



Shrimad Rajchandra Mission  
Dharampur

---

# Virtual Exhibition

---

London Centre







**Spiritual Activities**

**Youth & Children**

**Yoga & Meditation**

**Social Initiatives**

---

---

# SPIRITUAL ACTIVITIES

---





Activities at the SRMD London Spiritual Centre provide an excellent opportunity for the spiritual growth for all seekers. Each activity is a journey within, tapping into a deeper dimension and allowing you to bloom into your fortress of peace.



Pujya Gurudevshri's Discourses



Natak Samaysaar Shibirs



Group Meetings



Meditation Sessions & Retreats



Talks and Workshops



Dharmayatras



Celebrating Religious Festivals



Snatra Pujas



Devotional Music Events



Interfaith Events





# Spiritual Activities

## at the SRMD London Spiritual Centre

### Viewing Discourses

Group viewings of Pujya Gurudevshri's discourses to bring inner bliss and enlightenment. Each spiritual activity taps into a deeper dimension, allowing you to bloom into your fortress of peace.



### Group Meetings

Gatherings to explore teachings and engage in discussions for spiritual growth. Sessions include experience sharing and lively interactions integrated with introspection and reflection. Groups are split across different ages with Youth group from 18-35, Study group from 35-50 and Satsang group from 50+.

### Talks & Workshops

Diverse workshops and talks held to foster self-development for seekers to attain clarity of mind, purity of heart, and discovery of the self. These workshops are conducted in Gujarati, English and Hindi.

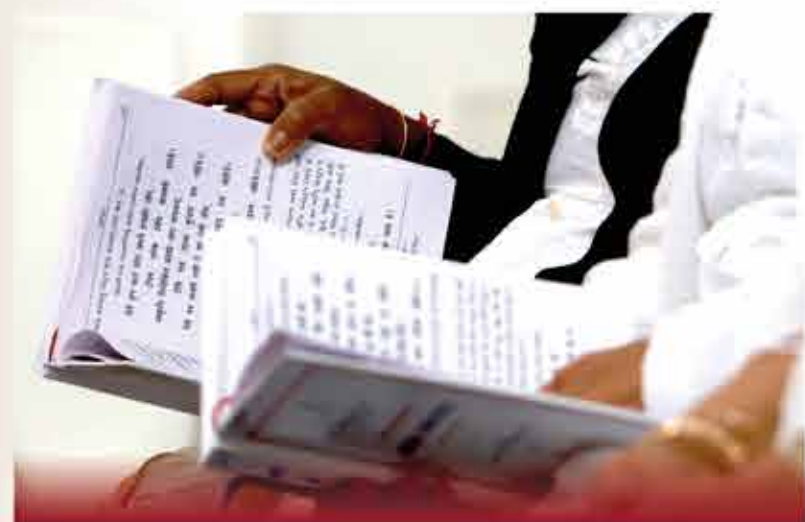


### Swadhyaykar Sessions

Swadhyaykars are teachers trained under the expert guidance of Pujya Gurudevshri who conduct wisdom workshops and self development courses addressing the diverse needs of many.

### Dharmayatras

A vehicle for change as Pujya Gurudevshri graces many countries around the world. Thousands bask in the presence, wisdom and compassion of Pujya Gurudevshri as He blesses seekers in the UK every year.

