



SPANDAN

Guest Editorial

Dr. A. Subba Rao, Member, SSS

Dear all! Pranams and Greetings,

On the auspicious occasion of 'Srikrishna Janmashtami' many God loving people offer their grateful salutations to Lord Krishna. The Jagath Guru gifted the song of God (Bhagavad Gita) to humanity, wherein importantly the subjects on Devotion, Karma, Gnana and Yoga are discussed. The chapters covering the aspects of Righteousness, Duty, Karma (Action) and Yoga find relevance to all of us to preserve dharma and safeguard it from any ruinous and devastating degeneration and help us during the moments of confusion, indecisiveness, fear, sorrow, despondency, pride and arrogance etc and provide us thoughtful solution(s) to rise above or overcome the same. The Master of the day Sri Ramchandraji of Shahjahanpur (U P), India offered practical means and spiritual solutions for the problems of life. Against the above backdrop, under the Graceful guidance of the Master and inspiration of Rev. K C. Narayana, the founder and architect of Satkama, the students are taught about the need for developing of adequate knowledge and skills, proper attitudes, morals, good conduct cum behaviour and are encouraged. Along with regular curriculum the students are practicing prayer - meditation for brief periods, reciting slokas from Gita and are listening to moral stories on a regular basis. We have witnessed the impact of pandemic, consequences thereof, the psychological burden on students, teachers and parents. The arduous task of on-line teaching in the absence of formal regular school teaching and soliciting for attention and reception of the lessons has been a formidable exercise. The efforts, the patience and dedication of the principal, teachers and management of Satkama school and all those noble persons who volunteered, contributed and collaborated in the above activities are acknowledged and is commendable. The effective participation, commitment and cooperation of the parents is paramount. Any pertinent issues can be discussed during parent- teacher meetings. The New Education policy introduced by the Government of India made available many new courses under skill development and empowerment and the opportunities are open for all to get well trained and become self-reliant. Let us all explore the new possibilities and accordingly equip ourselves so that the vision of the institution is realised. I wish the best and pray to The Master for His bountiful blessings.

Student Editorial

P.Jayababu, Class VIII

Namaste everyone. I would like to tell you about Afghanistan's present situation. As everyone knows Afghanistan is conquered by the Taliban. Talibans are presently occupying all cities, villages of Afghanistan slowly which led to a bad impression on the Afghanistan Government. Afghan people have forgotten peace in the country. Afghan women are saying that they are not having protection. Afghan students are saying that they will go back to India to study. Let us know about the Taliban and why they are doing so. Actually the Taliban were people who once said that they will not allow Afghanistan to become a terrorist base. In late 2001, an enemy of the US ran and took shelter in Afghanistan. The then president of the USA, George Bush, demanded the Taliban to hand over Osama bin Laden and expel al Qaeda. Osama bin Laden had already been wanted by the FBI since 1998. Taliban refused saying USA has to give evidence of his involvement in 9/11 attacks. The USA refused to do so and started a freedom operation in October 2001 with the help of the United Kingdom. As per their plan they drove the Taliban from power by December 2001. Taliban escaped to Pakistan.

My opinion is that Afghanistan people should take help from our country. Especially since this is Corona time and we do not know what may happen tomorrow. WHO is saying that vaccination in Afghanistan is reduced by 80%. Vaccination bottles are expiring which is a severe loss. We should lend a helping hand to them. As a part of help we can do 9 PM Universal Prayer seeking peace. As Pujya Babuji Maharaj said, we all know we do Universal Prayer for everyone in the world to live in peace. Our Pujya Sri Babuji Maharaj said change is a thing that should come in a person and not with war. It can only be obtained by meditation. So I finally say peace is the key to happiness. So let's all do universal prayer for them.

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

CYNOSURE OF HIS EYES

Once an abhyasi went to a bhandara in Surat. The section of people was divided into two halves. Master on the first day, was speaking to the section on the left half of the crowd. The abhyasi was sitting in the right half of the crowd. Seeing that the Master was facing only to the left half and talking, the abhyasi cleverly went and stood in that section the next day to get Master's attention. But to his disappointment, the Master was talking to the people on the right hand section.

"When a man approaches God after proper making of himself, He takes a different view of him" - Pujya Sri Ramchandraj Maharaj of Shahjahanpur, U.P., India.

"We should effect such a making of ourselves as may help us to become the cynosure of His eyes" - Pujya Sri Ramchandraj Maharaj of Shahjahanpur, U.P., India.

