



SPANDAN

WE WISH EVERYONE A VERY HAPPY NEW YEAR 148 LE

The blissful time ushered in by His advent introduced a New Era of spiritual awakening which promises a practical solution of the human problem of existence - Pujya Sri Ramchandraji Maharaj

GUEST EDITORIAL

Dr. K. Madhava , President, SSS

Dear friends

We are going to celebrate Basant panchmi 2020 and we remember our Sadguru Shri Ramchandra ji of Fatehgarh.

Let this Basant Panchmi augur good days for the students of Satkama. On this day I would like to dwell on the methodology of learning. (Let it be physics, chemistry or spiritual science)

It consists of shravana, manana and nidhidhyasana. You hear from the teacher a topic (shravana), you have to contemplate on the topic as taught by your teacher till the concept is grasped by you (you may clarify with your teachers or fellow students or read additional material or search in the Google or You Tube to have a good grasp of the concept). Then nidhidhyasana, that is let the mind dwell or rest on the understanding for sometime, so that the knowledge is consolidated in your mind.

Happy learning.

Student Editorial

Devi Charan, Class IX

Friendship is important in everyone's life. Many people pass through our life. But the one who corrects our mistakes and makes us go in a good path is our friend. Everyone will have friends. But we need to have good friends, not the one who is bad and having bad thoughts. Instead we can try to turn their thoughts into good thoughts.

No one has the freedom to choose parents or brothers or sisters but all have the freedom of choosing good friends. A real friend understands our problems and never leaves us in sad times. He helps us a lot. Everyone needs to have a real and best friend. A real friend shares his knowledge with us. We must be thankful to him or her. They will ever sacrifice things for our sake. He also makes us happy. He doesn't do the things which make us unhappy. So friends, lets choose good friends and be good friends.

We can take the story of Krishna and Sudhama as an example of friendship.

We thank everyone for the contributions to our newsletter. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to spandan@sahajsevasamsthan.org

Formulation of Ideas

Sri K. C. Narayana

It is gratifying to note that Sahaj Seva Samsthan is bringing out a quarterly Newsletter meant mainly for use by its educational wing. Satkama over a period got a name as a school of different type which while following the general pattern of education of the Government of Telangana lays stress on value based education with a stress on moral ideals to be cultivated by the students. The schools should not be institutions where the pupil is taught to cram up the lessons but learn essentials of proper thinking. By thinking I mean the conscious formulation of ideas. Thinking should suggest deliberate thoughts that serve a purpose. So little true thinking take place in our lives and that is because we were never taught to think. The only reason some people get lost in thought is because they find that they are in an unfamiliar territory. When we think before we act or consider the consequences of our actions, we can prevent a great many disasters. Some persons do first, think afterward and then repent forever. But it needn't be that way. We have the power to think before we act. At the very least, we can think after we act. That way if we make a mistake, we can learn from it. Schooling should enable one to think well. It is hoped the Newsletter inspire the students to think and think well at that.

(Published in Spandan Vol 1, Issue 1)

Story of the Master - Prayer

It was the time after the mahasamadhi of my Rev. father who is equivalent to God for me, when I was undergoing extreme internal turmoil. I used to feel that my prayers, anguish were not being understood by anyone. It was then (1973) a journey to Shahjahanpur happened.

Speaking to Pujya Babuji, I said "My prayers are not succeeding." His reply was that only praying is our part, expecting results is not useful for sadhana! That (prayer becoming successful) is also of no use without knowing the consequences. I kept quiet with out understanding what he meant. Afterwards, seeing his grand daughter going to school, turning towards me he said laughingly, "if God were to fulfil all prayers, there will not be any schools. Which child would want to go to school?"



Ref: Spirituality

WORDS OF WISDOM

IMPORTANCE OF GOAL: It is a common saying that "a life without a goal is like a ship without a rudder."

Revered Sir, Sri K.C. Narayana very aptly explains about the importance of setting goals. According to him "Any goal for that matter first of all defines the direction of ones' movement. It gathers our energy and cuts through an enormous amount of distraction. They relieve stress because they provide a conduit for wholesome, positive action. All the research in the field of motivation informs us that inaction fuels helplessness, as against the common notion that helplessness fuels inaction. This generates the worst kind of stressful states of mind: desperation and despondency. We become trapped in habit of patterns of negative thinking, blind to opportunities, victimized by an exaggerated perception of powerlessness.

Setting goals helps reverse these conditions by defining targets and taking small and yet consistent steps towards them, we clear a path strewn with thorough complexity. Thus we instead of being stuck, we become empowered." "It is necessary that we should commit ourselves to the goal. It is obvious the goals we set for ourselves are measurable. We need to make our goal as specific as possible so that we will know when it is achieved. It should also have an end date or condition. Constant evaluation of our achievement with reference to the goal is one of the most potent factors in realising higher degrees of motivation."

When goals become partnered with awakening to God/Master, it yields a process that may be called "true goal setting." "How do we manage to set our Spiritual Goals is a question that may appear difficult to answer. But the qualities of compassion and non injury as far as I know are the keys for setting spiritual goals."

(Reference: Bodhayanti Parasparam Vol 3 page 139-143)

ప్రార్థన - అనుభవము

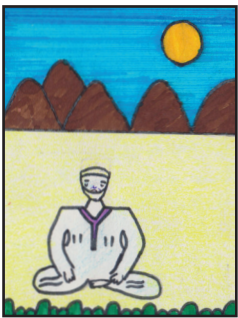


Illustration
Lohana, VIII Class

Meditation on supposition of Divine Light is given as a 15 minute daily practice for students of VII to X class. Below reports show how the students felt after meditation.

27-8-19: Today when I am doing meditation I felt very pleasant, peace. I felt relief from my thoughts. After meditation I felt fresh.

16-9-19: I felt refreshing and happy.

30-11-19: I felt joyful, pleasant compared to before.

27-08-19: Before meditation I was feeling clumsy and frustrated. After meditation I felt very calm and peaceful. My mind was excited to learn in classes.

