



SPANDAN

Guest Editorial

Dr. A. Subba Rao, Member, SSS

That Spandan has been dedicatedly sharing important events concerning the activities of 'Satkama' and 'Bodh' school (s) in a comprehensive way regularly on a quarterly basis is well known to all. But this year, due to an unprecedented 'Corona' pandemic, lock down and eventual situation(s), the issue that was due for release on the occasion of Srikrishna Janmashtami could not be made available. The present bulletin therefore, is a combined issue of Janmashtami and Deepawali which however covers broadly the activities. The compelling and trying circumstances due to the Covid-19 pandemic, lock down has taught many lessons to all strata of societies world over wherein people are forced to stay put at home, carry-on their duties, manage children, look to their learning, emotional and recreational needs without outdoor games, activities and to maintain peace, harmony and liveliness at home which is an ordeal by itself, which experience many testified. The degree of patience, tolerance, accommodativeness required to apply and / or impose 'New normals' might have been a herculean task for parents in general. The Principal of Satkama and teachers too might have had their stressful share in the organising and conducting of on-line classes in the absence of formal class-room scenario. Their efforts are commendable and noteworthy. Online teaching, listening and learning have its own problems, limitations and a host of concerns like getting the attention of the taught, their focus cum grasp etc. This may have also been the experience of parents too. Our teachers are familiar with internet, computer(s) handling and deserve appreciation as they are successfully managing the situation effectively. No doubt, the pandemic taught all several lessons and humanity has been empowered. With the introduction of New Education Policy, 2020 by Govt of India replacing hitherto 10+2 system with 5+3+3+4 and many structural reforms has enabled the learning fraternity to become self-reliant and live with adequate self esteem. This casts upon us an onerous responsibility to appraise ourselves to appropriately reorient and reorganize our teaching pattern(s), structuring of lesson plans, etc so as to meet the challenges ahead. While, it is gratifying that there is reasonable stress and emphasis on moral, ethical coupled with spiritual foundation; it is needless to say that the school, teachers, parents and students in particular gear up and be suitably prepared in academic and scholastic domains to play their due part and role effectively to ensure that the objective(s) are realised naturally echoing the Great Master's message in thought, word and deed eventually. Satkama is endeavouring hard in the transformative education with optimism, hope and confidence borne out of Divine support. In this lies source of satisfaction.

Student Editorial

Sojel, Class X

Namaste to everyone! I wish you all a Happy Diwali. Due to the Covid-19, the situation became worse. It spread all over the world. The whole world was in lockdown. Due to this pandemic we the students and teachers have to cope up with online classes even though it is very difficult. Our school management is helping us a lot. It understands our problem and tries to solve it. Due to the lockdown we could see advantages and disadvantages too.

People were unable to go to their village who came to cities for their livelihood. The economy rate fell. There are no jobs, no money and people suffered to get food. On the other hand, it was a beautiful chance for the members of the family to live together and enjoy. They could spend with them without any tensions. The environment got cleaned naturally, while we were damaging it manually. We are now following some of the old methods like saying, "NAMASTE!" interacting with others, maintaining social distancing and washing hands and legs after coming home from outside,

This Diwali is going to be special to everyone. Our Prime Minister, Mr. Narendra Modi's decision to make 'ATMA NIRBHAR BHARAT' will become successful. The lights of diya will be the hope of becoming successful and a hope of coming back to normal life, learning together with a great interaction in our school.

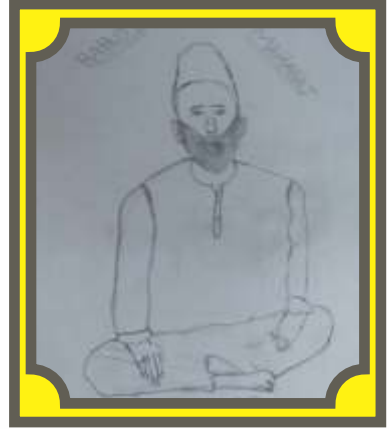
We thank everyone for the contributions to our newsletter. We always welcome all to give their contributions. Please feel free to write to spandan@sahajsevasamsthan.org.

STORY OF MASTER

Master's Will

Ref: Spirituality

Pujya Babuji has sowed the seed of Divinity in the hearts of many people. During His physical presence, He watered them and made them grow. He asked us to remove the weeds through the process of purification. He hoped that these seeds would turn into plants, which would become huge shade giving trees to many future generations of spiritual travellers. Perhaps when he planted these seeds in us, the Mahatma might not had the time to inspect the field! He invited everyone. The influence of the field definitely has an impact on the growth of the plant no matter how pure the seed might be. Some seeds don't sprout (meaning abhyasis who take three sittings and don't do sadhana afterwards). Some seeds wither soon after sprouting, some others naturally grow strong and big and spread. The Mahatma's will and action never go waste. But in that work of transformation of humanity, it is our primary duty, and fate also to help as best as we can. These big trees will flower naturally, bear fruit and increase their progeny. The will of the Adi guru is also that. That is what is happening.



