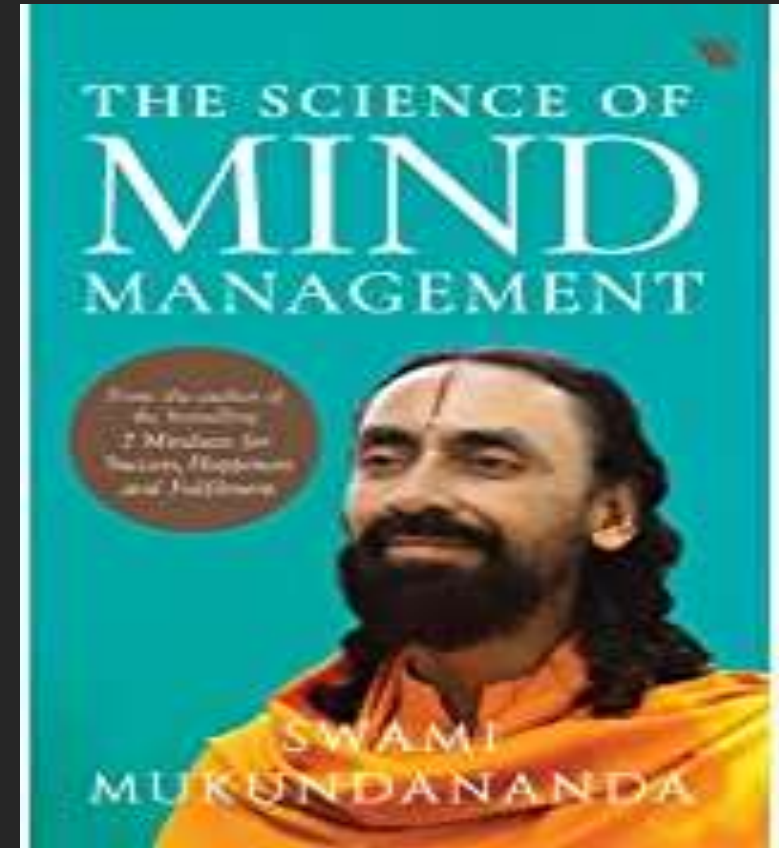


JKYog CICE Presents Virtual Book Club

Session 3



Brought to you by JKYog - Center for Indian Culture & Education (CICE)

PRAYER

गुरुर्ब्रह्मा गुरुर्विष्णु गुरुर्देवो महेश्वरः
गुरु साक्षात् परब्रह्मा तस्मै श्रीगुरवे नमः

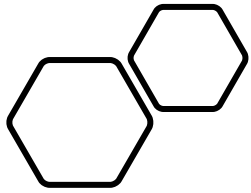
GururBrahma GururVishnu GururDevo Maheshwaraha
Guru Saakshaat ParaBrahma Tasmai Sri Gurave Namaha

Meaning: Guru is the Creator (Brahma), Guru is the Preserver (Vishnu), Guru is the Destroyer (Maheshwara). Guru is the absolute (singular) Lord himself! Salutations to that Sri Guru

वसुदेव सुतं देवं कंस चाणूर मर्दनम् ।
देवकी परमानन्दं कृष्णं वन्दे जगद्गुरुम्

vasudeva sutam devam kamsa canuramardanam |
devaki paramanandam krishnam vande jagadgurum

Meaning: I offer my obeisance's to Lord Krishna, the beloved son of Vasudeva, who killed the great demons Kamsa and Canura, who is the source of great joy to Mother Devaki; and who is indeed a world teacher and spiritual master of the universe



Let us play & learn!
Time for **Kahoot Quiz!!!**

Using Kahoot Platform

You need TWO devices

1st DEVICE for this screen (with Zoom where you are logged in) where you will see questions

2nd DEVICE for responding to questions

Device 1 / Window 1 - Zoom window open

Read the **questions & the answer** options on Zoom window

Device 2/ Window 2 – Open in a browser : [www.Kahoot.it](https://www.kahoot.it)

Enter PIN and you are ready to respond to answers in Kahoot window. *Questions and answer content will not be visible in this device. You should match the **option color** and **shape** to that shown on zoom screen to answer.*

Remember, faster you answer, more points you will get!!!



