



SPANDAN

WE WISH EVERYONE A VERY HAPPY NEW YEAR 149 LE

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

UNIVERSAL BROTHERHOOD

Prof. Dr. K. V. Dakshinamurty, Senior Consultant Nephrologist,
Mahatma Sri Ramchandra Centenary Memorial Hospital

Mahatma Sri Ramchandraji 's 6th commandment says "**Know all people as thy brethren and treat them as such**".

Everything in the Universe has originated from the same source and is an expression of the Divine. Therefore every one of us is inter connected with one another. It is common knowledge that we do not recognise our own close kith and kin when the numbers increase, distances separate, and time intervenes. Similarly, the feeling of remoteness has set in among us, the human beings, forgetting the truth that we are all from the same origin, that is, the Divine. We are not separate from one another and that is the basis of universal brotherhood. We feel distinct from one another because of our thoughts, actions and our feelings of selfishness. This resulted in the misunderstanding of the brothers and friends to be strangers and aliens. The breaking up, of the individual networks which distance one from another, leads to closer ties, fraternity and the feeling of universal brotherhood. The means to that is development of love towards one and all which leads to the firming up of the attitude, of being a brother or sister, amongst us. Mahatma Sri Ramchandraji has given us the 9'o clock prayer, wherein one meditates with the idea that all the men and women in this world are brothers and sisters and all are developing true love and devotion towards the Master. This helps in promoting the feeling of brotherhood in oneself and also promotes the fraternity in the world by way of collective thought force. We develop the feeling of "Maithri" which really means concord, feeling happy when the other is happy and empathy when the other is suffering. Development of universal brotherhood and the knowledge that, everything is the Divine, the Divine is in everything and everything is from the Divine, is the real goal of human life, that is oneness with the Divine.

Student Editorial

Kavya Prasanthi, Class X

Namaste! Everyone. I wish all a very Happy Basant Panchami. May you be bestowed with knowledge. Have a blessed Basant Panchami. This day is very special to each one of us. On this day our beloved Master Pujya Sri Ram Chandraji Maharaj of Fatehgarh, Uttar Pradesh, affectionately known as Lalaji has entered the world in 1873. This is the 149th Lalaji Era. This year has started with a new hope and with signs. This spring came with a positive thought as we were waiting. We got a vaccine in India. We are also giving vaccines to other countries as well. All the people are getting cured from the COVID-19. Our educational institutions have now reopened. Children are happy to come to school and meet their friends and teachers after a very long gap.

In this spring, the good things started to grow and we again came back to our normal life. The meditation that we do daily kept our minds peaceful and tension free. So, we start this New Era with a positive, fresh, peaceful minds. We meditate on our heart on Divine Light and do our duties with sincerity. With our Master's blessings we will become a better person than yesterday and follow His principles.

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 - Understanding of Truth

In 1977 when I had gone to Shajahanpur, there was an occasion to ask Pujya Babuji about a subtle subject. A few foreigners had already been made preceptors in the Sri Ramchandra Mission. A few defects were also observed in them. With a feeling of arrogance, I felt that the defects in them is not good for our sanstha and it was wrong to appoint them, and that Master had not seen these defects, in a way I confronted Pujya Babuji with it. His reply was "we observe defects in others not to count them. We do it so as to pray for the development of qualities that we wished they had. Only when we do that we will be eligible to be called human." It is not that easy to grasp this. It took about 10 years to know that this siddhi is acquired by doing sadhana.

Ref: Spirituality

WORDS OF WISDOM

Overcoming wrong habits and problems: People do not try to overcome their wrong habits because they would then have to put themselves to effort or a bit of inconvenience. Never mind, be it so. But if they only adopt the right course for the realisation of their object and are prompted by intense longing for it, none of these things shall then stand in their way but shall drop down like dead leaves. (SS - 65,66)
If a man wants to work out the problems of his life easily, he should give right suggestions to the mind. It is the condition which comes by the practice and proper moulding of one's self. (SDG-32)

ప్రార్థన - అనుభవము

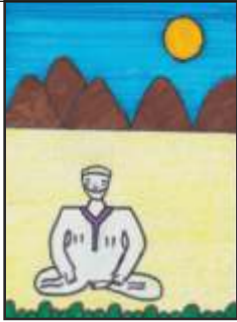


Illustration
Lohana, IX Class

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

9-02-2021 : Before my mind was full of thoughts and now I am feeling calm.
10-02-2021 : Before I felt noisy and after meditation I feel pleasant.
11-02-2021 : Before I felt normal and after meditation I feel peaceful.

