



# SPANDAN

## Guest Editorial

**Dr. K. Madhava, President, SSS**

**T**he present day world is undergoing rapid destructive changes. Coronavirus pandemic is pushing the world into economic recession causing untold miseries to numerous families all around the world. Let us examine the root cause of our suffering. We are attracted towards objects and develop desires to possess them. The desire for objects in our minds causes restlessness and a sense of dissatisfaction. When we possess the object of our desire, we feel happy and feel satisfied for some time. This feeling of happiness and satisfaction is transitory and disappears fairly quickly. The mistake or error in our thinking lies in our belief that the object gives happiness and satisfaction whereas in reality happiness and satisfaction arise in our mind as a reaction. If the object can give happiness it should give happiness to all people young and old and also under all situations which is not the case. If we do meditation our mind also reacts and produces a state of happiness and satisfaction. This satisfaction and happiness is available under all circumstances. The only way humanity can get out of trouble is to find peace and happiness inside our own heart which meditation accomplishes.

## STUDENT EDITORIAL

**Devi Charan, IX Class**

**I** am not the one who can write the meaning of really powerful prayer but I can say what I understand by reading the commentary on prayer by Sri K. C. Narayana garu.

Many people don't believe in spirituality. Some of them even don't know how to feel God. If we explain to them the process to feel God and enjoy that happiness, they will say that they will try to do it after retirement or after getting a job or settling in life but when do these people understand that without reading ABC we will not achieve or complete our graduation.

Nowadays many people or teachers teach just poems and songs such as Baba Black Sheep and Twinkle Twinkle Little Star but in our school, students learn values and follow them.

The Raja Yoga system of Sri Ramchandra Ji Maharaj states the first line of the prayer as, "O, Master! Thou art the real goal of human life." Here Master belongs to God. The main goal of human life is to show love and devotion towards God and feel God. We will find him in the core of our heart. That is bliss, that is happiness, that is peace. God, He himself known as Divine light, which is being without bright and also it is natural. We created an individual identity which is an illusion. When the individual tries to extricate from the interdependency of God, he becomes a Titan or an Asura who cannot attain peace and happiness in this life and soon perishes.

The second line of prayer is stated as "We are yet but slaves of wishes putting bar to our advancement" which means that people are having a hope of feeling God but as they are servants/slaves of wishes they are unable to do so.

The Divine light which is so pure and natural is present in the caves of our hearts but people are searching it in idols, far off heavens.

The real happiness a man can have when his heart is in peace and when the person is content and can feel God. To be happy we must follow dharma. Dharma is to be in a perfect balanced state. It is to be on right side always. Even if a good person such as Karna lies on the side of Adharma, he will be killed. So all must follow dharma.

The third line of prayer is, "Thou art the only God and Power to bring us up to that stage" which means surrendering totally to God/Divine light which is present in the core of the heart. We alone cannot do that so we are praying God to give the power to us to achieve the stage where we can completely surrender to God.

### **Meaning of Prayer:**

O God/Divine light! You are the real goal of human life. To achieve you, we need to leave all our wishes and be content. We alone cannot do that as we are slaves of wishes. So only you can give us the power to overcome this critical situation. Please bless us.

This is one of the entries of the essay writing contest held in the month of March 2020 for classes 8th and 9th. The topics were Stories of Master, Commandments and Understanding of Prayer.

We thank everyone for the contributions to our newsletter. We always welcome all to give their contributions. Please feel free to write to [spandan@sahajsevasamsthan.org](mailto:spandan@sahajsevasamsthan.org).

ध्यायतो विषयान् पुंसः सङ्गस्तेषूपजायते ।  
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥

In a person constantly thinking about objects of sense there is born an attachment for them; from attachment springs passion; from passion arises wrath; (2-62)

क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।  
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥

From wrath ensues bewilderment; from bewilderment confusion in accumulated knowledge (smrti); from failure of accumulated knowledge, crash of discernment; with discernment crashed, he perishes outright. (2-63)

**M**an has a tendency to get attracted to sensory objects. When this is converted into a strong habit, it forms a network of wishes and desires. Man then continuously thinks and worries about fulfilling these desires in the hope that it will make him happy. But at the end this actually makes him miserable. Man is thus caught in his own world of network of thoughts and desires. His thinking and intelligence slowly get destroyed and he perishes in the end. Pujya Babuji Maharaj has stated in Commandment 4 that one should be plain and simple to be identical with Nature. Being plain and simple means not forming a network of desires and wishes. He quotes the story of man who wants to enjoy all the pleasures of life and become rich. This man's mind now takes him in different directions. *One faculty now induces him to have a walk in the open. Another stops him from doing so on the ground of catching cold. The third one presents another view; and the fourth still another. The fifth one begins to think of earning money and the sixth suggests the undertaking of some employment. The seventh dissuades him from undertaking excessive hard work for the purpose. The eighth one recommends the establishment of cordial attachment with some rich relation so as to capture his heart and offer him inducement to transfer his entire wealth to him. Another faculty comes forth to declare that all this is quite useless so long as he does not get married and have children to enjoy that wealth. He finally gets married and has children too. Now the problem of their education comes in, as they grow up. Further, hearing of the nice acting of one Jamila, he was tempted to go to the theatre. He went there and witnessed the show several times. The coquettish movements of Jamila captured his heart and he was induced to attend the show again and again. Every thing of Jamila began to attract his heart. This led to the commencement of love. Now he further to pine over the same thought, giving further strength to it by turning it into his habit. The network thus began to grow more intensified. The habit excited in him a tendency to look upon every similar thing as Jamila. Now he began to think of having money sufficient enough to satisfy his lusty desires, but the constant thought of Jamila offered him no time for earning money by lawful means. He at last began to think of stealing but at the same time feared prosecution and imprisonment. But the thought of Jamila had caught him so tightly that he at last resorted to stealing an unfair means. Now imagine what he originally was, and what he has finally been led to, by the effect of his thoughts which had entrapped him so tightly.*

### WORDS OF WISDOM

Nature ensures it's purity: According to Shri Babuji Maharaj

As a rule, Nature wants to keep everything pure and crystal clear as it had originally come down in the beginning. Even the slightest coating veils its lustre.

(Basic works of Sri Ramchandra- 160)

We have thus been spoiling the cosmos ever since, while Nature, the supreme force is ever engaged in clearing of all these things. At times when it gathers heavily, a special personality is brought down to do the work. An atmosphere of bhoga is created all through which causes suffering and afflictions over humanity. Special means are also adopted for the purpose in the form of wars, diseases and heavenly calamities.

(Silence Speaks-127,128)

### UNIVERSAL PRAYER

Everyone should meditate for about 15 minutes at 9 p.m. sharp (local time) every night regularly thinking that all the men and women in this world are one 's brethren and true love, devotion and faith for the Master is developing in all

## STORY OF MASTER

This is one of the entries of the essay writing contest

Ch. Vishnu Vardhan, VIII Class

Great persons are born for a special purpose. Great persons are born for the depletion of evil in the society. Pujya Sri Ramchandraji Maharaj is such a great person. To destroy evils like Kamsa and Narakasura, great avatars like Krishna, Rama etc came to this world. But to destroy evil in people a human power is required. So the power (God) had to choose a person with great spiritualistic power. He is Ramchandraji Maharaj who was born on 30th April, 1899 at Shahjahanpur on Sunday, Badi Baishaka Panchami.



