्म	कार्तिक	कृष्ण	चतुर्दशी	25.10.2011
23.	दीपावली	कार्तिक	कृष्ण	अमावस्या	26.10.2011
24.	अन्नकूट, गोवर्धन पूजा	कार्तिक	शुक्ल	प्रतिपदा	27.10.2011
25.	भ्रात द्वितीया (भैया दूज)	कार्तिक	शुक्ल	द्वितीया	28.10.2011
26.	वैनायिकी श्री गणेश चतुर्थी	कार्तिक	शुक्ल	चतुर्थी	30.10.2011
27.	छठ पूजा का दूसरा दिन	कार्तिक	शुक्ल	पंचमी	31.10.2011

पंचक — दिनांक 7 अक्टूबर दिन शुक्रवार को रात्रि 9 बजकर 48 से प्रारम्भ होकर दिनांक 12 अक्टूबर दिन बुधवार 7 बजकर 3 मिनट पर समाप्त होगा।

मास प्रभाव — इस माह खाद्य पदार्थों का मूल्य महँगा रहेगा। रंगीन वस्त्र महँगे होंगे, सोने के मूल्यों में साधारण महँगी का रुख रहेगा। साग एवं हरी सब्जियों के मूल्यों में विशेष तेजी आयेगी। भौमान्तरिक्ष उत्पातों की अधिकता रहेगी। दुर्घटनायें अधिक होंगी। इन अनेकानेक नकारात्मक प्रवृत्तियों के निवारण के लिये महर्षि भावातीत ध्यान तथा यज्ञ का आश्रय लेना श्रेयस्कर होगा।

Teacher's Day Celebration

Maharishi Vidya Mandir, Dharamshala

Teacher's Day was celebrated in Maharishi Vidya Mandir Dharamshala with great enthusiasm. On the occasion Principal Smt. Aneeta Mankotia told students importance of Vedic Science and Maharishi Consciousness Based Education and threw lights on the Transcendental Meditation and Maharishi Consciousness Based Education who has awoken the whole world through TM and Spiritual knowledge of Natural Laws in the Cosmos to enlighten the world of citizen.



Student of Maharishi Vidya Mandir, Dharamshala presenting Group Dance on the occasion of Teacher's Day Celebration.



Student of Maharishi Vidya Mandir, Dharamshala presenting Group Dance on the occasion of Teacher's Day Celebration.

Shri Ganesh Utsav

Maharishi Vidya Mandir Ratanpur, Bhopal



Ten day's celebration of Ganesh Utsav has started in Maharishi Vidya Mandir, Ratanpur, Bhopal on Ganesh Chaturthi, the 1st of September 2011 with the establishment of six feet tall pratima of Lord Ganesha in the school auditorium.

The school auditorium has been beautifully decorated for the purpose. Senior students of the hostel have displayed beautiful 'Jhanki' depicting Lord Shiva, who is the father of 'Lord Ganesha', the Lord of all intellect in the world.

The 'Maha Arti' attended by all the teachers and students of the school have been conducted on 'Dol Gyaras' and the following day. It was a prayer held at a grand level with great trust and faith to please the lord to shower his blessings over his children.

A farewell was given to the redeemer who relieves all human beings from the pains and sorrows as well as who is a great lover of 'Laddus and Modaks' on the occasion of 'Anant Chaturdashi' with the visarjan of 'Ganesh Pratima' with requests to come back soon next year to bless his children.

All the functions during the celebrations are held enthusiastically and are concluded with the distribution of 'prasad'.

योग प्रशिक्षण शिविर

महर्षि विद्या मन्दिर विद्यालय समूह द्वारा वर्ष 2010-2011 में देश के विभिन्न महर्षि शिक्षण संस्थानों में योग प्रशिक्षण शिविर आयोजित किये गये। इन योग शिविरों के माध्यम से योग करने के लाभ एवं इसके महत्व को बताया गया।



योग शिविर में विभिन्न योगासनों का अभ्यास करते हुये महर्षि विद्या मन्दिर कुरुक्षेत्र के विद्यार्थी।



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Maharishi Movement Global News

David Lynch Announces \$500,000 matching grant to teach Transcendental Meditation to 10,000 veterans

A \$500,000 matching grant has been announced to benefit a national initiative to help veterans—Operation Warrior Wellness (OWW), a division of the David Lynch Foundation. Filmmaker David Lynch announced the grant, which will be used to teach the Transcendental Meditation Technique to 10,000 combat veterans with post-traumatic stress disorder (PTSD) and their families. News of the initiative has been reported in print, television, radio, and online media nationwide.

