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महर्षि संस्थान भारत का मासिक सूचना पत्र

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Maharishi Speaks to Students*

The objective approach of the West and the subjective approach of the East: Two approaches to gaining complete and reliable knowledge.



Science is universal. The terms 'eastern science' and 'western science' simply denote different approaches to the object of inquiry, different approaches to knowing and to living the reality of life. Western science is the investigation of reality through a purely objective approach, while eastern science is the subjective investigation into the nature of consciousness, the field of pure subjectivity, in order to systematically gain the knowledge of the whole creation and live fulfilment in life.

Both approaches to knowledge are systematic and flawless because each remains purely within its own channel of investigation. The purpose of both these aspects of science is to enable one to live fullness of life. Western science rejects any trace of subjectivity on the path of investigation because the observer's state of awareness differs according to the condition of his nervous system and when this changing subjective element is involved in perception, perception will never be reliable.

The subjective approach to knowledge aspires to create a state of consciousness that does not change. On the basis of this steady, non-changing value of consciousness—pure consciousness—the observer's perception and evaluation of reality is always reliable. Through the eastern approach to knowledge it is possible for every man to be a scientist, a knower of truth, by developing that non-changing state of consciousness as a permanent reality. When awareness is permanently established in pure consciousness, only the truth will dawn in one's awareness. This state of consciousness, is called ऋतम्भरा प्रज्ञा Ritam-bhara pragya, 'that intelligence which knows only the truth'.

The advantage of developing this level of ऋतम्भरा प्रज्ञा Ritam-bhara pragya is that simply by thought one can cognize the object one wants to cognize and can influence it in order to derive maximum value from it. The form of any object is contained within the name. The name has all the impulses

that are present in the form. This correspondence between name and form is found in the words of the Veda. The Veda is the cognition of the truths of Nature, including all relative values and the absolute value. The Veda is cognized by that level of consciousness which accepts only the truth— ऋतम्भरा प्रज्ञा Ritam-bhara pragya.

During the practice of the Transcendental Meditation Technique, as the awareness goes from the gross thinking level to finer thinking levels and then to the Transcendent, the experience of ऋतम्भरा प्रज्ञा Ritam-bhara pragya can occur on the finest thinking level, very close to the Transcendent. In this experience one feels 'I know everything'. As the practice advances the experience of ऋतम्भरा प्रज्ञा Ritam-bhara pragya becomes permanently established. When one's awareness is established on the level of ऋतम्भरा प्रज्ञा Ritam-bhara pragya, it is possible to produce specific impulses, or sounds, in order to produce any desired influence on an object. This level of consciousness has control over the whole field of objectivity. By developing this ability to produce effects in creation according to one's desire, one gains mastery over Nature.

There are innumerable layers of objective existence, and different Laws of Nature govern life on different levels of creation. By gaining familiarity with the Laws of Nature through objective science, it is possible to produce specific effects at any particular level of objective existence. Similarly, through the purely subjective approach, it is possible to station one's awareness at any level of objective existence and produce the desired results.

The structure of life at the basis of creation has a value that is both objective and subjective. This level, from where the whole creation is structured, is the level of pure existence, which gives rise to objective creation, and intelligence, or consciousness, which structures the subjective aspect of life. Whether we investigate into the objective value of existence or the subjective value of consciousness, it is the perfection of human understanding that brings knowledge of the Ultimate Reality from both angles.

It is not possible to gain the whole knowledge of life through direct observation of the objective values, because the universe is far too vast and diversified. It is possible, however, to develop that non-changing level of consciousness in which complete knowledge is available, and to function from there in order to accomplish anything. The knowledge of life gained through this subjective approach is most scientific.

In the objective scientific approach the scientist does not involve his subjectivity in his method of investigation, he just remains a witness. This value of non-involvement is available in the state of Cosmic Consciousness, in which pure consciousness is permanently maintained as an uninvolved witness to activity. By developing Cosmic Consciousness through Transcendental Meditation, every man spontaneously becomes a scientist at all times.

Both systems of gaining knowledge have the same value as long as they uncover the ultimate reality of life and make a man proficient in that ultimate value, so that from that basic value of life the whole tree of life is handled most efficiently and in its fullness. It is only necessary to gain the ability to operate on that level of consciousness which is steady and all-pervading in order to enliven the whole creation.

Maharishi Ji's Ideas About Veda

The wisdom of the Veda presents the whole knowledge of life from both angles, subjective and objective. The cognitions of the Veda are the dawning of the total knowledge about life, creation, and evolution. The Veda is the blueprint of creation, which is cognized at that level of consciousness which knows only the truth.

The Hymns of the Veda present the structural value of the basic impulses, the basic tendencies, which give rise to creation. The name contains not only those tendencies that structure the form, but also all the mechanics that weave those tendencies together to produce a specific form.

The knowledge of a Vedic Word or Name is derived from its roots. A name may be composed of many roots, and each root may contain several different tendencies. All possible combinations of these tendencies give rise to a corresponding number of distinct qualities, which make up the form.

The phonology of the Vedic Words gives us insight into the functioning of Nature, into the mechanics of existence and evolution. This will validate all the laws that are being discovered through the objective sciences, such as Physics, Astronomy, and Chemistry.

Vedic Wisdom is the most complete, comprehensive, and precise knowledge of life and contains all the mechanics of existence and evolution in their completeness. All the knowledge about creation from the physical sciences is just an infinitely small part of the knowledge of the whole creation, which is available to every individual through Vedic Science.

The purpose of history is to inspire the people of every generation towards evolution and to awaken their interest in gaining familiarity with the transcendental, absolute value of life. The sole purpose of knowledge is to enable an individual to gain that rhythm of life which is in tune with the infinite value of existence.

The whole theoretical understanding about life found in the Veda is practically structured in the Transcendental Meditation Technique, which allows every individual to derive maximum benefit from this enormous knowledge. This complete knowledge of life, available through the Transcendental Meditation Technique, makes every man an enlightened man, living fullness of life.

The ऋक् वेद Rk Veda says that the Hymns of the Veda are structured in Transcendental Consciousness; pure consciousness is the material that has structured the words of the Veda. An individual whose awareness is established on this transcendental level lives life in balance—balance of the extreme values of life, absolute and relative. In this state one enjoys the full value of life.

Complete knowledge of creation is not gained by reading the Veda. The first prerequisite to gaining Vedic Knowledge is to gain the state of consciousness that is the field in which the Vedic Words are structured. When the essential value in which the names are structured is a living reality on the level of one's own Self, then the impulse of the Self is the impulse of the whole creation.

The Veda is the complete textbook of the Science of Creative Intelligence, which makes a man capable of living all knowledge in practical life. This supreme knowledge, the Science of Creative Intelligence, and its practical aspect, the Transcendental Meditation Technique, opens infinite possibilities in life to everyone.

Jai Guru Dev

भावातीत ध्यान - आनंदमय जीवन प्राप्ति का मार्ग

आज का युग मशीनी युग है। इस युग में प्रत्येक मनुष्य की जिंदगी भाग-दौड़ से भरी हुई है। मनुष्य के जीवन में स्थायित्व नहीं है। शहरीकरण होने के साथ-साथ जनसंख्या में भी तेजी से वृद्धि हो रही है। दिन-प्रतिदिन प्रदूषण बढ़ता जा रहा है। इसी मशीनी जिंदगी से मानव तनाव ग्रस्त होता जा रहा है। मानसिक तनाव प्रायः हर वर्ग के लोगों में देखा जा सकता है। आज उद्योगपति, व्यापारी, सरकारी अधिकारी, यहाँ तक कि सेना में कार्यरत कर्मचारी और अधिकारी मानसिक तनाव से नहीं बच पाते जिससे उनका जीवन हमेशा अव्यवस्थित और मन अशांत रहता है।

प्राचीन काल से ही हमारे ऋषि-मुनियों द्वारा तनाव रहित तथा आनंदमय जीवन व्यतीत करने के लिए ध्यान योग का सहारा लिया गया। इसी ध्यान योग के सिद्धांत को 'भावातीत ध्यान' के रूप में परम् पूज्य महर्षि महेश योगी जी ने जन-जन तक पहुँचाया है। भावातीत ध्यान मन को शांत करने की सरल पद्धति है जिसे आराम से बैठकर किया जा सकता है। भावातीत ध्यान की इस सरल विधि का वर्णन वेद-शास्त्र तथा श्रीमद्-भगवद् गीता में भी मिलता है।

भावातीत ध्यान पद्धति एकाग्रता या जप की विधि से भिन्न है। यह कोई धर्म नहीं वरन् मानवीय चेतना के आधार पर प्रवर्तित एक ज्ञान है। नियमित भावातीत ध्यान करने से मनुष्य को आंतरिक शांति मिलती है। भावातीत ध्यान मनुष्यों को मानसिक तनाव, क्रोध व चिंता से मुक्ति प्रदान कर आनंदमय जीवन व्यतीत करने में सहायक होता है। भावातीत ध्यान से मस्तिष्क सूक्ष्म स्तर पर कार्य करने लगता है। ऑक्सीजन की खपत कम होती है तथा कार्बन-डाई-आक्साईड के निर्माण में कमी आती है। हृदय तथा श्वास की गति और शारीरिक परिवर्तनशीलता में कमी होती है जिससे रक्तचाप और हृदय के रोगियों को बहुत आराम मिलता है।

