



Maharishi Speaks to Students

Supreme knowledge: Raising the knower to his infinite creative potential



Knowledge is a link between the knower and the object of knowledge: it is the product of the process of knowing. Knowledge is different in different states of consciousness. The quality of knowledge depends on the state of consciousness of the knower-the degree of Creative Intelligence expressed in his awareness. Knowledge is influenced both from the side of the object and from the side of the knower, the subject. If the subject changes, the knowledge of the object will also change.

Transcendental Meditation, the practical aspect of Maharishi's Science of Creative Intelligence, develops unbounded awareness and unfolds the full value of Creative Intelligence in the awareness of the knower, so that he is able to fully evaluate the object. Knowledge is full and complete when the unmanifest, unbounded value of

the object is cognized along with its surface values. When both these values, expressed and non-expressed, come to the awareness of the knower, he appreciates the full value of the object.

Every expressed value in the phenomenal world is the projection of the non-expressed, infinite, unbounded value of intelligence. Knowledge of the object is complete only when one perceives this unmanifest, unbounded value of intelligence in the object. When we analyse intellectually, we find that the deepest value of any object is pure intelligence, but this intellectual knowledge does not become a living reality until one's awareness is established in the omnipresent field of pure intelligence. When the same value of unbounded pure intelligence is experienced on the level of both the subject and the object, unity is established between the two. The union of the knower and the known makes knowledge complete and brings fulfilment to the process of knowing.

The Science of Creative Intelligence provides complete knowledge, because it establishes a complete relationship between the knower and the object, in which no aspect of the object is hidden from the cognition of the knower. For knowledge to be supreme, it should not only be complete, but should also enable a man to live life in fulfilment.

The practical aspect of the Science of Creative Intelligence, the Transcendental Meditation Technique is a natural, effortless, spontaneous procedure of gaining knowledge, and at the same time is a procedure for gaining fulfilment. The Science of Creative Intelligence frees the nervous system from stress, which inhibits the ability to gain knowledge, and thereby improves the quality of the knower. The Science of Creative Intelligence is supreme knowledge because it raises the knower and his evaluation of the object to the supreme level of infinity.

When the knower opens his awareness to the totality of the object, he gains the ability to make maximum use of all the values of the object. The Science of Creative Intelligence is that supreme knowledge which allows the knower to make maximum use of his environment.

Jai Guru Dev

According to His Holiness Maharishi Mahesh Yogi Ji

Consciousness is the most basic element in life; our body, our behaviour, and our environment are all expression of consciousness. Consciousness is fundamental to life. It is the prime mover of life. Every word that we speak and every act that we perform is an impulse of consciousness. All speech, action, and behaviour are fluctuations of consciousness. All life emerge from and is sustained in consciousness. The whole universe is the expression of consciousness. The reality of the universe is one unbounded ocean of consciousness in nature.

Consciousness is that which is consciousness of itself. Being conscious of itself, consciousness is the knower of itself. Being the knower of itself, consciousness is both the knower and known. Being both knower and known, consciousness is also the process of knowing. Thus consciousness has three qualities within its self-referral singularity-the qualities of knower, knowing, and known-the three qualities of 'Subject' (knower), 'Object' (known), and the relationship between the subject and object (process of knowing).

Wherever there is subject-object relatedness; wherever subject is related to object; wherever subject is experiencing object; wherever subject (knower) is knowing object, these three together are indications of the existence of consciousness.

The universe with its observer expresses the three values of observer, process of observation, and object of observation; therefore it is the indicator of the existence of consciousness. The universe, with its observer, is the expression of consciousness in its self-referral state. The observer, being conscious of the universe, is conscious of his own self-referral state.

Fully awake self-referral consciousness-pure Samhita, togetherness of observer, observed, observation-is the supreme realization of the Ultimate Reality. This is the basic field of Maharishi's Science and Technology of Consciousness.

This supreme reality of consciousness is fully available on both levels-experiential and intellectual. This is the subject matter of Maharishi's Vedic Science and Technology, and this is the field that is displayed by the Vedic Text and all the Vedic Literature. Every aspect of the Vedic Literature displays different qualities of this reality, the field of Natural Law.

Veda (*Shruti*) is structured in consciousness; sound is structured in consciousness; material particles are the materialization of the self-evolving, self-perpetuating, ever-wakeful structure of consciousness. *Shruti* (the holistic sound) is quality of consciousness, and *Smriti* (memory) is a quality of consciousness.

Complete knowledge of consciousness is the complete knowledge of the basic reality of life, which is available to everyone in the field of one's own Transcendental Consciousness through Transcendental Meditation. Anyone can gain complete mastery over the mechanics of transformation and process of evolution through the TM-Siddhi Programme.

Jai Guru Dev

As opposition in India grows against genetically modified and pesticide riddled food a new solution has been found

By Paromita Pain

As India's government prepares to make the Biotechnology Regulatory Authority of India (BRAI) bill a law, enhancing the hold that biotech companies like Monsanto have over the nation's food production, the tiny bee may be emerging as a potential savior by offering ways to increase crop yields naturally.



Thanks to efforts by the Mumbai-based organization Under the Mango Tree, bees have been incorporated into the fields of small farmers and food growers in communities in Gujarat, Maharashtra and Madhya Pradesh. Through its Bees for Poverty Reduction programme, UTMT is helping farmers increase their incomes and agricultural productivity through India's indigenous honeybee *Apis Cerana Indica*.

The programme, which is four years old, was conceptualized by UTMT's Vijaya Pastala when she realized that training farmers to keep bee boxes would not just increase crops yields, but also produce honey that could be sold as supplement income. Now, as opposition in India grows against genetically modified and pesticide riddled food, the impact of the project — which was piloted in South Gujarat and Maharashtra in 2009 — couldn't be timelier.

Beekeeping isn't a new concept in India. Pioneered in the early 1930's, the practice remained confined to Punjab and Himachal Pradesh until the late 1970s. Sujana Krishnamoorthy, a programme leader, works with communities in Gujarat where traditional honey hunting used to take place. "They would squeeze the honey out from the combs killing the bees in the process," she explains, "but today they know newer techniques that only take the honey out leaving the colony healthy and ready to make new combs."