Ref: Spirituality, Page 75

SRIMAD BHAGAVAD GITA

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 preishes outright. (2-63)

Once upon a time, in a village there lived two girls names Lalitha and Pallavi. They both have beautiful cycles. Lalitha hoped for the Pallavi's cycle even though she had a cycle. Always, she was thinking about it. She forgot about food and education. She thought about how to make it into her cycle. In the evening Lalitha asked Pallavi to give her cycle for some time. Pallavi gave her cycle for two days with pity. But Lalitha didn't give the cycle to Pallavi for many days. She forgot about her studies. Her mind was filled with bad thoughts. Pallavi told her parents what happened. Then Pallavi's parents went to Lalitha's parents and talked with them. Lalitha's parents scolded Lalitha. Lalitha realised her mistake. She gave Pallavi her cycle. From then on Lalitha didn't repeat the mistake. She lived happily by concentrating on studies.

Moral: We must not be greedy. We should be contended with what we have with us.

V.Srimayi, Class X

ప్రార్థన - అనుభవము

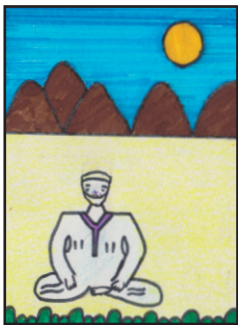


Illustration
Lohana, X Class

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.

8-2-2021 : Before meditation I felt peaceful.
After meditation I felt energetic.
18-2-2021 : Before meditation I felt happy.
After meditation my mind was peaceful. I felt refreshed.
20-3-2021 : Before meditation I felt nothing.
After meditation I felt joyful.

A.Snehalatha, X Class

6-2-2021 : I felt that I was doing meditation in a peaceful environment.
10-2-2021 : Before meditation I felt little irritated. After meditation I felt peaceful and calm.
13-2-2021 : Today I felt I am with God.
15-2-2021 : I felt pleasant after meditation.

V.Srimayi, X Class

12-2-2021 : Before meditation my mind was full of thoughts. After meditation my mind was free from all those thoughts and felt relaxed.
16-2-2021 : Before meditation I felt tensed. After meditation I felt like I was flying in the air free from thoughts.
22-2-2021 : Before meditation I felt calm and after meditation I felt like I was living in a peaceful area.

M.Lohana, X Class

3-2-2021 : Before meditation my mind was full of thoughts and after meditation I felt very calm.
6-2-2021 : Before meditation I felt sleepy and after meditation I felt very fresh.
19-2-2021 : Before meditation I felt happy and after meditation I felt the same.

T.Nitisha, X Class

CONTENTMENT

Once there lived a man named Ramayya. He was a boutique employee. He was very happy. But, one day a sage who had lot of powers, visited Ramayya's house for Bhiksha. Ramayya first did not care him and the sage went to another house. There the sage was happy for their services and gave them a boon. Ramayya saw this. The next day, Ramayya invited the sage to his home and did service to him. The sage was happy and he asked Ramayya to ask for a boon. Ramayya asked the sage that he wanted to set up a money lending work. The sage granted his wish. Now, Ramayya started earning more money. He was in profits. But, eventually he was unable to do the work as he did not have the knowledge which was needed to do. Gradually, he was in losses. Ramayya again went to the sage and asked a solution for this. The sage asked Ramayya, how does he want to lead his life. Ramayya replied that he wants to lead a happy life. The sage asked him if he was happy before and Ramayya replied yes. The sage said to Ramayya that, at first you were happy, but after getting a boon he was not happy. We should be contented with what we have. We should not be greedy for things. Ramayya understood and realised his mistake.

Haritha, Class X

Contentment is nothing but being happy with what we have, where we are and what we do. It is finding happiness and joy in whatever we have. Contentment is a good value we have to apply in our life. It changes the way we live. No matter where we are and what we do, we should always choose happiness and be happy with what we have. Respect comes from contentment. People do not respect us based on the way we dress up, the way we appear etc. People respect us based on our behaviour and character. Character is nothing but choosing positivity. Positivity comes from happiness and happiness comes from contentment. So we have to be happy and contented with what God has given us and never complain.

A.Snehalatha, Class X

Discipline

Once upon a time there was a boy named Amar. One day he went to school late because of watching tv late night and he woke up late in the morning. So he came late to the school. From that day onwards Amar was daily doing the same thing, watching tv late night and waking up late and also late to the school. One day in his school, Amar and his classmates were going to do a drama. Amar was so excited to do the drama and the day before they practised very well. But the next day he came late. Instead of him another person was doing his role in the drama. Then he felt very sad. Then the teacher came and talked to him. 'You were always coming late to school. You should maintain discipline and punctuality', said the teacher. Amar realized his mistake. From that day onwards he stopped watching tv late night and woke up early and was also coming to school on time.

Moral: We should always be disciplined and punctual.

