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महर्षि संस्थान भारत का मासिक सूचना पत्र

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विक्रम संवत्सर - २०६६

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श्री सहस्र चण्डी महायज्ञ

सन्तों व वैदिक विद्वानों का प्रवचन, भजन संकीर्तन एवं अखण्ड रामायण



महर्षि वेद विज्ञान विद्यापीठ, महर्षि विद्या मंदिर विद्यालय समूह, गुरुदेव ब्रह्मानंद सरस्वती आश्रम तथा महर्षि महेश योगी वैदिक विश्वविद्यालय के तत्त्वाधान में अनन्त श्री विभूषित जगद्गुरु शंकराचार्य स्वामी वासुदेवानन्द सरस्वती जी महाराज ज्योतिष्पीठाधीश्वर बद्रिकाश्रम हिमालय के दैवीय संरक्षण में, परम् पूज्य ब्रह्मलीन महर्षि महेश योगी जी के दैवीय आशीर्वाद से एवं महर्षि संस्थान भारत के प्रमुख ब्रह्मचारी गिरीश जी के मार्गदर्शन में शारदीय नवरात्र के शुभ अवसर पर “श्री सहस्रचण्डी महायज्ञ”, सन्तों व वैदिक विद्वानों का प्रवचन, भजन, संकीर्तन एवं अखण्ड रामायण का आयोजन दिनांक 19 सितम्बर से 27 सितम्बर 2009 तक गुरुदेव ब्रह्मानंद सरस्वती आश्रम, महर्षि शांति भवन परिसर, ग्राम छान, भोपाल में किया गया। श्री सहस्रचण्डी महायज्ञ के पूर्व कलश यात्रा निकाली गई जिसमें वैदिक पंडित, कार्यकर्ताओं एवं स्थानीय नागरिकों ने भाग लिया। प्रत्येक दिन 160 वैदिक पंडितों ने चण्डी पाठ किया। प्रतिदिन प्रातः 9 बजे से 2 बजे तक श्री चण्डी पाठ एवं सांय 4 बजे से 7 बजे तक विशिष्ट भारतीय विद्वानों के प्रवचन एवं भजन कीर्तन का आयोजन किया गया। आश्रम में श्री लक्षचण्डी यज्ञ चैत्र नवरात्री को इसी वर्ष प्रारंभ हुआ था और अगली चैत्र नवरात्री को पूर्ण होगा।



श्री लक्षचण्डी महायज्ञ के आयोजक, ब्रह्मचारी गिरीश जी ने कहा कि इस महायज्ञ से निश्चय ही राजस, तामस वृत्तियां नष्ट होंगी और सामूहिक चेतना में सतोगुण की अभिवृद्धि होगी और सभी को अपना-अपना अभीष्ट सुलभ होगा। उन्होंने कहा कि इस पवित्र महायज्ञ में सबकी प्रतिफल सहभागिता कल्याणकारिणी होगी। दिव्य



फहरायें।

उन्होंने सभी का आवाहन किया कि वे महर्षि महेश योगी जी द्वारा प्रणीत वैदिक कार्यक्रमों, वैदिक दिनचर्या, भावातीत ध्यान एवं सिद्धि सूत्रों के माध्यम से समाज में नई संचेतना जाग्रत करें ताकि समाज में 'रामराज्य का स्वरूप' साकार हो सके। उन्होंने कहा कि आज के भौतिक युग में मनुष्य अपनी अनंत इच्छाओं की पूर्ति की दिशा में भ्रगमरीचिका के पीछे भागता रहता है परन्तु उसे शांति नहीं मिल पाती। किन्तु वैदिक प्रशासन, वैदिक दिनचर्या, वैदिक नियमों, वैदिक सिद्धांतों एवं उनके आचरण से मानव सभी सुखों को प्राप्त कर जीवन के हर क्षेत्र में पूर्णता की प्राप्ति कर लेगा।