Amrith, VI

WORDS OF WISDOM

Importance of moderation: According to Rev Babuji Maharaj "One of the essentials in the making of a man engaged in spiritual pursuit is moderation. It is a very wide term and covers every phase of human activity. It means balance in all senses and faculties, nothing more or less than what is naturally required at the time for any specific purpose without its slightest impression on the mind. Generally, today, we find moderation disturbed in almost all cases. The reason mainly is that we attach undue importance to whatever thing comes to our view and we strengthen it by the force of our thought with the result that it grows stronger over all others. We cultivate this habit and apply it to different things with varying intensity. The result that follows is nothing but disturbance and mental conflict and it is the root cause of all our troubles and miseries".

"To cultivate moderation we have to pay special attention to external ways of life too, e.g., gentle and polite language, courteous dealing, sympathy and love with fellow beings, reverence to elders, unvengeful nature and so on. These habits are greatly helpful in our making. Moderation is a characteristic of nature. If we gain complete moderation we are in a way in conformity with nature and it is the very essence of spirituality."

(Basic works of Shri Ramchandra-209, 210)

Babuji Maharaj has discovered two points in our chest region which are Point A and Point B Meditation in prescribed way on these two points is very helpful in achieving moderation in all walks of life.

Rev K.C.Narayana Sir refers Point A and Point B meditation as methods that would benefit humanity in achieving moderation in all walks of life.

(Reference taken from Editorial Satyapadam)

"It is easy to see that Point A meditation involves the good of others while Point B meditation takes into consideration the development of the self".

(Practice and Efficacy of Sri Ramchandra'sRajayoga (2005) - Page No.168)

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.

- Pujya Sri Ramchandraji Maharaj

Understanding Srimad Bhagvad Gita

Kavya Prashanthi, Class X



In a city there lived a girl along with her family. Her name was Laya. She is very good at her studies. Once she was scrolling her phone and found something interesting and she was very much interested in the thing. So, she liked it and started to search about the thing. When she is doing this she loses her senses. She spent 3 hours on her phone. She wants to buy that merchandise. But it's very expensive to have it. She asked parents to buy the merchandise. But her parents said no. She is very upset. And one day some of her friends bought the same merchandise. Laya sees this and gets angry. She started to think more about the merchandise and fancy to have it at any cost. With this she can't study well and gets less grades. So, her mother worried about her and took Laya in her hands and said, "When you think more about objects you lose your senses. If you don't get the things which you want you'll be angry with everything and everyone. So, the thing you must do when you experience this situation is to surrender yourself to God and this makes you feel peace. You don't get things when you want, you get them when you deserve." Laya thought what her mother said is absolutely true. She realized what she is doing and felt sad for what she had done. Now, Laya stopped thinking about the merchandise and again she continued her studies and worked hard to get good grades. She now knows how to control her senses.

Avinash, Class IX



Once there was a boy named Kiran. One day his friend bought a cycle. Kiran liked the cycle. He wanted to ride cycle and asked his friend to give ride. He gave a ride one day. Then he was constantly thinking about the cycle. He again asked his friend. But he didn't give a ride. Kiran asked his parents to buy a cycle for him. They disagreed. His passion was more about the cycle and he was not concentrating about his studies. Attraction on cycle made him so much disturbed. Then his parents told him that 'if you concentrate on studies then we will buy a cycle.' Kiran did hard work and concentrated on his studies. His full attention was on his studies. He passed the exam. His parents bought him a cycle. Then he realised that 'a person, doing the act without attachment, gains the highest goal.'

Devi Charan, Class X



Once there lived a playful boy named David. He was studying in 8th class. He was living happily with his parents. There was a forest in the city where David lived. David's school was beside the forest. One day as he completed all his works and was watching videos on youtube. He saw a video of spiderman. He saw that spiderman webshooters are available in Amazon. So he opened Amazon and saw the web shooters. He liked one web shooter and went to his parents and asked to buy that. Parents said that they were poor and that is not useful for us. David becomes sad.

Next day in school his friend gets a same web shooter to school which was liked by David the before day. He asks his friend to give it once. But his friend refuses to give. He gets very angry and takes web shooter and throws it. David's friend goes to David's parents and complains to them. David's parents give money to him and scold David. He wants the web shooter and he didn't sleep the whole night and he didn't even study for the tests in school and his grades decreased. One day at night he slowly takes his father's purse to take money for web shooter and his mother suddenly sees this thing and again scolds David. David feels very bad and sad.