Varshith Swamy, Class X

4-02-2021 : I felt relaxed.
10-02-2021 : I felt very peaceful and calm.
11-02-2021 : I felt very calm. Meditation has some magic.
12-02-2021 : I felt like I am flying in the air. I am feeling active now.

Sojel, Class X

1-2-2021 : Today before meditation I felt very happy and somewhat weird as this was my first day of the school in this academic year. After meditation I felt happy and calm.
8-2-2021 : Today before meditation I felt nothing. After meditation I felt happy and calm.
13-2-2021 : Today before meditation I felt somewhat disturbed. While doing meditation I saw some colours. After meditation I felt calm.

Bharath, Class X

1-2-2021 : I felt very happy and very calm.
4-2-2021 : I felt calm and peaceful.
12-2-2021: Before meditation I felt little bit tension and am little bit happy.

Sai Sree, Class X

LALAJI ERA MONTH NAMES: We are happy that we have been blessed with the awareness for naming the new era ushered in by Pujya Lalaji Maharaj and accordingly we have named it as Lalaji Era. With the ushering in of the Advent in 1873 the New Era started. A new calendar is named after Pujya Lalaji Maharaj and 2021 is the 149th year of Lalaji Era.

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

Understanding of Srimad Bhagavad Gita Slokas

In Sirpur village, there lived a boy named Somesh. He was studying in 9 th class. He was a very clever boy and was the topper in his class. In SA-1 exams he scored good marks. His friends named Ravi and Charan got jealous of him. They did not like to see Somesh as class topper. So they got an idea. They wanted to execute it on Somesh. They went to Somesh. Now, let us see the conversation between Ravi, Charan and Somesh.

Ravi and Charan: Hello Somesh! How are you? Somesh: I am good. How about you both?

Ravi and Charan: We are also good. Okay! Now we wanted to tell you about something.

Somesh: About what? I am very excited.

Ravi: We all know that there is a movie theatre in our next village.

Somesh: Yes! But what's new about that?

Charan: Yesterday, Ravi and I went there and watched the new movie which was released recently. That movie is very nice. So, watch that movie once. You will definitely enjoy it.

Somesh: Okay! I will definitely watch it, if I get some time.

Charan and Ravi: No, No! Go today itself. The theatre is old but the movie is new.

Somesh: Okay! See you later. Ravi and Charan: Okay! Bye.

That was the first time for Somesh going to a movie. He did not have any bad habits. He used to study sincerely and he would not copy in exams. He was very honest and innocent boy. As he went to a movie for the first time, he enjoyed it a lot. From then, he got addicted and was unable to concentrate on classes. Sometimes, he did not even attend classes and used to go to movies with his two friends and enjoy them. The Principal of the school was observing the behaviour of Somesh. He had a hope that Somesh would change his behaviour by the end of that academic year. But then, final exams approached and Somesh and his two friends just passed the exam by copying. The Principal of the school was very upset on Somesh's marks. Anyhow Somesh just passed the exams and he was now in 10 th class. The school principal wanted to try to change the behaviour of Somesh and his two friends. The very first day of the academic year, the principal entered the class. He was very polite and asked everyone about their goals. Somesh also told about his goal like everyone. Then the Principal just told one sentence and left the class. That sentence made Somesh and his two friends to change their behaviour. From then, they started to study well and did not copy in the exams and wrote the exams honestly and scored good marks. The one sentence told by the Principal which changed their behaviour was, "BAD COMPANY CORRUPTS GOOD CHARACTER". This sentence made a great impact on Somesh and his friends. At last we can conclude with two morals. The first is to have good friends who always motivate us and the second moral is that there is a limit for everything like entertainment etc.

We should never cross that limit. If we cross that, we get addicted to it and try do everything to obtain it. We even destroy anything or even ourselves if we get addicted to something. So my conclusion is that we should never cross any limits which may cause our own destruction. If we are doing any mistake our heart tells us that we are doing wrong. So, we have to listen to what our heart says and we should follow that.