महर्षि जी ने भावातीत ध्यान को वर्णित करते हुए कहा है कि मनुष्य स्वयं असीम शक्तियों का स्रोत है। वह अपने अंदर आपार ज्ञान तथा रचनात्मकताओं को समेटे हुए है परंतु वह अपने इस ज्ञान से अनभिज्ञ है। इसे वह भावातीत ध्यान कर प्राप्त कर सकता है। भावातीत ध्यान के द्वारा व्यक्ति स्वयं तथा अपने समाज की समस्याओं को दूर करते हुए एक स्वस्थ, सुखद तथा आनंदमय समाज का निर्माण कर सकता है।

भावातीत ध्यान करने से बुद्धि तीक्ष्ण और समझदारी गहरी होती है, स्मरण शक्ति के बढ़ने के साथ-साथ मानसिक दुर्बलता एवं तनाव दूर होता है। ध्यान करने से व्यक्ति सहनशील, दूसरों की सहायता के लिए तत्पर तथा समझदार होता है। मनुष्य साधारण अवस्था में अपनी बुद्धि तथा आंतरिक उर्जा का केवल 5-15 प्रतिशत उपयोग करता है, परंतु ध्यान करने से यह प्रतिशत बढ़कर 85-95 तक हो जाता है। भावातीत ध्यान में मन भावों के अतीत चला जाता है अर्थात् वहाँ कोई विचार नहीं रहते। हम स्वयं से परिचित होते हैं, जिससे हमारा जीवन आनंदमय हो जाता है।

मनुष्य शांति को प्राप्त करने के बाहरी उपाय करता है, परंतु वह इस बात से अपरिचित रहता है कि शांति स्वयं हमारे अंदर है जिसे हम भावातीत ध्यान कर प्राप्त कर सकते हैं। महर्षि जी ने कहा है कि प्रत्येक मनुष्य

ज्ञान, शांति, भक्ति, ऊर्जा तथा आनंद का अपार सागर है जिसे वह भावातीत ध्यान के अभ्यास से प्राप्त कर सकता है। वैज्ञानिकों द्वारा यह सिद्ध हो चुका है कि प्रत्येक मनुष्य के अंदर असीम शक्ति तथा उर्जा है। हमें दिक्कतें तथा परेशानियाँ केवल इसलिए होती हैं क्योंकि हम इन शक्तियों तथा ऊर्जा को नजर अंदाज करते हैं। भावातीत ध्यान करने से हमारा मस्तिष्क तथा शरीर सुचारू रूप से कार्य करने लगता है तथा मन विचारों के स्रोत से सीधे संपर्क में आ जाता है। ध्यान से हम एक उच्च स्तर को प्राप्त कर लेते हैं जहाँ हम जो सोचते हैं वह हमें प्रकृति की सहायता से प्राप्त होता है। भावातीत ध्यान के द्वारा न केवल हम अपने जीवन की गहराईयों को जानते हैं अपितु अपने जीवन का उद्देश्य भी हमें ज्ञात होता है।

भावातीत ध्यान से हमारा जीवन कठिनाईयों तथा परेशानियों से मुक्त होकर आनंदमय तथा शांति पूर्ण हो जाता है। भावातीत ध्यान एक ऐसी क्रिया है जिससे हम कम समय में तथा बिना किसी खर्च के आनंदमय जीवन प्राप्त कर सकते हैं। भावातीत ध्यान करने से हमारा मन शांत, स्थिर, रचनात्मक, पूर्ण जागरूक तथा चैतन्य हो जाता है जिसे हम 'स्वचेतना' कहते हैं। महर्षि जी ने कहा है कि 'ज्ञानम् चेतनायां निहितम्' अर्थात् ज्ञान चेतना में निहित (स्थित) है। इस चेतना को ध्यान द्वारा प्राप्त कर जीवन को ज्ञानमय बनाया जा सकता है। शास्त्रों में कहा गया है कि किसी भी व्यक्ति की पहचान उनकी आत्मा की शुद्धता तथा उसके कर्मों से होती है। भावातीत ध्यान कर हम अपने कर्मों को निश्छल तथा आत्मा को शुद्ध कर सकते हैं।

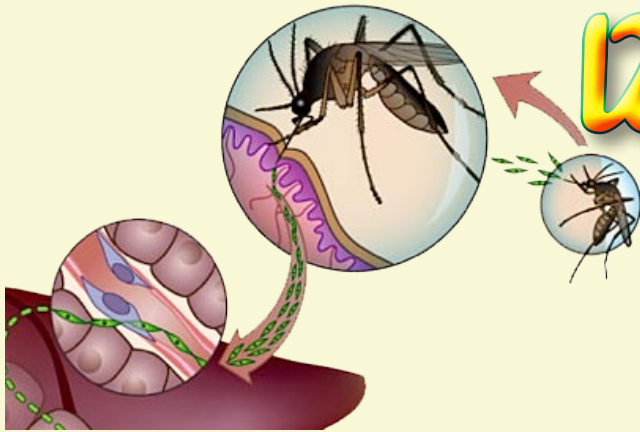
भावातीत ध्यान हमारे मन के विकारों तथा अशुद्धियों को दूर कर एक शुद्ध और स्वच्छ मन का निर्माण करता है। भावातीत ध्यान के अभ्यास से हमें प्रकृति का साथ प्राप्त होता है जिससे हम क्रमबद्ध तरीके से जीवन व्यतीत कर सकते हैं। इसका नियमित अभ्यास करने से प्रत्येक व्यक्ति के जीवन में आनंद, ज्ञान और सर्वसमर्थता का संचार निरंतर होता रहता है। वातावरण में सत्व को उभारने के लिए, विश्व की चेतना में अधिक सात्विकता, समरसता, क्रमबद्धता और शांति के उदय तथा स्थायित्व हेतु भावातीत ध्यान कर पूरे विश्व के लोग शांतिमय, सुखमय तथा आनंदमय तरीके से अपना जीवन व्यतीत कर सकते हैं।

जय गुरु देव, जय महर्षि

अनिमेश शुक्ला

कक्षा-10

महर्षि विद्या मंदिर, मंगला-1, बिलासपुर (छ.ग.)



WELLNESS NEWS

New Vaccine for Treatment of Malaria

A study suggests that genetically engineered malaria parasites that are stunted through precise gene deletions (genetically attenuated parasites, or "GAP") could be used as a vaccine that protects against malaria infection. This means that the harmless (attenuated) version of the parasite would interact with the body in the same way as the infective version, but without possibility of causing disease. GAP-vaccination would induce robust immune responses that protect against future infection with malaria.

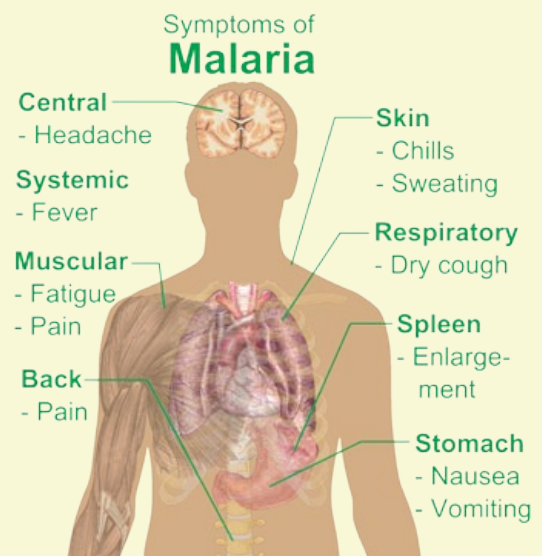
According to the World Health Organization, there were 219 million documented cases of malaria in 2010, causing the deaths of up to 1.2 million people worldwide. Antimalarial treatments are available to reduce the risk of infection, but as yet there is no effective vaccine against the disease.

Last month, a team of scientists announced the results of a trial with a new kind of malaria vaccine, a whole-parasite preparation weakened by radiation. The trial showed promising results, but the method of vaccination was not optimal, requiring intravenous administration and multiple high doses. This current paper outlines a method of attenuation through genetic engineering rather than radiation, which offers hope for a more consistent vaccine that gives better protection.

"Malaria is one of the world's biggest killers, and threatens 40 percent of the world's population, yet still no effective vaccine exists," said Stefan Kappe, Ph.D., lead author of the paper and professor at Seattle BioMed. "In this paper we show that genetically engineered parasites are a promising, viable option for developing a malaria vaccine, and we are currently engineering the next generation of attenuated parasite strains with the aim to enter clinical studies soon."

For the first time, researchers created a weakened version of the human malaria parasite by altering its DNA. They tested the safety of the new modified parasite by injecting six human volunteers through mosquito bites. Five of the six volunteers showed no infection with the parasite, suggesting that the new genetic technique has potential as the basis for a malaria vaccine.