Jasmitha, Class VII

**Contentment is defined as "happiness with one's situation in life."
- Pujya K.C.Narayana**

There was a girl named Riya who was 23 years old. Her parents decided to get her married to a right person. Her parents were busy in searching for a right guy for her. Few days later they fixed a match for her. Her parents were busy in marriage work. On a fine day, Riya decided to get facial. She wanted to look beautiful on that day. She called a beautician to her home to get facial. She and her family members got facial done. The maid of their house even wanted that cream for facial. So, she secretly took the facial cream to apply from the beautician. Later she applied to her face and washed away after few minutes. But she found that her face with rashes and became ugly. She was very good and her face was beautiful before she applied that cream. But after applying that cream, her face became worse. So she understood to be happy with what she had. She learned a lesson on contentment.

Contentment is a good quality that a person should have in their life. We have to be happy and contented with what God has gifted.

Harini, Class X

Contentment is a state of being happy and satisfied. We have to be happy with what we have. If we are content we may not desire or be greedy for anything more than what we need. If we are greedy someday nature will surely teach us a lesson. With greediness we might lose focus on good things in life.

Avinash Reddy, Class X

Contentment is finding happiness in what we have in our life.

Contentment can help us differentiate between want and need. When we are content we may not desire anything more than what we need. If we compare ourselves with others, then we have lost contentment in our lives. Contentment gives us happiness. We have to be happy with what God has given us. Contentment teaches us a good lesson in our life.

T.Harshitha, Class X

Importance of looking at future and not brooding on past: We should try only to build our future and not waste our time in thinking of the past. When we run forward, we do not look behind.

(Showers of Divine Grace -38)

Constant brooding over our own afflictions increases our worries. Our attachment to them develops and we become rigidly entangled in their intricacies. This hampers our onward progress and the chance of success becomes slight.

(Silence Speaks - 422)

Value understanding

Kindness - Giving someone your seat in a crowded bus.
 Honesty - Telling the truth even after doing something wrong.
 Patience - Someone standing peacefully in a very long line.
 Service - Helping others to do something.
 Dignity - Respect paid to an elder member.
 Confidence - A student feeling positive and prepared for a test.

Bhavya Karthika, Class VII

Kindness - We should be kind towards poor and handicapped people
 Truthful - We should always be truthful
 Love - I love my country
 Peace - We feel peaceful after meditation
 Courage - We should face any problem with courage
 Repentance - If we do any mistake, we have to repent.

Gyandeep, Class VII

Love - More than me, I love my mother
 Gratitude - I feel very grateful to have this life
 Helpful - I help my friend in studies
 Sharing - I share my things with friends.

Sai Vignesh, Class VII

Empathy - Sharing emotion with someone
 Sharing - Sharing food or books
 Honest - Telling the truth even after doing something wrong

Siva Sai Tejaswi, Class VII

భగవద్గీత మహాభారత ఇతిహాసములోని భీష్మపర్వము 25వ అధ్యాయము మొదలు 42వ అధ్యాయము వరకు 18 అధ్యాయములు భగవద్గీతగా ప్రసిద్ధము. కానీ గీత ఒక ప్రత్యేక గ్రంథముగా భావింపబడుతుంది. సాక్షాత్తు కృష్ణ భగవానుడు బోధించిన జ్ఞానము గనుక ఇది హిందువుల పరమ పవిత్ర గ్రంథాలలోనొకటి. సిద్ధాంత గ్రంథమైన భగవద్గీతయందు వేద, వేదాంత, యోగ విశేషాలున్నాయి. భగవద్గీతను తరచుగా గీత అని సంక్షిప్త నామముతో పిలుస్తారు. దీనిని గీతోపనిషత్తు అని కూడ అంటారు. లక్షలాది సైన్య, సమూహాల మధ్య శ్రీ కృష్ణ పరమాత్మ గీతను బోధించాడు. కానీ ఒక్కడు మాత్రమే విని ఆచరించి సాధకుడై సాధించాడు. అతనే అర్జునుడు. 'నా జీవితంలో అన్ని సమస్యలకు భగవద్గీతలో పరిష్కారం లభించింది' అని స్వయంగా మహాత్ముడు చెప్పియున్నారు. భగవద్గీతలో భగవంతుని తత్త్వము, ఆత్మ తత్త్వము, జీవన గమ్యము, గమ్య సాధనా యోగములు బోధింపబడినవి. ఇలాంటి గీత మన దేశములో వుట్టడం మన భాగ్యము. వివేకానందుడు, వీర సావర్కర్ మొదలైన దేశభక్తులు గీత ఆధారంగా సాధకులయ్యారు. మనకందరికి భగవద్గీతే మార్గదర్శి. గీత భారతజాతికే కాక యావత్ మానవాళికి సంపూర్ణమైన సురక్షితమైన దిశ నిర్దేశం చేయగలదు. నవశకంలో ప్రధాని మోధిగారు అన్ని దేశాల పర్యటనలలో భగవద్గీతను బహుమతిగా ఇచ్చి గీత ఉన్నతీని తెలుపుతున్నారు.