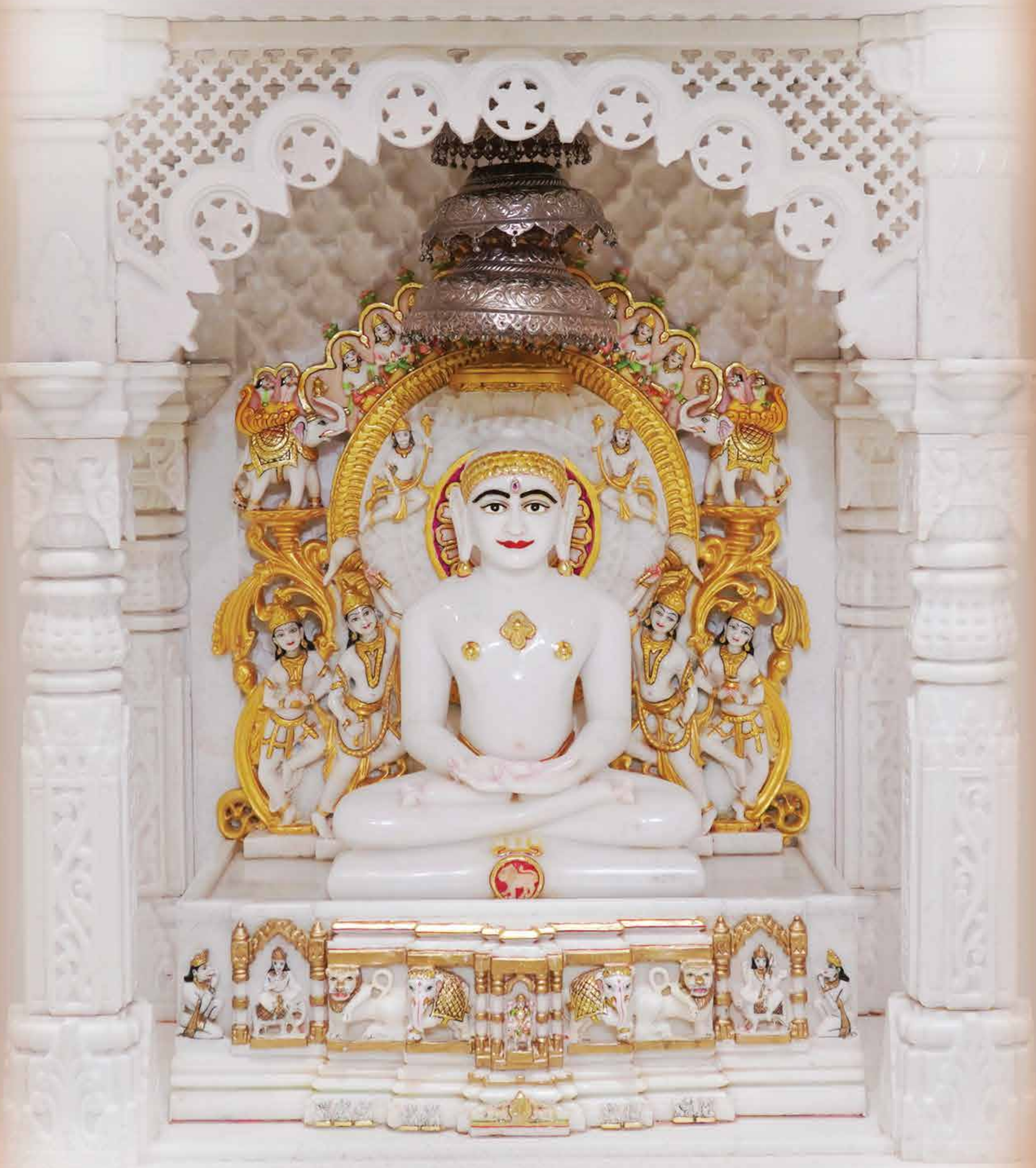


### Satsang Shibirs

Wisdom retreats where Pujya Gurudevshri unravels the spiritual treasures from a chosen sacred text. This year's chosen text is the precious granth of Natak Samaysaar. An immersive experience, bringing to light the timeless wisdom contained within ancient texts.







## Jinmandir

SRMD London Spiritual Centre, Bushey

Open on Weekends  
for Puja & Darshan







# Natak Samaysaar

Written by Panditshri Banarasidasji



Pujya Gurudevshri has chosen the pious granth "**Natak Samaysaar**", a 16th century poetic drama by Panditshri Banarasidasji, as a focus of our current and future study. This literary masterpiece delves into the essence of time, morality, and spirituality and deeply inspires the seeker to go within.