ब्रह्मचारी गिरीश जी ने कहा कि गुरु परंपरा से जो भी ज्ञान मिला है, उसे देश एवं विश्व के कोने-कोने में बांट कर सम्पूर्ण विश्व के लाखों, करोड़ों लोगों तक पहुंचाना है, उन्होंने कहा कि राम राज में 'रामराज दुख काहू न व्यापा' की व्याख्या है। रामराज में न तो कोई अज्ञानी था और न ही कोई बीमार पड़ता था, न कभी अकाल आता था, और न ही कभी तूफान आता था, न कभी वर्षा की कमी होती थी। हर तरफ सुख ही सुख का योग था। आज स्थितियां भिन्न हो गई हैं, इसलिए वैदिक ज्ञान के माध्यम से हमें देश सहित सम्पूर्ण विश्व में रामराज लाना है ताकि चारों ओर शांति, सुख एवं समृद्धि नजर आये। शारदीय नवरात्र में प्रत्येक दिन विभिन्न कार्यक्रम आयोजित किए गए। पहले दिन शाम को श्रद्धालुओं ने पंडित डॉ. निलिम्प त्रिपाठी के प्रवचन का रसास्वादन किया जिसमें



की उन्होंने नवरात्रि के प्रथम दिवस की मुख्य देवी शैल पुत्री के बारे में उपस्थित जनसमूह को विस्तार से बताया व इसके साथ ही नौ देवियों के बारे में भी जानकारी दी।

नवरात्रि के दूसरे दिन श्री चण्डी पाठ, हवन एवं देवताओं का विधि-अर्चना से पूजन एवं अग्नि प्रवेश कार्यक्रम भी किया गया।

दूसरे सत्र में डॉ. निलिम्प त्रिपाठी ने उपस्थित श्रद्धालुओं को समुद्र मंथन की वैदिक कथा सुनाकर मंत्र मुग्ध कर दिया। समुद्र मंथन से उत्पन्न 14 रत्नों के बारे में विस्तृत व्याख्यान देते हुए

वेदों, उपनिषदों और पुराणों के महत्व पर प्रकाश डाला।

21 सितंबर, सोमवार को प्रातः के सत्र में श्री चण्डी पाठ, हवन कार्यक्रम ब्रह्मचारी गिरीश जी के मार्गदर्शन में हुआ एवं सायं सत्र में विश्वव्याख्यात रामायणी पंडित लक्ष्मीकांत एवं उनके सहयोगियों ने देवी भजन एवं गीत गाकर धार्मिक वातावरण को ओर अधिक भक्तिमय बना दिया। अगले दिन पंडित लक्ष्मीकांत





एवं उनके सहयोगियों ने सुदंरकाण्ड की शास्त्रीय संगीत पर आधारित संगीतमय प्रस्तुति दी।

चौथे दिन संतों एवं वैदिक विद्वानों के प्रवचन कार्यक्रम के अंतर्गत महर्षि महेश योगी वैदिक विश्वविद्यालय के कुलपति प्रो. भुवनेश शर्मा ने उपस्थित लोगों को वैदिक ज्ञान एवं माँ भगवती के पूर्ण स्वरूप की जानकारी दी एवं कहा कि माँ भगवती—चेतना स्वरूप—सम्पूर्ण विश्व ब्रह्माण्ड में व्यक्त एवं अव्यक्त, चेतन एवं अवचेतन दोनों में व्याप्त हैं।

पांचवे दिन श्री चण्डी पाठ के साथ—साथ श्री अखण्ड रामायण पाठ भी प्रारंभ हुआ। प्रातः काल के सत्र में श्री चण्डी पाठ और हवन कार्यक्रम हुआ एवं अपरान्ह में श्री अखण्ड रामायण पाठ प्रारंभ हुआ। रामायण पाठ की मुख्य विशेषता यह थी वैदिक वांग्मय में पंरागत युवा वैदिक पंडितों ने संगीतमय रामायण का पाठ किया। सांयकाल, संस्कारधानी जबलपुर के विख्यात भजन गायक पं. रूद्रदत्त दुबे एवं साथियों द्वारा संगीतमय भजन एवं कीर्तन प्रस्तुत किए।



छठवें दिन प्रातःकाल में 160 ब्राह्मणों द्वारा श्री सहस्रचण्डी पाठ किया गया। इसके उपरांत वहीं पर स्थित रामदरबार मंदिर में गुरुवार से चल रहे अखण्ड रामायण पाठ का समापन हुआ। शारदीय नवरात्र के आखिरी दिन श्री चण्डी पाठ के बाद देवी—देवताओं का पूजन कर पूर्णाहुति दी गई। इस अवसर पर ब्रह्मचारी गिरीश जी के साथ—साथ महर्षि संस्थान के विभिन्न संगठनों से जुड़े सदस्यों के साथ—साथ भारी जनसमूह एवं अनेक विद्वान उपस्थित थे।