రూపతస్యయి, ఎనిమిదవ తరగతి **Best Speaker, Telugu Elocution Contest**

What is global warming ?

Global warming is the gradual rise in the temperature of the earth surface, ocean and atmosphere. The most noticeable effect of global warming is the melting of the ice caps and glaciers in the world

Cause of global warming

1. Gases, like carbon dioxide and methane, play a vital role in causing the greenhouse effect and subsequently global warming.
2. Deformation and suspended particulate matters also play their part in global warming.
3. Global warming results in extreme climate changes.
4. Global warming cause melting of glaciers and rise in sea level

How to prevent global warming ?

1. All human being have to restrain themselves from spoiling the nature and atmosphere.
2. By planting excessive trees helps to reduce earth's temperature.
3. Controlling pollutants in the atmosphere.
4. Avoiding use of plastic, excessive use of fossil fuels, deforestation etc.
5. Living in harmony with nature.
6. It is everybody's individual responsibility to save all living beings on the earth.

Gyandeep, Class VII
Best Speaker, English Elocution Contest

ACTIVITY CENTER

Buddha and Angry Man

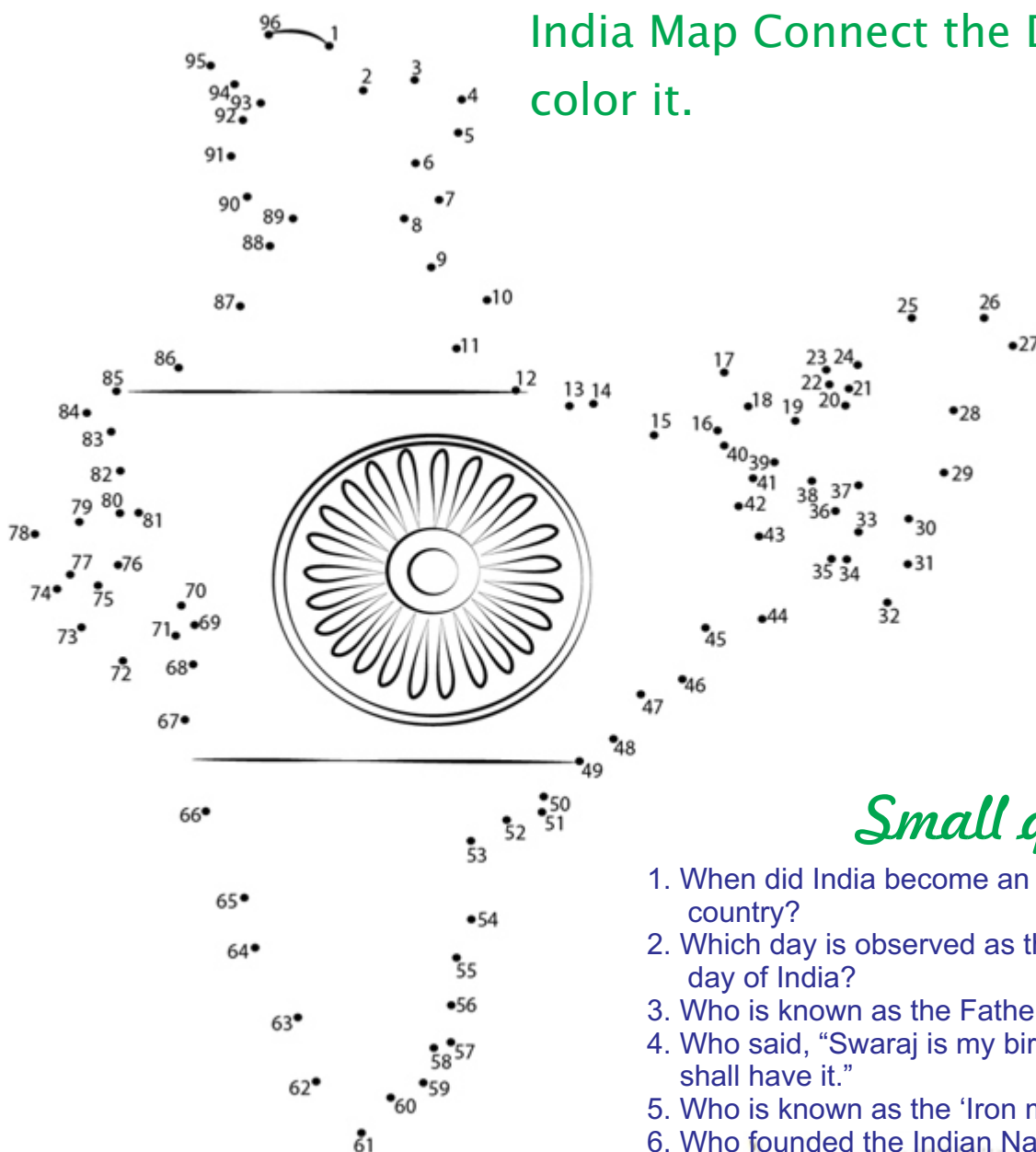
Find the moral of the Story

One day Buddha was walking through a village. A very angry and rude young man came up and began insulting him, "You have no right teaching others," he shouted. "You are as stupid as everyone else. You are nothing but a fake." Buddha was not upset by these insults. Instead he asked the young man "Tell me, if you buy a gift for someone and that person does not take it to whom does the gift belong?"