He was a great child in early days of life. He did not crave for food. He accepted food only offered with love. He used to be quite silent and looked unique. He learned words like 'Do not steal', 'Be honest' from his mother which gave a good impression on him. He used to crave for the correct format of worship. His mother used to do idol worship. He was not satisfied with idol worship, Rama Japa and even Bhagavad Gita as he couldn't grasp it. He found a rupee coin in the school compound and gave it to the head master. He kept his little finger in the wasp hive as an excuse for not performing math homework. It was an incident which showed his innocence. He learned mesmerizing power himself. He says that no guru should get personal seva from disciples but teach them as a brother.

He was craving for a master and found a guru in the form of Sri Ramchandraji Maharaj of Fatehgarh on the auspicious day of 3rd June 1922. He accepted him as his guru. He and his revered guru were the same in thoughts and actions. He followed to meditate on his guru as he is pure in heart. He was married to Smt Bhagwati at 19 years only. They had 6 sons, 3 daughters and 2 sons and 1 daughter died in infancy. Samartha guru Sri Ramchandraji Maharaj took his last breath on 14th August, 1931. From that day he used to get uneasy feelings in dreams and on 14th October 1932, Lalaji Maharaj said to him, 'I became you, you became I. I became body, you became



soul. Now none could say that we are different.' From that day (1944) he became a spiritual model for all. He faced tragedy as his wife, second son Dinesh, father, guru left him alone.

He was so kind hearted that he gave up his promotion to his colleague. He was not revengeful towards Panditji and Tiwariji even though they discriminated against him. He helped Panditji's son get a job. As his master said that meditating on Divine light without luminosity gives a proper answer, he followed that method in Raja Yoga. He wrote books Ten Commandments, Autobiography, Reality at Dawn etc. He was greatly praised by people always. He used to follow values every second. He made a great call by forming Ramchandra Mission on 31st April 1945. He focused on meditation where he was fully involved and his and master's relationship extended for ever lasting time with love, respect and care towards each other.

Swami Vivekananda said he wanted to see when the world would change to a spiritual life. To make this statement alive Babuji Maharaj and Lalaji Maharaj took birth. From childhood to the end of his life Babuji Maharaj spent his values for change in people. His efforts were greatly influential. A man is perfect if he is good in all aspects but Ramchandraji Maharaj was a spiritual god in the form of a man. He said he prepares masters and not disciples. Like this Dr. K C Varadachari, Sri K C Narayana became masters to many. I loved Babuji Maharaj's life but I say this credit goes to only his guru, Lalaji Maharaj. Guru is the connecting link between God and man.

Lalaji Maharaj was born on 2nd February, 1873 on the auspicious day of Basanth Panchami. He had a brother. With a person's blessing Lalaji Maharaj was born. Their mother taught them many things, Ram Charit Manas etc. He had a sweet voice. He was a simple man who is a blessing to the world and who blessed a spiritual person to revive in life. His favourite food was Kachouri and Arvi. His simplicity made others walk in the similar path. He used to wear common dhotis, kurta and pyjama, He did not wear ornaments. He accepted things as blessings from God. He was helpful to all. He was not revengeful towards anyone. He felt the reason of his birth while spinning a top. He was successful as he developed our beloved master Babuji Maharaj as a special personality. He and Babuji Maharaj are the same. He died on 14th August 1931 but he is always remembered by others.

I loved their lifestyle and appreciate Lalaji Maharaj for moulding a person as a special personality. No one could say now that a power or avatar is required to kill evil. Babuji Maharaj said confidence and removal of doubts makes a person receive the highest practice of yoga. These two men are always inseparable.



# Our Pages

This is one of the entries of the essay writing contest

Ram Charan Teja, Class IX



Commandments of Sri Ramchandraj Maharaj are the basic ideas about our livelihood. Sri Ramchandraj Maharaj has faced many problems and also many situations in his life. He introduced these Commandments. They teach us many good ideas and the key to how to lead our life happily. They also teach us many values. Commandments teach us about time management, behaviour, devotion, spirituality, aiming for future, to never give up, simplicity, how to mingle with our nature, truth speaking, divinity, gratitude, equality, how to treat our brothers and sisters in our society, how to react when someone has done bad, how to feel about our daily earnings as it is God's gifts, honesty, how to love our brothers and sisters and how to make them feel happy, forgiving ourselves for our mistakes. There is a chance to reduce our greediness and selfishness.

From last century we can observe that all people in the world have developed greediness and selfishness which is dangerous to society. We can say that greed is poison to all the good and bad people. In my point of view these Commandments of Master are the medicine for this greed. We can also learn the key of success from each Commandment.

**Commandment 1 : Rise before dawn. Offer your prayer and puja (worship) at a fixed hour preferably before sunrise, sitting in one and the same pose. Have a separate place and 'asan' (seat) for worship. Purity of mind and body be specially adhered to.**

Commandment 1 tells us to rise before the sun rises. We know that in our present society every person of every age group is busy with his daily works. If he wakes up early in the morning, he would have more time to spend peacefully and offer his prayer with a fresh mind. This should be done after bath so that our breath would not get foul smell and the body is very fresh which makes us feel fresh and pleasant. This should also be done in a special place which is very pleasant and calm.

**Commandment 2 : Begin your puja with a prayer for spiritual elevation with a heart full of love and devotion.**

Commandment 2 tells us about how to pray to supreme God with a pure mind. We should pray to God just for a peaceful mind, not for our advantages or money. God also knows what we have to give us to make us happy.

**Commandment 3 : Fix your goal which should be 'Complete Oneness' with God. Rest not till the ideal is achieved.**

Commandment 3 tells us to aim our goal without any greed. The real and supreme goal of a real human being is to be happy with what he is. Most of them feel that money is the goal but really, peace is the goal of every human's soul.

**Commandment 4 : Be plain and simple to be identical with Nature.**

Commandment 4 tells us how to be plain towards our peaceful nature, simplicity towards every being in this world. We know that our Master used to be very simple where he used to wear simple clothes, simple footwear and he also used to pray nature as a gift of God.

**Commandment 5 : Be truthful. Take miseries as Divine Blessings for your own good and be thankful.**

Commandment 5 teaches us how to be truthful with our friendly beings. We have to feel that all the things which are given to us are a gift of God and we have to be thankful for his great help offered for our peace and happiness. Once Lalaji Maharaj was suffering from stomach pain and he was singing songs to bear the pain. His disciples' eyes were filled with tears and he was also not trying to cure his pain and felt that it was given by God and he took the pain as God's gift.

**Commandment 6 : Know all people as thy brethren and treat them as such.**

Commandment 6 tells us to treat all the people in this world as your brothers and sisters and we have to show equality to everyone and we should not treat them so that they are hurt.

**Commandment 7 : Be not revengeful for the wrongs done by others. Take them with gratitude as heavenly gifts.**

Commandment 7 tells us not to be revengeful for others' mistakes even if it harms you so much.

**Commandment 8 : Be happy to eat in constant divine thought whatever you get, with due regard to honest and pious earnings.**

Commandment 8 tells us to be happy with what you have and who you are. Real happiness lies when everyone feels happy. Be honest towards everyone.