Snehalatha, IX



Lakshmi Prasanna, X

There was a person named Khanna. He was studying 7 th class. He was not able to focus on studies. His mind gets diverted while studying. He was not able to control his senses. His friend advised him to meditate. Then he started meditating daily. He felt that his mind was very peaceful and he was able to control himself and he felt very happy. The thing which I understood was that our senses try to divert us to somewhere else. But we need to control them. To control them we need to do meditation. When we are doing some work then our mind gets diverted. To avoid this we need to do our work sincerely. Whenever we do meditation and think that God is in our heart then obviously we will be very sincere and we will also have a peaceful life wherever we are.

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)

Lohana, IX



Once there lived a boy named Abhi. He was first in his studies. But when he sees other's new things he wishes to get them. One day in his college he saw a bike. He liked it very much. He asked his parents to buy that bike. His parents told him that they cannot afford that costly bike. He got angry and he was not concentrating on studies. His grades fell. Because of his attraction of bike he was always thinking about it. One fine day college principal asked his parents to meet him. Principal said that Abhi was not concentrating on his studies and he will fail in his semester. Abhi's parents thought that because of his attraction of bike he was not concentrating on studies. Then his parents told him that if you think more about the objects of desire, you will lose your senses and you will be angry on everyone in silly situations also. Abhi realised and thought that his parents' words are true. He realised that a person without attachment gains the highest goal. From then he started concentrating on studies and his grades improved and did well in all the subjects of all semesters in the college.

సహాయం

కావ్యప్రశాంతి, పదవ తరగతి



నీ వద్దకు వచ్చిన వారికి చెయ్యాలి సహాయం
మాన్పించాలి వారి మనసులోనున్న గాయం
ఆపదలోనున్న వారిని ఆదుకోవడం నీ ధర్మం
ఇతరుల కష్టాలు దూరం చేయడమే నీ ధ్యేయం
మంచిని రక్షించే మార్గంలో జరుగుతుంది పెద్ద సమరం
అన్నిటిని తట్టుకోగలిగితే అవుతావు వజ్రం

దయ

కె. కావ్యబాయి, పదవ తరగతి



ఓ మానవ!
నీవు ఎప్పటికీ మారవా...
ఎన్నాళ్ళు ఇలా బాధ పెడుతుంటావు
నోరులేని జీవులు నీకు ఏమి ద్రోహం చేసాయి
నీ ఆస్తి పాస్తులు ఏమైనా అడిగాయా
తాను తలదాచుకోవడానికి కాస్తంత చోటు మాత్రమే అడిగింది
ఏ మాత్రం దయలేని నీవు
అన్యాయముగా వాటి ఇళ్ళను ధ్వంసం చేసినావు
ఇది ఎక్కడ న్యాయము దేవ!
చెట్లను నరికేస్తేవి
కలుగలను బుడిచివేస్తేవి
పుట్టలను అంతే చేస్తేవి
ప్రాణులనన్నింటికి జీవితంపట్ల ఆశలేకుండ జేస్తేవి
ఓ మానవ!
ప్రతి ప్రాణికి ఆత్మీయ చూపే
ఒక మిత్రుడుంటే చాలా
జీవితంపట్ల నమ్మకం కలుగుతుంది

అంకితం

దేవిచరణ్, పదవ తరగతి



ఈశ్వరుడు నీ మీద చూపిస్తాడు కృప
నీవు పర్యవరణంపై చూపాలి దయ
మానవుని ఎదలో ఉండాలి జాలి
తాను ఆరు విరోధులను నిగ్రహించుకోవాలి
యెరుల ఎడదను నొప్పింపక
సాటివారిలో ఈశ్వరుని ఆరాధించాలి
విశ్వంలోని ప్రతి జీవితో
నిర్మలమైన చిత్తముతో, దయతో మెలగాలి
ప్రతి ఒక్కరిపై సోదరభావం చూపాలి
ఎందుకంటే...
అప్పుడే నిన్ను నువ్వు ఈశ్వరుడికి అంకితమిచ్చుకోగలవు