Take Somajibhai Magi, a young farmer whose one acre of land would yield him \$500 in annual honey production. As a young boy, Magi would often extract honey from combs in the nearby forests. He was never convinced that bees could actually increase production. But a two-day training with UTMT's Bees for Poverty Reduction taught him to keep two boxes near his cucumber patch. Magi's yield increased by five kilos in a year. Now he is ready to invest in more boxes. "The fruit look healthy and are delicious," he says. He also now works to show other villagers how they can benefit from beekeeping.

The first National Commission on Agriculture in 1976 recognized the important role of the bee in farming, but subsequent Indian policy gave the indigenous bee a stepmother-like treatment, promoting the hybrid *Apis Mellifera* instead. The indigenous *Apis Cerana Indica* bee is more suited to the small farmer since it's naturally available and is a better pollinator. A hardy species, its average honey yield is between six to eight kilograms per colony per year.

In addition, the honey collected from the indigenous species retains its unique and exotic flavors influenced by floral nectar, including areca nut, orange blossom, cardamom and litchi honey.

Manilal Bhai, a farmer in Gujarat, is reaping the benefits. He has 12 bee boxes and from just two of them he has harvested four kilograms of honey. “People pay money in advance for the honey. Its precious money that can be used for investing in farming equipment and seed,” he says.

A recent article on Animal Planet explains, “Bee numbers are dropping as hives disappear and scientists don't yet understand the exact cause — they just know that the bees are in danger and along with them, our food supply as well.” As a response, in the UK the government is looking to implement a national pollinator strategy, lending global significance to the work that groups like UTMT are doing.

A study conducted by UTMT also reveals that important cash crops like cashew and mango showed growth increases of up to 157% and 68%, respectively, due to beekeeping. Other crops that benefited included the pigeon pea, flat beans, chick pea, tomato, banana and papaya.

But it's not just increasing honey production that is important — it's also finding markets so that farmers can sell their product. In this way, too, the organization has made inroads. Formerly, farmers' profits were cut short by middlemen who got their wares to market.

Now, through a buyback arrangement for honey and beeswax — which gets sold to cosmetic and pharmaceutical companies — UTMT is able to pay farmers a premium price directly for what they produce, ensuring market access to nearly 3,000 bee farmers across six states.

Since bee keeping is a relatively private business where a single person can effectively raise a cluster, women too are now looking at this as additional sources of income. Gipra Dandwal of Dharampur Taluk in Gujarat, is the only woman beekeeper in her village and is poised to become a "master trainer," helping bring other women into the business.

Last year in February, UTMT hosted India's first annual National Bee Day at Maharashtra Nature Park in Dharavi.

Now, with beekeeping's popularity growing, and Indian' battle against Monsanto and GM foods growing, bee farmers may become a small but unexpectedly potent weapon.

(From: Nation of Change with thanks)



आत्म-विश्वास विजय का द्वार है

हमारा स्वयं के आत्म विश्वास के विषय में क्या विचार है? हमारे अंदर आत्मविश्वास कितना है? हमारे दैनिक जीवन में आने वाले उतार-चढ़ाव, मान-अपमान, लाभ-हानि आदि का क्या हम, साहस के साथ सामना करते हैं? या कहीं ये उतार-चढ़ाव आकर हमारे उमंग, उत्साह, प्रसन्नता और ऊर्जा को कपड़ों की भाँति निचोड़कर तो नहीं रख देते?

जीवन में यह बड़ा सरल और सहज काम है कि हम स्वयं में, दूसरों में, संस्था एवं परिवार में अपने आत्मविश्वास को हिला दें, कम कर दें। ऐसा करके हम अपने आत्मविश्वास को समाप्त कर लेंगे। कभी-कभी इस विचार या चिंता से कि हमें हमारा भविष्य उत्तम नहीं दिखाई देता, हम स्वयं के जीवन में आत्मविश्वास खो देते हैं।

हमें इस सत्य को बहुत अच्छी तरह समझ लेना चाहिए कि हम, जीवन में आने वाली हर परिस्थितियों को नियंत्रित नहीं कर सकते हैं, किन्तु एक अति महत्वपूर्ण वस्तु है जिसे हम नियंत्रित कर सकते हैं वह है- 'हम स्वयं'। हमारा दृष्टिकोण, विचार ही हम हैं, बस यदि हम इसे नियंत्रित कर लें तो प्रसन्नता, शांति, शक्ति, उत्साह, आशा तब वापस हमारी हो जायेंगी। यह सब कुछ तभी संभव है जब हम प्रतिदिन भावातीत ध्यान का नियमित अभ्यास करने लगें।

स्वयं में आत्मविश्वास लाने के लिये हमें थोड़ा अंतर्मुखी होना होगा। हमें यह जानना होगा कि हमारे जीवन जीने का कारण क्या है? इस संसार में हमारा अस्तित्व क्यों है? इस प्रश्न का सबसे सुंदर व आनंदित कर देने वाला उत्तर तब आयेगा जब हमारे अंदर श्रद्धा आयेगी कि हम एक आत्मा हैं, पहला हमें स्वयं में अनुभव होगा एवं दूसरा परमात्मा, ईश्वर, खुदा, गॉड पर विश्वास होगा कि वो है और हमारा सब कुछ अच्छे से अच्छा होता चला जाएगा, तब हममें अचल, अडोल और चट्टानों सा दृढ़ आत्मविश्वास जन्म लेगा।

ईश्वर के रहते हमारा कल्याण ही होगा और वो हमारा अच्छा ही करता जायेगा, ऐसा कुरान, गीता, बाईबिल में स्पष्ट कहा है- *"Your Welfare Is My Responsibility"* अंततः अपने आप पर विश्वास एवं परमात्मा में विश्वास एवं भावातीत ध्यान की शक्ति से अपने आत्मविश्वास को प्रखर करते चलिये।

नवनीत ठाकुर
कक्षा-11, एमवीएम, सिवनी

THE WAY TO LIVE

Try to be happy

When the day seems long.....