06-09-19: Before meditation I was thinking about science exam results. After meditation I felt relaxed.

19-09-19: I felt relaxed after meditation.

P.Joshika, Class VII

K.Chinmayee, Class VII

28-8-19: Before meditation I was feeling frustrated, headache and tired. After meditation I felt refreshing and my tension was gone. Felt relaxed.

30-8-19: Before meditation in my mind there were many thoughts disturbing me. After meditation my mind felt relaxed and peaceful.

28-11-19: Before meditation I felt tensed and sleepy. After meditation I felt nice and happy.

27-8-19: I felt uncomfortable and noisy in the class before meditation. After meditation I felt comfortable and peaceful.

30-8-19: I felt some headache and disturbed. After meditation I felt pleasant and peaceful. I felt better after meditation.

10-9-19: I felt uncomfortable before meditation. I felt I was in a peaceful place after meditation.

Ch.Uday, Class VII

Kundan Sai, Class VII

Srimad Bhagavad Gita

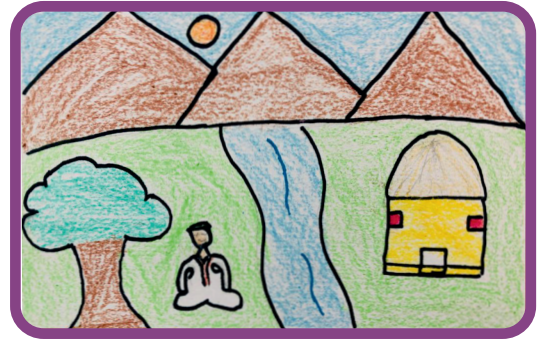
सर्वधर्मान्परित्यज्य मामेकं शरणं ब्रज ।
अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥

Relinquish all duties, surrender to Me alone; I shall release you from all sins whatsoever. (18-66)

In the final chapter of Srimad Bhagavad Gita, we see Lord Krishna imparting this wisdom to Arjuna. Since Arjuna thought it to be a sin to fight for what was his dharma or duty, he was brought to this understanding that performing duty by surrendering to God incurs no sin whatsoever. In our minds we think that we are the doers of our actions. Thus we separate God from us and we form our individuality. This separation is a sin and it can be removed only by surrendering to God. Once our mind and heart is surrendered to God, it becomes balanced and happy because it becomes one with its essence(God) just like a lump of salt dissolving in ocean becomes one with the essence of the ocean. All actions are done for God alone and there is no sin whatsoever. Relinquish means to give up totally. Here we are giving up our idea of self in all duties and thus everything becomes only one duty towards God. This will lead to Oneness with God and that is the Goal of life for lasting happiness. Pujya Babuji Maharaj has given us this Prayer to surrender to God and only seek His help in achieving Oneness.

O Master !
Thou art the real goal of human life.
We are yet but slaves of wishes,
Putting bar to our advancement.
Thou art the only God and power
To bring us up to that stage.

O Master!
Thou art the Ocean of bliss.
We are seated in it.
The waves of the Ocean are passing through us,
Removing all the dirt and disease.



V.Tarun Sai, VI

Swami Vivekananda

Swami Vivekananda's earlier name was Narendranath and his nickname was Biley. During his childhood and even in his adolescent years, he was extremely mischievous. This did not diminish his divinity. One day, when he was only five years old, Vivekananda's mother felt he was too mischievous and took him upstairs to his room and closed the door from outside. In two hours' time the maid came running to the mother, screaming: "Biley is throwing away all his clothes. Everything he has in his room he is throwing out through the window! There are a few beggars below who are grabbing his garments as they fall. And he himself is so happy! At this the mother ran upstairs and demanded, "What is the matter with you, Biley? Such expensive clothes you are throwing away! Vivekananda replied, "Mother, we are so rich. We can have whatever we want, whenever we want. But these are poor people. They have nothing. If we do not give to them, then who will give to them? We have enough, more than enough; so my heart wants to give these things away. They need them more than I do." His mother's heart was full of joy and delight. She embraced her son and shed tears of delight that his heart was so sympathetic, so vast and so all-giving and that he had so much oneness with the poor and with the Supreme Pilot in all.

Moral: Do not distinguish between people and share whatever you have with others.

LALAJI ERA MONTH NAMES : We are happy that we have been blessed with the awareness for naming the new era ushered in by Pujya Lalaji Maharaj and accordingly we have named it as Lalaji Era. With the ushering in of the Advent in 1873 the New Era started. A new calendar is named after Pujya Lalaji Maharaj and 2020 is the 148th year of Lalaji Era.

The year according to Lalaji Era starts on January 14th of every year. The months of the year are: Samavarti, Prana, Bhuma, Prabhu, Bhanwar, Iswar, Varada, Krishna, Samadrsti, Satpad, Radha, Viveka.

OUR PAGES

Kavya Prasanthi, Class IX



Once there was a poor brahmin. His name was Chenna. He was a sage too. He married a woman. Many years passed by and they had no kids. They offered pooja to God everyday. Days went by. One day a baby boy was born to them. They were so happy. They named the boy 'Akul' which means 'great; Lord Shiva'. They thought that God gifted this boy to them.

Chenna made his son, Akul to learn bhajans, keerthans, pujas, slokas etc. Akul also became a devotee of God. He went to the temple every day and spend his whole day there. He also went to faraway temples to worship God. Everyone praised Akul for his devotion to God. Chenna and his wife felt very happy looking at their son.

One day, Akul went to a hill to learn more about God and worship. On the way, he fell down the hill and was paralyzed. Akul felt very sad about his condition. He thought that he could never visit a temple, worship God and offer puja to him. He was very depressed.