बाद में कन्याभोज और प्रसाद वितरण हुआ जिसमें स्थानीय कन्याओं, बालकों एवं महिलाओं को भोजन कराया गया।

Dr. T. C. Pathak

For Editorial Board, E-Gyan Newsletter



Maharishi University of Management & Technology

Construction of main Campus at Mangla Bilaspur has started in auspicious Muhurta of Shardiya Navaratri. The Campus is being built in 25 Acre. The Campus will have Administrative Centre, Computer Lab, Library, Academic buildings, Auditorium, Indoor and Outdoor Recreation Centre, Professor's residence, Students hostels, Swimming pool, and Parking lot.

•web site: www.mumt.com •email: mumt@mahaemail.com



Maharishi Vidya Mandir Schools Group

Achievements of Maharishi Vidya Mandir Schools

Achievements of MVM Students in Sports:

MVM-1 GUWAHATI 2008-09:

- **Banani Das**, a student of class VIII has bagged prizes in all Assam Aquatic meet in August 2009. She bagged one gold medal, three silver medals and one bronze medal.
- **Ayushman Dutta**, student of class IV has been awarded BRONZE MEDAL in SUB JUNIOR BOYS LIGHT WEIGHT CATEGORY. The Championship was held from 10th to 12 July 2009 at Swarnabharati Indoor Stadium, Vishakhapatnam (Andhra Pradesh).



MVM CHHINDWARA 2008-09:

- **Mohit Akhare (IX)** selected in a 15 Members Cricket Squad to Australia by Former Australian Test Cricketer, Bruce Adam CEO publishers Australia.
- **Tarang Singh Parihar (VIII)** won Gold Medal in National Taekwondo Competition held at Delhi in July 2009 and selected for further competition to be held in Bhutan.



Mohit Akhare



Tarang Singh

MVM BAREILLY 2008-09:

- **Pavnesh Yadav** student of XI class has participated in Sports Meet organised by C.B.S.E. at Kolkata and got selected in swimming competition. He got Bronze medal in two events.

National/International Educational Competitions & Quiz

MVM-1 Guwahati 2008-09:

- Bournvita confident Mind, a Inter school Quiz Contest was held on 19th August, 2009, organised by Bournvita Academy at MVM-I Guwahati.
- CBSE Heritage India quiz Preliminary round 2009 was held on 29th of August 2009 in the school premises. Total 13 schools from all over Assam have participated.



Disaster Management Programme

A drama on Disaster Management was organized on 4th August 2009 for the school students by the member of Indian Chamber of Commerce.



Art & Craft Exhibition

Arts & craft exhibition was held in the school premises on 8th of August 2009. Students from class I to IX prepared different types of craft items and paintings in school hours. The exhibition was open for parents and guardians'. The exhibition was inaugurated by Mr. Chandra Dutt Sharma, Director Education, Maharishi Vidya Mandirs Schools Group.

MVM Sidhi 2008-09:

- Hrishabh Tiwari Class 7th, declared as the best student of the year 2008-09.
- Akhil Dwivedi, Gold Medalist of creative Art Competition.
- Anjali Singh, Class 7th got first position in Drawing Competition.
- Swati Singh, Class 8th got first position in Speech Competition By I.C.F.C.
- Ajitesh Shukla, Class 4th got first position in Poster Competition by M. P. Science Fair.



Hrishabh Tiwari



Akhil Dwivedi



Swati Singh



Ajitesh Shukla

MVM DEHRADUN 2008-09 :**TEACHERS ORIENTATION PROGRAMME**

Teachers' Orientation Programme was organized in M.V.M. Dehradun on 17th August 2009, in which thirty six teachers of MVM Uttarkashi, Kotdwar, Haridwar and Dehradun have participated.



Web Site: www.maharishividyamandir.com

**ADOLESCENCE EDUCATION PROGRAMME CONDUCTED**

An adolescence education programme was conducted in the Maharishi Centre for Educational Excellence, Lambakheda on 15th September 2009. The programme was headed by Dr. Chaya Budhwani, Dr. Nidhi Jain, Dr. Ruchi Kalra of Peoples Hospital, Bhopal.

The programme was conducted only for girls. The topics discussed were Health Care, Academics, Social Growth and Challenges for youth of today and tomorrow.