Try to be cheerful

When everything goes wrong.....

Try hard to do

The very best you can do.....

Try not to run

But to help you fellowmen.....

Try to look pleasant

Try not to frown.....

Try to wear

The story crown.....

Try to be thoughtful

Learning how to give.....

Try to be perfect

That's the way to live.....!!!



Monica Joseph, MVM Seoni

MAHARISHI VIDYA MANDIR REGIONAL CULTURAL CELEBRATION ASSAM REGION 23rd AUGUST 2013

Maharishi Regional Cultural Celebration 2013 was organized on 22nd and 23rd day of August 2013 in MVM-IV and MVM-I Guwahati. The day started with the auspicious Guru puja. The TM teacher of



MVM-II Mr. Prasanta Borah performed the puja and he was accompanied by the Chief Guest Shri M. J. Bagchi, Group Capt. (Retd.), Additional Director Personal and Administration, MVM National office, Bhopal, Shri T. P. Bhattacharjee, Regional Director, Assam Region, Mrs. Manika Goswami, Principal, MVM-I, Mrs. Ajanta Das, Principal MVM-II, Mrs. Purnima Biswas, Principal MVM-V and the honorable judges.

After this, Mrs. Kankana Sarma, who anchored the entire event, delivered the welcome speech. There after the chief guest Shri Bagchi Ji inaugurated the programme by lighting the lamp and all the dignitaries accompanied him. A talented student of MVM-I, Miss Kritika Upadhyay, felicitated the dignitaries present on this occasion.

The Principal of MVM-I, Mrs. Manika Goswami, in her address welcomed everyone. She expressed her happiness for getting the opportunity to organize the great event in the school premises. She also expressed her gratitude to everyone, who came from different places only for that occasion.

The chief guest Shri M. J. Bagchi started his speech by focusing on the importance of these occasions, as they give the students ample opportunities to show their talents. He also asked the students to put their best effort but not to lose heart if they don't win. Shri T. P. Bhattacharjee, Regional Director, Assam Region, stressed on the fact that student can learn about lot of things when they compete.

This was followed by the Group Dance Competition. The Judge of this competition was Mrs. Barnali Mahanta, an expert of Kathak and Satriya dance forms. The Competition was divided into two categories - the junior and senior. In the Junior level the 1st position was won by MVM Guwahati-I and the 2nd position was won by MVM Guwahati-II. In the senior level the first position was achieved by MVM Guwahati-V and the second position was shared by MVM Guwahati-II and MVM Guwahati-IV.



The Competition was followed by the Debate Competition. The honorable Judges were Dr. Tarakant Jha



for Hindi Debate and Mr. Nabajyoti Borah for English Debate. The students of MVM Guwahati-II achieved the 1st place in the English Debate and the students of MVM Guwahati-III achieved the 2nd place. Same way in the Hindi Debate the 1st position was won by MVM Guwahati-III and the 2nd position was won by MVM Guwahati-I.

Simultaneously Science model making Competition was also going on. There in the junior section MVM-Silchar got the 1st position and MVM Guwahati-II got the 2nd position. In the senior level, the 1st Position was won by MVM Guwahati-IV and the 2nd position was won by MVM Guwahati-I. The Judge of the science model making Competition was Dr. Pradip Phukan.

Shri Manoj Sarma judged the model making competition for Mathematics. Here in the junior category the 1st position was won by MVM Guwahati-II and 2nd position was won by MVM-Jorhat. At the senior level, the 1st position was achieved by MVM Guwahati-I and the 2nd position was achieved by MVM Guwahati-IV.

The important event that took place in MVM Guwahati-I, on 23rd August 2013 was the Spot Painting Competition, which was judged by Shri Dhruva Deka. The 1st position was won by MVM Guwahati-IV



and the 2nd was won by MVM Guwahati-II. In the same way the students who won at senior level are -1st position by MVM Guwahati-I and 2nd position by MVM Guwahati-IV.

Last but not the least the Quiz Competition was held here. The Quiz Master was Shri Dharamraj Joshi. The schools who won the 1st and 2nd position here are MVM Guwahati-IV and MVM Guwahati-II respectively.

The celebrations came to an end after vote of thanks that was offered by Academic In charge Mrs. Sujata Goswami.



Report on Independence Day celebration

MVM-I Raipur

67th Independence Day was celebrated with a great zeal in MVM-I Raipur. The programme started with flag hoisting followed by march past by NCC Cadets and students of different houses.

The Principal highlighted the duties of students who are going to have the nation of their dreams.

There were speeches by students in Hindi and English. Most significant was the presentation of the history of Tricolors of different years till 1948 by one student.

“Maa Tujhe Salaam” was fabulously sung by all the students.



Flag hoisting by Smt. Anisha Sharma, Principal MVM-I Raipur on the occasion of 67th Independence Day.



Students Presenting Drawing on the occasion of 67th Independence Day.

MVM Panna

Students of MVM Panna participated in District Level Cultural Programme on the occasion of Independence Day and won first prize in senior group. The shield was awarded by the Hon'ble State Minister Shri Brijendra Singh Bundela and Shri Dhananjaya Singh Bhadauriya, District Magistrate of Panna (MP).



MVM Students with Shield



MVM Students receiving shield from Hon'ble State Minister Shri Brijendra Singh Bundela

MVM Ratanpur, Bhopal Celebrates “Van Mahotsava”



Students planting the saplings

MVM, Ratanpur, Bhopal celebrated “Van Mahotsava Day” in the school premises on 27th July. On this day various events like planting saplings, awareness walks etc. were organized in the school campus. The Principal along with the teachers and students planted saplings in the school campus. The school Principal in his speech laid emphasis on planting more and more trees. He motivated students to love trees and protect them to save our environment.