His father Chenna came to him and asked, "Son, I have been observing you for the past couple of days. You are worried about something. What is bothering you?" Akul shared his feelings with his father and said, "Now, I can't walk and worship God. This makes me feel sad, father." Father replied, "Son, you think going to the temple, spending all day there, singing bhajans, keerthans is the only way to be devoted to God, right?" His son, Akul replied, "Yes, father. It is the only way we can be devoted to God". His father smiled at him and said, "No my dear son. You are wrong. It is not the only way. We can do meditation by thinking there is a divine light in our heart. All these statues, temples are not the actual form of God. It is just an illusion. There is God in you, in me, in the trees, birds and animals. God is everywhere. But what we think is that God is only in the temple and in the form of an idol. But that's not true. When you meditate heartily thinking there is a divine light then you can see the real God. God doesn't have any form my son." By listening to his father's words Akul realised what the real god is. He started doing meditation and he slowly came out of his pain and depression. So, Akul learnt what is God and spread it all over the world.

He thanked his father for telling what is God and how to be devoted to God.

Happiest man is he, who is happy under all circumstances, and that is the part of a saint - Pujya Sriramchandraji Maharaj

Devi Charan, Class IX



Once there lived a rich brahmin who studied all vedas, shastras and became a pandit. Beside his house there lived a poor man in a hut. Though he was living in very deplorable conditions, he gave a part of something which he had to others and helped them a lot. He saw God in others. The rich brahmin did not give even a single paisa to anyone. He did not even share his knowledge with anyone. He was a miser. They both died in some time. They left their bodies and were traveling to God. The pandit thought he would go to heaven as he learnt all shastras and vedas and the poor man to hell as he didn't know anything. But his assumption was a contradiction. The poor man's soul went to heaven and the pandit's to hell. When that Pandit's soul came to Yamadhramaraja, he asked him why he came to hell even though he studied all the vedas and shastras and why the poor man didn't go to hell. Yamadhramaraja replied, "That poor man is a samaritan but you are not. You learnt all the shastras and vedas but what is the use when you do not understand and follow the morals and values in them. You earned a lot of money but you are unable to use even a single paisa now. You don't bring money when you are born and you don't carry money when you leave the body. Money is not everything for a human. Many worship God in the form of idols. There is God in everyone's heart, every work and everything. So we need to do every work with devotion so that it will become worship to God. That is what the poor man did. So he went to heaven. The pandit realised his mistakes, was satisfied and accepted all the punishments.

Sojel, Class IX

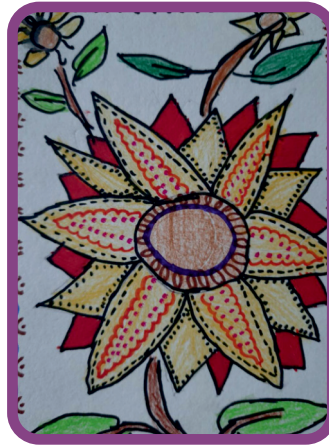


There was a girl named Triveni studying in ninth class. She wakes up early in the morning saying, "God, may the day be good." She goes to school, enjoys with her friends. She is punctual, disciplined girl. She respects elders and is good at studies. She also helps her friends in all aspects. Teachers like her too. She does meditation on divine light everyday. Her teacher also wakes up everyday early in the morning. She does puja to God after taking a bath. She prays by chanting the name of God. She is always angry and never has a peaceful mind. She thinks about all her tensions and goes to bed hoping that the next day will be a better day. Triveni is always pleasant and helps her parents too. She talks politely with others. While going to bed, she feels God and says, "God I think I have spent this day properly. Forgive me if I made any mistakes" and sleeps. By this we can say that she is devoted to God. If we fix our mind on God, we will definitely go in the right path to God and we will have a pleasant mind

NEW YEAR GREETINGS



Likitha, I



Jaya Varshini, II



Sai Vinay, III



Shreshta, IV



Amrit Kumar, V



Venkat Vara Prasad, VI

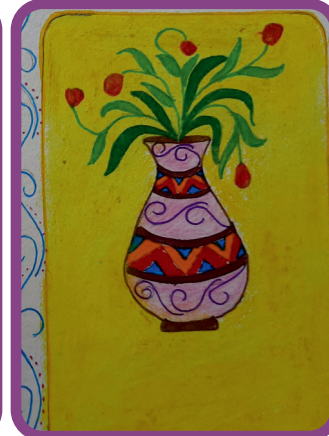


Chinmayee, VII

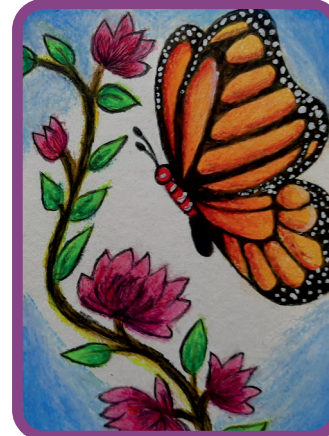
It was he (Pujya Lalaji Maharaj) who made it possible that a man could attain perfection in one life - rather a part of it - leading a just normal family life. - Pujya Sri Ramchandraji Maharaj



Rushikesh, VII



Naga Vaishnavi, VII



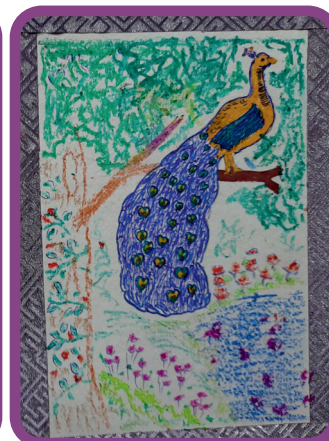
Snehalatha, VIII



Bhavya, X



Srujan, IX



Rupa Tanmaye, VI



Pallavi, X



Loukya, X

Devotion

Vishnu Priya, Class V



Swami Vivekananda was born on 12th January, 1863. He liked to do meditation. One day he was doing meditation with his friends. When he was meditating one snake came into the room. He was meditating deeply. His friends saw the snake and they shouted loudly. They asked Swami Vivekananda to come out. All his friends went out. Swami Vivekananda didn't hear this. He was deeply meditating. The snake went out itself. Later his parents asked why he didn't go away from the snake. He said he was in such a happy state, he knew nothing about the snake coming or where he and his friends were.