"Our approach offers a new path to make a protective malaria vaccine that might overcome the limitations of previous development attempts. Genetically engineered parasites potentially provide us with a potent, scalable approach to malaria vaccination," said Kappe. "Our results are very encouraging, providing a strong rationale for the further development of live-attenuated strains using genetic engineering."



Maharishi Vidya Mandir Schools Group Reports

Maharishi Regional Cultural Celebrations

Maharishi Vidya Mandir, Kurukshetra Region

With the blessing of His Holiness Maharishi Mahesh Yogi Ji and under the guidance of Brahmachari Girish Ji, MVM Kurukshetra conducted Maharishi Regional Cultural Celebration on 23rd & 24th August 2013.



Shri B. M. Jain, Director, Finance MVM Schools Group & Organizing President presided over the function. Following our traditions, function started on 23rd August 2013 with "GURU PUJAN". Shri B. M. Jain inaugurated the function by lightening of lamp in presence of Shri Naveen Kumar, Regional Director, Kurukshetra, Shri R. C. Tyagi, Principal, MVM Kurukshetra and other dignitaries, media persons, participants & teachers with great cheer, joy and pleasure.

13 schools of Kurukshetra Region (Haryana, Himachal & Jammu) with 285 participants and 42 escort teachers arrived on 22nd August 2013. All escort teachers were provided a folder at Reception Counter containing schedule, instruction manual & list of participants.

22 events were organised in this cultural celebration. Student's of Senior & Junior groups showed their marvelous talent and got huge round of applause from all present. A panel of highly qualified 17 judges from university, colleges and other institutions evaluated the performances of participants in different events. Judges appreciated the talent of our students.



Stage performances started with welcome dance performed by students of MVM Kurukshetra. First dance performance in folk dance (senior group) was given by MVM Gurgaon. MVM Jammu & MVM Kurukshetra each got 1st position in six different events. MVM Hissar, MVM Naduan, MVM Gurgaon, MVM Jind and MVM Yamuna Nagar have also got 1st position in other events.

Participants also went for the local sightseeing like Brahma Sarovar, Panorama, Shri Krishansangrhalaya etc.

MRCC concluded in the afternoon of 24th August 2013. All participants and guests started their return journey with glowing faces.



Maharishi Vidya Mandir, Bhopal Region

30 एवं 31 अगस्त 2013 को आयोजित होने वाले महर्षि क्षेत्रीय सांस्कृतिक महोत्सव भोपाल क्षेत्र का शुभारम्भ पारंपरिक गुरुपूजन व वैदिक मन्त्रोच्चार के साथ हुआ। इस अवसर पर मुख्य अतिथि इन्दौर शहर के महापौर एवं पूर्व सांसद माननीय कृष्णमुरारी मोघे तथा विशिष्ट अतिथि शासकीय अटल बिहारी वाजपेयी कला एवं वाणिज्य महाविद्यालय के प्रोफेसर डॉ. राजीव शर्मा, महर्षि प्रबंध संस्थान के प्राचार्य श्री चौहान जी, महर्षि विद्या मंदिर विद्यालय समूह के क्षेत्रीय निदेशक श्री बी. आर. यादव तथा राष्ट्रीय निदेशक (संचार एवं जनसंपर्क) श्री वी. आर. खरे व शहर के प्रबुद्धजन उपस्थित थे।



मुख्य अतिथि इन्दौर महापौर श्री कृष्ण मुरारी मोघे जी ने इस अवसर पर अपने उद्बोधन में कहा कि प्रत्येक विद्यार्थी को महर्षि महेश योगीजी के बताये मार्ग पर चलना चाहिए। उन्होंने बताया कि भावातीत ध्यान तनाव एवं समस्त दुःखों का समाधान है, इससे हम हमारे परिवार के, समाज के, राष्ट्र के दुःख दूर कर सकते हैं। इस अवसर पर प्राचार्य महर्षि विद्या मंदिर विद्यालय इंदौर द्वारा समारोह में पधारे मुख्य अतिथि एवं अन्य सभी अतिथिगणों, महर्षि शिक्षण संस्थान के सदस्यों, निर्णायक मण्डल, प्रतिभागियों व शिक्षकगणों और विद्यार्थियों का स्वागत किया गया।

महर्षि क्षेत्रीय सांस्कृतिक महोत्सव के दो दिवसीय कार्यक्रम में वरिष्ठ व कनिष्ठ वर्ग में सामूहिक नृत्य, सामूहिक गान, संगीत, भजन, चित्रकला, विज्ञान प्रदर्शनी, सामान्य ज्ञान प्रश्नोत्तरी आदि प्रतियोगिताएँ आयोजित की गईं। इसमें 15 विद्यालय के विभिन्न विद्यार्थियों ने अलग-अलग विधाओं में भाग लिया।

इन सांस्कृतिक प्रतियोगिताओं में महर्षि विद्या मन्दिर, वर्धा ने नृत्य प्रतियोगिता के वरिष्ठ वर्ग में प्रथम स्थान एवं कनिष्ठ वर्ग में महर्षि विद्या मन्दिर, शाजापुर ने प्रथम स्थान प्राप्त किया। महर्षि विद्या मन्दिर, इंदौर ने देशभक्तिगीत समूह गायन (वरिष्ठ वर्ग), विज्ञान प्रदर्शनी (कनिष्ठ वर्ग) एवं चित्रकला (कनिष्ठ वर्ग) में प्रथम स्थान प्राप्त किया।

महर्षि विद्या मन्दिर, भण्डारा ने देशभक्ति गीत समूह गायन (कनिष्ठ वर्ग), सुगम संगीत (कनिष्ठ वर्ग), वाद्य यंत्र (वरिष्ठ एवं कनिष्ठ वर्ग), विज्ञान प्रदर्शनी (वरिष्ठ वर्ग) एवं गणित प्रदर्शनी (कनिष्ठ वर्ग) की प्रतियोगिताओं में प्रथम स्थान प्राप्त किया।

महर्षि विद्या मन्दिर, रतनपुर, भोपाल ने सुगम संगीत प्रतियोगिता एवं गणित प्रदर्शनी दोनों के वरिष्ठ वर्ग में प्रथम स्थान प्राप्त किया। इसके अतिरिक्त चित्रकला प्रतियोगिता के वरिष्ठ वर्ग में महर्षि विद्या मंदिर, यवतमाल तथा हिन्दी वाद-विवाद प्रतियोगिता के पक्ष एवं विपक्ष दोनों में महर्षि विद्या मंदिर, छतरपुर ने प्रथम स्थान प्राप्त किया। वहीं अंग्रेजी वाद-विवाद प्रतियोगिता के पक्ष एवं विपक्ष दोनों में महर्षि विद्या मंदिर, खरगोन ने प्रथम स्थान प्राप्त किया। वाद विवाद प्रतियोगिता का विषय "उत्तराखंड त्रासदी मानव द्वारा अनियन्त्रित प्राकृतिक संसाधनों के दोहन का परिणाम" था। अन्त में प्रतियोगिता का समापन सामान्य ज्ञान प्रश्नोत्तरी प्रतियोगिता से किया गया जिसमें विद्यार्थियों ने सामान्य ज्ञान के प्रश्नों का बहुत ही सरल तरीके से तुरन्त जवाब दिये। इस प्रतियोगिता में महर्षि विद्या मन्दिर, तुमसर ने विजय श्री का वरण किया। सभी प्रतियोगिताओं में विद्यार्थियों ने विषय के प्रति अपने उत्साह, गम्भीरता, नियमितता, समयबद्धता और रोचकता का प्रस्तुतीकरण किया।

इस सांस्कृतिक समारोह में प्रथम एवं द्वितीय स्थान प्राप्त करने वाले प्रतिभागियों को प्रशस्ति पत्र देकर सम्मानित किया गया। 61 विद्यार्थियों को प्रथम आने पर दिनांक 26 से 28 अक्टूबर 2013 को गुवाहाटी में आयोजित होने वाले राष्ट्रीय महर्षि सांस्कृतिक महोत्सव में चयन होने पर अग्रिम बधाई प्रेषित की गयी।

अंत में महर्षि विद्या मन्दिर राऊ इन्दौर, के प्राचार्य श्री भरतसिंह भदौरिया ने आभार व्यक्त करते हुए सभी अतिथियों, प्रतिभागियों, समस्त विद्यालय परिवार के सदस्यों, महर्षि विद्या मन्दिर विद्यालय समूह के क्षेत्रीय निदेशक एवं राष्ट्रीय कार्यालय के निदेशक (सूचना एवं जनसम्पर्क) के प्रति आभार प्रकट करते हुए इस आयोजन की सफलता के लिए धन्यवाद ज्ञापित किया। अन्त में राष्ट्रगान के साथ कार्यक्रम का सफल समापन हुआ।



Chief Guest Shri Krishna Murari Moghe, Mayor, Indore, sitting with other dignitaries on the dais on the occasion of Maharishi Regional Cultural Celebration 2013



Shri V. R .Khare, National Director (CPR), MVM Schools Group honouring the Chief Guest Shri Krishna Murari Moghe, Mayor, Indore



Shri Bharat Singh Bhadouria, Principal, MVM Indore honouring Shri Rajiv Sharma, Professor, Atal Bihari Bajpai, Arts & Commerce College, Indore



Students of Maharishi Vidya Mandir are performing during group dance competition by senior girls.