महर्षि विद्या मंदिर नैनी इलाहबाद में “फेस पेन्टिंग” प्रतियोगिता का आयोजन

महर्षि विद्या मंदिर नैनी इलाहबाद में दिनांक 18.08.2013 को “फेस पेन्टिंग” प्रतियोगिता का आयोजन किया गया। इसमें छात्र-छात्राओं ने अपनी प्रतिभा से सभी को सतब्ध कर दिया। चेहरों पर चित्रों के माध्यम से उन्होंने लोगों को पर्यावरण बचाने का संदेश भी दिया।



“फेस पेन्टिंग” प्रतियोगिता में भाग लेने वाले प्रतिभागी छात्र



“फेस पेन्टिंग” प्रतियोगिता में भाग लेने वाले प्रतिभागी छात्र

महर्षि विद्या मंदिर शहडोल में क्ले मैजिक का आयोजन

महर्षि विद्या मंदिर शहडोल में दिनांक 12.08.2013 को “क्ले मैजिक” का आयोजन किया गया। बच्चों ने क्ले द्वारा भिन्न-भिन्न आकर्षक आकृतियां बनाईं। इसमें कक्षा एक से पाँचवी तक के विद्यार्थियों ने भाग लिया। प्राचार्या श्रीमती डॉ. भावना तिवारी ने बच्चों का उत्साहवर्धन किया। परिणाम निम्न प्रकार रहे-



कक्षा एक – प्रथम श्रेयांश प्रजापति, द्वितीय कुलदीप बरगाही, तृतीय वरूण तिवारी।

कक्षा दूसरी – प्रथम वेदिका सिंह, द्वितीय अर्चिता शुक्ला, तृतीय श्रद्धा तिवारी।

कक्षा तीसरी – प्रथम शुभांश सर्वणकार, द्वितीय मेघा पाण्डेय, तृतीय

श्रेयांस सिंह।

कक्षा चौथी – प्रथम दिव्यांश स्वर्णकार, द्वितीय वर्षा सिंह तृतीय श्रेया सिंह।

कक्षा पांचवी – प्रथम शिवम भगत, द्वितीय खुशी अग्रवाल, अनुष्का अग्रवाल एवं तृतीय श्रुति सिंह बघेल ।

Competition News

Painting competition organized by the Ministry of Power for National Awareness Campaign to promote energy conservation

The Ministry of Power has launched the National Awareness Campaign in order to promote energy conservation in the country. Painting competition for students at the School, State and at National level has been included as one of the activities of the campaign, which would not only make aware the children about the need of conserving energy but at the same time would educate and involve their parents as well in the above cause. The identified activity is one of the measures, which can help in creating awareness in the domestic sector. In order to strengthen and for added cognizance, higher classes of 7th, 8th and 9th standards are also being included from this year in addition to existing classes of 4th, 5th and 6th Standards.

The competition is being held in three stages, namely, School, State and National Level. Students of 4th, 5th and 6th standards under category 'A' and of 7th, 8th & 9th standards under category 'B' are eligible to participate in the competition. Cash prizes worth Rs 33,000 per State/UT per Category (Rs.23.10 lakhs for 35 States/UTs) will be distributed to State level winners on day of the Competition on 12th November, 2013. For winners of both the categories of National Competition, cash prizes worth Rs. 10.35 lakhs will be awarded by the Ministry of Power on 14th December, 2013 which is also celebrated as National Energy Conservation day in the presence of eminent dignitaries holding very high positions in the Government.

The salient features of the scheme can be downloaded from http://beeindia.in/awards_and_painting_competition/neca2013/painting/necp2013.html. The Principals of MVM Schools are requested to please also contact the nodal officers of various States given in this website for further details or any clarification.

महर्षि ज्योतिष की दृष्टि में सितम्बर माह

पंडित हरिशरण मिश्र (ज्योतिषाचार्य)



सितम्बर माह भाद्रपद कृष्ण पक्ष एकादशी दिन रविवार से प्रारम्भ होकर आश्विन कृष्ण पक्ष एकादशी दिन सोमवार पर्यन्त रहेगा। इस माह में पड़ने वाले विशिष्ट पर्व एवं त्यौहारों का महात्म्य निम्नांकित है:—

1. हरितालिका तीज:— भाद्रपद शुक्ल पक्ष तृतीया को हरितालिका तीज के नाम से जाना जाता है। इस तीज का व्रत निराहार करना चाहिये। भगवान शिव-पार्वती की पूजा करके रात्रि जागरण एवं भगवत् संकीर्तन करना चाहिये। फिर दूसरे दिन हवन शान्ति के साथ, अष्ट युग्म एवं षोडश युग्म को भोजन कराकर दान दक्षिणा देकर व्रत विसर्जन करना चाहिये।

2. वैनायकी वरद् श्री गणेश चतुर्थी व्रत— भाद्रपद शुक्ल पक्ष चतुर्थी को भगवान गणपति का जन्म हुआ था। इसलिये इसे वरद् चतुर्थी भी कहा जाता है। इस दिन भगवान गणपति की प्रतिमा रखकर षोडशोपचार पूजन करते हुये मोदक का नैवेद्य भगवान गणपति को अर्पण करना चाहिये। कहीं-कहीं भाद्रपद चतुर्थी को भगवान गणपति की प्रतिमा की स्थापना करके लोग एकादश दिन तक गणेशोत्सव धूम-धाम से मनाते हैं। यह रिद्धि-सिद्धि के प्रदाता हैं। अस्तु इनका पूजन करने से समस्त विघ्न नष्ट होकर प्रचुर धन-धान्य की प्राप्ति होती है।

3. ऋषि पंचमी— भाद्रपद शुक्ल पंचमी को ऋषि पंचमी कहते हैं। यह व्रत चारों वर्णों की स्त्रियों को करना चाहिये। किसी पवित्र नदी में स्नान करके फिर घर आकर हरिद्रा आदि से अच्छा चौकोर मण्डल बना कर कलश स्थापन करके सप्त ऋषियों का आवाहन करें और गन्ध, पुष्प, धूप, दीप तथा नैवेद्य के द्वारा पूजन करके अर्घ्य देना चाहिये।

इस दिन शाकादि का आहार लेकर ब्रह्मचर्य पालन कर व्रत रखना चाहिये। फिर अगले दिन सात युग्म ब्राह्मणों को भोजन कराकर सप्त ऋषियों का विसर्जन करना चाहिये। इससे समस्त पापों का क्षय होता है।