# Our Pages

## Commandment 9 : Mould your living so as to rouse a feeling of love and piety in others.

Commandment 9 tells us how to make others feel happy. We also should show our love to everyone and we should not hurt others.

## Commandment 10 : At bedtime, feeling the presence of God, repent for the wrongs committed unknowingly. Beg forgiveness in a supplicant mood, resolving not to allow the repetition of the same.

Commandment 10 tells us to seek forgiveness for our mistakes before sleeping and make a suggestion so that we will not repeat these mistakes. Once again the wrongs should not be done knowingly or unknowingly.

These ten Commandments are the key to every person's success and to be happy and also how to be thankful towards God.

Siva Sai Tejaswi, Class V



From Lalaji Maharaj story, this is what I learnt. I want to be lead simple life. I will see all people equally. I will follow Masters Commands. I will not sleep after sunrise. I will teach younger kids what I know. I will wear simple clothes and eat simple food. I will not think that why I have got less marks. Another time I will try it. I respect all elders. Thank you.



Vishnu Priya, Class V

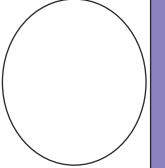
Sri Ram Chandra was born on 30<sup>th</sup> April, 1899. In Shahjahanpur in Uttar Pradesh on auspicious day of Baisakh Badi Panchami in the Vikram Samrat. His father's name was Bhadhradri Prasad. His mother's name was Yashoda. He mother was a saintly lady and his father was also a good person. When he was age of eight, he wanted to know about puja vidhanam. His mother applied chandan on forehead. He didn't feel it as pooja vidhanam. He went to a priest and asked to teach him a pooja vidhanam. He said to do Rama Japa. Babuji Maharaj did it. And didn't felt that is right. One day he learnt it. One day he also knew that how to cure diseases. One day in his school, his head master had a severe stomach pain. They called Babuji Maharaj to cure head master's pain. He took his hands and said you are alright now. When he said this the stomach pain was not there. One day he saw one rupee coin in the play ground. He took the rupee coin and gave it to the head master. He was very happy to have such a student. I learnt to be devotional to God and to be honest.

### నిజాయితీ

**భరత్, వాసుదేవ్, స్నేహలత, ఐశ్వర్య, వర్షిత, రూపతస్మయి**

నిజాయితీ మోక్షమునకు దారి  
దీనికి మహనీయులు ఆదర్శంగామారి  
మేమందరం నిజాయితీగా ఉండాలని కోరి  
దొరికిన ధనాన్ని ఆశించక  
మీ మాష్టారుగారికి ఇచ్చి  
తమ జీవిత ఉదాహరణలను మాకు అందించి  
మమ్ములను మనుషులుగా మార్చి  
మా జీవితాలను తీర్చిదిద్దిన  
పూజ్య శ్రీరామచంద్రజీ మహారాజ్ గారికి  
వందనాలు అభినందనలు

Bhavya Karthika, Class V



When Babuji was six years old, once he went to school. In games period Ramachandra and his friends went to ground for playing, when he was playing he saw a rupee coin. When he saw that he went to his Head Master and gave that coin to him. The Head Master was very surprised and praised for giving the coin. Because in those days, one rupee coin is very big amount. After his studies he married a girl named Bhagawati. She used to get angry for every small thing. But Sri Ramachandra was not angry, he was very cool. I learnt from this story is we should be cool every time and we should not be angry for every small thing. We should not be cunning and cheating. We should be very cooperative and live simple and with humility.

**కావ్యప్రశాంతి, కావ్యబాయి, విష్ణువర్ధన్, లోహన,  
తరుణ్ సాయి, సాయిసంకీర్త్**

బాబూజీగారిలో ఉంది నిజాయితీ  
చిన్నప్పటినుండి ఇది ఆయన ఆనవాయితీ  
ఆదర్శగుణముతో పొందారు ఖ్యాతి  
నేర్పించారు అందరికీ ఈ నీతి  
పెంచారు సత్కామా పిల్లల మతిస్థితి

**జి. దేవిచరణ్, టి. అనూప్ రెడ్డి, ఎమ్. నీహాల్, నితిషా, హైమా**

బాబూజీగారు!  
మీరు మాకు ప్రేరణ  
ప్రేరణతో వస్తుంది ఆదరణ  
ఆదరణతో వస్తుంది మంచి శిక్షణ  
శిక్షణ ఉంటే వస్తుంది క్రమశిక్షణ  
క్రమశిక్షణ ఉంటే ఇస్తాము భాషణ  
భాషణ ద్వారా ఇతరులకు అవుతాము ప్రేరణ

ఊరు వదిలి పోతావా?  
బండి ఎక్కి వస్తావా?  
ఆ నగరారణ్యం కైలాసమా?  
ఓ పిచ్చి మానవా!!  
నగరమే జీవనరకం  
జీవితమే ఇక్కడ అతలాకుతలం  
నగరారణ్యహోరే జీవనపోరు  
మృత్యుని బంధనమే ఈ జోరు  
అదిగో ఆ నాల్గరోడ్ల కూడలి  
ఇదిగో జనసంద్రపు కడలి  
వాహన ధంకాలే ఇక్కడ జీవనగీతం  
అదుపు తప్పితే తప్పుడు మృత్యుపాశం  
నివాసమే ఇనప్పెట్టెలు  
ఉపాధి జీవన కోసం కోడిలా రంకెలు  
ఇదే ఇదే మహారణ్యం  
ఒకరికొకరి తెలియని పద్మవ్యూహం  
ఆకాశ హర్షాలు, సుందర భవనాలు  
చీకటిలో గుడిసెలు, హోరులో పూరిళ్ళు  
బంధాలలో అజ్ఞాతమైన ప్రజలు  
హారాహారీగా సాగిస్తున్న జీవితాలు  
ఊరు వదిలి పోతావా?  
బండి ఎక్కి వస్తావా?  
ఆ నగరారణ్యం కైలాసమా?  
ఓ పిచ్చి మానవా!!



ఎన్. విశ్వేశ్,  
పదవ తరగతి

పొద్దున్నే లేస్తే మొదలు  
ఎన్నెన్నో బాధలు  
యాది చేసుకోలేము ఆ గోసను  
తీర్చిదిద్దుకోలేము మా రాతను  
లేచేసరికి తెల్లవారుతుంది  
ఇంటికి చేరేసరికి రాత్రవుతుంది  
ఈ మధ్య సమయం  
నా శ్రమేమౌతుందో  
నా జీవితమేమౌతుందో  
పిల్లలనోటినుండి  
అమ్మా ఆకలి అన్న ఆందోళన తప్ప  
మరొక తీయనైన పలుకరింపు లేనే లేదు  
సంతోషంలేని జీవితం  
తీరికలేని వృత్తాంతం  
ఊపిరాడని గుహలు  
చెత్తకుప్పలు, మురికివాడలు  
పడలేను నేనీ గోసను  
వీడలేను నా ఈ బ్రతుకును  
నమ్మబోకు నీవు ఇక్కడ ఎవ్వరిని  
నమ్మిరాకు నీవు ఈ నగరాన్ని  
శ్రమించేవాడికే చేకూరుతుంది కష్టం  
సంపదలవాడికి చేకూరుతుంది అదృష్టం  
ప్రకృతి కాలుష్య హోరు  
రోడ్లపై ట్రాఫిక్ల జోరు  
చెరువుల ఆక్రమణ  
చెట్లను నరికిన అతిక్రమణ  
ఇంటర్నెట్ ఫోన్లతో పరస్పరణ  
తోటివారి సహకరణతో నిస్పందన  
చిక్కుముడువంటిది ఈ నగరం  
చిక్కితే వెళ్ళలేవు నీవు ఎంత దూరం