Come and join us for viewings of Discourses on **Natak Samaysaar** at the SRMD London Spiritual Centre





---

# YOUTH & CHILDREN

---



# London Youth Group

Empowering youth to  
live for a Higher Purpose



Step Into  
Our World

Fortnightly on Saturday mornings

## SATSANG

Timeless Wisdom  
for Today's Youth



## SADHANA

The Practise of  
Spirituality

## SEWA

The Art of  
Selfless Service



## SANSKRUTI

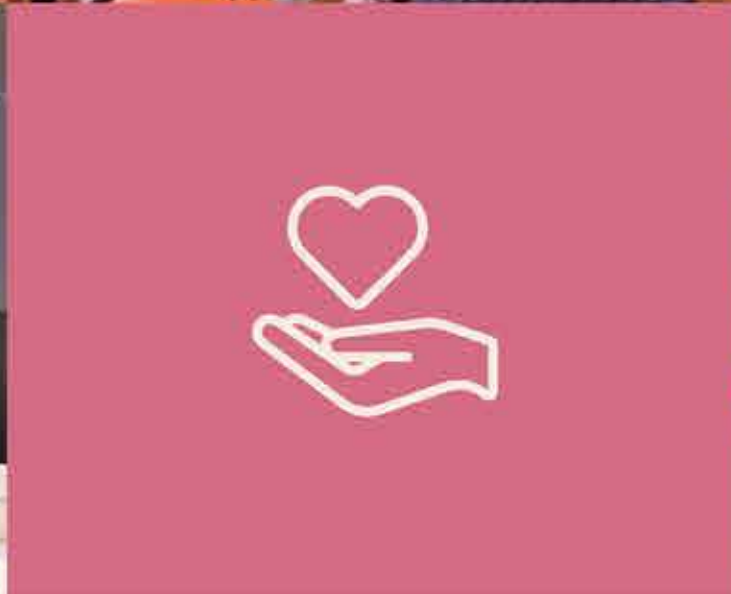
Celebrating Values  
through Culture

## SPORTS

Field Goals to  
Higher Goals







# LONDON YOUTH FESTIVAL

The SRMD London Youth Festival united 400 young minds from across the UK for a transformative weekend.

WISDOM  
MASTERCLASSES

INSPIRING  
CHANGEMAKERS

IMMERSEVERSE

COMMUNITY  
PROJECTS

FUNDRAISING  
FIREWALK

CULTURE

WELLNESS  
ACTIVITIES

SPORTS

HACKATHON







# SHRIMAD RAJCHANDRA Divinetouch

Opening minds, connecting hearts

A global movement for children that uses the power of value education to open minds and connect hearts to build a generation of transformative leaders that live meaningfully and inspire others around them to do the same.

**2000000+**

Children

**6000000+**

Classes Conducted

**252**

Centres





## Programmes of SR Divinetouch



### Magictouch

Unfolding the divinity in little hearts

**4 to 8 years**

A learn-through fun value education programme inspired by the teachings of spiritual masters from different religious traditions.



### Arhat Touch

Living the Jain way

**9 to 12 years**

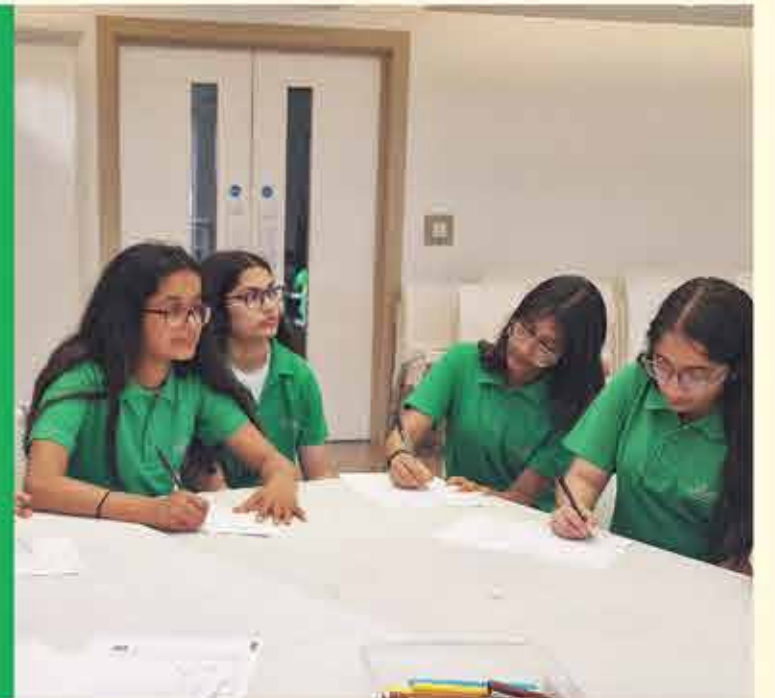
A modern pathshala and personal development programme to revive interest and participation in the Jain way of life.