One day when school time is finished, he feels hungry and goes to forest to eat some fruits. While eating fruits in forest, he sees a sadhu and does not pay much attention and starts walking away.

Sadhu asks David to come. David asks 'how do you know my name?' Sadhu says, leave that and tell the problem that is bothering you. David tells the whole story to sadhu. Sadhu says, 'Ok, this whole thing happened due to your attachment to that play thing.' You meditate on divine light everyday for 15 minutes at least whenever you have time by surrendering yourself to God. You feel better in few days only. There is no age limit for this. Anyone can do this. By surrendering yourself to God, you will reach the highest peak of peace and you will not develop any attachments. Trust me! "Ok Guru," says David politely. David does exactly whatever sadhu said and really reaches Supreme peace and also feels very happy too. He was also able to concentrate on everything. From that day he started living happily, peacefully with his family with contentment.

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 (smṛti); from failure of accumulated knowledge, crash of discernment; with discernment crashed, he preishes outright. (2-63)

इन्द्रियाणां हि चरतां यन्मनोऽनुविधीयते ।
तदस्य हरति प्रज्ञां वायुर्नावमिवाम्भसि ॥

While the senses are moving amongst the objects, the mind is prone to follow in their wake. Such a mind sweeps away one's understanding, as wind sweeps a ship on the waters. (2-67)

ईश्वरः सर्वभूतानां हृद्देशेऽर्जुन तिष्ठति ।
भ्रामयन्सर्वभूतानि यन्त्रारूढानि मायया ॥

“O Arjuna, The Lord dwells within the heart-region of all beings, causing, through His Wonderous Power (Maya), all the beings to whirl round mounted on a machine. (18-61)

Ramcharan, Class X



Once there lived a boy named Arvind. He was studying in high school. He is always attracted to the toys or objects which he feels happy about. One day his friend bought a new school bag which was very stylish and beautiful. Arvind also wanted that bag. After the school is done, he asked his parents to get him a new bag. He already had three good bags without any damage in them. But he still wanted a new stylish bag. Arvind's parents ignored his wish for a new bag. Then, Arvind felt very sad and was unable to sleep whole night. This was because of his desire. Next day in his school, he saw his friend with the same bag. Arvind's mind filled with anger and he argued that “Don't bring this worst bag again to school.” His friend has only one bag which was torn and that is the reason to buy the new bag. After the school, Arvind again went to his parents and reasoned to buy him a new bag. This time also his parents did not accept to buy. That night, he got anger and threw his bag out. And then his parents bought him a new bag. Arvind was happy this time but his mind was now contented. But it is not contentment, it's just our desire which was fulfilled. This will not give us real happiness.

Next day, he saw his friend before the school on the road. He saw that his friend was giving his bag to a boy who was poor and unable to carry his books and stationary belongings to the school. His friend then went back to home brought his old torn bag to the school. Arvind also saw the happiness in the poor's boy's face and real contentment in his friend's face. Arvind was not pleased with his unfair behaviour towards his parents. He felt sorry for his parents and also to his friend as he scolded him, Now, Arvind gave his 3 bags to the poor children who were unable to buy a bag. Arvind was also using just a single bag for long time. Arvind was happy this time and his mind was seemed contented.

PRINCE AND SADHU

Jaya Babu, Class VII



Once there was a prince. He went to forest one day. There he saw a sadhu who was giving something to people. People were standing in a line, so the prince too went near to take what he was giving. But prince did not stand in line and went to sadhu. Sadhu said, “I don't care. You should come in line.” The prince angrily said, “I am the prince, the next king of this kingdom.” The sadhu said, “I don't care you should come in line.” The prince angrily went away from that place and he went to palace. Then he ordered to bring the sadhu. Then the servants brought sadhu to palace. Then prince says, “Bow before me and say sorry.” Sadhu says, “Why should I bow to you as you are not great and why should I say sorry as I did not do any wrong?” Then prince takes a whip and starts beating sadhu. He again asks to bow and say sorry but sadhu refuses. Prince again starts beating sadhu. His face was wounded and was bleeding. Then prince stopped beating and said, ‘I realise my mistake sorry.’ Then sadhu bows before him. Then prince asks, ‘Why did you not bow before?’ Sadhu says, ‘Realising your mistake is also a great thing.’ Then prince asks, ‘How to control my anger?’ Sadhu says ‘If you control your actions and thoughts then you can control your anger.’ Then prince realized his mistake and went to live alone for some days. After that he started to control his anger.

Moral: If we control our actions and thoughts, we can control our anger.

COOPERATION

Siva Sai Tejaswi, Class VI



Once upon a time there lived a boy named Raghu. He was very good Boy. In his village drought occurred. There was no water to drink. People were very sad. Then they thought we should dig the land and we should make it round in shape. When it rains the water will be stored here. They cooperated with each other and they dug a pond. When the rains came, water collected there.