నీటి చుక్క

చుక్క చుక్క నీటి చుక్క
డబ్బుకన్నా ఎంతో గొప్ప
మనిషికి ఎంతో అవసరమంటా
ప్రాణం నిలిపే అమృతమంటా
ఆవిరి అయితే మబ్బుగా మారును
కరిగి జారితే చినుకై కురియును
చుక్క చుక్క నీటి చుక్క
డబ్బుకన్నా ఎంతో గొప్ప



జ్ఞానశంకర్,
ఆరవ తరగతి

Sacrifice

Jayababu, Class VI



Once there lived a boy named Ram. He lived with his one eyed mother. He didn't like his mother because of her one eye. Ram's mother did hard work and let Ram study. After Ram completed studies, he married. Both Ram and his wife always scolded Ram's mother. One day Ram's mother wrote a letter to him. Ram read the letter and in that she had written when he was small, he had an accident and lost an eye. His mother didn't want him to live with one eye. She gave her eye to Ram. Before Ram realised his mistake, his mother died and Ram felt very sad.

Moral : Serve and respect mother as God. (Matru devo bhava)

Honest

Sanjana, Class VI



Once upon a time there lived a girl named Rani. She was always an honest girl. One day she was going to school. She saw two girls playing. She saw a hundred rupee note falling from one girl's pocket. She took that note and gave her. The girls thanked her.

Moral : Be honest

Honesty

N.Yaswija, Class V

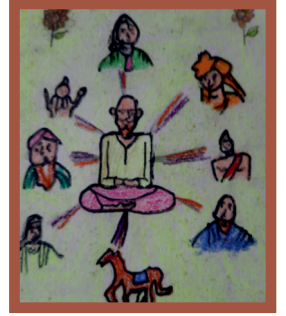


There was a boy named Narendranath. He was named Swami Vivekananda. He was born on 12th January, 1863. He studied in his home till age 6. After completing 6 years he went to school. In school if teacher told one time he quickly understood. One day teacher was teaching a lesson. Naren was talking to his friends. Teacher told him to stand and asked what he told. Naren told all answers. Teacher punished all his friends. Then Naren told that "I was talking punish me also." Naren was a naughty boy but he was good at studies.

Moral : Be Honest.

అవని

నేలకి ఇంకో పేరు అవని
కాని మనం పాడు చేస్తున్నాం తనని
నేల మనకి సొంతం
కాని మనం దానిని చేస్తున్నాం అంతం
వి. తరుణ్ సాయి, టి. సాయినాథ్,
బి. గణేష్, ఆరవ తరగతి



Mahesh, III

Obedience

V.Tarun Sai, Class VI



Once upon a time there was a famous guru called Dronacharya. He taught the princes of Hastinapur who were Pandavas, the sons of Panduraju and Kauravas, the sons of Dritharashtra. One day while he was teaching them, a boy named, Ekalavya saw him teaching and fell on his feet and pleaded with him to teach. Dronacharya asked, "Who are you?" Ekalavya said, "I am the son of this jungle's king". Guru asked him, "Are you a tribal? I only teach princes." Ekalavya went off. He wanted to learn archery. So he made an idol of Dronacharya and practiced archery in front of that idol. Now he was an expert in archery. One day, Dronacharya along with princes and a dog went to the jungle. After sometime the dog started barking. Suddenly some arrows came and were stuck in the mouth of the dog. All saw it. They saw Ekalavya. They went to him and asked, "Did you shoot the arrows in the dog's mouth?" He said, "Yes, sir." Then guru asked, "Who is your guru?" Ekalavya said, "you". Guru was shocked. "Me!", he said. Ekalavya answered, "Yes! I made an idol of you and practised archery." Guru thought and said, "If I am your guru, where is the guru dakshina?" Ekalavya said, "I will give you whatever you ask, sir". Guru asked for Ekalavya's thumb. Ekalavya took his arrow and cut off his thumb and kept it in front of his guru's feet.

Moral : Ekalavya showed obedience to his guru.

What's the Value?

In the midst of the forest, sat calmly a saint. This saint was famous in the whole country for his miraculous wonders. Devotees from far across the country visited this saint so that their problems were solved. There was one devotee who never missed to visit the saint for his blessings. He generally used to bring simple things necessary for worshipping God like flowers, fruits etc. Everyone staying in the nearby village said that he was the greatest devotee of the saint.

One day, just to impress the saint, he thought of taking a very costly gift for the saint. He saved his earnings for a long time to buy this gift. He bought two gold bangles to donate to the Saint. When he gave the bangles to the saint, the saint started playing with the bangles to show that he was very happy with the gift. The saint was sitting near a river. By mistake, one of the bangles bounced from his hands and went straight into the river. The devotee became very sad and with anxiousness, he started to search the bangle everywhere inside the river.

After hours of hard work, he was unable to find the bangle. He asked the saint the exact point where he threw the bangle. The saint did not realize what to do and to show the exact point where he threw the bangle, he took the second bangle and threw it in the same place inside the river. He then asked the devotee to search at that point where he threw the second bangle.

The devotee became very sad and asked the saint why he did so. The devotee had lost two bangles which were very costly. Seeing the devotee sad, the saint explained the reason why he did so. He said that he had thrown the bangles intentionally to explain that God does not want such gifts.

He said that he is a saint and he is free from all these attractions of the world. So he does not need such gift that will tempt him. He consoled the devotee and suddenly the devotee saw the gold bangles back in his hand. The saint asked the devotee to sell these gold bangles and use it to sustain his livelihood. The Saint said that his devotion is not pure since he had more concentration towards the gold and not on his devotion. The saint said that the gold was acting like a hurdle between his devotion and love.

Moral : God is not attracted by costly gifts but he wants _____ of the devotee.

The life activities of living things

Draw a line from each word to the picture that shows it happening.

a. Reproduces
b. Excretes
c. Respires
d. Grows
e. Feeds
f. Senses
g. Moves

All living things carry out certain life activities. They *reproduce*, *grow*, and obtain food or *nutrition*. They all *respire* to obtain energy. Some respire by using gases from air. All living things must *excrete* or get rid of the waste they produce. Living things also *move*. They may move to get food or run away from an enemy. Finally, living things are *sensitive* to the environment around them. For example, some feel pain or heat.