महर्षि सेंटर फॉर एजुकेशनल एक्सीलेंस में "हिन्दी दिवस का आयोजन"

महर्षि सेंटर फॉर एजुकेशनल एक्सीलेंस में 14 सितम्बर को "हिन्दी दिवस" के रूप में मनाया गया। हिन्दी सप्ताह के अन्तर्गत विभिन्न कार्यक्रमों का आयोजन किया गया। इस अवसर पर सर्वप्रथम हिन्दी शिक्षिका वन्दना सक्सेना के द्वारा हिन्दी के महत्व पर प्रकाश डाला गया, तत्पश्चात हिन्दी के विभिन्न आयामों में रचनात्मक लेखन एवं काव्य पाठ का आयोजन किया गया।



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MAHARISHI INSTITUTE OF MANAGEMENT

मयाध्यक्षेण प्रकृतिः सूयते सचराचरम्



All branches of Maharishi Institute of Management, India has commenced their curricula of new programmes w.e.f. 01st week of July 09. In MIM Noida, AICTE has sanctioned increase of seats from 60 to 90 for the PGDBM course. New faculties have been added with qualifications and experience as per AICTE norms in all MIMs.

MIM Bhopal is conducting courses of BBA, BCA, MCA, MBA, B. Ed and BPEd. MIM Bhopal has also been sanctioned additional 60 seats for MBA and 30 seats for BBA. Admissions in MBA & BBA are done online accordance with the policy of Higher Education Department of the state of Madhya Pradesh. There has been tremendous improvement in the infrastructure of MIM Bhopal. An additional Computer Lab has been added with new computers and books related to management and computer science worth Rupees two lakhs have been purchased for management library.

MIM Bangalore has been approved by the Higher Education Department of the state of Karnataka as an affiliated college of Bangalore University for conduct of BBA, BCom and BCA courses.

MIM Indore is functioning as a full-fledged center of MMYVV Jabalpur for conduct of Regular courses of IGNOU under the Convergence Scheme. B.Ed. course is also continuing.

MIM Hyderabad has launched new academic session of BBA and MBA courses affiliated to Punjab Technical University.

Admissions are open for the session 2009-2010 and 2010-1011. For further details, please visit:

www.maharishiinstituteofmanagement.com

Contact: 011-23739908, 23739909

• website: www.maharishiinstituteofmanagement.com • email: mim@mahaemail.com



महर्षि वेद विज्ञान विश्वविद्यापीठम् Maharishi Ved Vigyan Vishwa Vidyapeetham

महर्षि वेद विज्ञान विश्व विद्यापीठम् एक पंजीकृत धर्मार्थ न्यास है जो कि महर्षि जी के विश्वव्यापी संस्थान का एक अंग है। विद्यापीठम् वैदिक शिक्षा प्रदान करता है और साथ ही भावातीत ध्यान, सिद्धि कार्यक्रम, वैदिक यज्ञानुष्ठान तथा गृह शांति के द्वारा विश्व शांति स्थापित करने तथा अजेयता प्रदान करने के कार्यक्रमों का संचालन करता है। विद्यापीठम् बड़ी संख्या में वैदिक विद्यालयों तथा अनेक आवासीय विद्यापीठों का संचालन भी करता है। इस वर्ष एक हजार नये वैदिक पंडित विद्यार्थियों का प्रवेश किया गया। इन विद्यार्थियों को कर्मकांड, चारों वेद संहिता, यज्ञ, अनुष्ठान, वैदिक वांग्मय के चालीस क्षेत्रों, दुर्गा सप्तशती, रुद्राष्टाध्यायी, श्री सूक्त पाठ एवं अन्य वैदिक विधाओं का अध्ययन एवं अभ्यास कराया जायेगा।

इस वर्ष विद्यापीठ के समस्त विद्यार्थियों ने महर्षि महेश योगी वैदिक विश्वविद्यालय के महर्षि वैदिक विश्व प्रशासन उपाधि पाठ्यक्रमों में प्रवेश लिया है।

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TM & TM Sidhi Programme

भावातीत ध्यान एवं सिद्धि कार्यक्रम

GLIMPSE OF “UPASANA” SUMMER CAMP REPORT BY MAHARISHI VIDYA MANDIR BARSAJAI GUWAHATI



The idea of having a “Upasana Summer Camp” materialized on July 2009. The plan of developing a big group of genuine Meditators who could later on be trained to become Yogic Flyers became a persistent thought, which was finally communicated to Honourable Chairman, Brahmachari Girish Ji. Without a single objection permission was immediately granted which paved the path for further planning. Putting up a residential camp for both boys & girls was a bold enough step but parents willingly trusted us with their children, which gave a positive touch to the whole programme and encouraged us to carry on.