### Spiritualtouch

Being rooted in wisdom

**13 to 16 years**

An interactive self-improvement programme that encourages making wise choices and living purposefully.



### E Cube

**Empowerment, Entertainment, Elevation**

E Cube is a self-development programme especially designed for schools. Through this programme, we aim to Empower, Entertain & Elevate school children by stimulating the internalisation of universal values.

### Mommy & Me

**6-18 months**

A space for quality parent-child time  
A happy childhood begins here...





---

# YOGA & MEDITATION

---





# SRMD YOGA

An Initiative of Shrimad Rajchandra Mission Dharampur

Wednesday 8-9pm  
Saturday 8:15-9:15am

**SRMD London Spiritual Centre,**  
Falconer Road, Bushey, WD23 3AD  
Nearby car park: Kemp Place WD23 1DW



**REGISTER NOW**

[srmdyogalondon.as.me](https://srmdyogalondon.as.me)

 [srmdyoga](#)

 [SRMDyoga](#)

 [london@yoga.srmd.org](mailto:london@yoga.srmd.org)







# SRMD YOGA

An Initiative of Shrimad Rajchandra Mission Dharampur



I've been attending yoga classes at SRMD for a couple of years now, and I absolutely love them. I look forward to my Saturday mornings! I always receive a warm welcome, and all the instructors are magnificent teachers, making the classes challenging and interesting. I always feel relaxed afterwards - and an inch taller!"

- VANESSA BURGESS



I absolutely love the yoga sessions on Saturday mornings. It's the highlight of my week, and the best start to my weekend. SRMD Yoga centre is a very serene place with peaceful energy. The teachers are very knowledgeable with precise instructions. We just need to turn up, and every week, we learn something new and sometimes find out about muscles we didn't even know existed in our bodies."

- HIRAL SHAVDIA



The SRMD London Yoga team deliver wonderful classes which include spiritual and physical yoga. I enjoy the asanas (with support) and I always come away feeling calm, rebalanced & reconnected. Thank you for all that you do!"

- REBECCA MACDONALD



The teachers and volunteers at SRMD have created a wonderful oasis for yoga in Bushey! Each lesson is different, well thought-out and leaves one feeling content while giving your body a good workout!"

- DHIRENDRA SHAH



I have been attending yoga at the SRMD centre in Bushey for a year and, as someone who has been doing pilates and yoga for more than two decades, the classes here stand out for several reasons: the instructors are so eloquent in their teaching, the diverse students are all welcome and the centre itself offers the perfect ambiance for yoga."

- ANITA GOHIL THORP



I have just finished a third term of yoga with SRMD Yoga and I have found myself improving in a way like never before. That is quite an achievement because, I have been going to yoga classes on and off for about 30 years with several different teachers. The style and pace of the classes feels relaxed but still challenging. The classes are a good mix of asanas, teachings, pranayama and meditation and attending is one of the highlights of my week."

- P. MISTRY, RICKMANSWORTH







SRMD UK invites you to disconnect from the outer world and connect to your peace centre within.

Experience inner tranquillity and realise your true self through an array of meditation classes, retreats, and sound healing sessions.



Join us for weekly  
**MEDITATION MORNINGS**  
every Saturday  
9.30am to 10am.