Maharishi University of Management celebrated 40th anniversary, on 12 September 2011

On Monday 12 September, Maharishi University of Management has celebrated the 40th anniversary of its founding by Maharishi Mahesh Yogi. A grand celebration will be held on the MUM campus in Fairfield, Iowa, USA, addressed by University leaders and other dignitaries. A special highlight of the celebration will be videos of Maharishi speaking about the University through its illustrious history as a pioneering institution of higher learning offering Consciousness-Based Education in the world.

'Pursue your dreams' - Dr Rosenthal tells MUM graduates

'Pursue your dreams,' said renowned psychiatrist and bestselling author Dr. Norman Rosenthal in his commencement address at Maharishi University of Management in Fairfield, Iowa, USA. This was the seventh and final 'pearl of wisdom' presented in his address.

'You've heard this one before, I am sure, but for the final pearl on the string, I want to encourage you to pursue your dreams—by which I mean your goals and visions for yourself.

'If you ask any successful person, someone you might regard as a role model, "What is the key to your success?"—I wager that at least one of the answers will be: "I had a dream and I pursued it."

'Now, having a dream is not enough in itself,' Dr. Rosenthal said. 'You need to be tenacious in your pursuit of that dream. I said "tenacious" very loud, so that if there is one word you remember, that will be it.

'We have a shining example of this process before us today: After all, isn't this university itself the fulfillment of one of Maharishi Mahesh Yogi's great dreams? A great dream, and what tenacity it needed to get everybody here to this point, all the people involved.'

Canada: Planning moving ahead for Maharishi Vedic Village, Niagara Falls

Canada's second Maharishi Vastu Peace Colony is moving closer to the beginning of the construction phase. The planned community, designed according to principles of Vedic architecture, is situated on a stunning 90-acre riverfront parcel southwest of Niagara Falls.

Maharishi's Proposal for Permanent World Peace - An 'open letter' to US and world leaders, September 2001

Ten years ago this month—following the September 11, 2001 terrorist attacks in New York and Washington DC—in announcements published in the world press and in his first press conference in seven years, Maharishi Mahesh Yogi presented his Proposal for Permanent World Peace through Vedic technologies of invincible defense. Now, as the US and the world commemorate the tenth anniversary

of September 11, Maharishi's initiative continues today as the top priority of his organizations teaching the Transcendental Meditation Programme around the world. 'With this knowledge of the invincible power of total Natural Law we can create an indomitable influence of positivity and harmony in world consciousness.'

Celebrating the removal of obstacles to invincibility for individuals and nations

The Global Country of World Peace celebrated the day of clearing obstacles to invincibility in individual and national life. A highlight of the celebration was a video of Maharishi Mahesh Yogi's address on this occasion in September 2007, in which he said, 'It is a beautiful day of clearing the destiny of mankind so that the quality of all national life everywhere shines through invincibility.'

Mother Divine Programme celebrates 30 years of 'blissful life in freedom, fullness, and enlightenment'

The Mother Divine Programme celebrated the 30th anniversary of its founding. Groups of the programme in several locations around the world participated in a grand celebration via web-conference, with inspiring remarks, resolutions for the future, and expressions of appreciation by administrators of the programme, beautiful songs and music, as well as experiences of higher states of consciousness given by longtime participants.

New German-language website launched about the Transcendental Meditation Programme for women

A new German-language website about the Transcendental Meditation Programme for women has just been launched. The website features a wealth of knowledge and information on many different aspects of the technique, including its benefits in many areas of life—reduced stress and anxiety, increased mental clarity and creativity, better health, improved integration of brain functioning, and many others—and also features special programmes of interest to women.

Japan: Consciousness-Based programmes to reduce stress, increase creativity uplift teachers, officials, and public

10 July 2011 - Dr Ashley Deans, Global Ambassador for Consciousness-Based Education, visited Japan in June, giving presentations to the public and meeting with educators and officials. The visit brought inspiration to people in many areas who continue to face great challenges in the aftermath of the earthquake, tsunami, and nuclear disaster earlier this year. Presentations highlighted research on the Transcendental Meditation Programme is showing reduction of traumatic stress and improved brain functioning.

Japan: Many trained as Maharishi Vastu architecture coordinators

One initiative in Japan to support reconstruction after the devastating earthquake and tsunami last March, is to make the knowledge and technologies of Maharishi Vastu architecture and city planning available on a wide scale. The programme is aimed at ensuring that new structures are not only strong and safe, but promote maximum protection, health, happiness, and good fortune for their inhabitants.