Students of Maharishi Vidya Mandir presenting Indian classical orchestra in mixed group



Senior group of MVM students presenting group patriotic song



Students of Maharishi Vidya Mandir presenting mayur dance during dance competition by junior girls



Students of Maharishi Vidya Mandir performing in group dance competition by junior girls



Students of Maharishi Vidya Mandir performing during Indian vocal classical singing competition by senior group



Students of Maharishi Vidya Mandir participating in English and Hindi debate competition



Shri V. R. Khare, National Director (CPR), MVM Schools Group distributing certificates to winning students



Students of Maharishi Vidya Mandir presenting group dance in junior girls category

Maharishi Vidya Mandir, Jabalpur Region



Maharishi Regional Cultural Celebration 2013 of Jabalpur Region was organised by Maharishi Vidya Mandir-I Mangla, Bilaspur. In this, 16 MVM schools from Chhattisgarh, Madhya Pradesh and Orissa had participated. This grand event continued for three days i.e. from 23rd to 25th August 2013.

On the first day after the Guru Pooja, the escort teacher meeting started at 2 PM. This was held in the presence of Shri Vinod Mehta, Additional Director Finance, MVM Schools Group, Shri H. R. Chourasia, Regional Director, MVM Jabalpur Region, the Principal of MVM-I, Mangla, Smt. Reena Singh and the Principal of MVM-II, Rajendra Nagar, Ms. Mousami Dutta. After the escorts meeting, the first day's competitions began. The events were Debate Competition, Quiz, Science Exhibition, Maths Exhibition and on the spot painting competition. Judges were welcomed in traditional way and with floral felicitation.

In science and maths exhibition various models related to pollution, power production, bio-charcoal production, waste treatment, purification of surroundings by plants etc. were presented. Also, verification of Pythagoras theorem and mathematical calendar surprised everyone. Through this all the participants introduced their abilities and intelligence to the visitors.

In debate competition various students presented their thoughts and arguments in English and Hindi. The quiz was a neck to neck competition. Drawing competition was excellent. Students presented various social and economic problems and their remedies through paintings. All the guests and judges were thanked. Also a token of love was presented on behalf of MVM school to all of them.

On the second day, the programme started with Guru Pooja followed by group dance competition. All the group dances being very graceful and beautiful, created a very joyful atmosphere. Many folk dances like Bastar folk dance, Kashmiri dance, Rajasthani dance etc. patriotic dances and performances like Shiv Tandav, Surya Stuti etc were performed which showed cultural skills and abilities of various students.

After the beautiful and graceful dances, group song, vocal music, instrumental music and orchestra competitions were held. These changed the whole atmosphere.

The third day started with Guru Pooja followed by Cultural programmes which included group song, folk dance, patriotic dance by primary students and solo dance which was colourful, refreshing and thrilling.

In concluding speech Smt. Reena Singh, Principal, MVM-I, Bilaspur thanked all the guests, escort teachers, participants and school staff for maintaining discipline and leading the MRCC 2013 to a grand success.

The winners were honoured by certificates which were given by Shri Vinod Mehta, Additional Director, Finance, MVM Schools Group. He declared that the National Cultural Celebration will be held in the month of October from 26th to 28th at Guwahati and the first position holders will join at Guwahati.





Maharishi Vidya Mandir, Hyderabad Region



The Regional Cultural Celebration of the Hyderabad Region was conducted at MVM Gulbarga on 25 and 26 July 2013.

Justice Mohan M. Shantan Gauda, a serving Judge of High Court of Karnataka was the Guest of Honour, while Dr. Prakash Joshi, Vice President of the Maharishi Shiksha Sansthan graced the occasion with his presence as chief guest. He not only gave the awards but also spoke to the audience and made them aware of Maharishi's aims and achievements and his particular effort on spread of education and bringing people from the darkness of ignorance to the light of education with particular reference to the Vedic Education and Transcendental Meditation.

As was expected the religions and Vedic practices of the South were very well represented in traditional dances. All the dance groups performed so well that it became difficult for the judges to choose the winners. Most of dances were based on "Ganesh Theme" and conducted with vigour and enthusiasm. The dance, costume and make up of MVM Shoranur was outstanding.

This activity was followed by similar efficiency in classical vocal music. As in this region, Karnataka music is the strength of classical music and a large number of parents take pride that their wards particularly girls are taught this form of music and classical dance. The boys section was more pronounced in instrumental music while some boys did display their skill at classical music, particularly "Thumari". English debate generated lot of enthusiasm.



G. K. Quiz was conducted in English and it was very exhilarating to find some students to be so well informed. In the on the spot painting a girl from MVM Hyderabad in the senior section S. K. Sameena was so outstanding that the Art Critics present were full of praise for her. The Science and Maths exhibitions were good.

The MRCC 2013 closed with thanks giving valedictory function. Principal, MVM Gulbarga thanked all the guests, judges, participants and the escort teachers. The chief guest announced that those who stood first will compete at Guwahati in

Maharishi Nation Cultural Celebration 2013 being held from 26th to 28th October 2013. Cultural Meet was closed with enthusiastic singing of National Anthem.



Maharishi Vidya Mandir, Haridwar Region



Maharishi Regional Cultural Celebration, Haridwar Region held at MVM Bareilly with the divine blessings of this Holiness Maharishi Mahesh Yogi Ji and under the able guidance of Brahmachari Girish Chandra Varma Ji, Hon'ble Chairman, Maharishi Vidya Mandir Schools group.

Dr. Arun Kumar, MLA, Bareilly was the chief guest. Shri C. D. Sharma Ji, Director, Education and Group Capt. (Retd) D. K Tanwar Ji Regional Director, Haridwar Region and Shri B. M. Singh Ji, Asstt. Regional Director, Haridwar Region were the guest of honour. Maharishi Regional Cultural Celebration of Haridwar Region was organised at MVM Bareilly on 17th & 18th of August 2013. Smt. Reeta Pandey Ex-principal and Regional coordinator of MCBE was also present.

Smt. Meena Bhakuni, Principal, MVM Bareilly welcomed the guests. Total 21 schools of Haridwar Region with their students and staff members participated in the programme.

The events conducted were group dance, group song, vocal and classical music competition, painting competition, science and Math's Exhibition, debate and quiz competition.

The valedictory function started with Guru Pujan and welcome of guests. Certificates were awarded to the winners and the program concluded with National Anthem. It was announced by Shri C. D. Sharma Ji, that those who had received 1st positions will participate in Maharishi National Cultural Celebration - 2013 to be held at Guwahati from 26th to 28th October 2013.



Maharishi Vidya Mandir, Allahabad Region



With pious & glorious blessings of His Holiness Maharishi Mahesh Yogi Ji and under the worthy guidance and protection of Hon'ble chairman Brahmchari Girish Chandra Varma Ji, the grand Maharishi Regional Cultural Celebration 2013 of Allahabad region was organised at Maharishi Vidya Mandir, Sitapur on 6th and 7th September 2013.

The chief guest was Shri Jitin Prasad Ji, Hon'ble Minister of State, Govt. of India, Ministry of HRD. Shri M. S. Solanki Ji, National Director (A&T), Shri Komal Chandra Ji, Regional Director and Shri Ravi Mohan Ji, Dy. Director, Allahabad region were guests of honour.

First of all Guru Pooja was performed by the chief guest Shri Jitin Prasad Ji, other guests and participating teaching and non teaching staff and participants from various MVM schools.

After lighting of the lamp by the chief guest and other dignitaries, the students of MVM Sitapur presented welcome song followed by Saraswati Vandana. Science and Maths exhibition was inaugurated by the chief guest. Other programmes like patriotic songs for junior and senior groups, G. K. quiz, spot painting were organized in an ordered and systematic way which boosted the enthusiasm of participants. The Judges observed all the events and were very much impressed by the performance. In G. K. quiz MVM Sitapur was declared the winner and MVM Fatehpur was declared runner.



At the end of the morning session the Chief Guest said that in Maharishi Vidya Mandir Schools are imparting the modern education with traditional culture along with the wonderful technique of T. M. given by His Holiness Maharishi Mahesh Yogi Ji which is the need of the hour. He also said that this cultural celebration is an amazing programme which MVM Sitapur has organised in such a good & grand manner. He also praised the manner in which the programmes were presented by the students of various MVM schools. Smt Shiksha Dixit, Principal, MVM Sitapur thanked chief guest, all other guests, guardians, escort teachers and students.

This was followed by very colourful and enthusiastic competitions of dance (junior group), mixed orchestra and spot painting. Dandia dance was special attraction. In this dance all the students of all MVM participated enthusiastically.



On 07 September 2013, colourful programmes of second day started with Guru Poojan followed by Saraswati vandana. Senior group dance and debate were organised first. The topic of debate was "whether the FDI is essential for India or not". This was followed by music instrumental for junior group and senior group. In this students played on various musical instruments

like Guitar, Banzo, Flute and Tabla. Vocal Music for junior group, vocal music competition for senior group, junior & senior group competition of semi classical music were performed. Finally the programme concluded by the Holi dance performed by the student of MVM Sitapur.