కలిసి పనిచేద్దాం

రామ్చరణ్ తేజ, పదవ తరగతి



కలిసి పనిచేద్దాం, కలిసి కట్టుగా పనిచేద్దాం
కష్టపడి ఓటమిని ఎదిరించి పనిచేద్దాం
కలిసి పనిచేయడంతో మనకి నిజమైన విజయం ఎదురౌతుంది
జీవితంలో విజయం సొంతమవుతుంది
కలిసి పనిచేయడంతో మనకు కష్టం విలువ తెలుస్తుంది
మనసు నిండా ఆనందాన్ని నింపుతుంది
కలిసి పనిచేయడంతో మనం ఐకమత్యంగానుంటాము
వీడరాని అనుబంధాలు ఏర్పడుతాయి
కలిసి పనిచేయడంతో మనకు బంధాలు విలువ తెలుస్తాయి
ముందడుగు వేయడానికి ధైర్యాన్ని ఇస్తుంది
కలిసి పనిచేద్దాం, కలిసి కట్టుగా పనిచేద్దాం
మనవాళ్ళ ఆనందం కోసం కలిసి పనిచేద్దాం

संत कबीर के दोहे

यह तन विष की बेलरी, हरि अमृत की खान ।
शीश दिए यदि हरि मिले, तो भी सस्ता जान ॥

Attachment to body is like a poisonous creeper. God being the treasure house of nectar, if He be had at the cost of our head, the bargain is very cheap.

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

NEW YEAR GREETINGS



Tarun Sai, VII



Bhavya Karthika VI



Honey Dubey, II



Kavya Bai, X



Lavanya, VII



Gnana Sankar, VII



Siva Sai Tejaswi, VI

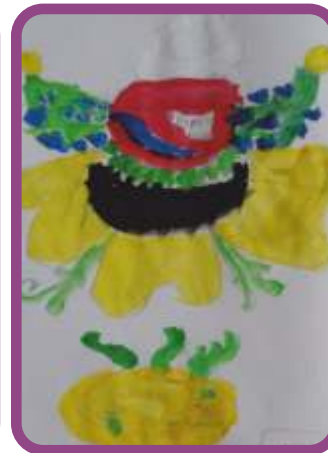
It was he (Pujya Lalaji Maharaj) who made it possible that a man could attain perfection in one life - rather a part of it - leading a just normal family life. - Pujya Sri Ramchandraji Maharaj



Harini, IX



Ramya, X



Naga Reshmitha, IV



Lohana, IX



Sai Sree, X



Srimaan Ashrith, II



Venkat, VII



Jeevantika V

Bhagavad Gita story: Result of reading Bhagavad Gita! What you can learn from the story?

Once there lived a sage who travelled to many places and who was compassionately sharing the message of Gita with all the suffering masses. The sage had few disciples who were travelling with him everywhere.

In one village, the disciples felt that none of the villagers were interested in the message given by the sage. So they complained about the villagers to their guru. They told their guru that they had purposefully kept currency note of Rs. 500 inside Bhagavad Gita and had kept few copies of the same on the table. Even after one week, the books remained as they had left it with the amount.

So the disciples had concluded that none of the villagers have inclination to spirituality and hence had not even touched the book. Hearing this the sage chastised the disciples and said, "O fools ! Bhagavad Gita is so glorious that it cleanses the heart of people who had just seen, touched or read it. After reading it, people would definitely not be provoked to steal the money that was placed inside. For they would have very well realized that currency is as good as ordinary paper.

On the contrary fools like you all, who try to act smart and keep doubting others are the ones who need to control your tongues, save yourselves from unnecessary talks and immerse yourselves into the pages of Bhagavad Gita."

There after the disciples repented for their behavior and followed the instructions of the sage seriously.

Gardening

Word Search Puzzle



S	P	C	O	M	P	O	S	T	J	V	C	Q	M	L	V	S
V	L	L	B	X	Q	W	T	S	I	U	D	R	A	K	E	U
E	A	I	I	K	X	W	R	E	G	J	I	Z	X	M	G	R
A	N	P	S	I	P	A	O	Q	A	G	S	O	I	L	E	U
O	T	P	W	S	E	T	W	S	Q	P	N	M	E	L	T	F
U	I	E	K	H	C	E	E	S	M	A	E	W	L	M	A	L
J	N	R	S	N	G	R	L	B	C	S	O	I	T	Q	B	O
C	G	S	R	Z	U	E	H	G	T	R	T	S	K	Y	L	W
D	L	H	E	R	B	S	N	S	R	S	L	A	P	G	E	E
S	T	O	P	D	B	I	E	A	W	E	E	D	S	A	S	R
H	W	H	P	X	R	N	B	H	S	E	C	G	N	V	D	S
O	G	Z	I	E	I	L	L	O	Y	D	Q	L	A	U	A	E
V	J	K	T	H	E	V	O	E	W	S	H	M	I	A	Q	W
E	Q	A	S	E	A	R	G	L	O	V	E	S	L	Z	P	F
L	W	N	H	I	A	Y	S	D	J	O	E	M	S	N	K	X
Z	U	W	G	A	R	D	E	N	H	O	S	E	T	B	V	V
S	J	N	D	U	M	P	F	U	E	G	G	S	N	I	P	S