The man was surprised to be asked such a strange question and answered, "It would belong to me. Because I bought the gift."

Buddha smiled and said, "That is correct. And it is exactly the same with your anger. If you become angry with me and I do not get insulted, then the anger falls back on you. You are then the only one who becomes unhappy, not me. All you have done is hurt yourself. If you want to stop hurting yourself, you must get rid of your anger and become loving instead. Moral :....."

India Map Connect the Dots and color it.



Small quiz

1. When did India become an independent country?
2. Which day is observed as the Republic day of India?
3. Who is known as the Father of India?
4. Who said, "Swaraj is my birthright, and I shall have it."
5. Who is known as the 'Iron man of India'?
6. Who founded the Indian National Army?

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.

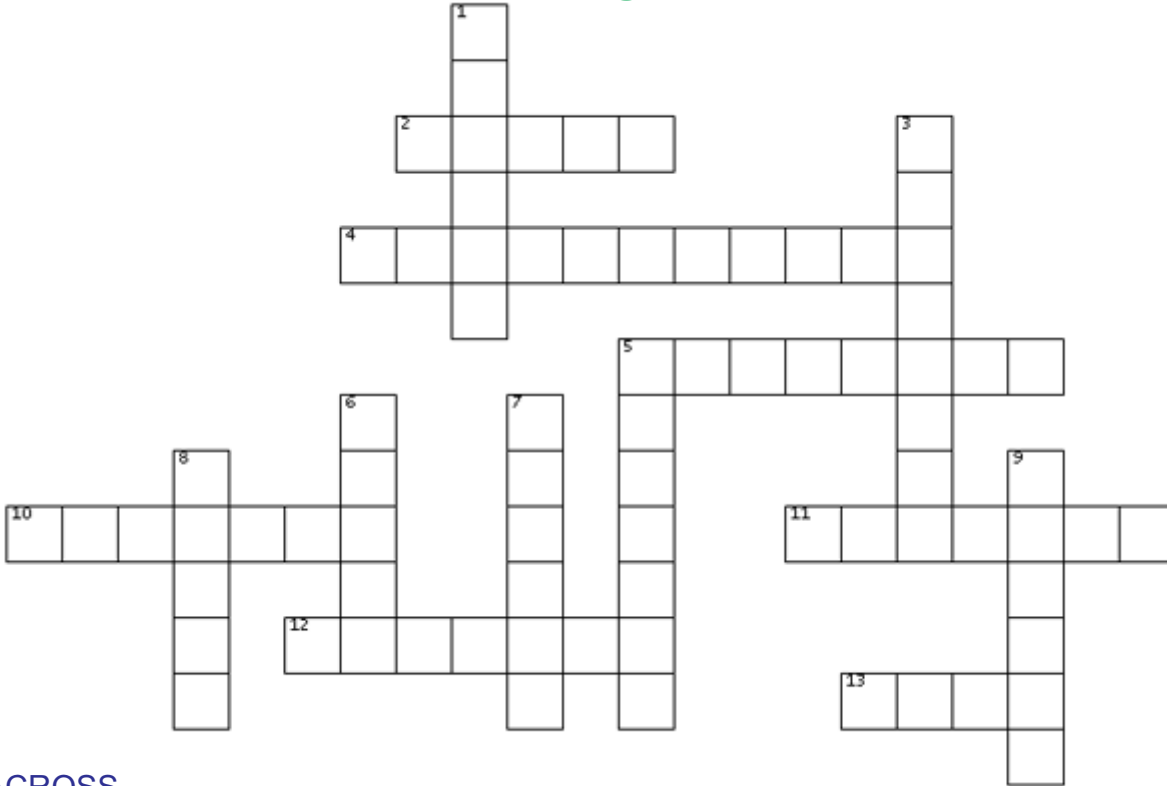
In 1937, Sri Venkateswara Oriental Institute was started by the T.T.D. and Pujya Dr. K. C. Varadachari was invited to join as a Professor of Comparative Religion and Philosophy. Many students shared their problems, personal and academic with him and received his help. He was dear to all those who came 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 Ramchandraj 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 Ramchandraj 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 Ramchandraj 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