Science Investigation

Examining two substances - yeast and sand - to study characteristics of living things

Take two identical glass cups. Label one glass A and the other B. Add 1 Tb of yeast to glass A. Add 1 Tb of sand to glass B. Examine the contents of each beaker. See what happens. Now add 50 ml or 2 Tb of the sugary liquid to each beaker. Now watch what happens in each beaker. Do you find any growth? Write down what happens and discuss with your teacher.

STORY OF PUJYA

The power of Nature descended in human form as Samarth Guru Mahatma Ramchandraji Maharaj of Fatehgarh, U.P., India. He was lovingly called as Lalaji. He was born on most auspicious day of Basant Panchami on 2nd February 1873. Spring brings life and freshness back into environment. In a similar manner, birth of this great personality brought in a New Era (Lalaji Era) of spiritual awakening. He breathed into every heart the blooming freshness of spring.

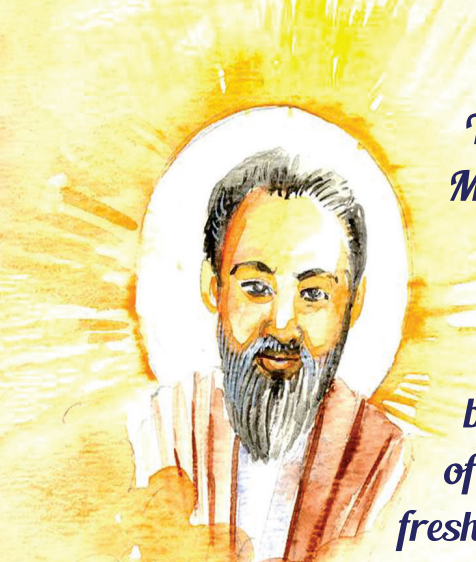
He was born in a respectable Kayastha family. His father's name was Sri Harbux Rai. His mother was a saintly lady with a heart full of devotion and she was strongly attracted towards God. Her desire to have children was communicated to an Avadhoot who visited her house. He simply said one, two and murmuring one - two, he left. The two great souls, Pujya Lalaji Maharaj and his brother Sri Raghubar Dayal were born.

His mother's spiritual life had a great impact on him in the childhood. One day he was playing the game of tops with other boys. The whirling motion of the top reminded him of the great spiritual work he was born for. It is the will of God that he perfected himself within a brief span of seven months. Since then he devoted the whole of his life for the cause of spirituality.

His ancestors were so great that the Mughal Emperor Akbar gave them 555 villages. But he lost all the ancestral property and circumstances forced him to move into much smaller house and lose all the comforts which he had till then. At that time one of the associates of his father invited him to join as paid apprentice in his office at rupees 10 per month.

Pujya Lalaji Maharaj grew up into a perfect specimen of graceful manhood. He was of perfect build and average height. He had a wheatish complexion. He had a small beard and a mustache. He got married to a noble lady of respectable family. He used to wear simple and clean kurtas, shirts, pyjamas and dhoti. He used to take very simple meals. A few chappatis or rotis along with some dhal and chatni was good enough for Him and He never took breakfast leave alone coffee. That is the simplicity of His life. It is not because he could not afford. In 1900's ten rupees was something phenomenal.

A sovereign of gold was six rupees in 1910's. So ten rupees was a good amount. He could eat whatever he wanted but he was not prepared for it

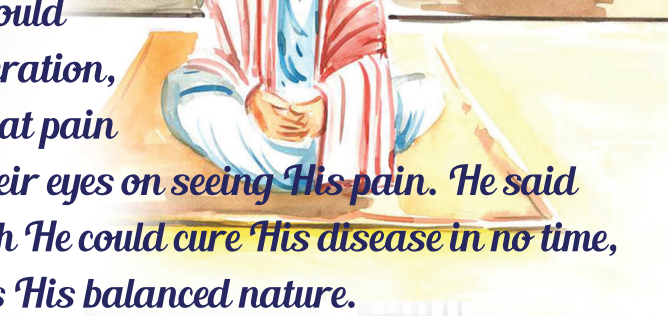
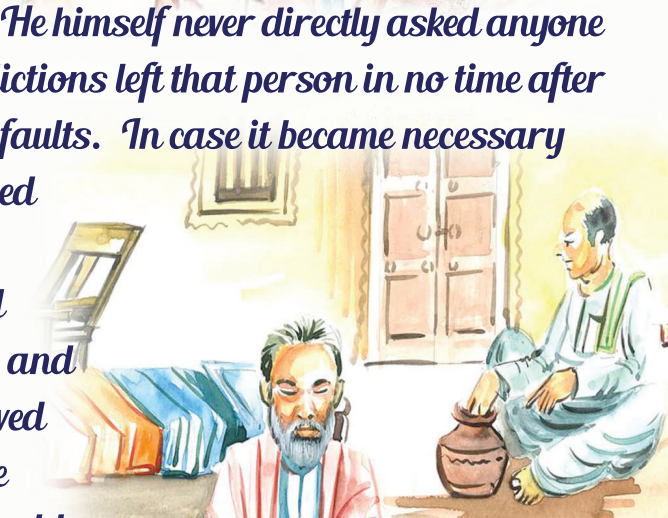
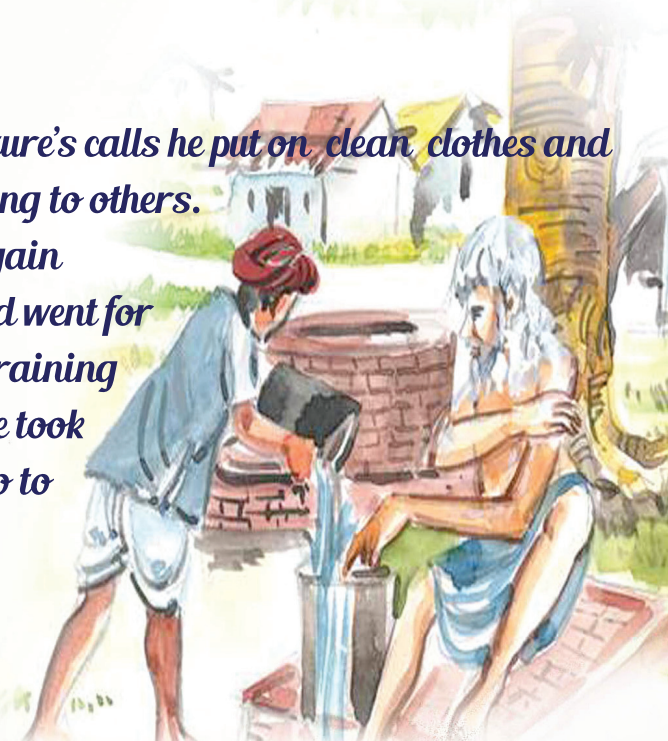