శృతి,  
పదవ తరగతి

సొంత ఊరును, ప్రేమానురాగాలు దొరికే మనుషులను వదిలి  
పైసలకోసం, పని కోసం పట్టణం తిరిగిరి  
విశాలమైన ఊరు వదిలిరి  
ఇనప్పెట్టెవలె ఉన్న పట్టణంకు బోయిరి  
బంధువుల పలకరింపు వినే చెవులకు  
వాహనాల శబ్దాలునకు బోయి ఆడేను సయ్యాటలు  
విశ్రాంతిలేని పని, దారి తీస్తుంది అసంతృప్తికి  
కోరిక దీరదాయే, అశ దక్కదాయే  
సొంత బంధువులకే ఆపదవస్తే వెళ్ళలేని జీవం  
ఎందుకు పనికిరాని జీవనం  
స్వచ్ఛమైన వాయువు వద్దని  
కలుషిత వాయువు పీల్చడానికి బోయిరి  
పట్టణమనే మహమ్మారికి  
పల్లె ప్రజలు అవుతున్నారు బలి  
ఎన్నడొస్తదీ ప్రజలలో మార్పు  
ఎన్నడు తెరుస్తారు మీ కళ్ళు



రమ్యశ్రీ,  
పదవ తరగతి

ఓ నగర నివాసి  
జీవనఘోష వింటున్న వాసి  
గాలికి, కాలుష్యానికి తేడా తెలియని వాసి  
డబ్బులు సంపాదిస్తున్నా  
ఆనందాన్ని కొనలేని వాసి  
కోరిక చిక్కదు  
తీరిక దక్కలేని వాసి  
పచ్చదనాన్ని మరిచిన వాసి  
అయిన వాళ్ళు ఉన్నా  
వాళ్ళతో ఉండలేని వాసి  
బయటకి రాని పద్మవ్యూహంలో  
నివసిస్తున్న వాసి  
రోజు రోజుకి ఏకాకిగా  
మారుతున్న ఓ నివాసి



కావ్యశ్రీ,  
పదవ తరగతి

# ACTIVITY CENTER

## What did you learn?



The Professor began his class by holding up a glass with some water in it. He held it up for all to see and asked the students, "How much do you think this glass weighs?" '50gms!'..... '100gms!' ..... '125 gms' ... the students answered.

"I really don't know unless I weigh it," said the professor, "but, my question is: what would happen if I held it up like this for a few minutes?" 'Nothing' .....the students said. 'Ok what would happen if I held it up like this for an hour?' the Professor asked. 'Your arm would begin to ache', said one of the student.

"You're right, now what would happen if I held it for a day?"

"Your arm could go numb; you might have severe muscle stress and paralysis and have to go to hospital for sure!" .....ventured another student and all the students laughed.

"Very good. But during all this, did the weight of the glass change?" asked the professor.

"No" .... was the answer. "Then what caused the arm ache and the muscle stress?"

The students were puzzled. "What should I do now to come out of pain?" asked professor again.

"Put the glass down!" said one of the students. "Exactly!" said the professor.

**The professor explain to the students that,**

Life's problems are something like this.

Hold it for a few minutes in your head and they seem OK.

Think of them for a long time and they begin to ache.

Hold it even longer and they begin to paralyze you.

You will not be able to do anything.

It is important to think of the challenges or problems in your life, But even more important is to put them down, just clear it off at the end of every day before you go to sleep.

That way, you are not stressed, you wake up every day fresh and strong and can handle any issue, any challenge that comes your way!

## Empathy-Predicting Emotions

Empathy means being able to understand how someone else is feeling. People's faces and bodies usually give clues about how they are feeling.

Can you figure out what the boy is feeling? Here are some words for emotions to choose from:

Confused Worried Surprised Joyful Amazed Sad



a.....



b.....



c.....



d.....



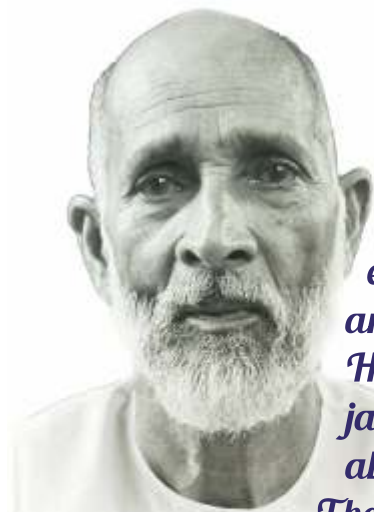
e.....



f.....



## STORY OF PUJYA B



Pujya Sri Ramchandraji was born on Sunday, the Baisakh Badi Panchami, 30<sup>th</sup> April 1899 at Shahjahanpur, U.P. India. From early childhood, he was showing unique qualities of Mahatma in his action and behaviour. He was balanced. He was very sensitive by nature.

He had a craving to know the real nature of God. He practiced "Rama japa" as advised by a local priest. He tried this only for a week but was not able to observe any change in his condition and his craving continued more.

Then he tried to do idol worship but found it gross and dragging him further low and therefore he gave it up. This craving continued for many more years.

His mother taught him several morals to be followed in life like "Be honest"

"Do not steal" and similar morals which cast permanent impressions in him. This was his guiding spirit. He was honest to the core. He

found once a rupee (a big amount those days) in the school compound.

He dutifully handed over the same to the head master who praised him and suggested others to emulate him.

Pujya Sri Ramchandraji was very sensitive. Even though other people behaved wrongly with him he never caused inconvenience or unhappiness to them. One day a relative of his claimed himself to be a mesmerist. But he did not want to teach Sri Ramchandraji unless he

did some personal service like pressing his feet and cleaning utensils etc. as per the old ways generally adopted by gurus. This has influenced him so much that he banned this type of personal service to the guru or trainer later in his system of Yoga saying that all knowledge should be made available to the deserving as a matter of service to a brother. Thus we see remarkable positive thinking developing in him right from the school days.

During the school days itself, he developed interest in Philosophy. His teachers encouraged him in his pursuit of learning very much. He used to write essays on Philosophy and the subject, Dynamics of the Mind was his pet subject. His English teacher used to appreciate his articles on this subject and also used to express his wonder as to how this school student is able to write about subjects usually taught at the degree level leading to B.A. etc. This capacity for analysis and critical evaluation has helped in his research in Yoga.

He was married to Smt. Bhagwati at the age of 19 (1918). He was an ideal grihastha, one who leads a family life. After marriage he reached the feet of his Guru on 3<sup>rd</sup> June 1922. The bond between Disciple and Master got strengthened with each passing day and he became the apple of the eye of the Divine Master Pujya Sri Ramchandraji of Fatehgarh. After coming back from his Master, he continued the practice of meditation regularly. However this did not affect his appearing for the Matric and S.S.L.C. examination.