“Upasana Summer Camp,” the ultimate measure to yield the children a proper guideline to face different situations in life, putting special emphasis on T.M., the holistic technique of His Holiness Maharishi Mahesh Yogi, which helps to change the behavioural pattern of our children, relieving them of all stresses and strains and attains fulfillment.

Thus the date of the camp was fixed, It was from 19th to 26th July 09 and taking the Co-operation of Shri Gautam Choudhury, the prominent T.M. and T.M Siddhi Teacher, we chalked out the most appropriate schedule.



Many renowned and experienced persons from different fields were invited as resource person during these seven days of camp to imbibe values and character development, the children were taken for a visit to S.O.S. village and an Old Age Home enabling the children to interact and find out the problems of individuals in real life. The 7th day of the camp was exclusively for out door activities in the suburb of Guwahati including rock climbing. In the evening there was entertainment programme and campfire.

The programmes began every day at 5 AM with Guru Pujan, Asana, Pranayam followed by group Meditation. Every evening ‘Sankirtan’ was performed by children under the able guidance of Shri Gautam Choudhury. A workshop was held on “Time management and Goal setting Skills”, which the children found very interesting and knowledge based. Two very important sessions i.e. Counseling on adolescent



issues, for boys and workshop on “Substance Abuse” was conducted by Dr. Sangeeta Dutta, M.D. (Psychiatry). This session was very helpful in enlightening the children and enabling them to take care of themselves and keeping away from any mis-adventure. Another important part of the programme was a workshop on Communication Skills conducted by Makeover-“The finishing school”. Mrs. Lovely Choudhury, Special Educator, Child Guidance Centre (NIPCCD)

conducted a workshop on Personality Development and Miss Srimoyee Sharma, Clinical Psychologist, (NIPCCD) on Adolescent issues of Girls. On the Last day of the camp environmentalist, Shri Prabal Das conducted a workshop on a burning topic i.e. “Issues on Environment”. The students were very keen to know about Global warming and Green House effect, they were enthusiastic about how to be a part of saving the environment and how each student can contribute to save the environment.

The children were not left behind in entertainment; various types of games were arranged along with cultural programmes in between sessions. Educational movies were also arranged in the evening. These kept the children enthusiastically busy every day in the camp. On the 8th day the camp came to an end with our traditional Guru Pujan, a workshop on Parental skills for the parents of those students attending the camp, conducted by Mrs. Nimi Borgohain, Clinical Psychologist (GNRC). Parents were also given a



thorough explanation on benefit of T.M. & T.M. Siddhi programme by Mr. Gautam Chudhury. Dr. Sangeeta Dutta explained “A Doctors view point” on Transcendental Meditation. Mr. T. P. Bhattacharya, Regional Director, MVMs Assam introduced “Maharishi World Peace Movement” to the parents. Lastly, ‘Prasad’ was distributed to every one followed by lunch. The camp concluded with a photo session of the 1st summer camp in the North East. It ended but its impact never ends. The Goodness of the camp will always remain with us for a better future.

Report by: Mrs. Panchali Roy, Principal, MVM-IV Guwahati, Mrs. Purnima P Biswas, Principal, MVM-V Guwahati

REFLECTIONS

Our child has improved a lot after the camp. He has started to behave nicely with us and with his elders. He is doing meditation regularly and concentrating on his studies. Yes, this type of camp should be organized in future, because through these camps, children will be able to learn many things.

Mrs. Madhuri Neog, Mother of Anupal Sraban Neog.

My daughter has been influenced a lot after this camp. She has got some positive traits. She behaves properly. And the most important is that she always avoided meditation & now my daughter does this twice a day. Definitely, this type of camps should be organized in future because firstly, my daughter has totally changed after joining this camp and secondly, it provides our child a lot of knowledge about the outer world.