Moral - We should cooperate with each other for the good of everyone.

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

- Pujya Sri Ramchandrajaji Maharaj

Art Gallery



Sai Sowjanya, VI



Harsha, V



Aneesh, VI



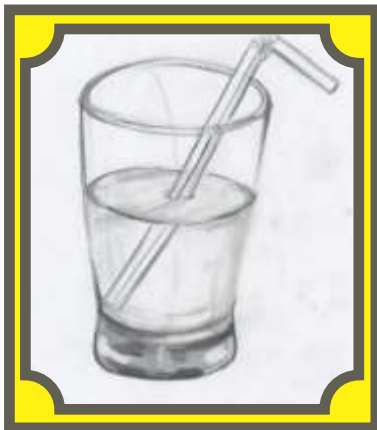
Pranamy, VI



V.Vanshika, V



Jasmitha, VI



Vishnu Priya, VI



Rushikesh, VIII



Bhavya Karthika, VI



Gyandeep, VI



Gurucharan, VI



Sanjay Sonu, VI

GOOD BEHAVIOUR

Uday, Class VIII



Once there was a King who had a son. The prince's behaviour was very cruel. He made all people to respect him. Once he was going to a place and his chariot broke off. It was very hot. As the soldiers saw a hut they said to the Prince that until the chariot is ready he can stay in the hut. He went in and saw a yogi. The yogi makes medicines. The Prince wanted to talk to him but the yogi declined and said that he has to wait in the line as he didn't come first. The Prince got angry and said to himself, "What! I should stand in between these ordinary people, never! I have no need or any problem to talk to him." He went to the palace. He ordered that the yogi has to be arrested and bought there immediately. As the yogi came he didn't bow to the prince. The Prince was shocked, he asked, "I am the Prince and future King of this kingdom then why didn't you bow to me?" The yogi replied, "Oh! Prince if you show your greatness then I would bow to you." The Prince said, "Say sorry." The yogi fearlessly told "I didn't do any mistake so why would I say sorry." The Prince became angry and frustrated. He took a long whip and started beating the yogi with it. He told, "Will you say sorry or not." The yogi politely declined. He continued the beating. The yogi again declined. His face and body was wounded and bleeding. The Prince gets frustrated and says "If I cannot not control you then how can I control the people in my kingdom." The yogi says, "No need to control the people. If you control your mind and anger then automatically you will be able to control people."

The Prince remembers how he behaved cruelly, unkindly and angrily. He realises his mistake and asks yogi how to control his anger and mind. The yogi bows to him and says, "Live a life of an ordinary man for six months without knowing anyone." The Prince asks why he bowed to him now but refused to bow before and say sorry. The yogi says, "You showed your greatness to me by accepting your mistake Prince so I bowed to you. The Prince lives as an ordinary man for six months without knowing anyone. After that he lives happily and never shows his cruel and unkind behaviour.

Moral: A King can control his subjects only by his good behaviour and when he is balanced and is in control of himself. Out thoughts and actions have to be controlled.

VALUES

Bhavya Karthika, Class VI



There were two friends named Ashok and Akhil. Akhil always want to help others. But Ashok doesn't want to help others. Akhil told Ashok so many times to help others because that is a good habit. But, Ashok didn't want to. One day Ashok and Akhil decided to go out for a walk. After sometime Ashok told sadly to Akhil that he wants to buy toys, but he didn't have money. Then Akhil helped him by giving some money to buy toys. Then Ashok felt happy. Seeing the happiness in Ashok's face, Akhil told if you help others, you too will be happy because of your helping nature.

Values are principles or standards of behaviour; one's view of what is important in life. Examples of values are helping nature, respecting elders, honesty etc.

పేరడి

మంచి మాట ఎప్పుడు చేదుగా ఉండును
ఎంత చెప్పినా వినిపించుకోరు
ఆరోగ్యమునకు హాని అయినా చెడు దారిన వెళ్ళి
సర్వంబును కోల్పోయి బాధపడును
చెప్పిన మంచి మాటను అనుసరించు ఓ మానవా!

కావ్యప్రశాంతి, కావ్యబాయి, విష్ణువర్ధన్, లోహన, తరుణ్సాయి,
సాయిసంకీర్త

SACRIFICE

Sai Vignesh, Class VI



In this Covid-19 days, everyone are becoming more and more selfish only thinking about themselves. Meanwhile, in some countries health facilities are not sufficient to treat all the Covid infected people. So aged people who tested positive in those countries, rejected the treatment and asked doctors to use those beds for younger people. They did this so that younger generation can be treated quickly and help others and make their countries to stand in a better position.

Moral - The sacrifices made by the old people should not be wasted and we the younger generation must contribute to our nation.