Revisiting important nuggets from Game

Internal World vs. External World



Brahma satyam jagat mithya: Shankaracharya BUT which world is "mithya" [not true]?

Vedas can't be understood by self-effort due to:



▲ Shabdarth (meaning)	<input type="radio"/>	◆ Bhavarth (context)	<input checked="" type="radio"/>
● Shastrarth (scriptural debate)	<input type="radio"/>	■ artha-arthi (material desires)	<input type="radio"/>

Which sub-type of Maya can't be overcome by self-effort

Drag and drop image from your computer:

Image Library Upload Image Youtube link

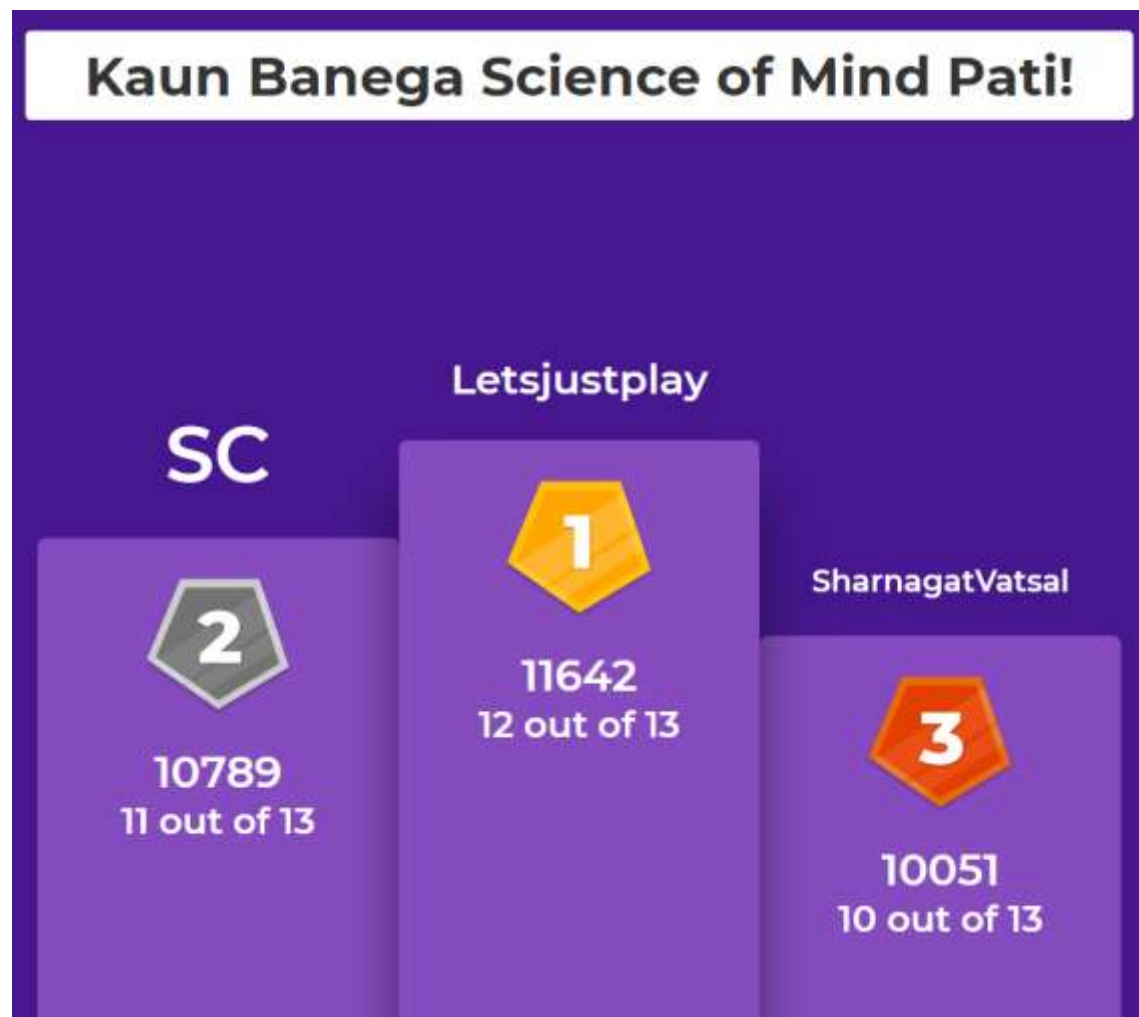
▲ Yog maya	<input type="radio"/>	◆ vidya maya	<input checked="" type="radio"/>
● avidya maya	<input type="radio"/>	■ none of the above	<input type="radio"/>