4. अनंत चतुर्दशी व्रत— यह व्रत भाद्रपद शुक्ल चतुर्दशी को किया जाता है। इसदिन प्रातः नित्य क्रियादि से निवृत्त होकर शुद्ध स्थान पर एक चौकी के ऊपर मण्डप बनाकर उसमें अनंत भगवान की मूर्ति रखकर या कुश की सात फणों वाली शेष स्वरूपा अनंत भगवान की मूर्ति स्थापित करें। उस मूर्ति के पास चौदह गांठ धागे के अनंत को भी रखें और गन्ध, अक्षत, पुष्प, धूप, दीप, नवैध आदि से अनंत भगवान एवं धागे वाले अनंत की पूजा करें। फिर प्रार्थना करके धागे वाले अनंत को अपनी दाहिनी भुजा में बांध लें। यह अनंत देव अनंत फल देने वाले होते हैं। इसके पहनने से भगवान विष्णु की कृपा प्राप्त होती है।

भगवान सत्य नारायण के समान अनंतदेव भी भगवान विष्णु का ही नाम है। यही कारण है कि इसदिन लोग सत्य नारायण की कथा का भी आयोजन रखकर सत्य नारायण एवं अनंत की पूजा करके कथा सुनते हैं।

सितम्बर माह में पड़ने वाले व्रत, पर्व एवं त्यौहारों की तालिका निम्नांकित है—

क्रमांक	व्रत एवं पर्व का नाम	मास	पक्ष	तिथि	दिनांक
1.	जया एकादशी व्रत	भाद्रपद	कृष्ण	एकादशी	01.09.2013
2.	सोमप्रदोष व्रत	भाद्रपद	कृष्ण	द्वादशी	02.09.2013
3.	मास शिवरात्रि	भाद्रपद	कृष्ण	त्रयोदशी	03.09.2013
4.	कुशोत्पाटनी अमावस्या	भाद्रपद	कृष्ण	अमावस्या	05.09.2013
5.	हरितालिका तीज व्रत	भाद्रपद	शुक्ल	तृतीया	08.09.2013
6.	वैनायकी श्रीगणेश चतुर्थी व्रत	भाद्रपद	शुक्ल	चतुर्थी	09.09.2013
7.	ऋषि पंचमी व्रत	भाद्रपद	शुक्ल	पंचमी	10.09.2013
8.	लोलार्क षष्ठी व्रत, संतान सप्तमी	भाद्रपद	शुक्ल	सप्तमी	11.09.2013
9.	श्रीराधा अष्टमी, महालक्ष्मी व्रत	भाद्रपद	शुक्ल	अष्टमी	12.09.2013
10.	महानंदा नवमी	भाद्रपद	शुक्ल	नवमी	13.09.2013
11.	दशावतार दशमी व्रत	भाद्रपद	शुक्ल	दशमी	14.09.2013
12.	श्रीपद्मा एकादशी व्रत	भाद्रपद	शुक्ल	एकादशी	15.09.2013
13.	बावन द्वादशी व्रत	भाद्रपद	शुक्ल	द्वादशी	16.09.2013
14.	भौम प्रदोष व्रत	भाद्रपद	शुक्ल	त्रयोदशी	17.09.2013
15.	अनंत चतुर्दशी व्रत	भाद्रपद	शुक्ल	चतुर्दशी	18.09.2013
16.	भाद्रपद पूर्णिमा, महालयारम्भ	भाद्रपद	शुक्ल	पूर्णिमा	19.09.2013
17.	संकष्टी श्रीगणेश चतुर्थी व्रत	आश्विन	कृष्ण	चतुर्थी	22.09.2013
18.	श्री महालक्ष्मी अष्टमी	आश्विन	कृष्ण	अष्टमी	27.09.2013
19.	श्री मातृ नवमी	आश्विन	कृष्ण	नवमी	28.09.2013
20.	इन्दिरा एकादशी	आश्विन	कृष्ण	एकादशी	30.09.2013

पंचक— दिनांक 17 सितम्बर दिन मंगलवार को प्रातः 9 बजकर 31 मिनट से प्रारम्भ होकर दिनांक 21 सितम्बर दिन शनिवार को सांय 6 बजकर 59 मिनट पर्यन्त रहेगा।

मास प्रभाव— इस माह खाद्य पदार्थों के मूल्यों में सामान्य तेजी का रुख रहेगा। बाढ़ तथा अतिवृष्टि से जन-धन की हानि होगी। दुर्घटनायें अधिक होंगी। सर्राफा बाजार में महंगाई का रुख रहेगा। ईधन के मूल्य में निरंतर तेजी बनी रहेगी।

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

जय गुरु देव, जय महर्षि



WELLNESS NEWS

PRANAYAM

ITS INFLUENCE ON PSYCH & SOMA - JUSTIFIED

Prof. T. SRINIVAS RAO, MSAM (JAAM), Director, Maharishi Vedic Health Centre, Bhopal (M.P.)

His Holiness Maharishi Mahesh Yogi Ji, had given prime importance to Pranayam and had strongly advised to begin Meditation after performing Pranayam, since it helps transcend the mind, and energizes the 5 senses and body for proper conduction of Dhyam and Siddhi.

The human machine depends upon "VATA" which again is of five divisions controlling all the body functions.

Let us discuss here the effects of Pranayam and Prana Vayu to begin with.

When we holdup the breath movements either inspiration or expiration, it is said to be Pranayama as stated by the great PATANJALI in YOGA SOOTHRA.