ACTIVITY CENTER

Know about Vegetables and Fruits



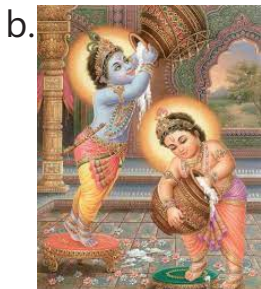
ACROSS

2. Tomatoes, cucumbers and lettuce make a nice _____
4. The opposite of a sour potato
5. It is a popular vegetable and green in color, also known as bell peppers.
10. One popular big fat vegetable that is round with smooth, slightly ribbed skin, and is most often deep yellow to orange in color and It's an incredibly nutritious food.
11. A leafy green vegetable and a great source of calcium, vitamins, iron, and antioxidants.
12. A palm tree grows these
13. What is yellow and has ears, even though it's a vegetable?

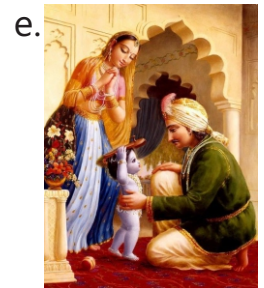
DOWN

1. This fruit likes to hang around in bunches.
3. This vegetable looks like a mini tree and
5. It's long and orange, and grows underground and need to eat everyday for healthy eyesight
6. This tropical fruit has a big seed in the middle.
7. Monkeys love them
8. I am in red color and u should eat me everyday. Rich in fiber.
9. Dried grapes are called _____

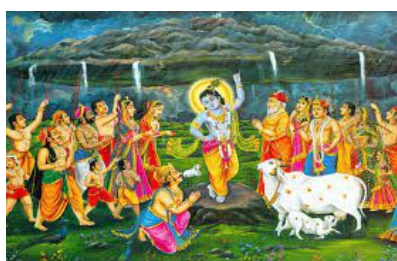
Match the Following



1. "Would you give me some mangoes in exchange for these grains?", little Krishna told to fruit seller lady.
2. Krishna lifts the Govardhan hill with His little finger and saves Gokul people..
3. Krishna and Balaram steal butter from the pots.
4. Krishna enchants His parents with a shoe on His head.
5. Vasudev carries baby Krishna across the Yamuna River with Shesha Naga serving as umbrella in heavy rain.



a.



c.



SCHOOL EVENTS

As part of Independence Day celebrations, Satkama School has conducted Elocution, Drawing competitions virtually.

Our school celebrated 75th Independence Day this year amid coronavirus pandemic as “AZADI KA AMRUT MAHOTSAV”. For this year, we had made all preparations through online. Teachers attended school physically. Students and Parents attended the celebrations in a virtual way. After hoisting flag everyone sang the National Anthem with full of patriotism in their heart. Then followed the cultural programs. Students gave speeches and remembered the struggles made by our freedom fighters. Chief Guest Sri Darmesh Shah garu gave an inspirable speech. His enriching words enlightened our young minds. We ended our ceremony by a vote of thanks. For our 10th standard students it is last Independence Day celebrations to have in school. We enjoyed a lot.



S.Sanjana, VI First Prize



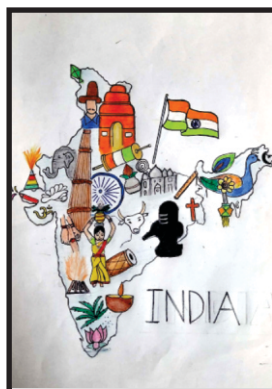
K.Deepika, VI Second Prize



P.Sai Sowjanya, VI Third Prize



V.Monognya, X First Prize



T.Nitisha, X Third Prize



T.Harshita, X Second Prize



Mahesh, V



Bharath, II



Sai Praneeth, V

Brief history of Olympics - the first Olympics was started in the year 1896 on 6th April. The logo of the Olympics represents the five continents of the world. The Olympics are held every four years. The recent Olympics was held in July 2021 at Tokyo. India is one of the nations who participated in this event. Our Indians played well and bought seven medals. Among these Neeraj Chopra became the only second individual Olympic champion after Abhinav Bindra and he is also the first medallist in athletics. Neeraj Chopra had won the gold medal in Javelin throw. Apart from these Mirabai Chanu, Ravi Kumar Dahiya secured silver medals and Bajarang Punia, P V Sindhu, Lovlina Borgohain and Indian hockey team secured bronze medals. The Indian hockey team secured the bronze medal after 41 years.