In the valedictory function, the results of various competitions were declared and certificates were distributed to the winners.

In group dance of senior group MVM Naini got the first position and junior group MVM Sitapur got the first position. In group patriotic song of senior group MVM Kalindipuram got first position while in junior group MVM Fatehpur got the first position.

For senior group, in Indian classical vocal music competition MVM Kalindipuram got the first position, in semi classical music MVM Sultanpur got the first position, in instrumental music wind instrument, MVM Fatehpur secured first position, in string MVM Naini secured first position while in percussion instrument MVM Fatehpur secured first position. For Junior group, in instrumental music wind instrument MVM Naini got the first position, in string MVM Fatehpur got the first position while in percussion MVM Gonda got the first position.

In debate competition, Satyam Verma, student of MVM Barabanki got the 1st position for the motion while Ashutosh Shukla, student of MVM Fatehpur got 1st position against the motion. In science exhibition of junior group MVM Naini got the 1st position whereas in senior group MVM Sitapur got 1st position whereas in senior group MVM Naini got 1st position. In spot painting of junior group MVM Sitapur got the 1st position while in senior group MVM Kalindipuram got the 1st position. In classical orchestra MVM Kalindipuram got 1st position.

In the valedictory addresses, the guests praised all the programmes and congratulated the winners of various competitions and gave their best wishes for participation in Maharishi National Cultural Celebration to be held at Guwahati from 26th to 28th October 2013.

In the last Smt Shiksha Dixit, Principal, MVM Sitapur thanked all the guests, guardians, escort teachers and the students. She expressed special thanks to the Hon'ble Chairman and Directors MVM Schools Group for providing this wonderful opportunity to MVM Sitapur.





हिन्दी दिवस समारोह महर्षि विद्या मन्दिर रायपुर-1

दिनांक 14 सितम्बर 2013 को महर्षि विद्या मन्दिर रायपुर-1 में हिन्दी दिवस का आयोजन किया गया जिसमें 11 वीं एवं 12 वीं कक्षाओं के विद्यार्थियों ने भाग लिया। उनके द्वारा विभिन्न कवियों, कवियत्रियों एवं लेखकों जैसे महादेवी वर्मा, हरिवंश राय बच्चन एवं अन्य के द्वारा विभिन्न दशकों में लिखी गयी कविताओं एवं लेखों में वर्णित समस्त "नव रसों" का अत्यंत सुन्दर एवं रोचक ढंग से वाचन किया गया। हिन्दी विभाग की विभागाध्यक्ष श्रीमती संगीता गुप्ता के निर्देशन में विद्यार्थियों ने रामायण की चौपाईयों, महाभारत के दोहों आदि का वाचन कर श्रोताओं को मंत्रमुग्ध कर दिया।



Top three rankers of Maharishi Vidya Mandir Schools Group

Maharishi Vidya Mandir Schools Group will be honouring the top three rank holders among students of MVM Schools Group in India who appeared for calss XII examination held by CBSE in 2013 with certificate and cash price. The award ceremony will be held at MVM Guwahati during Maharishi National Cultural Celebration 2013 to be held from 26th to 28th October 2013. The names of these top three rank holders, percentage of marks obtained and their schools are given below:-

Arnab Saha	97.20%	MVM Guwahati - I
Shlok Rai	96.80%	MVM Chhindwara
Nang Daisy	96.40%	MVM Guwahati - 4



Arnab Saha



Shlok Raj



Nang Daisy

MVM Schools Group heartily congratulates Arnab Saha, Shlok Rai and Nang Daisy, their parents, Principal & teachers of above three schools.

MVM Hyderabad

Principal of MVM Hyderabad Smt. Vasanthi Parasuraman was appointed by the CBSE as resource person for more than 500 participants from CBSE Schools of Andhra Pradesh. She was also selected by the CBSE as master trainer for continuous and comprehensive evaluation of Principal's personality development programme. Congratulations from MVM Schools Group.



महर्षि ज्योतिष की दृष्टि में अक्टूबर माह

पण्डित हरिशरण मिश्र,
(ज्योतिषाचार्य)



अक्टूबर माह आश्विन कृष्ण पक्ष द्वादशी दिन मंगलवार से प्रारम्भ होकर कार्तिक कृष्ण पक्ष द्वादशी दिन गुरुवार पर्यन्त रहेगा।

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

उपांग ललिता पंचमी व्रत - आश्विन शुक्ल पंचमी को उपांग ललिता देवी का पूजन किया जाता है। इस दिन अपामार्ग की जड़ की दातून करने का विधान है। फिर इसके बाद एकादश स्नान करना चाहिये। फिर सफेद वस्त्र धारण करके उपांग ललिता देवी की यथा लब्ध उपचार से पूजा करनी चाहिये। रात्रि में चन्द्रोदय होने पर उन्हें अर्घ्य देकर अगले दिन विसर्जन करना चाहिये। महाराष्ट्र में यह व्रत ज्यादा किया जाता है।

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 तथा उपहार प्रदान करते हैं। फिर हवन इत्यादि करके देवी का आशीर्वाद ग्रहण करके व्रत समाप्त करते हैं।

महानवमी व्रत - आश्विन शुक्ल नवमी को भगवती की प्रतिमा के पास ध्वजा, पताका, पुष्प-माला, वन्दन वार इत्यादि से सजाने के बाद षोडशोपचार कर भगवती का पूजन एवं हवन करना चाहिये। फिर भगवती को अनेक प्रकार के पकवानों के नैवेद्य का अर्पण करके कुमारी कन्याओं का पूजन करना चाहिये तथा उन्हें मिष्ठान खिलाकर यथा शक्ति दक्षिणा देकर विदा करना चाहिये। आभूषणादि, श्रंगार सामग्री के साथ भगवती का अन्तिम पूजन करके नाना प्रकार के उपहार अर्पण करने का विधान है। इससे भगवती की कृपा प्राप्त होती है और कुटुम्ब में सुख-शान्ति, समृद्धि का अभिवर्धन होता है।

विजया दशमी - आश्विन शुक्ल पक्ष की दशमी तिथि को विजया दशमी और लोक व्यवहार की भाषा में दशहरा भी कहते हैं। भगवान श्री राम ने इसी तिथि को रावण का वध कर लंका पर विजय प्राप्त की थी। ज्योति निबन्धा 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 अन्य 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। क्षेत्रीय स्तर पर आज कल दशहरा मनाने की परम्परा अलग-अलग विधि से भी है।

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 वर्षा की जाती है। इस दिन अपने आराध्य देव अथवा भगवान श्री कृष्ण की पूजा करके रात्रि में गाय के दूध की खीर बनाकर उसका नैवेद्य अर्पण करना चाहिये। फिर श्रीमद् भागवत् के रास पंचाध्यायों का

पाठ करके इस खीर को चंद्रमा के खुले प्रकाश में रखना चाहिये। फिर सुबह उसका प्रसाद ग्रहण करने से अमृत तत्व शरीर को प्राप्त होता है जिससे शरीर में आरोग्यता आती है और बड़े-बड़े असाध्य रोगों से मुक्ति मिलती है।

इस माह (अक्टूबर) में पड़ने वाले व्रत-पर्व एवं त्यौहारों की तालिका इस प्रकार है:-

क्रमांक	व्रत एवं पर्व का नाम	मास	पक्ष	तिथि	दिनांक
1.	प्रदोष व्रत	आश्विन	कृष्ण	त्रयोदशी	02.10.2013
2.	मास शिवरात्रि व्रत	आश्विन	कृष्ण	चतुर्दशी	03.10.2013
3.	पितृ विसर्जन अमावस्या	आश्विन	कृष्ण	अमावस्या	04.10.2013
4.	शारदीय नवरात्रारम्भ	आश्विन	शुक्ल	प्रतिपदा	05.10.2013
5.	वैनायकी श्री गणेश चतुर्थी व्रत	आश्विन	शुक्ल	चतुर्थी	08.10.2013
6.	उपांग ललिता पंचमी व्रत	आश्विन	शुक्ल	पंचमी	09.10.2013
7.	महाअष्टमी व्रत	आश्विन	शुक्ल	अष्टमी	12.10.2013
8.	श्री महानवमी व्रत, श्री दुर्गा नवमी	आश्विन	शुक्ल	नवमी	13.10.2013
9.	विजया दशमी	आश्विन	शुक्ल	नवमी	13.10.2013
10.	पापांकुशा एकादशी	आश्विन	शुक्ल	एकादशी	15.10.2013
11.	प्रदोष व्रत, पदमनाथ द्वादशी	आश्विन	शुक्ल	द्वादशी	16.10.2013
12.	शरद पूर्णिमा एवं कोजागरी पूर्णिमा	आश्विन	शुक्ल	पूर्णिमा	18.10.2013
13.	अशून्य शयन द्वितीया व्रत	कार्तिक	कृष्ण	द्वितीया	20.10.2013
14.	करक (करवा चौथ)	कार्तिक	कृष्ण	चतुर्थी	22.10.2013
15.	संकष्टी श्री गणेश चतुर्थी	कार्तिक	कृष्ण	चतुर्थी	22.10.2013
16.	अहोई अष्टमी व्रत	कार्तिक	कृष्ण	अष्टमी	26.10.2013
17.	रम्भा एकादशी व्रत	कार्तिक	कृष्ण	एकादशी	30.10.2013
18.	गोवत्स द्वादशी व्रत	कार्तिक	कृष्ण	द्वादशी	31.10.2013