# BABUJI MAHARAJ

After passing the examination, he joined the service in the Judge's Court at Shahjahanpur on the 12<sup>th</sup> January 1925. During his entire period of service his general behaviour with his colleagues was exemplary. Justice and honesty that he learnt from his mother in the childhood, continued throughout his life. At the time of promotion his superior officers wanted to promote him overlooking the seniority of his colleague on the pretext that he joined the promotion post later and therefore junior to him.

But when they consulted Sri Ramchandraji, he told that his colleague is senior and therefore he should be promoted. This not only got appreciation from the superior officers but also helped his colleague develop regard for him. His friends and colleagues in office irrespective of their rank were highly helpful to him and held him in high regard and esteem.

The practice of meditation was going on under the guidance of his Master. He entered region after region. He felt the necessity for maintaining piety always. His Master had gone in to the state of Maha Samadhi on the 14<sup>th</sup> August 1931. Rev. Lalaji transmitted his total spiritual condition in two spells, which resulted in Pujya Babuji feeling his heart overflow with his Guru's presence. Usually only disciples merge in their Guru. In this case - the rarest events in the Spiritual history - the Guru (Lalaji) merging in disciple (Babuji) happened as never before.

In 1944 his condition reached such a state that he was a perfect vacuum.

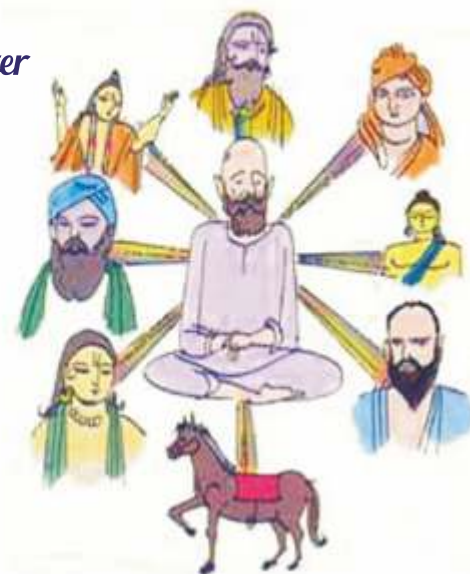
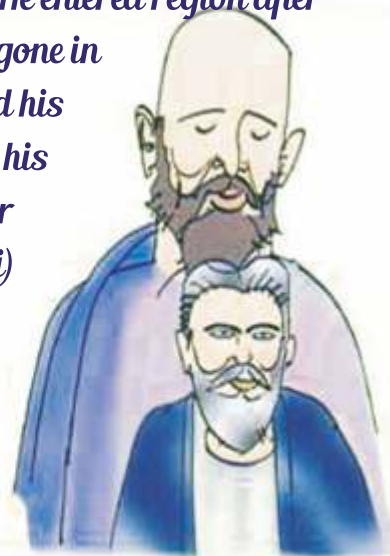
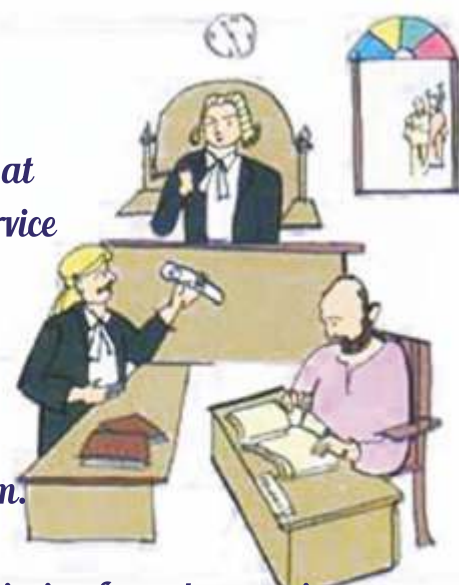
There was no alternative for Nature except to fill him with all the powers that are there and all the saints of different traditions and all the prophets of different religions merged in him and requested him to rectify their institutions. Such a Special Personality was born for the first time in human history in 1944.

His Master's merger in him has become now total and there is no difference between the two thereafter. However during the entire life of Sri Ramchandraji Maharaj of Shahjahanpur never did he forget his Master and attributed every effort of his to him alone and preferred to remain as an insignificant servant of his Master. This was much appreciated by Lord Krishna who blessed him and his family with spiritual and material prosperity for generations to come.

He established the Sri Ramchandra Mission in the memory of his Master on 31<sup>st</sup> March 1945 to propagate the new system of Rajayoga.

Pujya Sri Babuji Maharaj (as he was being affectionately called by his associates) spent his entire life striving restlessly to better the quality of spiritual life in humanity. He left his mortal coil on 19<sup>th</sup> April 1983.

He still guides humanity from the Astral plane. Because of his efforts a new world order based on co-operation, compassion, service and sacrifice is emerging. He continues to help all those who follow his method of Rajyoga to lead a happy and contented life.



## Crosswords on Weather

The weather can play a big role in our everyday lives with rain, snow, wind, temperature and sunshine all affecting our daily activities. Take fun weather crosswords and see how much you know about climate and weather .

### Across

1. What is the driest desert on Earth, the Sahara, the Kalahari or the Atacama?

4. Trying to predict the weather is known as weather \_\_\_\_\_?

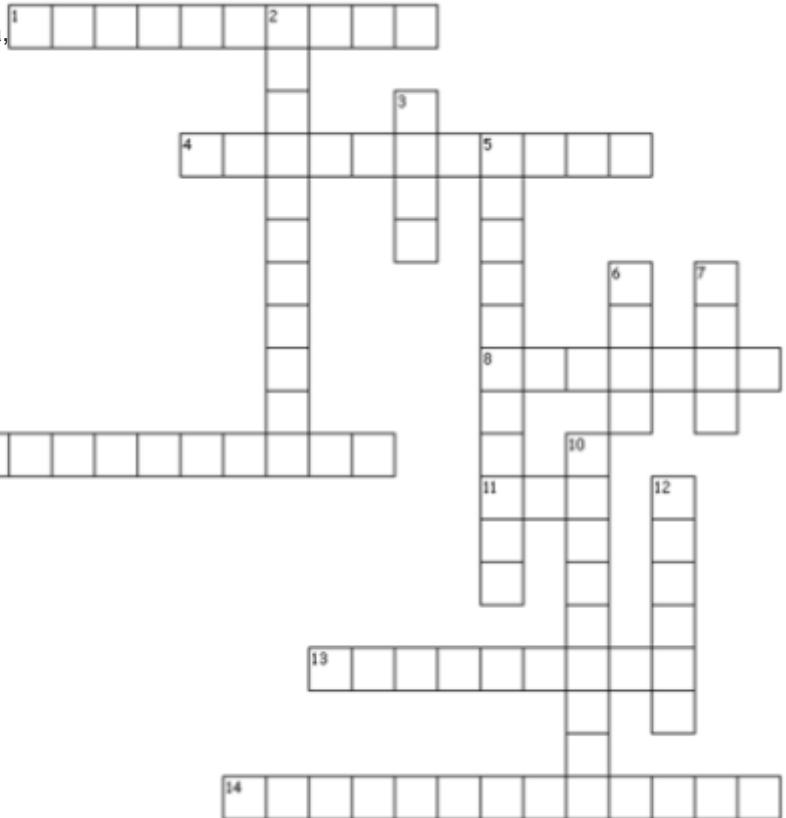
8. is a spectrum of light that appears when the Sun shines onto water droplets in the air.