LALAJI MAHARAJ

He never slept after the sunrise. After attending to nature's calls he put on clean clothes and devoted himself to spiritual sadhana imparting training to others.

After that he went to office. On return from office he again imparted spiritual training. He took early dinner and went for walk around 8 PM. After that he busied himself with training the aspirants and went to bed by 10 PM. Sometimes he took his guests for walk along the banks of Ganga and also to fairs for a change. Pujya Lalaji Maharaj did not like luxury of any kind. He did not laugh aloud but simply smiled. He taught, "Never offer advice unless invited, otherwise it is likely to yield bad results. If you find any fault with anybody, pray for his freedom from it." He himself never directly asked anyone to give up any bad habit. All such bad habits and afflictions left that person in no time after he had been with him. He never talked about anyone's faults. In case it became necessary to discuss such a subject, he went mum. He also advised reduction of wants. He would say "Do not purchase a new thing if you can manage to carry on with your old belongings." He used to get easily moved by the pains and pleasures of others. He respected his elders. He behaved with humility with the people of his age. He loved those who were younger to him. He insisted every person should have great character. He was an embodiment of moderation, tolerance, devotion and balance. Once He was in great pain due to abscess of the liver. His disciples got tears in their eyes on seeing His pain. He said on seeing tears in the eyes of His disciples that though He could cure His disease in no time, He did not want to meddle with God's ways. Such was His balanced nature.

Pujya Lalaji Maharaj brought back to humanity the long forgotten art of transmission. He simplified the method of spiritual training to a great extent and adjusted it to suit the requirements of our time. Pujya Lalaji Maharaj started regular satsangs from the year 1914. He started training his followers. Our beloved Pujya Ramchandraj Maharaj (Babuji) was his ablest disciple. Pujya Lalaji Maharaj perfected Sri Babuji Maharaj's grand personality, which is unparalleled in history of spiritual development. Humanity will be ever grateful to Pujya Lalaji Maharaj.



Quiz on Pujya Lalaji Maharaj Life

Fill in the blanks with correct options

Intellect, balance, love, serf, Self praise, God, Reality, goodness, sweetness, satsangh, obedience, Divinity, Kachauri and arvi, flattery, full of devotion, Ram Charit Manas, advice

1. Pujya Lalaji Maharaj mother's heart wasand she was strongly attracted towards She had great regard for saints and served them whenever she had an opportunity. She had a melodious voice and her recitation of thrilled the audience.
2. His mothers' spiritual life had a great effect on him and he had at that age developed a strong love for
3. His broad and high forehead was indicative of the vast store ofwhich he used not as one used a lamp for his own seeing but like a light house to guide those on the sea.
4. Lalaji saheb kept his eyes mostly down. He did not laugh aloud but simply smiled. His smile announced and, and brightened others with its spiritual vivacity.
5. He hated and though he loved his followers with their faults he never failed to enforce stern discipline with love.
6.and were his favorite dishes.
7. He greatly hated to be called a guru. About imparting training, he used to say that he was only a peon to his officer. He had simply to carry out the orders of without thinking about the success or failure of his efforts.
8. He taught, "Never offer unless invited, otherwise it is likely to yield bad results. If you find any fault with anybody, pray for his freedom from it.
9. Sri Lalaji considered spiritual perfection to be based on three things. 1) for the Master 2) with the Master and 3) to the Master.
10. was so much disliked by him that he did not allow people touch his feet in order to pay respects to him.
11. The real sadhana is to the mind.
12. He advised to avoid becoming a Master and serve as ashould.

Let's learn Sanskrit

Simple expressions involving a question.

This issue deals with expressions involving a question and the answers are similar to the expressions in the last issue.

| | |
|---------------|-----------------------|
| तव नाम किं | What is your name? |
| तव पुत्रः कः | Who is your son? |
| तव पुत्री का | Who is your daughter? |
| तव भ्राता कः | Who is your brother? |
| तव स्वसा का | Who is your sister? |
| तव मित्रं किं | Who is your friend? |
| तव वाहनं किं | What is your vehicle? |

Observe that there are no question marks in any of the sentences. In Sanskrit, no punctuation is ever used. Generally, the punctuation is recognized from the intonation.

In Sanskrit, gender is not decided by the meaning of the word but is fixed by other considerations such as the form of the word and its ending. Note that the form of address तव is mostly used in circumstances involving persons who enjoy a close relationship with the person speaking the sentence. Often, the form with respect भवतः (m) or भवत्याः (f) is used. However, it is observed that the form तव was in regular use in earlier times and did not mean any disrespect. In keeping with modern trends, we are following the practice of using तव for the familiar form of address and भवतः / भवत्याः for the respectful form.