पंचक विचार - दिनांक 14 अक्टूबर 2013 को दिन सोमवार सायं 5 बजकर 39 मिनट से पंचक प्रारम्भ होकर दिनांक 19 अक्टूबर 2013 दिन शनिवार को प्रातः 2 बजकर 43 मिनट पर्यन्त समाप्त होगा।

मास प्रभाव:- इस माह खाद्य पदार्थों के मूल्यों में मंहगाई बनी रहेगी। फल एवं हरी सब्जियों के मूल्यों में भी वृद्धि का रुख रहेगा। चार ग्रहों का योग आंधी-तूफान और वर्षा कारक रहेगा। गृह उपकरण मंहगे होंगे। अपहरण तथा वाहन दुर्घटनाएं अधिक घटित होंगी। कहीं-कहीं साम्प्रदायिक तनाव की स्थिति भी दृष्टि गोचर होगी।

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

जय गुरु देव, जय महर्षि जी

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



Anuradha Bandari : How one student helped 300 villagers

I believe that our country has everything that it needs we're just not using what we have in the right way. Still, many people today are working hard to create new things. But if everyone works to create new things, there is no meaning. For this reason, I have dedicated my work to making improvements to existing things.

These are the words of Anuradha Bandari, a 19-year old student from Government First Grade College, Sirsi, Karnataka. She might not have received the best of education, but her thoughts and actions are speaking louder than her degree.

Anuradha's village of Bommanalli had a water problem which got worse during summers. Anuradha knew that a water tank, which could store enough water to sustain the entire village, would solve their problems. Anuradha realized that their Gram Panchayat had the power and the resources to significantly improve the lives of her villagers but wasn't utilizing its funds properly.

Under guidance from the Deshpande Foundation's Leaders Accelerating Development (LEAD) Programme, Anuradha took action to find a solution for this persisting problem. She approached the Gram Panchayat herself and demanded their support to help her village. This initiative, while courageous and heroic, was not an easy task. Her age, her anonymity, and her non-intimidating appearance caused the eminent Gram Panchayat members to disregard her request. But she never lost her confidence. She stood her ground. "I wanted to create change", Anuradha says, "and I wanted other people to look at my village as an example of what could be possible".

The Gram Panchayat eventually surrendered to Anuradha's unyielding perseverance, and they sanctioned Rs. 2 lakh to fund the construction of a water tank in her village. But the impact of Anuradha's project does not stop there; during her meetings with the Gram Panchayat, it was also found out that her village did not have any streetlights, which was posing many safety problems for the villagers. So, in addition to funding the water tank, the Gram Panchayat funded the construction of streetlights in Anuradha's village.

Anuradha, "just a student", improved the lives of over 300 people. Her efforts and success earned her an award from Ratan Tata at the Deshpande Foundation's Yuva Summit 2013.

India's 5 year old chess champs!

Indians put up a splendid performance at the recently held Asian Schools Chess Championship 2013 in Sri Lanka with 8 gold and 4 silver medals in the classical format, 6 gold, 5 silver and 1 bronze in the Blitz section and 11 gold, 1 silver and 1 bronze in the Rapid format.

The five-year old kids however stole the show. These wonder kids, barely tall enough to hold their

trophies, showed immense maturity and mental acuity at the tournament.

Saee Patil from Maharashtra won gold in all the three formats,

Nikhil Ramakrishnan from Thiruvananthapuram won two gold and

Mitank Maru won one gold.

Shraddha Somanath, a UKG student won two silver medals

Ananth Ramdas from Tamil Nadu also won two silver medals.

IIT Madras designs satellite to predict earthquakes.

IITMSAT, the first satellite of Indian Institute of Technology (IIT), Madras, will attempt to study radiation belts on Earth and help in predicting earthquakes. It is the largest among all the satellites developed by the IITs till now.

The satellite is being designed under the aegis of the IIT Madras Student Satellite Project. The project had been initiated by a group of students “who were inspired to learn beyond the boundaries of their classrooms”. They are being fostered by members of faculty from various departments of IIT Madras. The project’s scientific goal is to study the energy spectrum of charged particles in the upper ionosphere and understand the effects of solar storms, lightning storms and seismic activity.

With a unique particle detector design, which aim’s to measure the energies of particles with almost relativistic velocities, the project aims to demonstrate cost-effective development of a nano-satellite constellation capable of making simultaneous particle measurements in the future.

To get the technicalities right, the project team has collaborated with ISRO (Bangalore), TIFR (Mumbai) and IGCAR (Kalpakkam). The team members had the opportunity to work in these laboratories through their summer break. Working in such high-end laboratories with expensive and rare equipment specialised for nuclear instrumentation was the highlight of the project, said team members.

The satellite is expected to be launched in 2015.



Maharishi Movement Global News

Influence of TM spreading in South America.

In Brazil the parliament has approved for 48,000 secondary public schools, with a total of about 45 million students, to introduce the practice of Transcendental Meditation and its advanced techniques into the curriculum. The state will pay for the teachers' salary as well as for their training (one teacher for each school to start with).

In Oaxaca the new secretary of education is completely determined to continue with our program. As a result we'll have to instruct 15,000 students before the end of the year. This will bring to 24,000 the total number of students practicing our program in Oaxaca. The local state university now wants also to introduce our program. To accomplish this the plan is to train at least 200 teachers and assistant.

In Peru an agreement has been signed to implement our program in 4 districts with about 80,000 students each. The teaching in the first district is planned for this semester.

A Wide Range of Businesses Now Offering TM to Employees

An increasing number of business owners across the US and around the world are now offering the TM technique as a self-actualization tool for employees. Oprah Winfrey recently made the program available to her staff at the OWN (Oprah Winfrey Network) offices, as did Oliver's Real Food CEO Jason Gunn. Well-known media personalities such as CNN's Candy Crowley and ABC News' George Stephanopoulos use the TM technique to provide respite from their hectic schedules.

"It's such a profoundly powerful tool to turbo charge the people in your organization that it would unwise not to at least try it," said Dr. Oz. "And I think if you want your organization, your people, your family, you, if you want to do things smarter, not harder, whatever the mission you have, Transcendental Meditation is your path. And the fact that it's accessible and available to every one of your employees on their own time—it makes it one of those gifts that keeps on giving."

"The Beatles may have been on to something after all"

An article recently published in the The Telegraph newspaper in the UK explores benefits the Beatles found from their practice of Transcendental Meditation, which they learned from Maharishi Mahesh Yogi in the late 1960s.

The article also describes a growing body of scientific research showing positive effects of the technique on people's lives.

"Recent studies have shown that it can be used to treat high blood pressure and help people overcome psychological problems," writes Telegraph science correspondent Richard Gray.

"The latest research found that US school pupils who performed the meditation technique had higher graduation rates than those who did not."

Model of Veda in human physiology presented in Vienna by Austrian physician who helped develop it.

The centre for Maharishi Ayur-Veda health care and the Transcendental Meditation programme in Vienna, Austria, hosted a special event during which a beautifully designed model of human physiology was used to illustrate the precise correlations between the various aspects of the physiology and the sounds of the Veda and Vedic Literature. Dr. Rainer Picha, an Austrian cardiologist who worked closely with Maharishi Mahesh Yogi and scientists in Holland in the model's development, demonstrated how the sounds of the Veda, which Maharishi explained are the basic building blocks of creation, resonate within the physiology, awakening its deep inner intelligence and creating a nourishing, healing effect.

Australia: American brain research expert speaks on improving mental health with Transcendental Meditation

Dr. Fred Travis, Director of the Centre for Brain, Consciousness, and Cognition in the USA, visited Sydney as part of his recent tour of Australia. There he spoke at the Black Dog Institute and on a national news show about research and clinical applications of Transcendental Meditation to improve mental health concerns ranging from depression to Post-Traumatic Stress Disorder.

Australia: In Perth, Dr. Fred Travis presents on brain activity during Transcendental Meditation

During his tour of Australia, Dr. Fred Travis presented a live demonstration of the effects of meditation on brain activity at Curtin University in Perth. A young Transcendental Meditation practitioner volunteered to have her brain waves monitored via EEG and shown to the audience both in normal eyes-open activity and also while meditating. Her meditating brain waves showed a high level of coherence, said Dr. Travis, adding that the audience could see a clear difference between the two activities.

Australia: Researchers open to scientific evidence supporting Transcendental Meditation

In his recent series of lectures across Australia, Dr. Fred Travis, Director of the Center for Brain, Consciousness, and Cognition in the USA, often found both researchers and the public to be very alert, open-minded, and not bound by preconceived notions. They wanted to know the truth and were impressed by scientific research showing the effectiveness of Transcendental Meditation.