FRATERNITY

Akshaya, Class V



Once there lived a hard worker named Ramaiah. He had two pots. One day Ramaiah was filling the water in the two pots. One pot is leaking. Another pot said, "You are an old pot. See how beautiful I am". Another day when Ramaiah was filling water the old pot said, "Ramaiah, I am very old and can't help you anymore." Ramaiah understood what pot said. Ramaiah said, "See by leaking you are watering the plants." The pot understood and felt very happy. Then the other pot said, "I am very sorry for my remark. You are very useful."

Moral - We should have fraternity.

Value of Pen

Find out value associated with this story

One Lesson From JRD Tata

JRD Tata had a friend who used to say that he misplaces and loses his pen very often. He will use only very cheap pens so that he need not worry about losing them. But he was worried about his carelessness habit. JRD suggested to him to buy the costliest pen he could afford and see what happens. He did that and bought a 22 carat gold Cross pen. After nearly six months JRD met him and asked him if he continues to misplace his pen. His friend said that he is very careful about his costly pen and he is surprised how he has changed! JRD explained to him that the value of the pen made the difference and there was nothing wrong with him as a person!



Learning from this life lesson:

This is what happens in our life. We are careful with things we value the most in our life.

- If we value our health, we will be careful of what and how we eat;
- If we value our friends, we will treat them with respect;
- If we value money, we will be careful while spending;
- If we value time, we will not waste it;
- If we value relationship, we will not break it.

Ditloid Puzzles

Try to crack all of the Ditloid puzzles below. They're all connected with the passing of time. The first one has been done as an example:

- 24 H i a D = 24 Hours in a Day
- 12 M i a Y =
- 31 D i D =
- 1000 Y i a M =
- 1 L Y e F Y =
- 4 S (S S A W) =
- 12 D o C =
- 60 S i a M =
- 10 Y i a D =
- 366 D i a L Y =

STORY OF PUJYA DR. K. C. VARADACHARI



Pujya Dr. K. C. Varadachari was born on 14th August 1902. His father was Pujya Sri K. C. Krishnamachari, a senior police officer in the Madras Presidency. He belonged to Sri Vaishnavite family. His sisters were Rajamma and Sulochana. The family tradition is very ancient and has its origin in Sriman Nallan Chakravarthy, a contemporary and a close disciple of Sri Bhashyakar Srimad Ramanuja of 11th Century A.D. His great grandfather's grandfather came from a village called Karumbur, a village near Kanchi of Lord Varada.

He was known for his belief in God and innocence from his childhood. His grandfather in order to pacify him due to various childish ways used to tell him to go out into open yard in the house and face the sky with closed eyes and open mouth, promising him that God would drop candy into his

mouth. He would stand for long time before he was rewarded (by the grandfather) and the young believer used to jump with joy for having been rewarded by God.

He had his school education in the then Mahant Hindu High School, Tirupati, upto the Matriculation Standard. He did his F.A (Maths, Physics and Chemistry) from the Christian College, Madras in 1921. His personality and the principles he was observing were such, that everyone in the hostel from the watchman to the cook paid special attention to him. The cook used to send his food specially made without onions and other items that a Srivaishnavite would not consume, to his room with also a glass of milk in the night.

From 1921 to 1923 he participated in the Non-Cooperation movement. During this period he developed interest in Religion and Philosophy and started reading Swami Vivekananda and Sri Aurobindo. The works of Swami Vivekananda read in depth in 1920's, created in him deep change in life. In 1923 he joined B.A (Hons) Philosophy in the Madras Christian College. He was a gold medalist of the Madras University in his B.A. (Hons) in 1926.

Pujya Dr. K. C. Varadachari was a person with above average height, very fair complexioned with well proportioned limbs. He had a very melodious resonating voice that was capable of putting the audience into rapt attention. His eyes were sharp and when he looked at others compassion used to overflow from them. From 1945 onwards he wore dhoti with a long coat and used to wear a white turban. He got married in 1926 to Sow. Rukmini (Rajamma) who belonged to a distinguished family of Patrachariars. Alongwith Sri V.K. Narasimhan, his brother- in- law, Dr. K. C. Varadachari participated in the activities of freedom struggle. He also participated actively in the Khadi movement and was a total Gandhian for a long time. He used to spin the charkha and make his own paper through hand processing. Till the last day of his life he never wasted paper and used the reverse of wedding or invitation cards to make notes.

Pujya Dr. K. C. Varadachari was given an opportunity by Sri. V. K. Narasimhan to review books on Philosophy, Psychology and Religion that continued for over 3 decades. His reviews appeared almost on all the Sunday editions of "The Hindu", the prestigious newspaper, and got him enormous reputation as a philosopher. He was a Research Scholar of the Madras University from 1926 to 1929.