Field Trips

INDIAN METEOROLOGICAL DEPARTMENT

On November 25th we went to Indian Meteorological Department located in Begumpet, Hyderabad. We were excited to know about weather and climate. We felt very pleasant and calm by the greenery in the campus. Scientist Sri Murali Krishna sir explained about IMD and gave all the information about weather and climate. They measure the temperature, clouds, rainfall, wind speed, wind direction, humidity, pressure and evaporation. They showed us the instruments that measure these. They mentioned the timings when they check these measurements. Temperature is checked using thermometers. Mercury level is checked every three hours. They see the clouds and can predict



where there will be rainfall. Radars are used to see the clouds. Rain gauges are used to measure rainfall. Anemometer is used to check the wind speed and wind vane is used to see the wind direction. Barometer and barograph are used to calculate the pressure. To check evaporation rate, water is poured in a tub. Evaporation rate is calculated by the change of level of water surface. We learnt about all these instruments practically. We were happy to learn and thankful to the scientists at IMD for spending their valuable time with us. **P. Ramya Sri, Class IX**

ZOOLOGICAL PARK

We went to zoo on 14th December. We started journey at 9.00am and we reached there at 11.00am. First we ate snacks and we went inside. We saw big tortoises. They can live 140-180 years. We saw different types of monkeys, crocodiles, fishes etc. We saw tigers and white tiger also. We saw so many types of birds. I like white peacocks. We saw deer and sambar deer. Sambar deer are very big. We saw squirrels and different types of snakes. We saw giraffes too. While coming back home we saw High Court, Musi River, Salar Jung Museum. We reached home at 6.40pm. Our field trip was so nice and we were all happy.

V.Sri Shreshta, Class IV



SCHOOL EVENTS

CHILDRENS DAY



Konaseema Chitra Kala Parishad

We are very glad to share that Bharath of Class IX got a cash prize of Thousand Rupees along with gold medal in Konaseema Chitra Kala Parishad Competition. Only 10 such awards are given at National Level. Other gold medal winners are Anjani and Pallavi of Class X and Susanth of Class VII.



SOLUTIONS

- Page 1
- What's the value: Devotion
 - Life of living things
 - 1-b, 2-f, 3-c, 4-a, 5-g, 6-d, 7-e
- Page 2
1. Full of devotion, God, Ram Charit Manas
 2. Reality
 3. Intellect
 4. Goodness, sweetness
 5. Flattery
 6. Kachauri and arvi
 7. Divinity
 8. Advice
 9. Love, satsang, obedience
 10. Self praise
 11. Balance
 12. Self

SATAKA CONTEST



MORAL STORIES CONTEST



DIYAS PAINTING



SCHOOL EVENTS



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We celebrated Sports Day on 30th November. Dr. T. Neelaveni was the Chief Guest. Sri Subrahmanyam Kolachana, Principal, Gowtam High School inaugurated Kho Kho game. With childrens' enthusiasm and cooperation the event was successful. Winners were given prizes by the Chief Guest.



MATHEMATICS DAY



RANGOLI

A visit by Sri D.L.Reddy



SUPW - GARDENING



Automatic Solar Lamp

Electronics is one of the classes, where we play with electrical circuits, components such as transistors, diodes, ICs, resistors, LEDs, etc. We always learn something new under our sir's guidance. This time, we prepared a circuit and made an automatic solar table lamp. The objective of this project is to design an automatic solar using LDR, we control the lamp, when the LDR value falls above the threshold value and the light is switched on and when the value falls below the threshold value the light is switched off. In order to serve and conserve energy in an efficient way an intensity controller, based on movement detection is used. Solar powered light can replace other light sources like candles or kerosene lamps. Solar lamps have a lower operating cost than kerosene lamps because renewable energy from the sun is free unlike fuel. Uses are pollution free, works according to the sunlight, low cost and reliable circuit, complete elimination of man power. Doing such an amazing and useful project in our electronics is our privilege. Thank you.



JIGNYASA SCIENCE FAIR

A.Bharath, IX has won Consolation Prize for his Project Fuel Farmer through Pyrolysis Process using garbage (FTPG). Ch. Vasudev, IX also participated in the Science Fair. They both were guided by Science Sir, Sri M.Ramesh garu. The project is a simple method of turning garbage into fuel using a method called Pyrolysis. Pyrolysis is a thermochemical treatment done on biomass and plastics. It was never done on garbage. So to show that garbage is not waste, we can process it further to convert them into fuels.



Dr. G. Vijay Kumar, BAMS, MS, Consultant Ayurvedic Physician & Surgeon

Ayurveda is an ancient holistic medical system originated in India more than, 3500 years ago. Ayurveda is considered as the Upaveda of Atharvaveda (one among the four Vedas).

The meaning of Ayurveda is Ayu – meaning life or longevity and veda means sacred knowledge of life.

Aims and Objectives of Ayurvedic Medicine: It has been divided into two aspects.

- i. “Swasthasya Swasthya Rakshanam” - Preventive and Social medicine.
- ii. “Aturasya Vikar Prashamanam” - Therapeutics

Ayurveda objective is to help the healthy person to maintain good health and the diseased person to regain good health.

The practice of Ayurveda is designed to promote human happiness at physical, mental and spiritual level by the proper balance of all vital energies in the body. The process of physical deterioration and disease can be reduced. This is accomplished through proper eating, thinking and living habits as well as the use of herbal remedies to treat illness.

“SAMADOSHASAMAGNISHCHASAMADHATAMALKRIYA

PRASSANAATMAINDRIYAMALAH SWASTHAHIABHIDEYATE”

- Sushruta

Samhita.

According to Ayurveda, a good healthy person is regarded as when his inner and internal / external health is in balance.

