



# Swami Shri Prempuriji Ashram Trust

INVITES YOU TO PARTICIPATE IN

## SMT. RAMA HARSHAD KELA FEST 2018

### *"Think, Act & Win"*

WORKSHOP AND COMPETITION FOR  
ACADEMIC EXCELLENCE COMBINED WITH EMOTIONAL FORTIFICATION  
THROUGH AN ATTITUDINAL CHANGE

INITIATED, INSPIRED & HEADED BY

**SWAMI SHRI VISHVESHWARANAND GIRIJI (CHAIRMAN)**

IMPLEMENTATION BY

**SHRI MADHUSUDAN JHUNJHUNWALLA (TREASURER TRUSTEE)**

Hello Children, (Attn.: Parents, Principal and Teachers)

Let's take on tomorrow together. The future is exciting ! Ready ? Know more....

Our Trust is in its 60th year. We wish to leave for posterity, an academically successful youth who lives a life of values.

Like a potter, who shapes and moulds the clay into a beautiful pot, we wish to transform every boy and girl into a successful '**Human**'

This free of cost workshop has been inspired by a rich heritage of experiences of innumerable successful personalities.

Statistics show that 50% of the present youth (between 35-45 yrs. of age) suffer from health diseases - headaches, irritation, hypertension, diabetes, cardiac problems, violent and aggressive tendencies, low productivity at work, constant tiredness, general disinterest, depression, suicidal tendencies etc.

Investigation and analysis reveal that, most of these cases are **TRIGGERED BY STRESS**. Stress germinates in the 8th Std. (about 13 yrs. of age) and attains monstrous dimensions at about 35 yrs. of age.

**MENTAL HEALTH COMES BEFORE PHYSICAL HEALTH**, and as we all know, that prevention is better than cure, we are now conducting

**STRESS PREVENTIVE, WELLNESS WORKSHOPS** instead of curative post-disease stress-management workshops.

In this highly competitive age, you will be confronted with circumstantial fluctuations and day-to-day struggles. Only a stress-free, unagitated and composed mind is able to respond intelligently.

We wish to see you, dear children, being both, academically qualified and being emotionally fortified.

**NO STRESS ! NO DISTRESS !!**

**ABOUT PARTICIPATION : ON SUNDAY, 14TH JANUARY 2018**

**: AT ASHRAM PREMISES**

**EVERY PARTICIPANT IS A WINNER !!**

Participation is as important as winning .

We encourage participation; the sole motive being - Equip Through Knowledge.

All participants shall be felicitated

Cash Prize and Certificates will be awarded to the winners.

Our well-trained expert group of teachers will provide the necessary coaching.

A handy informative booklet will be provided, free of cost, to help the study.

So please share this information with your friends too, and inspire them to participate !

**THE ENTRY FORMS MUST BE SENT, DULY FILLED, TO THE FOLLOWING ADDRESS :**

**Meeta H. Mewawala,**

Swami Shri Prempuri Adhyatma Vidya Bhavan,

Swami Prempuriji Chowk, Babulnath Road, Mumbai - 400 007.

or

Forms can be submitted by e-mail also :

prempuritrust@gmail.com

prempuri@prempuri.org

For clarifications or details, contact **9619991055**

**Event information also available on [www.prempuri.org](http://www.prempuri.org)**

**In the Service of the Lord  
For Swami Shri Prempuriji Ashram Trust**

*MG M H Mewawala*



**Madhusudan Jhunjunwalla  
Treasurer-Trustee**



# Swami Shri Prempuriji Ashram Trust

(Regd. under the Public Trust Act, 1950 No. A-2571 Bombay)

Form No.:

## SMT. RAMA HARSHAD KELA FEST 2018

*"Think, Act & Win"*

### REGISTRATION FORM

Name : \_\_\_\_\_  
First Name Middle Name Surname

Date of Birth : \_\_\_\_\_ Age : \_\_\_\_\_ M / F : \_\_\_\_\_

Name & Address of School/College : \_\_\_\_\_  
\_\_\_\_\_

Contact No. (Tel.) \_\_\_\_\_ Cell No.: \_\_\_\_\_

E-mail : \_\_\_\_\_

Residential Address : \_\_\_\_\_  
\_\_\_\_\_



# Swami Shri Prempuriji Ashram Trust

Prempuri Adhyatma Vidya Bhavan, Swami Prempuriji Chowk, Babulnath Road, Mumbai - 7.

Phone : Prempuri : 2363 2608 • 2367 6397 • Email : [prempuritrust@gmail.com](mailto:prempuritrust@gmail.com)

Form No.:

Name : \_\_\_\_\_

School : \_\_\_\_\_

Receiver Signature