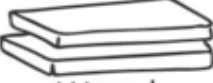

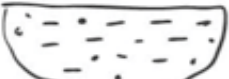













**CLIPPERS ,COMPOST, FLOWERS, GARDEN HOSE, GLOVES, HERBS, HOE, PLANTING
RAKE, SEEDS, SHEARS, SHOVEL, SNAILS, SNIPS, SOIL, SPADE, WHEELBARROW
SUNSHINE, TILLER, TROWEL, VEGETABLES, WATER, WATERING CAN, WEEDS.**

How are natural resources used?

The earliest records of history show that nature, in all its shapes and forms, has served humanity. From rocks used as hunting tools to fruits used as sustenance, rivers used as drinking water and other purposes, wind used in creating electricity etc. Humankind has always looked to nature for survival.

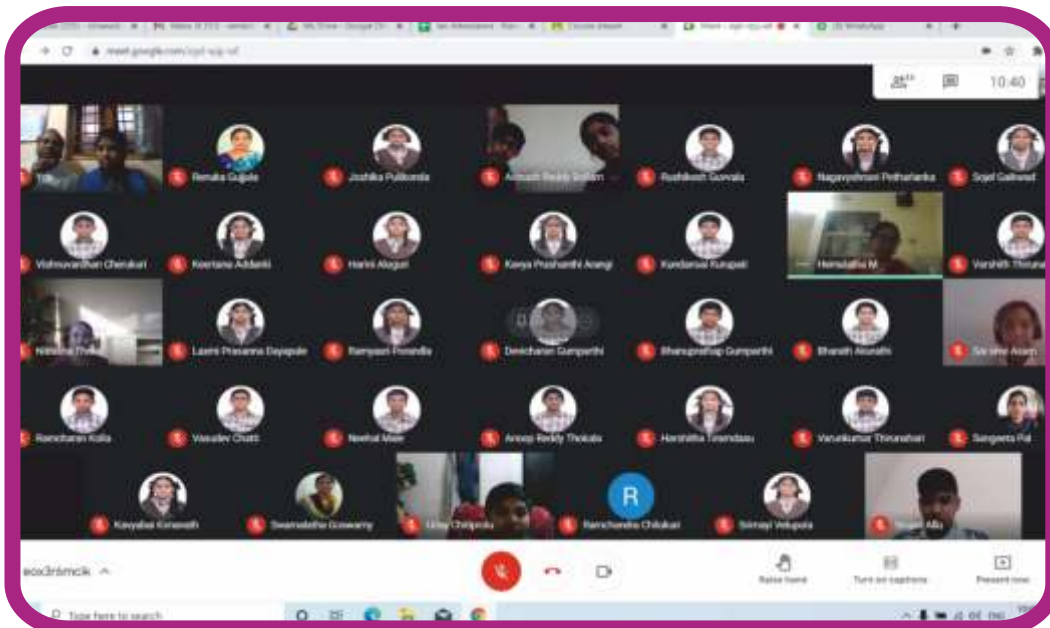
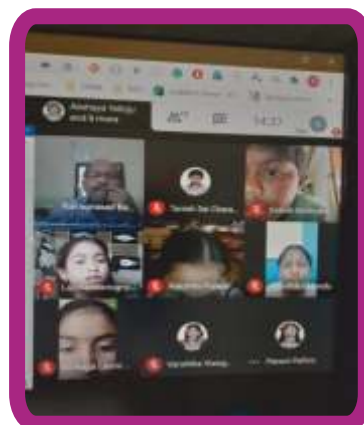
Match the natural resources on the left to the things we get from things

 Trees	 Minerals	 Electricity
 Water	 Energy	 Furniture
 Mountains	 Wood	 Jewelry
 Soils	 Wool / leather	 Cooking
 Wind	 Gas	 Clothes
 Animals	 Crop planting	 Electricity
 Natural Gas	 Energy	 Food

SCHOOL EVENTS

REPUBLIC DAY: 72nd Republic Day was with a new hope of positiveness. Our teachers, Sahaj Seva Samasthan members, Sri Vidyadhar Joshi garu and our Principal Mrs. Padmaja Teacher visited our school and hoisted the flag, whereas all the students attended virtually. Dr. Madhava Garu gave an inspirational speech. The virtual Republic Day was successfully celebrated with a great patriotism.