In 1929 he joined as a Research Fellow of the Andhra University at Guntur. He joined the Christian college as a Lecturer in Philosophy in 1930. He submitted a thesis "Theory of Knowledge of Sri Ramanuja's Sri Bhashya" in a record time of 9 months to University in 1931. The Madras University awarded him Ph.D in 1932 and he became the first person to get a Doctorate in Visistadvaita from that University. This being a rare accomplishment Pujya Dr. Varadachari was later called only Doctor by all near and dear. After Union Christian college he worked in college at Alwaye till 1933. In 1932 he gave a series of lectures in Bellary on "Living Teachings of Vedanta". The idea that God is the soul of all that is in existence and all conscious beings are to live in cohesion and cooperation with a sense of service to each other was the theme that he propagated and practiced ever since.

In 1937, Sri Venkateswara Oriental Institute was started by the T.T.D. and Pujya Dr. K. C. Varadachari was invited to join as a Professor of Comparative Religion and Philosophy. Many students shared their problems, personal and academic with him and received his help. He was dear to all those who came near him. While working he had to put up with many situations of insult and disgrace in the hands of management and his fortitude was sufficiently built up by such incidents and became stronger in spirituality.

Once Pujya Dr. K. C. Varadachari reviewed the books written by Pujya Sri Ramchandraji Maharaj, Shahjahanpur, U.P., India in "The Hindu", a famous national daily newspaper. The comprehensive and well-written reviews of these books drew attention of seekers, philosophers, yogis to Sri Ramchandra's Raja Yoga and lead them to follow the system. Pujya Sri Ramchandraji Maharaj after reading the reviews met Pujya Dr. K. C. Varadachari at Tirupati in 1955. From 1955 till his last days he was fully engaged in the spread of the system of Rajayoga of Sri Ramchandra. He delivered many talks and wrote many books on the system during this period. He was Director of the Sahaj Marg Research Institute started at Tirupati in 1965. He presented the system of Sahajmarg as a New Darshana in 1966. He was suffering from Diabetes since 1961 and though he had the best medication available in those days, the disease over took him and after about one and half month sickness he attained his Maha Samadhi on 31st January 1971 on the day of Basanth Panchami, the most memorable day of birth of Sri Ramchandraji Maharaj of Fategarh, U.P., India.

What a piece of work is this Man!
 How noble in reason, how perfect in
 his empathy
 How great in action, how calm in adversity
 How beautiful in countenance
 How patient and tolerant
 To the undeserved punishments
 Of friends and fellow beings
 How faithful and loyal to humanity
 And God and Guru
 How profound and versatile
 How knowledgeable and how humble
 How naked, how harmonized, how splendid
 Before Master and God fused into One.
 -Pujya Sri K. C. Narayana



Color the picture



Happy Diwali - Can You Solve This?

$$\begin{array}{c} \text{Lamp} \end{array} + \begin{array}{c} \text{Lamp} \end{array} + \begin{array}{c} \text{Lamp} \end{array} = 60$$

$$\begin{array}{c} \text{Lamp} \end{array} + \begin{array}{c} \text{Lamp} \end{array} + \begin{array}{c} \text{Lamp} \end{array} = 12$$

$$\begin{array}{c} \text{Gift} \end{array} \times \begin{array}{c} \text{Gift} \end{array} \times \begin{array}{c} \text{Gift} \end{array} = \begin{array}{c} \text{Gift} \end{array}$$

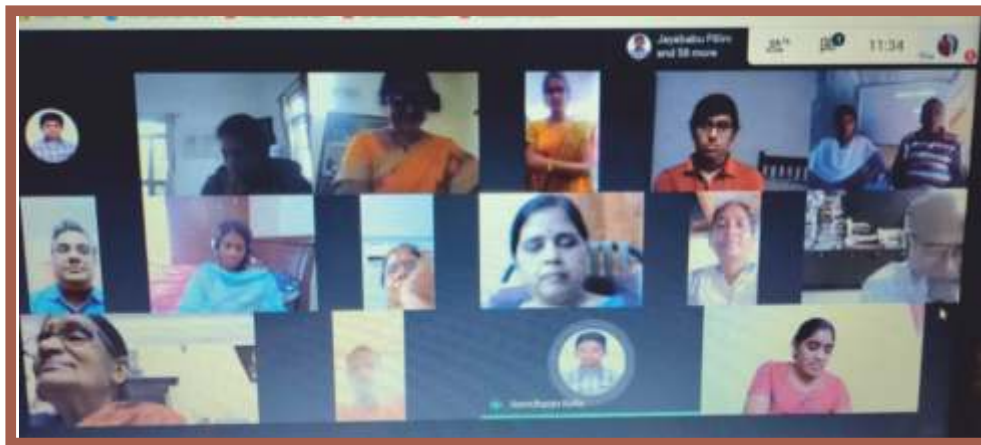
$$\begin{array}{c} \text{Lamp} \end{array} - \begin{array}{c} \text{Gift} \end{array} \times \begin{array}{c} \text{Lamp} \end{array} = ??$$