It is said to be primarily of 3 types :

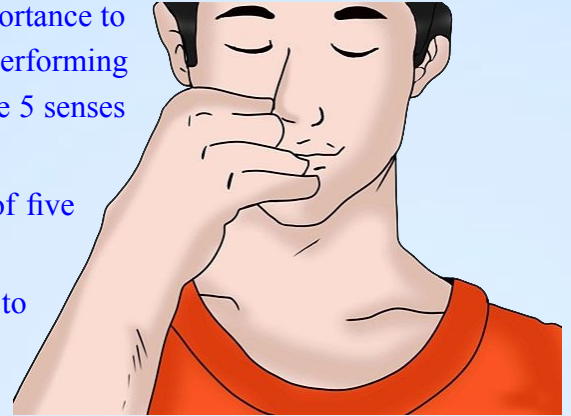
- a) BAHYA PRAVRITTI
- b) ABHYANTAR PRAVRITTI
- c) STAMBHA PRAVRITTI

The lungs the seat of Kapha Dosha are composed of highly elastic fibers, lung tissues has the tremendous capacity to accommodate maximum air, the Prana Vayu. The three varieties of Pranayam tone up the lungs tissue i.e. alveoli which is constantly exposed to air pollution and bacterial attack, and gives it sufficient strength to withstand all physical trauma and chemical reactions.

PRANAYAMA provides maximum space in the lung and sufficient time for interaction between the blood and respiratory gases.

It is therefore recommended strongly that practice of Pranayama should be regularly and religiously continued for achieving the aims of Ayurveda i.e. prevention is better than cure "Swasthsya swasthya rakshanam aaturasya vikara prashamanam".

So if your goodself have not started Prayanam as yet, please initiate it right now because it never too late.



Jai Guru Dev, Jai Maharishi

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



Bihar Boy Subham Sinha wins silver in International Mathematical Olympiad 2013



Subham Sinha, a boy hailing from Patna Bihar has brought laurels to the country by bagging a Silver Medal at the International Mathematical Olympiad, IMO 2013. The International Mathematical Olympiad was held at Columbia from July 18 to July 28, 2013.

Subham is an Kishor Vaigyanik Protsahan Yojna (KVPY) scholar (SA-stream All India Rank-29). He was also among 30 Students from all India who cleared INMO 2013 and underwent 2 weeks training at HBCSE, Mumbai.

Success is not new to Subham, he had cracked Regional Math Olympiad organized by Bihar Mathematical Society four years back when when he was a class 9 student at St. Xavier's High School, Patna. In 2011, he secured All India Rank (AIR) – 5 in FNSTSE held in 40 major cities across India.

Now he is pursuing graduation in Physics at Indian Institute of Science, Bangalore. In last one year Subham has already won prizes worth Rs 25 Lakhs from various olympiads across India.

Subham is the son of Pankaj Kumar Sinha who is an engineer by profession. According to Mr. Sinha, "When Shubham was 7 years old, he knew what progressions and permutations-combinations were. He would sit for hours thinking and theorizing". His mother Ginni Jakhanwal is an Ayurvedic physician and honorary physician to the Governor of Bihar.

Subham has also represented India at the 37th Prof Harry Messel International Science School (ISS 2013) held from June 29 to July 13 at the University of Sydney (USYD) where he was awarded an ISS scholarship by the physics foundation of USYD.

India wins bronze in Junior Women Hockey World Cup

Indian girls created history by winning India's first ever bronze medal in the junior women hockey World Cup as they crushed England 3-2 penalties on Sunday.

18-year-old Rani scored India's only goal in the regulation time and then found the net twice in the penalty shoot-out to script India's memorable victory. The two teams had ended 1-1 after regulation time.

The Women's Hockey Junior World Cup is the field hockey Junior World Cup competition for women, with the format for qualification and the final tournament similar to the men's. It is organised by the International Hockey Federation (FIH) and has been played since 1989. The tournament features players who are under 21 years of age and is held once every four years.

The recent tournament was planned to be held in India between 2–17 November 2013, but was later decided to be held in Germany from 27 July to 4 August 2013.



India's first hydrogen powered bus developed

Tata Motors Limited and ISRO have developed India's first hydrogen powered automobile bus after



several years of research. The fuel cell powered bus was recently demonstrated at Liquid Propulsion Systems Centre, an ISRO facility in Mahendragiri in Tamil Nadu.

Hydrogen powered vehicles, as the name suggests, use hydrogen—the simplest and most abundant element in the universe—along with fuel cells to power them. They are non-polluting as they emit steam instead of foul smelling exhaust gases.

The technology for using hydrogen to generate power has been around since a long time and several hydrogen cars are now in existence. However, most of them are concept cars and not available for commercial use. The test run of India's first hydrogen powered bus was carried out for 5 km. The next step will be to test the vehicle for 1,000 to 2,000 km cumulatively by running it for 100 to 200 km daily. Tata Motors, meanwhile, will carry out the formalities of making it roadworthy.

Most distant supernova found by NASA's Hubble telescope

NEW DELHI: Astronomers using the Hubble Space telescope have spotted the most distant supernova, a massive star explosion. Dubbed UDS10Wil, but known by its more easy nickname SN Wilson, the supernova occurred 10 billion years ago.

SN Wilson is known as a Type Ia supernova - a particular kind of star explosion which takes place in a binary system consisting of a white dwarf star around which another star is orbiting. These bright beacons are prized by astronomers because they provide a consistent level of brightness that can be used to measure the expansion of space. They also yield clues to the nature of dark energy, the mysterious force accelerating the rate of expansion.

The new findings will be published in an upcoming issue of 'The Astrophysical Journal'.

"This new distance record holder opens a window into the early universe, offering important new insights into how these stars explode," research leader David Jones of Johns Hopkins University in Baltimore, MD, said in a statement. SN Wilson is only four percent more distant than the last most distant supernova of its kind found by Hubble, NASA officials said in a statement. However, that is still 350 million years further back in time than any other previously found star explosion.

"If supernovae were popcorn, the question is how long before they start popping?" Adam Riess, an astronomer at the Space Telescope Science Institute in Baltimore, MD, said in a statement. "You may have different theories about what is going on in the kernel. If you see when the first kernels popped and how often they popped, it tells you something important about the process of popping corn".

This discovery is also part of a three-year-initiative by the Hubble programme to find the most distant supernovas. Scientists with the programme hope to understand if the star explosions have changed in some way since the big bang birthed the universe 13.8 billion years ago.