Bhavya Kartika, Class VII Best Speaker, English Elocution Contest

Quarantine Myopia

Dr.R.R.Sudhir, M.B.B.S.,D.O.,D.N.B.,M.P.H (Johns Hopkins, USA)

Head Dept of Preventive Ophthalmology, Senior Consultant Cornea Services, Consultant In-charge Electronic Medical Records, Sankara Nethralaya, Medical and Vision Research Foundation, College Road 18, Nugambakkam, Chennai- 600 006

Ms. Sangavi Saravana,

Research Optometrist, Department of Cornea, Sankara Nethralaya

What do we know about 'Quarantine Myopia'?

2020 & 2021 have been the years witnessing a trend of digital learning in the post-Covid world. All information is just a click away. And so are visual problems.

Myopia or Nearsightedness is a condition in which close objects appear clear but distant objects appear blurred. It is often discovered in children between the ages of 8 and 12 years. However, the incidence and progression of myopia increased up to three times in 2020 compared with the previous five years, the main reasons being home confinement and prolonged exposure to near activities and gadget use.

What are the risk factors for Myopia?

Family history/parental myopia, age, ethnicities, and lifestyle play an important role in the risk factors of myopia. Speaking of lifestyle, the pandemic has imposed a drastic change in the life of adults, youngsters, and kids. The lockdown not only affected mental health but also visual health.

Responsive parent versus reactive children

Every parent who was conscious about not providing gadgets to their children was forced to introduce them to the virtual world. Though it's given to them for learning purposes, children are tempted to replace their play-time with screen-time.

What does screen time have to do with myopia?

Gadgets are viewed from a very close distance (distance from the elbow to as near as to the face) from the eye which causes stress and fatigue to the visual system (the eye). Prolonged and intense near activity such as reading, increased screen time and reduced outdoor play lead to the progression of myopia i.e the increase in eye power.

How do I know that my child's eye power has worsened?

A simple technique is to observe your child. Look for squeezing of the eye when he/she reads letters or numbers from the calendar hung on the wall, at varying distances. Another method is by using an application that supports your phone. There are apps such as PEEK ACUITY (available on google play) EYE CHART-Vision screening (available on the app store). These apps are labeled as pocket vision screeners and can be used at home just to measure visual acuity (6/6 being normal, 6/9 or 6/12, etc meaning poor visual acuity). However, these apps aren't meant to replace your hospital visits altogether but only help to track your visual acuity, say every 3-6 months. If the results are abnormal, it means you should consider visiting your eye care provider at the earliest and get your vision and visual health status checked.

A word of advice to protect the eye, please?

Lifestyle modification is one thing that one consciously needs to do.

- Increasing the working distance (for example holding a mobile phone at a reasonable distance)
- Positioning the monitor at least 20 inches from the eye level,
- Increasing the screen size and also the font size to reduce the visual demand,
- Conscious and voluntary blinking every 5 seconds (remember, one should be blinking at least 12 times in a minute)
- Strictly avoiding screentime at least an hour before bedtime. This is very important because using these light-emitting devices in a dark room during your bedtime sends false signals to the brain that it is still day it is not sleeping time yet. This disturbs your biological clock and the sleep-wake cycle, thereby hindering your productivity on the following day(s).



- 20-20-20 rule. For every 20 minutes spent on the screen, look at something refreshing, 20 feet away for 20 seconds, and switch back to work. This helps in relieving eye strain caused by prolonged near work and has to be repeated every 20 minutes.
- Replacing arcade/ video games with indoor games will reduce eye strain and also would maintain an active physique.
- Sunlight. Exposure to sunlight and outdoor play has proven to reduce the odds of myopia progression. Therefore, allowing the kids to play outdoors/on the terrace makes them happy and helps in delaying myopia progression.

In a nutshell, reducing screen time, regular eye check-ups and an active lifestyle are friendly suggestions to all the parents and young readers.

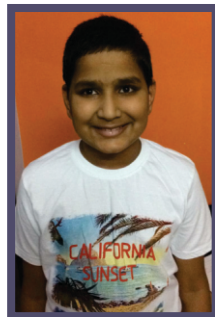


BODH SCHOOL

Vashishta



ఒక పల్లెటూరులో సుధాకర్ అనే అబ్బాయి ఉన్నాడు. అతను బాగా చదువుకొని మంచి ఉద్యోగం సంపాదించి, అతని అమ్మ నాన్నని తీసుకొని పట్టణానికి వెళ్ళాడు. వాళ్ళు ఒక అపార్ట్‌మెంట్‌లో ఉన్నారు. అక్కడ వాళ్ళతో మాట్లాడడానికి ఎవరూ లేరు. వాళ్ళు అక్కడ ఉండలేక సుధాకర్‌తో, 'బాబు, మేము ఇక్కడ ఉండలేము. మేము తిరిగి పల్లెటూరుకి వెళతాము. నువ్వు వారానికి ఒకసారి వచ్చి వెళ్ళు' అని చెప్పారు. దానికి సుధాకర్ సరే అన్నాడు.