Mr. J. C. Das, Father of Wittika Moni Das, Class - VIII

New research on benefits of Transcendental Meditation for students with ADHD

Research has been presented on 30 September by a [panel of expert physicians and scientists](#) on benefits of the [Transcendental Meditation](#) technique for students diagnosed with [ADHD](#) (attention deficit hyperactivity disorder). The [national conference webinar](#), titled “Meditation: Effective New Aid for Students with ADHD” will feature research and classroom experience during National ADHD Public Awareness Month. It is sponsored by the [David Lynch Foundation](#).

Over 50% reduction in stress and anxiety, and improvements in ADHD symptoms

One recent study, published in January 2009 issue of the peer-reviewed *Current Issues in Education*, followed a group of 10 middle school students with ADHD who were practicing the Transcendental Meditation technique twice a day in school. After three months, researchers found over 50% reduction in stress and anxiety, and improvements in ADHD symptoms.

“The effect was much greater than we expected,” said Sarina J. Grosswald, Ed.D. A George Washington University-trained cognitive learning specialist and lead researcher on the study. “The children also showed improvements in attention, working memory, organization, and behavior regulation.”

Dr Grosswald said that after the in-school meditation routine began, “teachers reported they were able to teach more, and students were able to learn more because they were less stressed and anxious.”

Prior research shows ADHD children have slower brain development and a reduced ability to cope with stress.

Stress interferes with learning

“Stress interferes with the ability to learn—it shuts down the brain”, said William Stixrud, Ph.D., a Silver Spring, Maryland, clinical neuropsychologist and co-author of the study.

“Medication for ADHD can reduce the symptoms for some children, but it is marginally or not effective for others. Even for those children who show improved symptoms with the medication, the improvement is often insufficient”, Stixrud said.

According to the Centers for Disease Control, almost 50% of the 4.5 million children (ages 4-17) in the United States diagnosed with ADHD are on ADHD medication—and the majority of those on medication stay on it in adulthood. Stixrud said there is growing concern about the health risks and side effects associated with the common ADHD medications, including mood swings, insomnia, slowed growth, and heart problems. In 2006 the FDA required manufacturers to place warning labels on ADHD medications, listing the potential serious health risks.

These high risks and growing concerns are fueling parents’ search for alternatives that may be safer for their kids.

“There is already substantial research showing the effectiveness of the TM technique for reducing stress and anxiety and improving cognitive functioning among the general population”, Dr. Grosswald said. “What’s significant about our findings is that among children who have difficulty with focus and attention, we see the same results. TM doesn’t require concentration, controlling the mind or disciplined focus. The fact that these children are able to do TM and do it easily shows us that this technique may be particularly well suited for children with ADHD.”



Veda Series

श्री महालक्ष्मी सदा सहाय



श्री महालक्ष्मी अध्यात्म, अधिदैव और अधिभूत-ज्ञान, शक्ति और आनन्द तीनों की अधिष्ठात्री देवी हैं। उनके भक्त धर्म, अर्थ, काम और मोक्ष की प्राप्ति करते हैं।

श्री महालक्ष्मी सहस्रनाम, महालक्ष्मी के 1000 गुण हैं। महालक्ष्मी का प्रत्येक नाम अत्यन्त महिमाकारी है और चेतना का एक गुण है। सहस्रनाम श्रवण करने वाले की चेतना में और वातावरण में महालक्ष्मी के ये गुण जागृत होते हैं।

श्री लक्ष्मी अष्टोत्तर शतनामावली में महालक्ष्मी के 108 नाम हैं। इन नामों का उच्चारण करते हुए महालक्ष्मी को पुष्प अर्पित किये जाते हैं। श्री महालक्ष्मी अष्टकम् एक सिद्ध स्तोत्र है, फलश्रुति के अनुसार इसका श्रवण करने वालों के जीवन से पाप, दुःख, दरिद्र का नाश होता है और शत्रुओं पर विजय प्राप्त होती है। शुक्रवार महालक्ष्मी का दिन है, अतः शुक्रवार को महालक्ष्मी सहस्रनाम व स्तोत्र सुनना चाहिए।