Origin of Ayurveda: As per the traditional Ayurveda text books, Charaka Samhita and Astanga Hrudaya, Ayurveda is originated from Lord Brahma. Lord Brahma is hailed as the creator of the Universe as per Hindu Mythology. Lord Brahma taught the divine medicine Ayurveda in Sanskrit slokas to Daksha Prajapati (father of Dakshayini). Daksha Prajapathi taught Ayurveda holistic science to Ashwini Kumaras. Ashwini Kumaras are twin brothers, who are hailed as the Doctors in the Divine Spheres. They are hailed as the first physicians to the Dieties. Ashwini Kumaras taught Ayurveda to Lord Indra, the King of Gods. Indra had three disciples they are

1. Acharya Bharadwaja
2. Acharya Kashyapa
3. Divodas Dhanvantari

Acharya Bhardwaja taught his disciple Agnivesha. Agnivesha developed the fundamental Ayurvedic text of internal medicine. Charaka the disciple of Agnivesha then revised the text and written “Charaka Samhita.” The tradition of passing down the knowledge of Ayurveda from God to Sages. The rishes and munis of Indian mythology dedicated their entire lives to make understand the truth about the laws of nature (universe). They passed down their knowledge and practices to their students with which oral tradition continued on for thousands of years.

Branches of Ayurveda: The age old traditional holistic Ayurveda is divided into eight branches. Eight branches of Ayurveda further explain various bodily functions and how to prevent and cure diseases:

- i. Kaya Chikitsa (Internal medicine): This branch of Ayurveda is concerned with overall treatment of the entire body. It focuses on body's digestive system and metabolic procedures.
- ii. Bala Chikitsa (Paediatrics): This branch of Ayurveda is also called “Kaumara Britia.” It focuses on diseases and sickness that manifest in children. It also concerned with the pre and post pregnancy cases.
- iii. Graha Chikitsa (Psychiatry): Also known as Bhoot vidya or Manasa Chikitsa. It deals with problems of mind and mantra chikitsa.
- iv. Urdhyanga Chikitsa (Head, Neck & ENT care): It is also known as Shalaky Tantra. This branch of Ayurveda is primarily concerned with health issues in the upper part of the body. Particularly eyes, ears, nose, throat etc.
- v. Shalya Chikitsa (Surgery): This branch is mainly concerned with all surgical procedures of the body. Sushruta is the father of surgery. Sushruta performed Rhinoplasty, brain surgeries and all plastic and reconstructive surgeries 1500 years back. Surgery was first done on human body by Ayurvedic Surgeons, Aswini Kumaras and Sushruta.
- vi. Damstra Chikitsa (Toxicology): This branch of Ayurveda deals with the study and remedy for toxins and poisons to the body, food and environment.
- vii. Jara Chikitsa (Geriatrics): This branch is concerned with the care of the elderly people. It focuses on the treatment of sickness and disease of the elderly people and brought therapies like Rejuvenation, Longevity, memory and strength.
- viii. Vajikaram Rasayana Chikitsa (Reproductive health): It deals with treatment of reproductive problems

సత్యసూక్తి ఘటించు ధీజడిమ మాంచు
 గౌరవమొసంగు జనులకు కలుషమడచు
 కీర్తి ప్రకటించు చిత్తవిస్ఫూర్తిజేయు
 సాధుసంగంబు సకలార్థ సాధనంబు

తాత్పర్యము : సజ్జనుల సాంగత్యము సర్వ ప్రయోజనంబుల తీర్చుచున్నది. సత్యము పలుకున్నట్లు చేయుచున్నది. మందమతిని హరించుచున్నది. గౌరవమునిచ్చుచున్నది. పాపములను నాశనముచేయుచున్నది. దిక్కులు పిక్కటిల్లునట్లు కీర్తిని వ్యాపింపచేయుచున్నది. హృదయమును విశాలమొనర్చి ప్రసన్నతనొసంగుచున్నది.

गुरु बिन ज्ञान न उपजै,
 गुरु बिन मिलै न मोष ।
 गुरु बिन लखै न सत्य को गुरु बिन
 मिटे न दोष ॥

Without Guru, there is no growth of wisdom, there is no freedom from bondage. Without Guru, Truth cannot be known for the defect of ignorance doesn't get removed.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS
Training Programme

Imperience is conducting Free Training Programme for those who are interested in Pranahuti Aided Meditation for consecutive two days on Second Saturday and Sunday of every month at different training centres. Those who are interested and aged between 18 and 60 years may contact the telephone number (040) 27731223 for further details.

ద్వాన శిక్షణా కార్యక్రమము

'ఇంపీరియన్స్' సంస్థ ద్వారా ప్రాణాహుతి సహిత ధ్యాన పరిచయము గురించి రెండు రోజుల ఉచిత ధ్యాన శిక్షణా తరగతులు ప్రతి నెల రెండవ శనివారము మరియు ఆదివారము వివిధ కేంద్రములలో నిర్వహించబడును. 18 నుండి 60 సంవత్సరముల మధ్య వయసున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

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SAHAJ SEVA SAMSTHAN

10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad, India – 500 057, Tel: +91-40-23341380

Sahaj Seva Samsthan is dedicated to spread the message of Sri Ramchandraji Maharaj of Shahjahanpur, U.P. India through self-less service with a commitment towards a Hormic (Holistic + harmonious + integral) approach to life. With the advent of Sri Ramchandraji Maharaj of Shahjahanpur as the Special Personality a new Era in human life has started. The new Era initiated the process of divinization of man through a modified system of Rajayoga which has been closely knit into the Natural path. SSS following the message of the great Personality, who is governing the destinies of humanity, is committedly advocating His philosophy through practical means of service, cooperation and sacrifice. Love Him and thereby Love all is the motto. Samsthan offers opportunities for self-less service in the fields of Education, Vocation and Health Care.

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- Initial assessment at the time of admission
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- Teacher pupil ratio 1:5 for individual attention

www.sahajsevasamsthan.org/Educational/Bodh.htm
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Services available in the hospital -

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- Alternative Systems of Medicine:** Homeopathy and Ayurveda

www.sahajsevasamsthan.org/Health/Health.htm
 email:msrcmh@gmail.com

VOCATIONAL WING: Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits making, Sahaj Sakthi Ready Mix making and Citronella candle making. Students spend one period a week in learning these activities. Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of the Birth Centenary year of Pujya Dr. K. C. Varadachari in 2002. Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan distributes free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

Sahaj Seva Samsthan members intending to volunteer for activities of Samsthan may contact the Samsthan office at Vijaya Nagar Colony, Hyderabad. We would be happy to avail your services.

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