నీతి : సొంత ఊరు కన్న తల్లి లాంటిది

Moral
When you hate others, you yourself become unhappy. But when you love others, everyone is happy.

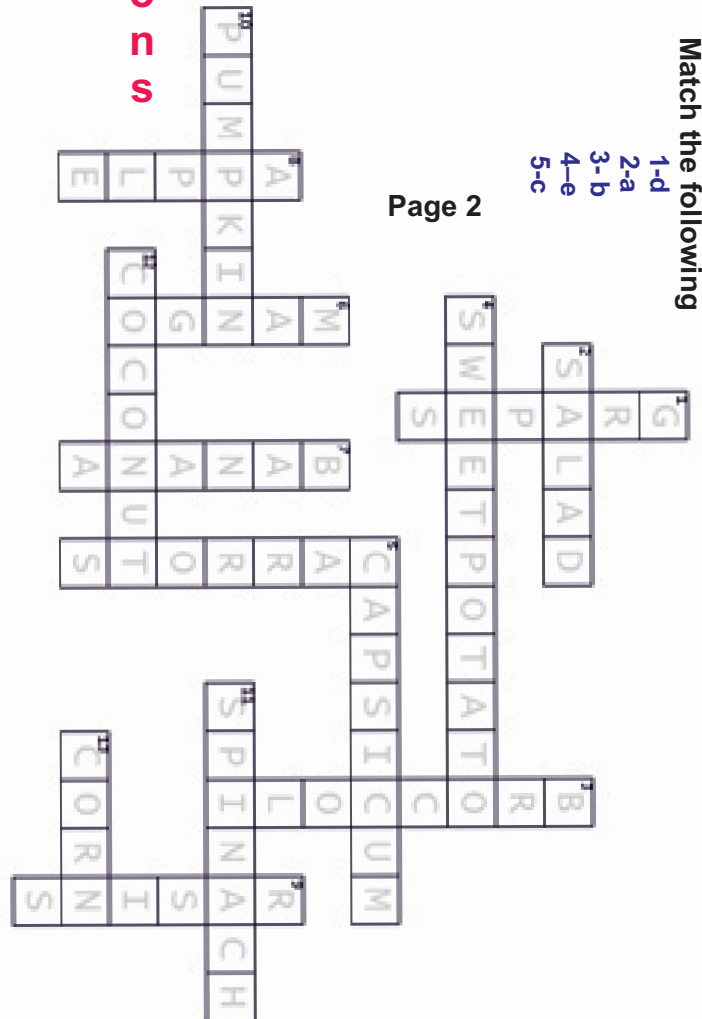
Quiz:
August 15, 1947.
26th January
Mahatma Gandhi
Bal Gangadhar Tilak
Sardar Vallabhai Patel
Subhash Chandra Bose

Page 1

Match the following

- 1-d
- 2-a
- 3-b
- 4-e
- 5-c

Page 2



సాటివారు నిన్ను సాధింపగాలేరు
దైవమెప్పుడు నీకు తప్పకున్న
భారతంబులోని పరమార్థమిదేకదా
విశ్వదాభిరామ వినురవేమ

తాత్పర్యము : దైవకృపమనకున్నప్పుడు ఎవరును మనను
బాధించలేరు. భారతములోని ప్రధానమైనర్థమిదియే.

कस्तूरी कुंडलि बसै, मृग ढूढ़ै बन माहिं ।
असै घटि घटि राम है, दुनिया देखै नाहिं ॥

Musk (kasturi) is in the navel of the deer but the deer does not know and searches the forest. Similarly God is in every being's heart but people search Him outside.

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 శిక్షణా తరగతులు ప్రతి నెల రెండవ శనివారము మరియు ఆదివారము వివిధ కేంద్రములలో నిర్వహించబడును. 18 నుండి 60 సంవత్సరముల మధ్య వయసున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

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SAHAJ SEVA SAMSTHAN

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

Sahaj Seva Samsthan is dedicated to spread the message of Sri 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
SPECIAL SCHOOL FOR SLOW LEARNERS (CHILDREN WITH LEARNING DIFFICULTIES)

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:

- 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
- Initial assessment at the time of admission
- To develop goals individually for each child
- Individualized Education Plans
- Teacher pupil ratio 1:5 for individual attention

www.sahajseva.org/Bodh
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www.sahajseva.org/Health/Health.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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