Dr. Fred Travis tours Australia to talk about meditation, consciousness, and the brain

Dr. Fred Travis, Director of the Center for Brain, Consciousness, and Cognition in the USA, recently spent two weeks in Australia talking about Transcendental Meditation and scientific research showing its measurable positive effects on the brain. Dr. Travis visited four cities Sydney, Melbourne, Adelaide, and Perth. He gave many talks and presentations in each city, at meetings with researchers, health professionals, and the general public, as well as with people who practise Transcendental Meditation, and was interviewed on national television and by other news media.

UK: Moving into perfect Vastu - a dream fulfilled

'We led the way into our new home to "wows" of approval from everyone, especially in appreciation for the light and spacious feel of the rooms,' said Graham Scriven, describing moving into their new home in Maharishi Garden Village, Rendlesham, Suffolk, England. Like all buildings in the Village, it was designed according to Maharishi Vastu architecture. Since taking up residence, one of the most noticeable effects of living in Vastu, he says, is 'the quality of silence and happiness that seems to pervade the building once guests sit down and relax in our lounge, nobody wants to get up again.'

NEWS CLIPPING

03 हिन्दुस्तान
लखनऊ, 07 सितम्बर 2013

सीतापुर



दो दिवसीय क्षेत्रीय सांस्कृतिक कार्यक्रम के उद्घाटन समारोह को संबोधित करते जितिन प्रसाद • हिन्दुस्तान



सांस्कृतिक कार्यक्रमों की प्रस्तुति करते महर्षि विद्या मंदिर के बच्चों • हिन्दुस्तान

कई जिलों के विद्यार्थियों ने दिखाई प्रतिभा

सीतापुर | उर्वर उद्घाटन

सांस्कृतिक कार्यक्रम

- केन्द्रीय मानव संसाधन विकास राज्यमंत्री ने किया उद्घाटन
- विभिन्न जिलों में प्रतिभाओं का आकलन
- भाव नृत्य व गीत से नये बच्चों ने सभी को किया सम्मोहित

महर्षि विद्या मंदिर सीतापुर सेकेण्ड्री स्कूल के प्राथमिक श्रेणी के छात्रों ने दो दिवसीय क्षेत्रीय सांस्कृतिक कार्यक्रम का उद्घाटन केन्द्रीय मानव संसाधन विकास राज्यमंत्री जितिन प्रसाद ने किया। इस दौरान कई जिलों के विद्यार्थियों ने विभिन्न वर्गों में आयोजित प्रतिभा प्रतियोगिता और प्रदर्शनों में अपने प्रतिभा प्रदर्शित कीं। नये बच्चों ने भाव नृत्य व गीत से सभी को सम्मोहित कर दिया।

केन्द्रीय सांस्कृतिक कार्यक्रम के प्रथम दिन शुभारम्भ को प्रथम सत्र का उद्घाटन

राज्यमंत्री ने महर्षि विद्या मंदिर के बच्चों को प्रतिभा की सराहना की। विद्यालय की छात्राओं ने स्वागत गीत प्रस्तुत किए। वैदिक परम्परा के अनुसर शिशुओं, बच्चों व अभिभावकों ने नृत्य का पूजन किया। शैवा चन्द्रा व अंशुसे की ओर से प्रस्तुत मां सरस्वती की वन्दना से सांस्कृतिक कार्यक्रम शुरू हुआ। सरस्वती की भूमिका इला मिश्रा ने निभाई।

इसके बाद इलाहाबाद, गोंडा, हरदोई, उर्दई, बस्ती, हमीरपुर, सुल्तानपुर, कानपुर व बाराबंकी से आये महर्षि विद्या मंदिर के बच्चों ने जूनिअर व सीनियर वर्ग की देशगान, अलन राउंड मिश्र और विद्यान व श्रीगा प्रदर्शनों में प्रतिभाग किया। निर्णायक मंडल में सन्निस्तरण मिश्र, सीमा चन्द्रा व वीणा जायसवाल शामिल रही। नये बच्चों ने दुमक चलन रामचन्द्र पट्ट पर भाव नृत्य प्रस्तुत किया। राधा-कृष्ण नृत्य के साथ अथन मिश्र ने गीत प्रस्तुत किया। इस कार्यक्रम का समापन शनिवार को रात सात बजे होया। दूसरे दिन भी सांस्कृतिक कार्यक्रमों के साथ विभिन्न प्रतिभागिता से बच्चों में आयोजित होगी। इस दौरान विद्या मंदिर के बच्चों को विशेष पुरस्कार दिये गये।

सीतापुर 4

जनसंदेश लखनऊ, मंगलवार, 10 सितम्बर, 2013



महर्षि विद्या मंदिर स्कूल में सांस्कृतिक कार्यक्रम प्रस्तुत करते बच्चों

पायनियर लखनऊ, शनिवार, 7 सितम्बर, 2013

महर्षि में दो दिवसीय सांस्कृतिक कार्यक्रम का हुआ उद्घाटन



महर्षि स्कूल में आयोजित कार्यक्रम में मंचासीन केन्द्रीय मंत्री जितिन प्रसाद

सीतापुर। महर्षि विद्या मंदिर सीतापुर सेकेण्ड्री स्कूल में दो दिवसीय सांस्कृतिक कार्यक्रम का प्रथम सत्र का उद्घाटन केन्द्रीय मंत्री जितिन प्रसाद द्वारा दीप प्रज्वलित कर किया। इस अवसर पर संस्था के राष्ट्रीय व क्षेत्रीय निदेशक सोलंकी तथा कोमल चन्द्रा व रविमोहन मौजूद थे। कार्यक्रम का शुभारम्भ स्वागत गीत के साथ हुआ। तदोपरान्त मुख्य अतिथि श्री प्रसाद की श्री सोलंकी द्वारा बुके व मां सरस्वती की प्रतिभा भेंट की गई। इस अवसर पर कक्षा 11 की छात्रा श्रेया चन्द्रा व कक्षा 12 की अंजली ने सरस्वती वन्दना प्रस्तुत की। इसके बाद संस्था के इलाहाबाद क्षेत्र अंतर्गत आने वाले नैनी, पौहपुर, कालिन्दीपुरम, गोण्डा, हरदोई, उर्दई, बस्ती, हमीरपुर, सुल्तानपुर, कानपुर प्रथम तथा बाराबंकी आदि विद्यालयों से आये प्रतिभागियों ने विभिन्न प्रतिभागिताओं में भाग लिया। जिसके निर्णायक साहित्यकार शान्ती शरण मिश्र, सीमा भारद्वाज, वीणा जायसवाल रहे। इस अवसर पर सीतापुर विद्यालयों के छात्र-छात्राओं द्वारा भी कार्यक्रम प्रस्तुत किये गये इस अवसर पर मुख्य अतिथि श्री प्रसाद ने महर्षि विद्या मंदिर द्वारा सर्वांगीण विकास युक्त शिक्षा प्रदान करने की प्रशंसा करते हुये इसके लिये विद्यालय स्टाफ को धन्यवाद दिया। कार्यक्रम आज भी जारी रहेगा।



महर्षि विद्या मंदिर में सांस्कृतिक कार्यक्रम प्रस्तुत करते बच्चों पायनियर

बच्चों की प्रतिभा देख मुग्ध हुए सभी

सीतापुर। महर्षि विद्या मंदिर सीतापुर सेकेण्ड्री स्कूल के प्राथमिक श्रेणी के छात्रों ने दो दिवसीय क्षेत्रीय सांस्कृतिक कार्यक्रम के दूसरे दिन के द्वितीय सत्र का शुभारम्भ उर्जाखीनकारी सुन्दर संतोष कुमार राय द्वारा दीप प्रज्वलन करके किया गया। विद्यालय की छात्राओं द्वारा 'मन के तारों से' स्वागत गीत गाया गया। अतिथि देवी भव की परम्परा को प्रशंसित करते हुए मुख्य अतिथि को उत्तरीय, पुष्प मुचल तथा विद्या की अतिहास्यी मां सरस्वती को प्रतिभा भेंट स्वरूप प्रदान की गई। इस अवसर पर नगर के अन्य गणमान्य अतिथि तहसीलदार विसर्वा, अनन्पूर्णा सेवा संस्थान के अध्यक्ष अनिल द्विवेदी, डा. रमेश मंगल बाजपेई, शान्ति शरण मिश्र 'अंगम' आदि उपस्थित थे। तत्पश्चात इलाहाबाद क्षेत्र के अंतर्गत

आने वाले विद्यालयों में से महर्षि विद्या मंदिर विद्यालयों से आये प्रतिभागियों ने सम्पूर्ण नृत्य सीनियर, तथा प्रत्यक्ष विदेशी विवेका भारत के लिए आवश्यक है अथवा नहीं' विषय पर वाद-विवाद आयोजन महर्षि विद्या मंदिर में दो दिवसीय सांस्कृतिक कार्यक्रमों का हुआ समापन प्रतिभागिता, संघीत वाद्य यंत्र जुनिअर, संगीत वाद्य यंत्र सीनियर, म्यूजिक वोकल कलात्मिकल जुनिअर, म्यूजिक वोकल सेमी फलसिकल सीनियर, म्यूजिक वोकल सेमी फलसिकल सीनियर आदि कार्यक्रमों की प्रतिभागिता में प्रतिभाग किया।