The ascending process of learning takes more time than descending process of learning (true/false)?



◆ True	<input checked="" type="radio"/>	▲ False	<input type="radio"/>
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Results from Kahoot Game!



Interaction Segment

Why do we need mind management?

Answer in a few words at the link shared!

- ➔ Click on the link shared in chat window on Zoom and enter your response.
- ➔ Voting Link: <https://www.menti.com/mmu8td44vz>
- ➔ Multiple entries are encouraged! You can enter multiple responses, 1,2 or 3 entries per response.

Results from live polling!

Go to www.menti.com and use the code 1803 6096

Mentimeter

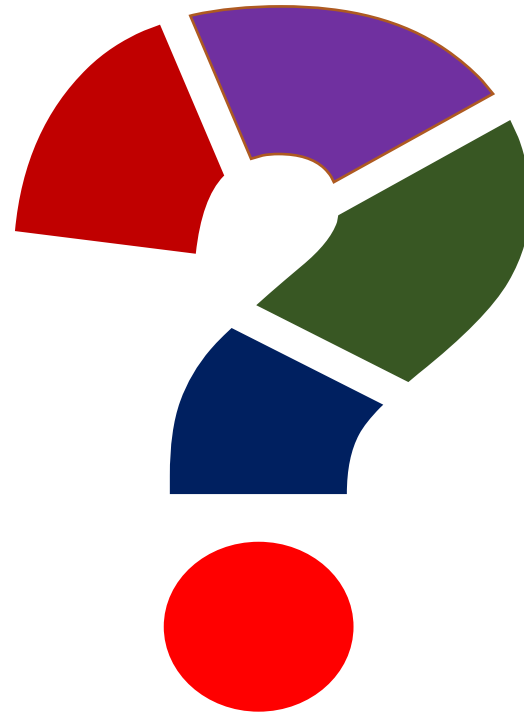
Why do we need mind management



Upcoming sessions!

- *We will uncover powerful concepts (cause of anger, greed, attachment etc.) through real stories (e.g., Elvis Presley and Helen Keller)*
- *We will also watch a powerful video from Swami ji's*
- *Lots of practical tools, scientific and spiritual perspectives to apply this knowledge in practical day to day life!*

Question & Answers



Radhey Radhey!

**Heartfelt Thanks
and Gratitude !!!**

**for your participation and the
opportunity to serve you!**



Day Light Saving Note for India Participants: Sunday, 14th March onwards, the India session timings will shift by an hour. The Science of Mind Mgmt. session will be held on 8.30 am on Saturdays (India Time), and 7 Divine Laws session will be on 6.30 pm on Sundays (India Time)

Session	Book Club	USA Time	India Time
2	Science of Mind Management	10 pm CST on Friday 12 March	9.30 am IST on Saturday 13 March
2	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 14 March*	6.30 pm IST on Sunday 14 March*
3	Science of Mind Management	10 pm CST on Friday 19 March	8.30 am IST on Saturday 20 March
3	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 21 March	6.30 pm IST on Sunday 21 March
4	Science of Mind Management	10 pm CST on Friday 26 March	8.30 am IST on Saturday 27 March
4	7 Divine Laws to Awaken Your Best Self	8 am CST on Sunday 28 March	6.30 pm IST on Sunday 28 March

Reminder: What does the Book Club do?



Guided Reading



**Practical tools
and techniques**



**Introspective
activities**



Spiritual Stories



**Topic related
Meditations**



Fortnightly Quiz



**Quote of the
day**



**Session
summary**



Email Digest