*Meditation is being a witness to and abiding  
in the pure nature of the Self.*







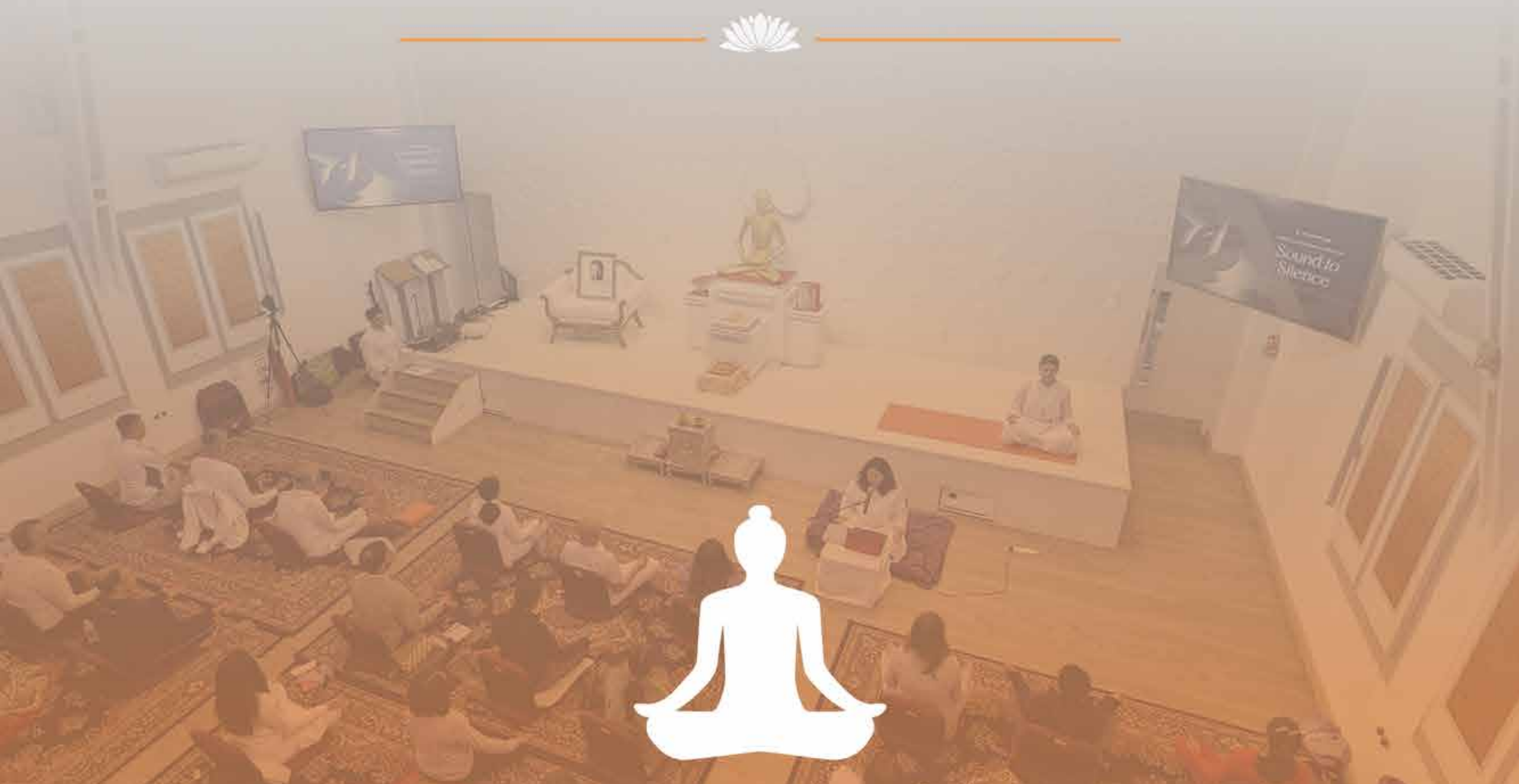
# SRMD YOGA

An Initiative of Shrimad Rajchandra Mission Dharampur

Experience SRMD UK's immersive sound bath meditations, where a multitude of frequencies awaken your body's healing potential.



Surrender to the resonating waves  
and soothing melodies for  
inner peace and balance.





---

# SOCIAL INITIATIVES

---





Shrimad Rajchandra Love and Care (SRLC), an initiative of Shrimad Rajchandra Mission Dharampur, serves underserved communities through high-quality, holistic development programmes. With over 206 centres worldwide, these programmes are delivered entirely by volunteers.



**Granted 'Special Consultative Status' by**  
United Nations Economic and Social Council

## Unique 10 Fold Care Programme



Health  
Care



Educational  
Care



Child  
Care



Woman  
Care



Environmental  
Care



Community  
Care



Animal  
Care



Humanitarian  
Care



Tribal  
Care



Emergency  
Care



# Homeless Hot Meals

Preparing and distributing healthy and nutritious vegetarian meals to help the Homeless and Low income people



43,500  
Number of Meals



14,700  
Non Perishable Food items

# Winter Essentials

Distributing new hats, scarves, gloves, joggers,T-shirts,socks and more..