इस अवसर पर उर्जाखीनकारी सुन्दर श्री राय ने कहा कि बच्चों द्वारा लोकगीतों की प्रस्तुति बहुत सराहनीय रही। मैं विद्यालय तथा बच्चों के उज्ज्वल भविष्य की कामना करता हूँ। राष्ट्रीय निदेशक सोलंकी, क्षेत्रीय निदेशक कोमल चन्द्रा, उर्जा क्षेत्रीय निदेशक रवि मोहन, प्रधानाचार्य हरदोई, अनन्पूर्णा सेवा संस्थान के अनिल द्विवेदी, विभिन्न स्कूलों के स्वागत शिक्षकों ने सांस्कृतिक कार्यक्रमों में प्रतिभाग करने वाले बच्चों की शिर्काए एवं प्रयासन श्रद्धाओं की भुर्रि-भुर्रि प्रशंसा की। प्रधानाचार्य ने महर्षि विद्या मंदिर से पधार समस्त अतिथियों का जनवाद के गणमान्य अतिथियों का धन्यवाद किया। रात्रि के समय बच्चों ने कैमरा कानर का आनन्द लिया। कार्यक्रम हार्मोनियस पूर्वक सौहार्दपूर्ण वातावरण में समाप्त हुआ। अग्र

DAINIK BHASKAR
SUNDAY, 25 AUGUST 2013 (REGARDING MRCC-2013)

नृत्य में महर्षि विद्या मंदिर स्कूल छाया

कुरुक्षेत्र: महर्षि विद्या मंदिर सांख्य में चल रहे सांस्कृतिक कार्यक्रम के दूसरे दिन शनिवार को लोक नृत्य, शास्त्रीय और पौराणिक संस्कृति पर एक से अधिक एक-एकदम कार्यक्रमों को प्रस्तुति हुई।

संस्कृतिक कार्यक्रम में महर्षि विद्या मंदिर के 13 स्कूल विद्यार्थियों को है। अतिरिक्त कर्ण के संस्कृतिक लोक नृत्य में महर्षि विद्या मंदिर स्कूल ने कला प्रदर्शन किया। अखंड महर्षि विद्या मंदिर और दूसरे स्कूल पर रहे।



महर्षि विद्या मंदिर स्कूल में संस्कृतिक कार्यक्रम की प्रस्तुति देते विद्यार्थी।

शिरसर राजेशचंद्र स्वामी ने कहा कि सांख्य हर क्षेत्र में अपने सांस्कृतिक व संस्कृतिक के विद्यार्थी शिक्षा के माध्यम से विद्यार्थी को प्रेरित करते हैं।



कुरुक्षेत्र | महर्षि विद्या मंदिर स्कूल में संस्कृतिक कार्यक्रम की प्रस्तुति देते विद्यार्थी।

M V M KURUKSHETRA

अंबाला महानगर • शनिवार, 24 अगस्त, 2013 15

महर्षि विद्या मंदिर में सांस्कृतिक कार्यक्रम शुरू

विभिन्न प्रांतों के छात्र प्रतियोगिताओं में दम दिखाएंगे



कुरुक्षेत्र. महर्षि विद्या सांख्य में आयोजित दो दिवसीय सांस्कृतिक कार्यक्रम की प्रस्तुति देते विद्यार्थी।



कुरुक्षेत्र. महर्षि विद्या सांख्य में आयोजित दो दिवसीय सांस्कृतिक कार्यक्रम का शुभारंभ करते मुख्यातिथि।

भास्कर न्यूज | कुरुक्षेत्र

महर्षि विद्या मंदिर सांख्य में शुकवार को दो दिवसीय सांस्कृतिक कार्यक्रम 2013 का शुभारंभ संस्थान के वित्तीय निदेशक बीएम जैन दीप प्रज्वलित कर किया।

कार्यक्रम में महर्षि विद्या मंदिर सांख्य कुरुक्षेत्र रीजन के विभिन्न प्रांतों से आए विद्यार्थी गुप डांस, गुप

गायन, शास्त्रीय गायन व वादन और विजय प्रतियोगिता में अपनी प्रतिभा का प्रदर्शन करेंगे। प्राचार्य राकेश चंद त्यागी ने सभी का अभिवादन किया। क्षेत्रीय निदेशक नवीन कुमार ने कक्षा की महर्षि द्वारा प्रतिपादित ध्यान एवं चेतना पर आधारित शिक्षा के द्वारा ही बच्चों का संपूर्ण विकास संभव है। कार्यक्रम के पहले दिन जहां हिसार ने गुप डांस में अपनी प्रतिभा दिखाई।

पानीपत, 24 अगस्त 2013 दैनिक जागरण | 15

क्षेत्रीय सांस्कृतिक समारोह का हुआ रंगारंग आगाज



महर्षि विद्या मंदिर में आयोजित क्षेत्रीय सांस्कृतिक कार्यक्रम में प्रस्तुति देते विद्यार्थी।

जागरण संवाद केंद्र, कुरुक्षेत्र: महर्षि विद्या मंदिर स्कूल में शुकवार को दो दिवसीय क्षेत्रीय सांस्कृतिक समारोह का शानदार आगाज किया गया। समारोह का आयोजन गुप के सांख्य स्थित स्कूल में किया जा रहा है। समारोह का शुभारंभ संस्था के वित्त निदेशक बीएम जैन ने दीप प्रज्वलित कर किया। समारोह में हरियाणा, हिमाचल प्रदेश और जम्मू स्थित स्कूलों के विद्यार्थियों ने भाग लिया।

समारोह के मुख्यअतिथि बीएम जैन ने कहा कि अलग-अलग प्रदेशों के विद्यार्थियों के इस तरह के कार्यक्रमों में भाग लेने से विद्यार्थियों को विभिन्न संस्कृतियों के बारे में जानकारी मिलती है। उन्होंने कहा कि

ऐसे कार्यक्रमों में विद्यार्थियों में छिपी प्रतिभा को नया आयाम मिलता है। कार्यक्रम की अध्यक्षता संस्था के क्षेत्रीय निदेशक नवीन कुमार ने की। उन्होंने कहा कि विद्यार्थियों को इस प्रकार के कार्यक्रमों में बढ़-चढ़ कर भाग लेना चाहिए। कार्यक्रम में विद्यार्थियों ने अपनी प्रस्तुति से खूब समां बांधा। पहले दिन के शुभारंभ अवसर पर स्कूल के प्राचार्य आरसे त्यागी ने मेहमानों का स्वागत किया। पहले दिन वरिष्ठ वर्ग ने समूह नृत्य, समूह देश भक्ति गीत, शास्त्रीय व अर्ध शास्त्रीय संगीत, पेंटिंग व गणित प्रदर्शनी प्रतियोगिता का आयोजन किया गया। शनिवार को कनिष्ठ वर्ग के विद्यार्थी अपनी प्रस्तुति देंगे।

Just to remind your goodself

Dear Readers,

We are very pleased to release 52nd Edition of E-Gyan Monthly Digital Newsletter. All previous editions 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 Indian Maharishi's organisations 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, Siddhas, 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 with its schedule, course details and venue.
3. Starting of new building construction, report on Bhumi puja or vastu puja or foundation stone ceremony.
4. Inauguration or graha pravesh or public offering of new building.
5. Special achievement of any Maharishi Organisation.
6. Special achievement of Staff or faculty of any Maharishi Educational Institution.
7. 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.
8. Report on NCC, NSS, Scouts, Adventure programme/trip.
9. High-level placement of graduates in national, international or multinational organisations/ corporations.
10. Outstanding performance of ex-students of Maharishi Educational Institutions.
11. Publication of any paper by Faculty, Students, Staff, research department or organisation.
12. News coverage in local, state, national level newspapers, TV, radio, web site.
13. Selection of students in civil services, IIM, IIT, PMT, IIT, NDA, IMA, IFS, IRS, Armed Force or in any other institution of national importance.
14. List of outstanding government or private special projects taken by the organisation.
15. Launching of new product or programme with details, availability and price.
16. Details of products already in market.
17. Creative writings on different topics, such as cultural/social and historical issues.
18. Offering Vedic solution to any social problem.

19. Performance of any special Anushtan or Yagyas.
20. Vedic celebration reports.
21. Excursion tour reports.
22. Corporate visit, corporate training etc.
23. Visit of national and international dignitaries and their remarks.
24. Appreciation, recognition or awards received by Maharishi Organisations.
25. Report on academic or commercial collaborations.
26. Report on Maharishi Vedic Organic Agriculture.
27. Report on monthly Initiations in TM, Siddhi course and Advance Techniques.
28. Report on activities of Maharishi Global Movement.
29. 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.

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With All the Best Wishes
Jai Guru Dev, Jai Maharishi

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