Shri Mahālakshmi Sadā Sahāy

Shri Mahālakshmi is the embodiment of adhyātma, adhidaiv and adhibhoot—the knowledge, power and bliss. Her devotees are blessed with dharma, arth, kama and moksha—righteousness, prosperity in every area of life, fulfillment of all desires and ultimate goal of life—the enlightenment. Shri Mahālakshmi Sahasranām—1000 names of Mahālakshmi describe 1000 qualities of Mahālakshmi. Each name of Shri Mahālakshmi is full of significance, it refers to a quality of consciousness. Listening Mahālakshmi Sahasranām enlivens these qualities of consciousness of listener and at the same time, these qualities are charged in the environment. Shri Lakshmi Ashtottar Shatnāmāvali has 108 names of Mahālakshmi. These names are chanted while offering Lotus flowers to Mahālakshmi. Shri Mahālakshmi Ashtakam is a Sidha Stotra of Lakshmi. As described in phalshrut Devotees enjoy elimination of sin, suffering, poverty and enemies from their life. Friday is the day of Mahālakshmi. It is recommended to listen Sahasranām and other Mahālakshmi stotras on Friday.

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As per the Divine wish of His Holiness Maharishi Mahesh Yogi Ji, Ramraj TV channel has been established to introduce the most beautiful Life Oriented- Life Supporting holistic Vedic principles and practical programmes in Individual's life and in the life of our dear World Family as a whole.

Ram Raj TV Channel has started webcasting from 25 August 2009.

Ramrajtv has following daily programmes:

Suprabhatam, Shri Guru Pujan, Ved Path of all four Vedas: Rik Veda, Sam Veda, Krishna Yajur Veda, Shukla Yajur Veda, Atharva Veda, Jyotish Prediction for all 12 Rashies, Yogasana and Pranayam, Maharishi Gandharva Veda Ragas as per the time of the day, Maharishi discourses, Bhajans, Patriotic songs and Pujan of the Devata of the day, reporting on various events, celebrations etc.

Any one who has original recordings of their own or a report on any above mentioned subjects, can send the recording in DVD.

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CELEBRATIONS

महर्षि विद्या मंदिर शीधी

श्री गुरु पूर्णिमा महोत्सव

17 जुलाई को विद्यालय की गरिमापूर्ण परम्परा के अनुसार गुरु पूर्णिमा पर्व मनाया गया। इस अवसर पर ध्यान शिक्षक पुष्पेन्द्र धर द्विवेदी के साथ विद्यालय परिवार के सभी सदस्यों ने गुरुपूजन किया एवं छात्रों ने सांस्कृतिक कार्यक्रम प्रस्तुत किये साथ ही भाषण एवं निबंध-लेखन प्रतियोगिता आयोजित की गयी।

महर्षि संगठन भारत के सभी संस्थानों एवं विद्यालयों में श्री गुरु पूर्णिमा पर्व हर्षोउल्लास के साथ मनाया गया एवं गुरुभक्ति पर आधारित सांस्कृतिक कार्यक्रम एवं व्याख्यान आयोजित किये गये।

शिक्षक दिवस

05 सितम्बर को विद्यालय में स्वतंत्र भारत के पहले उपराष्ट्रपति डॉ० सर्वपल्ली राधा कृष्णनन का जन्म दिवस 'शिक्षक दिवस' के रूप में पूरे हर्षोउल्लास के साथ मनाया गया। शिक्षक दिवस के अवसर पर बच्चों ने तिलक लगाकर शिक्षकों को सम्मानित किया।

महर्षि विद्या मंदिर समूह के सभी विद्यालयों में 5 सितम्बर 'शिक्षक दिवस' के रूप में मनाया गया। शिक्षकों को सम्मानित किया गया और उन्होंने अपने विद्यार्थियों को पूर्ण ज्ञानी बनाने का संकल्प लिया।

Maharishi Movement Global News

A new direction for the Movement from Latin America

The success of the Conference of Mayors in Argentina reported by Raja Luis is such a significant new step for Maharishi Movement that everyone should be aware of.

The event was very prestigious, opened by the President of Argentina and the presentations by Mayor Raja Wynne and Mayor Ed Malloy were very well received. This was capitalized on with pamphlets explaining Maharishi's programmes and a very popular booth. Nature arranged that all aspects came together to create a new level of the Movement, which is bringing Maharishi's knowledge and programmes to administrators as tools for successful administration.

A new institution has been founded with Prime Minister, Raja Hagelin, Mayor Wynne, Mayor Malloy, Mayor Julio Perreira, and a number Presidents, ex-Presidents, Ministers, Mayors and other administrators, so that now Maharishi's programmes will be introduced to administrators by administrators.

Maharishi Consciousness Based Education

The importance of education cannot be overestimated. Our schools have the responsibility to develop the most important natural resource of a nation-the intelligence and creativity of our youth.