The discovery was part of a three-year Hubble programme, begun in 2010, to survey faraway Type Ia supernovae and determine whether they have changed during the 13.8 billion years since the birth of the universe. Leading the work is Adam Riess of the Space Telescope Science Institute in Baltimore, Md., and Johns Hopkins University. So far, Riess's team has uncovered more than 100 supernovae of all types and distances, looking back in time from 2.4 billion years to more than 10 billion years. Of those new discoveries, the team has identified eight Type Ia supernovae, including SN Wilson, that exploded more than 9 billion years ago.



Maharishi Movement Global News

Netherlands hosts Maharishi Gandharva Veda concert: ‘An Afternoon with the Best of India’

On 21 July three acclaimed maestros of Indian classical music performed a beautiful concert in the Netherlands, hosted by MERU--Maharishi European Research University. The historic Theater Hotel Orangerie in Roermond was the venue for Sunday afternoon's Maharishi Gandharva Veda concert, which was webcast live by streaming video. The concert programme has also been archived and is available for online viewing. Kaushiki Chakraborty, famous young vocalist from Kolkata, and Shaunik Dutt-Sarod player also performed on this occasion.

Switzerland: Women's health course covers wealth of knowledge about Maharishi Ayur-Veda

The 16-lesson course, Good Health through Prevention, goes deeply into the knowledge of Maharishi Ayur-Veda health care. Topics include fundamental elements and principles of intelligence that structure human physiology, the importance of healthy digestion, the special method of pulse diagnosis used in Maharishi Ayur-Veda, and creating balance in the physiology to maintain optimum health. The course for women has been offered from 6 to 12 August in Seelisberg, Switzerland, under the auspices of the College of Maharishi Ayur-Veda, MERU.

Norman Rosenthal: From Transcendence to The Gift of Adversity

22 August 2013 - Adversity comes in many shapes and degrees of severity. In his new book, *The Gift of Adversity: The Unexpected Benefits of Life's Difficulties, Setbacks, and Imperfections*, Dr. Norman Rosenthal devotes an entire chapter to people who have suffered terribly from drug abuse, homelessness, and imprisonment, yet have found their way back to decent, even happy, lives. This seemingly miraculous transformation was due in no small measure to the steadiness and clarity they found in the regular practice of Transcendental Meditation. The chapter is called 'The Gift of Meditation'.

Celebrating the Vedic tradition of knowledge: ‘The world is going to breathe in harmony, in fulfilment’ - Maharishi

On 22 July, many countries have participated in the festival of Guru Purnima, the full moon day in July which honours the great teachers of the Vedic tradition of knowledge the source of many programmes and technologies of consciousness, including Transcendental Meditation, brought to the world over 55 years ago by Maharishi Mahesh Yogi. On this occasion a video recorded lecture of 1982 of Maharishi was played, in which Maharishi said, 'Let every nation enjoy full potential of creativity through the alliance with natural law. Let every country enjoy self-sufficiency, invincibility. Let there be no fear on earth. Let there be unified wholeness in a natural way in the family of nations. And this possibility exists.'

On this occasion 31 years ago, on 5 July 1982, Maharishi celebrated Guru Purnima at the historic International Capital of his worldwide programmes in Seelisberg, Switzerland.

In 1982 Maharishi was celebrating the eighth year of the 'Age of Enlightenment', which he had inaugurated in 1975 on the basis of the scientific discovery of the Maharishi Effect—reduced crime and violence, and rising coherence and positivity in society resulting from many people practicing Transcendental Meditation. Maharishi recognized in this phenomenon the dawn of a new era of peace and harmony that would come to full blossoming through widespread application of his technologies of consciousness.

ई-ज्ञान मासिक सूचना पत्र

स्मरण पत्र

प्रिय पाठकों,

हमें ई-ज्ञान डिजिटल समाचार पत्र के 51 वें संस्करण को प्रकाशित करते हुये बड़ा हर्ष हो रहा है। ई-ज्ञान के पिछले सभी प्रकाशित संस्करण ई-मेल के माध्यम से आप सभी को भेज दिये गये हैं। ई-ज्ञान के प्रत्येक संस्करण में, हम आपसे, आपके सम्बंधित क्षेत्रों की सूचना भेजने के लिए अनुरोध कर रहे हैं परन्तु हमें पर्याप्त समाचार एवं उपलब्धियां प्राप्त नहीं हो रही हैं। आपसे अनुरोध है कि अपने क्षेत्र एवं संस्थान से सम्बंधित सूचना एवं समाचार हिन्दी अथवा अंग्रजी में भेजें। ई-ज्ञान सूचना पत्र, प्रत्येक माह के प्रथम सप्ताह में प्रकाशित किया जा रहा है। ई-ज्ञान सूचना पत्र से सम्बंधित सूचना एवं समाचार हमें प्रत्येक माह की 15 तारीख तक प्राप्त हो जाना चाहिये।

ई-ज्ञान मासिक सूचना पत्र महर्षि संस्थान के सभी सदस्यों, कर्मचारियों, शुभचिंतकों एवं सभी विद्यार्थियों के साथ-साथ ध्यान शिक्षकों, सिद्धि शिक्षकों, ध्यान-साधकों एवं जनप्रतिनिधियों की बड़ी संख्या तक पहुँच रहा है। इसके साथ ही साथ ई-ज्ञान सूचना पत्र सम्पूर्ण विश्व में महर्षि संस्थान के वैश्विक प्रतिनिधियों एवं अनुयायियों तक भी पहुँच रहा है।

ई-ज्ञान मासिक सूचना पत्र में निम्नलिखित सूचनाओं तथा समाचारों को सम्मिलित किया जाता है:

1. वर्तमान समय में महर्षि विद्या मन्दिर, महाविद्यालय, महर्षि संस्थानों एवं विश्वविद्यालयों में संचालित पाठ्यक्रम।
2. ऐसे नये पाठ्यक्रम व कार्यक्रम जो महर्षि विद्या मन्दिर/महर्षि महाविद्यालय/महर्षि शिक्षा संस्थान/महर्षि विश्वविद्यालय में जोड़े गये हों।
3. वर्तमान में महर्षि शिक्षा संस्थान के विद्यार्थियों की संख्या विषयवार, वर्गवार एवं कक्षावार।
4. किसी भी नये पाठ्यक्रम का प्रारम्भ, पाठ्यक्रम का विवरण एवं स्थान का विवरण।
5. नये भवन निर्माण, भूमि पूजन, वास्तु पूजन एवं शिलान्यास की जानकारी।
6. नये भवन का उद्घाटन व प्रवेश की जानकारी।
7. किसी भी महर्षि संस्थान की विशेष उपलब्धि।
8. महर्षि शिक्षा संस्थान के प्राचार्यों, शिक्षकों एवं कर्मचारियों की विशेष उपलब्धियां।
9. शिक्षा, खेल, कला, संगीत, संस्कृति, भाषा, सामान्य ज्ञान, प्रतियोगिता एवं प्रतिभा खोज आदि के क्षेत्र में विद्यार्थियों की विशेष उपलब्धियां।
10. एन.सी.सी., एन.एस.एस., भारत स्काउट एवं गाईड एवं एडवेंचर कार्यक्रम की जानकारी।
11. महर्षि शिक्षण संस्थानों के विद्यार्थियों की राष्ट्रीय, अंतरराष्ट्रीय एवं बहुराष्ट्रीय संगठनों में उच्च पदों पर नियुक्तियां।
12. भूतपूर्व छात्रों की अभूतपूर्व उपलब्धियां।
13. शिक्षकों, छात्रों, कर्मचारियों, अनुसंधान विभाग एवं संगठन के सदस्यों के उच्च स्तरीय लेखों के प्रकाशन की सूचना।
14. विद्यार्थियों के स्थानीय, राज्य एवं राष्ट्रीय स्तर के समाचार पत्रों, न्यूज चैनल एवं वेब साईट में उपलब्धियों का प्रकाशन।
15. विद्यार्थियों का राष्ट्रीय स्तर की प्रतियोगिताएँ जैसे: लोक सेवा आयोग, भारतीय प्रशासनिक सेवा, आईआईएम., आईआईटी., पी.एम.टी., राष्ट्रीय रक्षा अकादमी, विदेश सेवा, आई.आर.एस. एवं सेनाओं में विभिन्न पदों पर चयन एवं नियुक्ति।
16. संस्था द्वारा ली गई शासकीय एवं निजी क्षेत्र की परियोजनाओं का विवरण।
17. नये उत्पाद की जानकारी, विवरण एवं उसके मूल्य का उल्लेख।

18. वर्तमान में बाजार में उपलब्ध उत्पादों की जानकारी।
19. सांस्कृतिक, सामाजिक एवं ऐतिहासिक विषय पर लेखों की जानकारी एवं विवरण।
20. किसी भी सामाजिक समस्या का वैदिक उपायों द्वारा समाधान।
21. किसी भी यज्ञ एवं अनुष्ठान का विवरण।
22. वैदिक महोत्सवों का विवरण।
23. भ्रमण कार्यक्रमों का वृतांत।
24. औद्योगिक निकायो का भ्रमण एवं प्रशिक्षण।
25. राष्ट्रीय एवं अंतरराष्ट्रीय स्तर के गणमान्य अतिथियों के आगमन का विवरण।
26. संस्थान द्वारा प्राप्त पुरस्कार, प्रशंसा पत्र एवं मान्यता।
27. शैक्षिक एवं वाणिज्यिक सहयोग का विवरण।
28. महर्षि वैदिक कृषि का विवरण।
29. महर्षि वैश्विक आंदोलन का ब्यौरा।
30. किसी अन्य समान विषय या क्षेत्र जिसका उल्लेख अग्रलिखित नहीं है उसका विवरण।

हम महर्षि संस्थान के सभी राष्ट्रीय व वैश्विक प्रतिनिधियों, सदस्यों, प्राचार्यों, शिक्षकों, कर्मचारियों, छात्रों, ध्यान साधकों एवं सभी पाठकों के लेख एवं समाचार आमंत्रित करते हैं। कृपया ध्यान दें की सभी समाचार सही, प्रमाणिक एवं मूल रूप में होना चाहिये। केवल अपने स्वयं के लेखों को ही भेजें।

कृपया ध्यान दें कि सभी सामाग्री की एक सॉफ्ट कापी वर्ड फारमेट में निम्न ईमेल पर भेजें –

(egyan@mahaemail.com एवं egyanmonthly@gmail.com) या सभी दस्तावेजों की एक मूलप्रति, सी.डी. के माध्यम से निम्न पते पर भेजें— **व्ही. आर. खरे, निदेशक, संचार एवं जनसम्पर्क, महर्षि विद्या मंदिर समूह, महर्षि सेन्टर फॉर एज्यूकेशनल एक्सीलेंस, बिल्डिंग न. 5, लाम्बाखेड़ा, बैरसिया रोड़ भोपाल-462018**, दस्तावेजों की सॉफ्ट कापी एवं हार्ड कापी हिन्दी के देवनागरी लिपि/चाणक्य एवं अंग्रजी के टाईम्स न्यू रोमन फॉन्ट में अग्रलिखित पतों पर भेजे। तस्वीरें एवं चित्र उच्च गुणवत्ता में भेजें ताकि आपकी रिपोर्ट को उच्च स्तरीय बनाने में तथा पाठकों को पढ़ने में उपयोगी हो सके।

ई-ज्ञान, सम्पादक मण्डल किसी भी कॉपी राइट जानकारी या लेखों के लिये उत्तरदायी नहीं होगा। यदि किसी असत्य जानकारी को सम्पादक मण्डल के पास भेजा जाता है तो प्रेषक के लेखों या रिपोर्ट को भविष्य में प्रकाशित नहीं किया जायेगा।

कृपया अपने सभी मित्रों, सहयोगियों एवं पारिवारिक सदस्यों से ई-ज्ञान सूचना पत्र की सदस्यता ग्रहण करने एवं वेबसाईट www.e-gyan.net का अवलोकन करने के लिये अनुरोध करने के साथ साथ उन्हें इस हेतु प्रोत्साहति भी करें।

जय गुरुदेव जय महर्षि

व्ही. आर. खरे
सम्पादक मण्डल
ई-ज्ञान मासिक सूचना पत्र

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