MORAL STORIES CONTEST: Virtual moral stories contest was conducted on 12th January on account of Swami Vivekananda Jayanti. All the classes from I to X participated enthusiastically. Even though it was virtual, students had the same zeal and activeness. They were prepared with Lalaji Era calender, Moral stories books, Spandan, and biographies of our Masters. Everyone participated actively and enjoyed the program.



Lohitha, IV



Mahesh, IV

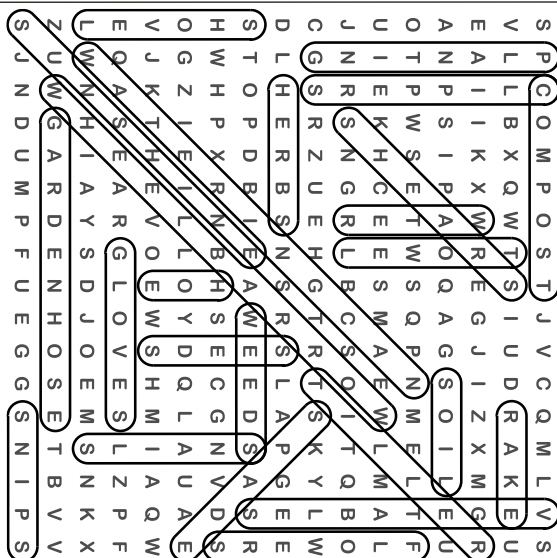


Sanjana, IV



Narmada, IV

CRAFTWORK



1. Tree - wood- furniture
2. Water- energy- electricity
3. Mountains- mineral- jewellery
4. Soil - Crop planting - food
5. wind-energy -electricity
6. Animals - wools- Cloths
7. Natural gas- gas-cooking

Solutions

1. we do not have to be greedy. that will bring you bad results.
2. If we are in contact with any saint or any sacred book, we automatically be honest. Sacred saint and book have lot of God's Grace.

Concept : Animals around us

Tapasya

Items used : cardboard, green colour paint, Blue colour paint , sand , stones, ice cream sticks, green colour A4 paper brown colour A4 paper plastic trees, plastic grass, newspaper, bird nest, white A4 paper, sea animals , wild animals toys .

First I took cardboard and coloured with green colour paint with brush. After drying the paint I arranged all the wild animals on it. I arranged lion's den with stones, and tiger den with small stones after that prepared trees with green and brown colour A4 paper and arranged on it.

For domestic animals I used A4 size white paper and drew cow, sheep, horse, pig, cat, bird, cock, hen, dog and I coloured with oil pastels and gave out line with black marker. I also arranged some trees and birds nest.

For desert animals I used brown sheet, sand and arranged camel, rattle snake, and cactus tree on it. For sea animals I used brown sheet and painted with blue colour to look like water. After that I arranged fish, seahorse, tortoise, frog, blue whale toys on it. By this my projects are completed. Thank you.



Vashishta

Concept : Multiplication Table

Vashishta

MULTIPLICATION WHEEL TABLE OF 4

I used 2 foam sheets, 2 colour papers, black sketch pen, 2 buttons and elastic, scissors and glue.

First I used scissors and cut the foam sheets and colour papers into circles, a big one and a small one. The small circle is cut in such a way that it has two small square holes and a handle shape to hold it. I have written the multiplicand on the small circle. I have rotated the multipliers and products on the big circle. I made a hole in the center of two sheets and tied those with buttons so that it can flexibly rotate like a wheel. As we already made two square holes on the small one, we can see the multipliers and the products through those square holes by rotating the wheel. Thus I made the multiplication wheel of 4 table. Thank you.



Concept : Measurement.

Dhanush

Items used: white chart, Markers, small bottles , paper cups, wooden thread, small rock and pulses. Created weighing machine with two paper cups, woolen thread and small scale to measure solids. Used various bottles to measure liquids.



Vashishta

Concept : Money

Sanvitha

For this I used ₹1, ₹2, ₹5 coins, ₹10, ₹20, ₹50, ₹100 notes, chocolate, eraser, sharpener, pen, colour pencils, note book, hand bag, chart paper, sketches and scale.