9. What is the name of a scientist who studies weather?

11. What country experiences the most tornadoes?

13. An anemometer is used to measure what?

14. Earth's recent temperature rises which have been linked to human activity is known as \_\_\_\_\_?



### Down

2. The most rain fall ever recorded in one year in which place?

3. \_\_\_\_\_stones Balls or irregular lumps of ice that fall from clouds (often during thunderstorms) are known as what?

5. A thermometer is a device used to measure what?

6. Breeze and gale are common terms used to describe the speed of what?

7. An avalanche features the rapid descent of \_\_\_\_\_?

10. What is the name of a weather instrument used to measure atmospheric pressure?

12. Stratus, cirrus, cumulus and nimbus are types of what?

## Spring Color Picture





# SCHOOL EVENTS

## REPUBLIC DAY



**ARTS AND CRAFTS FAIR:** Arts and Crafts plays an important role in moulding the minds of children to develop a positive nature and appreciate the natural beauty. It helps instil a sense of achievements and pride in children boosting their self confidence. In this connection, our school



## FAREWELL



had conducted an Art Fair. The exhibition had witnessed beautiful drawings and paintings on Nature, Water and Fuel Conservation. The ideas of the students were beautifully depicted in their exhibits. The paintings were well appreciated and purchased by the visitors. Instilling a love for an artistic activities in students would pave the way for creating 'Creative Adults'.

**SCIENCE FAIR:** A.P.J. Abdul Kalam quoted "Learning gives Creativity, Creativity leads to Thinking, Thinking provides Knowledge, Knowledge makes you great!" Satkama School aims at the holistic development of the students. The students experience things by 'Learning by Doing', method. This leads to the development of scientific temper among students, which lead them to take part in contests conducted in school and outside the school.



Every year Satkama conducts Science Fair to bring out the hidden talents of students and encourage them on innovative ideas. The fair was organized on a grand scale on 29th February, 2020. The Students from I to X standard presented Working, Non - Working and Demonstration projects. The Chief Guest Sri D.S. Chauhan, Additional Commissioner, Law and Order, Hyderabad graced the occasion. The Chief Guest lighted the ceremonial lamp and inaugurated the Exhibition. The Biography of Pujya Sri Babuji Maharaj, a skit was played by the students of X. The audience were absorbed in the skit. The Chief Guest expressed his joy coming to the school as the Chief Guest. He emphasized that a school is not made up of materialistic things but there is a higher purpose behind it and Satkama School is serving that purpose. He also said one should be driven by a higher purpose in life which gives peace and happiness and materialistic

things do not achieve the same. He paid his gratitude for the values depicted in skit and the same imparted in the education. He said that Ethical education develops good moral values in children. It helps to think in a better aspect and a democratic way of living. He also extended that it helps to develop tolerance, good citizenship, standard of living and good behaviour of children in the society. Later, the exhibition was open to



all. The Chief Guest, dignitaries, guests, parents and visitors visited the exhibits and were amazed at the talent and innovative ideas of the students. The High School projects like Fibonacci sequence, Dialysis, Self Defence techniques using Dathura seeds won the best prizes.





**Fibonacci Sequence:** It is manifested in nature and in certain works. This mostly appears in biological settings such as branching of trees, phyllotaxis (the arrangement of leaves on a stem), the fruit sprouts of a pineapple, the flowering of an artichoke etc. At present it plays an important role in constructing security coding. The Fibonacci numbers were first discovered by a man named Leonardo Pisano and he was known by his nickname Fibonacci. The Fibonacci sequence is a sequence in which each term is the sum of two numbers preceding it. It is written as {0,1,1,2,3,5,8,13,21,34,55,89,144,233..}. He did a rabbit experiment to prove this.

Applications of Fibonacci Sequence:-

1. Petals of flowers:
 

1. White cally litty	1 petal
3. Buttercup	5 petals
5. Ragwort	13 petals
7. Pgrethrem	34 petals

2. IRIS	3 petals
4. Delphiniums	8 petals
6. Aster	21 petals
8. Milhaelmos daisies	55 petals
2. Organs of human body:- \* In our fingers \*Length of bones in our hand \* The cochelea of the inner ear.
3. Fibonacci in music:- \*In music numbers are present in the octave, the foundational unit of melody and harmony \*Stradivarius \*Piano Key Board.
4. Fibonacci numbers in Pasual's Triange:- Entry of sum of two numbers either side of it is Pascal's triangle. The diagonal sums in Pascals triangle are the Fibonacci Numbers.

Golden Section:- Represented by Greek letter phi ( $\phi$ )  
 $\phi = 1.6180339887$

Applications of Golden Ratio:-

1. Leonardo da Vinci showed that in a 'perfect man' there were lots of measurements that followed the Golden Ratio.
2. Golden Ratio is widely used in Geometry. It is the ratio of the side of a regular pentagon to its diagonal. The diagonals cut each with the golden ratio.
3. The eyes, fins and tail of the dolphin fall on the Golden Sections along the body.
4. This also appears in many of the proportions of the parthonon in Greece, Taj Mahal of Agra, Effil Tower Paris and IN Tower also.

A beautiful example:- Take any two consecutive numbers from this series as example 13 and 21 or 34 and 55. Now take the smaller in miles - the one in kilometer or bigger number is in kilometers - the smaller one in miles. 34 miles = 54.72 miles (around)      21 kms = 13.05 miles (around)

For distance which are exact fibonacci values you can always proceed by splitting the distance into two or more fibonacci values.

$$15 \text{ km} = 13 \text{ km} + 2 \text{ km} \qquad 13 \text{ km} = 5 \text{ mile} \qquad 2 \text{ km} = 1 \text{ mile} \qquad 15 \text{ km} = 8 + 1 = 9 \text{ mile}$$

Such way maths is related to nature. It is as big as nature. There are many topics to learn from our early morning to till we go to bed. Maths is there in our life. Maths is life and life is maths.

**First Prize Winner, G.Sojel, Kavya Prashanthi, Class IX**



### Natural Defence Mechanism by using Dhatura Seeds:

Dhatura plant contains "tropane alkaloids" such as "scopolamine" and "atropine." Because of presences of these substances dhatura seeds are used as poison. Not only it is used as poison it is also used as medicines, in naturally to cure some diseases.



Dhatura seeds are "anti-inflammatory" and used in the treatment of stomach and intestinal pain that result from warm infestation, toothache and fever from inflammation. The juice of its fruit is applied to the scalp, to treat dandruff and falling hair.

My project is to save women, when they are in danger. So to save from that place they must use defense mechanism locket.

To prepare locket: We need dhatura fruit and from that we have to collect the seeds. Dry it one or two days and make it powder. Each single seed of dhatura powder and dissolve it in 100ml of water from that solution take a little bit and fill in the injection needle and with the help of injection cap cover the injection needle and decorate it as a

loket.

If any woman is in danger, they can remove the cap from the needle and pinch to that person. The liquid which is present inside the needle will enter to that person and makes him unconscious. So, that women can save at that time.