Global Good News highlights for students, their families, and teachers the benefits of Consciousness-Based Education. Founded by Maharishi Mahesh Yogi, Consciousness-Based Education enables any school to fulfill their responsibility by systematically developing the latent creativity and intelligence of students and teachers, so that irrespective of educational or socio-economic background, they experience improved academic performance, reduced stress, and antisocial behavior. They can increase their creativity and intelligence, and unfold their inner happiness.

One of the current issues in education is the rise of classroom stress, which fuels widespread problems in education, including poor academic achievement, anxiety, depression, school violence, and teacher burnout.

For the prevention of school violence-to help neutralize the stress that is a root cause of it, and one of the most intractable education issues-many schools are establishing a 'Quiet Time' period at the start and end of each school day-two 10- to 15-minute sessions when students sit quietly to rest and/or read silently.

Increasingly, during these Quiet-Time periods, schools are offering their students and teachers the opportunity to learn and practice Transcendental Meditation, a simple, scientifically proven technique for reducing stress, improving health, and developing an individual's full creative potential.

More than 600 scientific research studies on this programme, have shown that the daily experience of the state of restful alertness experienced during Transcendental Meditation leads to improved learning ability, higher IQ, better moral reasoning, more efficient brain functioning.

Students with learning disabilities such as ADHD have greatly benefited from this practice.

Transcendental Meditation and the Transcendental Meditation Sidhi Programme are the key technologies of Consciousness-Based Education, which adds study and research in consciousness-the inner intelligence of the student-without making extensive changes to the existing curriculum or schedule.

The US Committee for Stress-Free Schools was established in 2008 in partnership with the David Lynch Foundation for Consciousness-Based Education to bring the Quiet Time/Transcendental Meditation programme to students and teachers in public, charter, and private schools throughout the United States.

Maharishi Schools now exist in the United States, the United Kingdom, Australia, the Netherlands, Mexico, India, and China. This programme has also been successfully introduced in existing schools in Latin America and in the United States.

For the last three years the David Lynch Foundation has been funding schools and students who wish to participate in Consciousness-Based Education: over 100,000 students in schools around the world have been instructed in Transcendental Meditation.

A campaign to teach one million at-risk children worldwide was launched by the David Lynch Foundation in New York in April 2009.

E-Gyan, Monthly News Letter

Dear Readers,

E-Gyan Monthly News Letter will be released in the first week of every calendar month. E-Gyan matter must be received by 15th of every month. E-Gyan Monthly Digital News Letter will be circulated to all members, employees, well wishers and students of all Maharishi Organizations in India and also to millions of Meditators, Sidhas, Governors, leaders and devotees of Maharishi Global Organisations around the Globe.

E-Gyan Monthly News Letter contains the following:

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

21. Performance of any special Anushtan or Yagyas.
22. Vedic celebration reports.
23. Excursion tour reports.
24. Corporate visit, corporate training etc.
25. Visit of national and international dignitaries and their remarks.
26. Appreciation, recognition or awards received by Maharishi Organisations.
27. Report on academic or commercial collaborations.
28. Report on Maharishi Vedic Organic Agriculture.
29. Report on monthly Initiations in TM, Sidhi course and Advance Techniques.
30. Report on activities of Maharishi Global Movement.
31. Report on any other similar subject or area, which is not covered here but worth reporting.

We invite news, articles and reports from all Maharishi Organisations, 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 email (egyan@mahaemail.com and egyanmonthly@gmail.com) as word document file (or in a CD to Dr. T. C. Pathak, Maharishi Centre for Educational Excellence Campus, Building No-5, Lambakheda, Berasia Road, Bhopal, Madhya Pradesh, PIN 462018). Hard copy should be neatly typed (“Times New Roman” font for English and “Devnagri” or “Chanakya” font for Hindi) and should be sent to above-mentioned address. High quality/resolution pictures and graphics will be very useful to make your report better looking and will be much interesting for readers.

Editorial Board of E-Gyan Monthly News Letter will not be responsible for any copyright issues of reports. Once a matter of false reporting comes to the Board, E-Gyan Monthly Newsletter will never publish reports of the sender in future and will inform it’s readers about this.

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

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

Jai Guru Dev, Jai Maharishi

Dr. T.C. Pathak

For Editorial Board, E-Gyan Newsletter