First I took the chart and decorated it. I bought the chocolate for ₹1, eraser for ₹2, sharpener for ₹5, pen for ₹10, icecream for ₹20, pencil box for ₹50, handbag for ₹100, notebook for ₹100. Then I used the double gum plaster and pasted all items on it.



Drawings by Vashishta



Every one of us is an expression of the ultimate energy or power of God and within the constraints of the form we have try to express the spirit behind us. - Sri K.C. Narayana Garu.

THE CONCEPT OF IMMUNITY IN AYURVEDA

The concept of Immunity is fundamental to Ayurveda's approach to health maintenance and disease prevention.

Immunity is a concept explained in Ayurveda as 'Bala' (the concept of Body Strength). "Vyadhikshamatwa" (Body resistance to illness) and "Ojus" (The concept of Supreme resilience). The Bala of the body, is the ability of the system to repair and nourish the body and to be effective in disease prevention.

Vyadhikshamatwa is the ability of the body immune system to fight against the disease causing pathogens (Bacteria, Virus, Fungi). 'Ojus' is considered as the essence of the food. It is the final product of physiological transformation happening in our body as a part of tissue nourishment.

The influence of mind and emotion on our body immunity, changes with mood is known as psycho neuro immunology, explained in Ayurveda thousands of years back.

The exertion of stress on the mind caused by excessive anger, craving, worry, sadness and fear, these feelings are interconnected in the body and affects the digestion, psychological imbalance and immunity.

Factors affecting our Body Immunity:

The Immune Systems is designed to detect and destroy foreign invaders inside the body like bacteria and virus. Several factors like sleep, diet, stress and hygiene can affect the immune system's performance.

- i. Imbalanced diet.
- ii. Irregular sleeping habits.
- iii. Physical and Mental stress.
- iv. Bad habits.
- v. Chronic usage of medicines (continues usage of medicines like antibiotics and cortico steroids).
- vi. Dehydration (No proper liquids in the body like water).
- vii. Chronic and Auto Immune diseases (Diabetes, Arthritis, TB).

Factors that help in increasing the body Immunity:

- i. A well balanced diet (food with all six tastes (shadrasas)).
- ii. Doing regular exercise, yoga and pranayama.
- iii. Doing regular body detoxing methods like (fasting, intermittent fasting etc).
- iv. Always being happy.
- v. Regularly doing meditation and satsangatyam.
- vi. Drink plenty of water and staying hydrated.
- vii. Eating vegetables, fruits and seasonal fruits regularly.

Ayurvedic tips and remedies for improving Immunity of the body:

- i. Start the day with having two glasses of lukewarm water before brushing the teeth.
- ii. After brushing we can have one glass of lime water with honey (diabetic people can have plain lime juice).
- iii. Daily do oil pulling (gandoosham) with sesame oil or triphala kashayam.
- iv. Do walking, exercise and meditation regularly..
- v. We can have tulasi, pippali (pepper) and cinnamon tea or green tea in the morning. Children can have milk in the morning.
- vi. Have satvik ahara with a prayer and maintain a minimum of four to five hours gap between each meal and have early dinner before 7PM.
- vii. Go to bed early.
- viii. All age groups can take Chyvanprash 5 – 10 gms twice a day. Diabetic people can take sugar free chyvanprash or Madhusnuhi Rasayanam.

Be happy to eat in constant divine thought whatever you get, with due regard to honest and pious earnings. -Pujya Sri Ramchandraji Maharaj

సుభాషితము

దానము భోగము నాశము
పూనికతో మూడు గతులు భువిధనమునకున్
దానము భోగము నెరుగని
దీనుని ధనమునకు గతి తృతీయమై పొసగున్

తాత్పర్యము : భూమి మీద ధనమునకు మూడు గతులున్నవి. ఆ మూడు గతులు 1) దానరూపమున ఇతరుకివ్వబడుట 2) దాచినవాని చేత అనుభవింపబడుట 3) నిరుపయోగముగ నశించిపోవుటవైయున్నవి. ఇతరులకు దానము చేయక, సొంతమునకైన అనుభవింపక లోభి వాడు దాచిన ధనము నాశమునొందును.

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.

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SAHAJ SEVA SAMSTHAN

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

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



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www.sahajsevasamsthan.org/Educational/Bodh.htm
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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 Vijay Nagar Colony, Hyderabad. We would be happy to avail your services.

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