SCHOOL EVENTS

The world is seeing unforeseen situations today due to the COVID 19 Pandemic and everything has been affected including school education of children. Living a life of cooperation, service, sacrifice and fraternity is the call of the day. Satkama School is trying to do its best to educate children through online classes. Online classes started in the month of June for classes 5-10 and other classes were introduced to online teaching by September. Classes start with prayer and meditation for 5 minutes. The last class ends with National Anthem. Culture course is being taught for all classes where Srimad Bhagavad Gita slokas and its meaning is taught and stories on values is discussed. Sanskrit class for interested 9th and 10th grade students is taken on Saturdays. With the cooperation of teachers and parents the classes are being conducted smoothly. Teachers learnt new technology to teach and assess students and summative assessment was conducted in the month of October using regular assessment methodology and Google forms. Events like Independence Day and Teachers Day too were well organised by the class ten students. We would like to share feedback from parents who are happy with the classes.

We celebrated the 74th Independence Day this year. This was the special Independence Day, because we celebrated through online. Our Principal, Smt. Padmaja Madam, Joshi Sir and Dr.K.Madhava Sir joined with all the students from class I to X, ex-students and our teachers. We started the programme with a Prayer and Pledge and ended with National Anthem. Joshi Sir and Dr.Madhava Sir talked about the present situation and gave us precautions to follow. They appreciated for conducting this programme. We celebrated it in a well mannered way and with great zeal in everyone. We remembered the sacrifices of great leaders and soldiers and saluted them from the core of the heart.

We celebrated Teachers' Day through online. Our Principal, Smt.Padmaja Madam, Joshi Sir and our teachers and students from VII to X joined the meet. Class X students had organised the programme. It started with a Prayer, song and speeches in Telugu and English. Joshi Sir talked a few words about the Teachers' Day and appreciated the students for making the event successful even in online. 10th students also taught the classes to I to IX online. The programme ended with couple of games and the students thanked all the teachers for teaching them and making them to choose the right path. The students had done a great effort for making the event amazing.



TEACHERS DAY



Feedback from Parents

Thanks a lot for all your hard work and passion towards the students which has got such brightness in students. I am grateful to all the teachers and management. A.Hasini, VIII class.

Hello to Everyone, My name is Ch. Bhargavi. I am mother of Ch. Uday of VIII class in Satkama High School. I would like to give feedback regarding online classes being conducted at the time of present covid-19 situation.

We are very happy for conducting online classes since last couple of months. My son is also showing interest in attending the classes. We have noticed that teachers are nicely explaining to the students through Google Classroom.

From these online classes, they are gaining some knowledge and spending time to meet their classmates, and they are learning Advanced Technology of Computers. For submitting projects, notes they are using apps and how to install the application. If they don't know they are asking someone and they are learning.

Parents have to make sure that their children use mobiles only for classes and avoid mobile games. We have to worry lest that their eyes will get affected. Once again we are thankful to the teachers and management for conducting this online classes at this Covid-19 situation.

Poems

త్యాగం

భక్తి

ఓ శిభి

త్యాగానికి మారురూపంబు నీవు
ప్రాణాలు త్యాగంబు చేయుటకు సిద్ధమైనావు
పక్షి ప్రాణంబుకు, నీ ప్రాణంబు అడ్డు బెట్టినావు
చరిత్రలో నీ త్యాగానికి సమర్థులెవ్వరున్నారు?
నీకు మా వందనములు! అభినందనములు

దేవుడి మీద భక్తి

భక్తి వలన కలుగు శక్తి
శక్తితో సాధించు మంచిబుద్ధి
బుద్ధితో సాధించు నీ లక్ష్యాన్ని
లక్ష్యాన్ని సాధించి పొందు సంతోషాన్ని

భరత్, వాసుదేవ్, స్నేహలత, ఐశ్వర్య, వర్షిత, రూపతన్మయి

సాయిశ్రీ, సాజేల్, సృజన్ పదవ తరగతి
అవినాష్, మనోజ్ఞ, తొమ్మిదవ తరగతి
సంజన, ఆరవ తరగతి

ధ్యానం

ధ్యానం తొలగించును కోపం
ధ్యానం కలిగించు శాంతము జనులందరికిన్
ధ్యానం చేద్దెను మనసు
దైవము దరికిన్, విముక్తి కలిగించుగా

భక్తి (ముక్తపదగ్రస్తాలంకారం)