**Second Prize, Higher Category Kavya Bai, Class IX**

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

**C**orona viruses are a large family of viruses. Corona virus disease is named as COVID-19 by WHO. COVID-19 is an infectious disease. Most people infected with the COVID-19 virus will experience mild to severe respiratory illness. People suffering from underlying medical problems like diabetes, chronic respiratory diseases, cardiovascular disease, cancers and older people are more likely to develop serious illness. The COVID-19 pandemic is unique and unprecedented in several aspects and has challenged health care systems all over the world.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, direct close contact, one can get the infection by being a close contact with the infected COVID-19 person.

**Virus Classification:** Corona virus belongs to family Coronaviridae and subfamily Orthocoronavirinae. Corona virus is with single stranded RNA genome.

**Symptoms of COVID-19 infected persons:** Infected people will develop mild to moderate symptoms.

**Common symptoms:** Sore throat pain, Dry cough, Fever,

**Additional symptoms:** Tiredness, Severe Body pains, Running nose, Nasal congestion, Diarrhea, Itching, Breathlessness.

**Preventive Measures:** Currently there is no vaccine to prevent COVID-19 disease.

The best way to prevent illness is to avoid being exposed to COVID-19 infected person. The virus is thought to spread mainly from person to person.

Wash your hands very often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol (spirit).

Cover all surfaces of your hands and rub them together until hands become dry.

Avoid touching eyes, nose and mouth with unwashed hands. Avoid close contact with people who are sick.

Stay home, stay safe and stay healthy as much as possible.

Wear Mask on nose and mouth while going out from house.

Always cover your mouth and nose with a tissue paper while cough or sneeze and use the inside of our elbow. Throw used tissues in the closed trash bins.

Clean and disinfect frequently touched surface daily. This includes tables, door knobs, light switches, handles, desks, mobile phones and toilets etc.

Wash milk packets with viber wash/wipes and put vegetables in baking soda or salt water daily before cooking.

Use hand gloves while carrying currency notes and while going out for any purchase.

If you have a fever, cough and difficulty in breathing seek medical attention or call local health authorities.

### **Ayurveda's immunity boosting measures for self care during COVID-19 crisis:**

In the wake of the COVID-19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintain optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which will boost our immunity in these times.

Ayurveda being the science of life propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge based preventive care derives from the concepts of 'Dinacharya' daily regimes and 'Rithucharya' seasonal regimes to maintain healthy life. It is plant based science. The simplicity of awareness about oneself and the harmony of each individual can achieve by uplifting and maintaining his or her immunity is emphasized across the Ayurveda Classical Scriptures.

Ministry of Ayush recommends the following self care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurveda literature and scientific publication.

**General Measures:** Drink warm water throughout the day. Daily practice of Yogasanas, Pranayam and Meditation for an hour. STAY home and do Yoga at home. Spices like haldi (turmeric), jeera (cumin), Dhaniya (coriander) and Labsum (garlic) are recommended in cooking.

### **Ayurvedic Immunity Promoting Measures:**

1. Take Chyavanprash 10-15 gms in the morning. Agastya Hatitaki Rasayanam 10 gms in the morning. Diabetic people should take sugar free Chyavanprash.
2. Drink Herbal tea / decoction (kadha) made from Tulasi (Basil), Dalchini (Cinnamon), Kalimirchi (Black

pepper), Shunti (Dry ginger). To prepare herbal tea, take all the ingredients in dry form and make coarse powder. Make tea bags of 3 gms extract of the powder. Consume like tea by dissolving in 150 ml of boiled water, once or twice a day. Add Jaggery/Raisins/Lemon Juice for taste.

3. Take fresh lime juice everyday.
4. Take milk with half tea spoon haldi (turmeric) powder in 15 ml hot milk once a day.
5. Avoid cold processed heavy fried and junk foods and eating non-vegetarian food.
6. Eat warm, fresh, easy to digest nourishing food at regular meal times.
7. It is very important to stay hydrated, have warm water.
8. Turmeric is a natural anti bacterial herb that can be added to food with some pepper that reduces Ama.
9. Amruth (Guduchi) is an antipyretic and immunomodulatory, rasayana and good rejuvenator. Tab Guduchi we can take three times a day for good immunity.
10. Tulasi akku has antiviral properties 10-15 drops of tulasi akku in water twice a day can be taken safely.

According to Ayurveda the three pillars of health are

Ahara (Nutrition)      Vihara (Lifestyle)      Nidra (Sleep)

If we follow these three pillars we can maintain good health.

### SCIENCE FAIR - Hemodialysis

**Hemodialysis:** We know that our human body is a big magical machine. It is made up of so many organ systems like digestive system, respiratory system, excretory system, skeletal system, circulatory system, reproductive system etc. Every system has its own specific function. If one system cannot work properly, then the whole body cannot work. So let us see about one system - the excretory system. In human beings excretion mainly occurs through the excretory system which consists of a pair of kidneys, a pair of ureters and urinary bladder. Kidneys are the bean shaped reddish brown colour located in the abdominal cavity attached to the dorsal body wall, one on either side of the backbone. The position of the right kidney is lower than the left kidney due to the presence of the liver above. Each kidney is made up of approximately more than 1 million microscopic and tubular functional units called nephrons. Nephrons filter the blood and send waste to the urinary bladder through the ureters. This urinary bladder stores the urine until it becomes full. Later it is sent outside through the urethra. This is the function of the kidney which separates the waste from the blood. but sometimes kidneys fail to separate waste from the blood. This is called end stage renal disease (ESRD). If the kidney stops working completely, our body is filled with extra water and waste products. This condition is called uremia. In this condition our hands and feet swell. We feel tired and weak. In this situation our body needs pure blood to function properly. Accumulation of poisonous waste in the body finally leads to death. To recover from this problem. patients go to dialysis or kidney transplantation. Dialysis is a short term solution for kidney failure. Kidney transplantation is a long-term solution. Dialysis is the process of removing excess water and toxic from the blood using a Dialysis Machine. Dialysis is of two types. One is hemodialysis and other is peritoneal dialysis.



Hemodialysis is a treatment to filter waste and water from the blood. It can treat both acute and chronic kidney failure. It helps to control blood pressure and balance important minerals such as Sodium, Potassium and Calcium in our body. In this process blood is taken out from the main artery and mixed with an anticoagulant such as heparin and then pumped into the apparatus called dialyzer. In this apparatus blood flows through channels which are made up of cellophane. It acts as a semipermeable membrane. The channels are embedded in the dialysing fluid which has the same composition as that of Plasma except the nitrogenous waste. Through this membrane blood cells, proteins and other important products cannot pass. They remain in the blood. Small waste products such as urea, potassium and extra fluids pass through the membrane and are washed away. This is similar to the function of the kidney but there is no reabsorption involved. The cleaned blood is pumped back to the body through a vein. Each dialysis session lasts 3 to 6 hours. A patient can take dialysis three times. During this process patient need to take more amount of proteins, right amount of potassium foods, less amount of sodium, high Phosphorus foods and fluids. This is a continuous cycle. We made a dialysis machine with everyday materials like boxes, pipes and a pump. We showed the process of the dialysis through this.

Second Prize Winner, Higher Category, Snehalatha and Nitisha, Class VIII

SOLUTIONS

**What's do you learn?**  
 We do not have to unnecessary brood over problems or any matter and no need to think too much over any issues or any matter but we have to learn let it go by putting before god or write it in some diary or so. that way we will away from stress and more relaxed and we can work better.