4,900+  
Items Distributed





# Nutrition Bar for the Homeless

Over 300,000 homeless people in England lack consistent hot meals. Our 100g nutritious food bars, specially formulated for the homeless, are distributed for free via shelters and outreach programmes, funded by donations.



## PLEASE SUPPORT GENEROUSLY:

- |             |   |             |  |
|-------------|---|-------------|--|
| <b>£20</b>  | will sponsor<br><b>16 NutriBuddy Bars</b> | <b>£50</b>  | will sponsor<br><b>40 NutriBuddy Bars</b>  |
| <b>£100</b> | will sponsor<br><b>80 NutriBuddy Bars</b> | <b>£500</b> | will sponsor<br><b>400 NutriBuddy Bars</b> |



**Jumbo Size 100g | Pocket-Friendly  
Source of Protein & Fibre**



# Bundles of Joy Packs

Touching hearts by gifting care packs to special groups in the community, boosting wellbeing and self-confidence



- Children Packs
- Elderly Packs
- International Women's Day Packs
- Mental Health Packs



Testimonial

"Feels like someone cares, it means a lot."





# Cuppa & CatchUp

Building a community by sharing a cup of tea in a warm inviting space to overcome the cost of living crisis, helps combat loneliness and improve mental wellbeing



275+  
lives touched



📍 Bushey  
Fortnightly  
on Tuesdays



16,000+  
Cups of Tea Served



1,000+  
Jain Vegetarian Meals Served

# Refugee Support

Supporting refugee families with back to school items for children, baby care items, reusable nappies and women's health care items.



14,955  
Items Distributed



## Animal Support

Supporting animal shelters and sanctuaries across UK, including a Bird Feeding Project.

2,500

animals benefitted  
at various shelters like  
National Animal Welfare Trust,  
Society for Abandoned Animals

16,100+ Kgs

of Bird Feed distributed



## Planting for Peace

Creation and maintenance of  
Ahimsa Peace Forest and Ahimsa  
Peace Gardens through planting  
trees and sowing flowering bulbs.

3,901  
trees planted

4,500  
bulbs planted





## Providing Aid During Emergencies

### Turkey/Syria Earthquake Appeal

12,500

Essential items donated  
including heaters, sleeping  
bags, winter clothing,  
blankets, torches and  
medical supplies.



### COVID-19 Pandemic Appeal

£450,000

raised for COVID-19  
relief projects

50,000+

Lives touched through  
Spreading Smiles and  
Support Our Superheroes  
projects







## Donate Now



**£10**

15 kgs of Bird Feed



**£20**

10 Winter Essentials  
items for Homeless



**£50**

10 School kits for  
Refugee Children



**£100**

10 Care Packs to  
Vulnerable Women



**£500**

250 Hot Meals for  
Homeless People

*These are examples of how  
your donations can touch lives*



## Volunteer & Keep Updated

Join our Whatsapp Group

Follow us  srlcuk  srlcuk

Email: [uk@loveandcare.srmd.org](mailto:uk@loveandcare.srmd.org)

Visit: [www.loveandcare.srmd.org](http://www.loveandcare.srmd.org)





# Raj Uphaar

Empowering Women, Enriching Lives

Raj Uphaar is a programme of Shrimad Rajchandra Love and Care, an initiative of Shrimad Rajchandra Mission Dharampur. Its efforts are not only to make an innovative line of products, but an enterprise for the spirit of evolution and independence.







## Excerpts from their stories

**“Gradually, over the last 7 years, I have managed to pay back the loans we had taken during our tough times.”**

Rupliben Mahla,  
Product Innovation  
Manager



**“In the beginning, I used to cycle to the premises daily, but over time, I have saved enough money and purchased a two-wheeler!”**

Vasanti Khiradi,  
Production Team

**“Just when I felt all was lost, Raj Uphaar became the strongest support in my life.”**

Geeta Rawal,  
Head Manager



**“It has helped in the progress of my entire family, consisting of my husband and three children.”**

Madhu Chaudary






**For more information and  
to get involved  
please scan below**



---

 **[london.events@srmd.org](mailto:london.events@srmd.org)**

 **07835 237325**

 **[london.srmd.org](http://london.srmd.org)**

 **f srmduk**

---