దైవముపై కలిగి ఉండాలి భక్తి
భక్తికై కావాలి మనసు
మనసు అవ్వాలి నిర్మలం
నిర్మలత్వం కోసం కావాలి స్వచ్ఛత్వం
స్వచ్ఛత్వంకై కావాలి మంచి ఆలోచనలు
ఆలోచనలు మార్చగలవు జీవితాలను

దేవిచరణ్, అనూప్రెడ్డి, నీహాల్, పదవ తరగతి
నితీషా, తొమ్మిదవ తరగతి
హైమా, ఏడవ తరగతి

SOLUTIONS

Value of pen
Value: Being Careful

Ditloid Puzzles

12 M | a Y=12 Months in a Year
31 D | D=31 Days in December
1000 Y | a M=1000 Years in a Millennium
1 L Y | F Y=1 Leap Year every Four Years
4 S (S A W)=4 Seasons (Spring Summer
Autumn Winter)
12 D | C=12 Days of Christmas
60 S | a M=60 Seconds in a Minute
10 Y | a D=10 Years in a Decade
366 D | a L Y=366 Days in a Leap Year
Answer of the puzzle Can you solve this?

Value of one lantern is 20 (20 + 20 + 20 = 60)
Value of one giftbox is 1 (1 x 1 x 1 = 1)
Value of one anar is 3 (notice there are two anars
joined together to confuse so its 3+3+3+3 = 12)
Now the last equation would be as follows
20 - 1 x 3 = 17 So the answer is 17.

In the Academic year (2020-2021) the student strength of Bodh school is increased to '5' students. We are conducting online classes for students weekly four days, per day 3 classes by using Google classroom. Telugu, English and Mathematics subjects are taught to the students. Based on the students ability the student teacher ratio is 1:1 and 2:1. Teachers use videos and pictures for screen presentation to the students for better understanding. Students improved in reading languages like Telugu, English and show much interest to do math. Every Friday we conduct a combined class for all students to teach Satakas and Slokas. Some of the students are very much interested in painting, drawing and also in story writing.



Projects by Bodh School Students

Venkata Vashista.M, Bodh school.
Sree Tapasya.K, Bodh school.



దసరా పండుగ

తపస్య

ఆశ్వీయుజ మాసము శుద్ధ దశమి రోజు దసరా పండుగను జరుపుకుంటాము. ఆ రోజున పాలపిట్టను చూచి, ప్రజలు జమ్మి చెట్టును పూజించి, దాని ఆకులను తీసుకుని మిత్రులకిచ్చి గలే మిలో చేస్తారు. జమ్మి ఆకులను బంగారమని పిలుస్తారు. చిన్నవారు జమ్మి ఆకులను పెద్దవారికి ఇచ్చి కాళ్ళకు మొక్కి వారి దీవెనలు తీసుకుంటారు. దసరా పండుగను పది రోజులు జరుపుకుంటారు. అమావాస్య నుండి నవమి వరకు బతుకమ్మ ఆడుతారు.

1. ఒకటవ రోజు ఎంగిలి పూల బతుకమ్మ
2. రెండవ రోజు అటుకుల బతుకమ్మ
3. మూడవ రోజు ముద్దపప్పు బతుకమ్మ
4. నాలుగవ రోజు నాన బెట్టిన బియ్యం బతుకమ్మ
5. ఐదవ రోజు అట్ల బతుకమ్మ
6. ఆరవ రోజు అలిగిన బతుకమ్మ
7. ఏడవ రోజు వేపకాయల బతుకమ్మ
8. ఎనిమిదవ రోజు వెన్నముద్ద బతుకమ్మ
9. తొమ్మిదవ రోజు సద్దుల బతుకమ్మ

Commandment 6

Know all people as thy brethren and treat them as such.

- Pujya Sri Ramchandraji Maharaj

బహుళ కావ్యములను పరికింపగావచ్చు
 బహుళ శబ్దచయము పలుకవచ్చు
 సహనమొక్కటబ్బు చాలకష్టంబురా
 విశ్వదాభిరామ వినురవేమ

తాత్పర్యము: ఎన్ని కావ్యములను చదివినా, ఎన్ని శబ్దములను త్పత్తి చేసినా, సహన గుణమలవడుట చాలా కష్టము. సహనము కలవాడే జ్ఞాని. సహనము వలన సమస్త కార్యములు సాధించవచ్చును.

पाहन पूजे हरि मिले, तो पूजिये पहाड़ ।
 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

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.

ధ్యాన శిక్షణా కార్యక్రమము

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

www.sriramchandra.in

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SAHAJ SEVA SAMSTHAN

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Sahaj Seva Samsthan is dedicated to spread the message of Sri Ramchandrajai 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 Ramchandrajai 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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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:

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- To develop goals individually for each child
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www.sahajsevasamsthan.org/Educational/Bodh.htm

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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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