Nepal inspired by Invincible Defence Technology, presented at conference

A recent conference in Nepal awakened great interest in the Vedic knowledge and technologies brought to light by Maharishi Mahesh Yogi, especially in the areas of agriculture and defence.

Dr. Deepak Baskota, National Director of the Transcendental Meditation Programme in Nepal, gave a presentation to 50 leaders of Nepalese society. The presentation included topics of Maharishi Vedic Organic Agriculture, Invincible Defence Technology, and Maharishi Ayur-Veda natural health care.

News Clippings

Maharishi Vidya Mandir feel proud to receive The Hitavada trophies

■ Staff Reporter

THE meritorious students of Maharishi Vidya Mandir, Raigarh were felicitated by 'The Hitavada' for their excellent performance in class X. Six students of Maharishi Vidya Mandir school were felicitated with 'The Hitavada' trophies.

All of them were extremely happy with the trophies awarded to them. The principal of the school Dr S N Rai blessed the students to perform well in the future as well.

While talking to 'The Hitavada', Principal Dr S N Rai shared his views on the role of technology in the present educational system and the factors for building an effective school management.

Here are some excerpts from the interview:

Q: Tell us something about your school?

A: Maharishi Vidya Mandir Raigarh, Bhopal is running under the excellent guidance of Maharishi Shiksha Sanshodhan, founded by His Holiness Maharishi Mahesh Yogi. Maharishiji is also the founder of Transcendental Meditation and TM Siddhi.



Students during the felicitation ceremony.

Anshika Gurondia



"I AM happy to receive the trophy awarded to me for my performance. It's all about the knowledge of an individual and the ability to perform well. Most importantly the teaching staffs has been very supportive and they were ready to clear our doubts at every step. Not only the teachers but parents support also matters a lot and my parents always supported me. Usually parents burden the child with many expectations but my parents never pressurised. Above all the environment in the school where the meditation play a key role in improving the concentration level

was of great help."

Rohit Shrivastava



"IT WAS due to the support of my parents and teachers that I was able to score well. The spirituality taught to us in the school was also of great help. The teachers helped me to overcome the doubts and me and my friends a very healthy competition during the session. There was no burden as CCE pattern reduced the pressure to a great extent. My parents also supported me well. They were confident that I will perform well and due to their confidence in me I was able to prove myself. I would also thank god with whose grace I was able to perform well."

Sourabh Kotwaliwalei



"THE appreciation by the teachers and my parents at every step helped me to score well. Myself and my friends shared healthy competition and my friends also helped me in my studies. There was no pressure at all as we knew that teachers are there to help us with our studies and clear the doubts. The CCE pattern helped to enhance the creativity and gain practical knowledge. I was also confident about myself and the efforts put up by me in my studies."

Meritorious students

Palak Sharma



"FIRSTLY I would like to thank 'The Hitavada' for the encouragement given to us and then I would like to thank the educational environment of the school where we are taught transcendental meditation. It was due to the practice of meditation I was able to improve my concentration level and throughout the session I was positive. The teachers also helped me out in clearing my doubts and helped to strengthen my basic concepts".



Dr S N Rai with the meritorious students.

E-Gyan Monthly News Letter

Reminder

Happy Vijaya Dashami

Dear Readers,

I am happy to release this 28th edition of E-Gyan Monthly Digital News Letter. Previous editions of E-Gyan have been published and circulated amongst you. In every edition of E-Gyan I am requesting you to send news from your relevant field. But we are not receiving enough news. Please start sending the news in either Hindi or English. **E-Gyan Monthly News Letter** will be released in the first week of every calendar month. E-Gyan matter must be received by 15th of every month. Now E-Gyan is also reaching to large number of global leaders of Maharishi Organisation worldwide. If Rajas, Raj Rajeshwaries, Ministers and National Directors want to share any inspiring news of their country, please send in English.

E-Gyan Monthly Digital News Letter will be circulated to all members, employees, well-wishers and students of all Maharishi Organisations in India and also to large number of Meditators, Sidhas, Governors, leaders and devotees of Maharishi Global Organisation.

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, website.
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, Sidhi 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, leaders, members, faculty, staff, students, meditators, Sidhas 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 email (egyan@mahaemail.com and egyanmonthly@gmail.com) as word document file (or in a CD to Dr. T. C. Pathak, Maharishi Centre for Educational Excellence 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 www.e-gyan.net web site.

With All the Best Wishes in Maharishi's Forth Year of Invincibility - Global Ram Raj.

Jai Guru Dev, Jai Maharishi

Dr. T.C. Pathak

For Editorial Board, E-Gyan Newsletter

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