#### Emotions

- a. Confused
- b. Joyful
- c. Sad
- d. Worried
- e. Surprised
- f. Amazed

- Across**
1. The Atacama
  4. Forecasting
  8. Rainbow
  9. Meteorologist
  11. USA
  13. Windspeed
  14. Global warming
- Down**
2. Cherrapunji
  3. Hall
  5. Temperature
  6. Wind
  7. Snow
  10. Bbarometer
  12. Clouds

Crossword



## School Report

**BODH** - A Special School that looks after the requirements of children with special educational needs, who are unable to study in Normal Schools, who are repeated failures in normal Schools and who are School drop-outs. By the Grace of the Master in the academic year (2019-2020) the student's strength of Bodh School is 10 students with 3 direct admissions and 7 students from our Satkama High School.

**ABOUT SATKAMA STUDENTS COMING TO BODH:** The students who are unable to cope up with in the group in reading, writing and Mathematical problems are identified and selected for Bodh. Students from classes 4-10 are coming to Bodh for English, Telugu, Maths. Now, they have shown improvement in studies, showed a little bit improvement in writing without spelling mistakes and also improved in grades.

**ABOUT BODH STUDENTS:** One student used to cry even for small things and get scared. But now there is a little improvement that the child can control herself, feels happy and confident.

Another student is coming since 3 months. The child's mental ability is low for his age. He speaks well in English for his age and ability. In the beginning he was unable to read and write even a single word. But now he is able to copy the notes even from the board. He is feeling confident to perform before a crowd.

Another student, a hearing impaired child joined very recently.

### REGULAR ACTIVITIES OF BODH SCHOOL

1. Special prayer is arranged for the students. They do meditation during the meditation timings of satkama school.
2. Trataka has been used regularly to improve attention and concentration.
3. Students regularly learn painting and craft activities, sports, music along with satkama students.
4. Children have improved in computer skills and drawing skills along with language and arithmetic skills.
5. Children visited Zoological park, participated in all events and activities along with satkama school children.

Each student in Bodh School is taught separately in all aspects according to their needs. The heaviness of regular curriculum is not imposed on them.

Development of language skills and basic arithmetic skills are main goals taken up in their Individual Educational Plan (IEP).

### Domestic Animals – Wild Animals and their Homes

I am going to explain about domestic and wild animals. Domestic animals are the animals that live on the farm. Wild animals are the animals that live in forest.

Domestic animals are cow, goat, sheep, horse, hen; cow lives in a shed, ducks and swans live in pond. Horse lives in stable. Hens live in a coop.

Wild animals are crocodile, lion, tiger, elephants, giraffes, hippo, chimpanzee and gorilla.

Crocodile lives both on land and in water. Lion and tiger live in a den, gorilla and chimpanzee live on trees, elephants and giraffes lives where trees are more.

- K.Sree Tapasya, Class II



### Germination

I am going to explain about "Germination" first we took some soil into a bowl and planted some seeds in the soil and watered the seeds daily. After one day the root pushed through the seed coat. The seedling grown out of the ground. In this process the seed grows into a new planet.

- G.Dhanush Reddy, Class I



*The educational system should aim at making the students global citizens who are responsible, trust worthy and living the highest moral standards accepted by all mankind - Pujya K.C.Narayana*

దానము, భోగము, నాశము  
 పూనికతో మూడు గతులు భువిధనమునకున్  
 దానము, భోగము నెరుగని  
 దీనుని ధనమునకు గతి తృతీయమైపోసగున్  
తాత్పర్యము: భూమి మీద ధనమునకు మూడు గతులున్నవి. ఆ మూడు  
 గతులలోనొకటి దాన రూపమున ఇతరులకు ఇవ్వబడుట. రెండవది  
 దాచినవానిచేత అనుభవింపబడుట. మూడవది నిరుపయోగముగా  
 నశించిపోవుటనైయున్నవి. ఇతరులకు దానము చేయక, సొంతమునకైన  
 అనుభవింపక లోభి వాడు దాచిన ధనము నాశనమొందును.

पाहन पूजे हरि मिले, तो पूजिये पहाड ।  
 ताते यह चक्री भली, पीस खाय संसार ॥

If by worshipping stone one can reach God I shall be ready to worship a mountain. But for this purpose the grinding-stone which grinds the corn to feed the world may be better.

**INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS**  
**Training Programme**

Imperiance 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.

**ధ్యాన 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 వయస్సున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

[www.sriramchandra.in](http://www.sriramchandra.in)



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**SAHAJ SEVA SAMSTHAN**

10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad, India – 500 047 , Tel: +91-40-23341380

Sahaj Seva Samsthan is dedicated to spread the message of Sri Ramchandraj 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 Ramchandraj 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.

 <p><b>SATKAMA</b>  <b>SCHOOL FOR INTEGRATIVE DEVELOPMENT</b>  <b>EDUCATION FOR A NEW SPIRITUAL ERA</b>  <b>Plot No. 1735, Pragathinagar</b>  <b>Kukatpally, Hyderabad, INDIA,</b>  <b>Phone: 91-40-48562742</b></p> <ul style="list-style-type: none"> <li>•Free Education from I to X class</li> <li>•Dedicated to Divine Resource Development</li> <li>•Teacher student ratio 1:15 for effective teaching</li> <li>•Associative and Integral Approach to Value Based Education</li> </ul> <p>Recognised by State Govt. of Andhra Pradesh, India (LDis No. 1035/B2/2010)  <a href="http://www.sahajsevasamsthan.org/satkama/">www.sahajsevasamsthan.org/satkama/</a>  <a href="mailto:satkama@sahajsevasamsthan.org">email:satkama@sahajsevasamsthan.org</a></p>	<p><b>BODH</b>  <b>SPECIAL SCHOOL FOR SLOW LEARNERS</b>  <b>(CHILDREN WITH LEARNING DIFFICULTIES)</b></p> <p>Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs(Slow Learners) who are unable to study or who face repeated failures in normal schools and who are school drop-outs.Objectives of school are:</p> <ul style="list-style-type: none"> <li>•To make the child realise that he/she carries the Divine Master in the heart and is loveable and useful in the society for that reason</li> <li>•Initial assessment at the time of admission</li> <li>•To develop goals individually for each child</li> <li>•Individualized Education Plans</li> <li>•Teacher pupil ratio 1:5 for individual attention</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/Bodh.htm">www.sahajsevasamsthan.org/Bodh.htm</a>  <a href="mailto:bodhschool@gmail.com">email:bodhschool@gmail.com</a></p>	 <p><b>MSRCM HOSPITAL</b>  <b>HOLISTIC HEALTH CARE</b>  <b>10-3-783/254/3 RT,</b>  <b>Vijaya Nagar Colony ,</b>  <b>Hyderabad, India – 500 057,</b>  <b>+91-40-23341380</b></p> <p>Services available in the hospital -</p> <ul style="list-style-type: none"> <li>•<b>Consultations:</b> General Medicines, Gastro Enterology Nephrology, ENT and Paediatrics</li> <li>•<b>Other Services:</b> General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.</li> <li>•<b>Alternative Systems of Medicine:</b> Homeopathy and Ayurveda</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/Health/Health.htm">www.sahajsevasamsthan.org/Health/Health.htm</a>  <a href="mailto:msrcmh@gmail.com">email:msrcmh@gmail.com</a></p>
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**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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