



SPANDAN

WE WISH EVERYONE A VERY HAPPY NEW YEAR 150 LE

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

Guest Editorial

Colonel P.K Bishnoi, Joint Secretary, Sahaj Seva Samsthan

Children are the future of the world. Taking a quote from Ravindranath Tagore where he says - "child is the father of man" we can safely say that the world of tomorrow will depend on how well we educate the children of today. It is with this thought in mind, Satkama school is doing a yeoman service to the society by providing holistic education to the children. This institution stands apart from the rest on a number of parameters, the foremost being providing of spiritual foundation to the children. Apart from the formal Telangana State Board curriculum, it infuses the spirit of service and sacrifice in the children. The Master is guiding all of us towards a better tomorrow. Role of Teachers is most valuable in shaping the future life of the students. They have a pious duty to perform because the parents repose so much faith in them. They hand over raw clay to the teachers with a hope that they will get back a beautiful vessel at the end of the schooling. The teachers in our school take their work as a divine duty and carry it out with a sense of service to the Master. Parents too have a vital role to play. While the student is with the teachers for about six to eight hours, for the rest of the day, he is with his parents. They too should observe the child closely and provide requisite informal education to include social responsibilities, carrying out home work diligently, helping the parents, maintaining good health, respecting the elders, learning from the vast wisdom passed on in the family from his / her ancestors are some of the duties of students during off hours. They must imbibe in themselves the qualities of a good human being like compassion, piety, empathy, truthfulness, punctuality, sharing, service and minimalism. We must be compassionate to all forms of life and to Mother Nature as such.

Student Editorial

Vishnu Vardhan, Class X

Be the Best Version of You is a perfect quote for our generation. The current world is competing against many things and losing their nature. We are born and grown in various circumstances. We have to not fight for things. We have to not follow these rat races only to gain recognition from society. We need not show we are the best in a certain group. This is pressure from society. God is an artist who created everyone with various colors of nature. We are different flowers blossoming differently. We glow in various paths. Society pressure is just the opinion of the majority of people but this isn't correct every time. Example it is creating envy on Pakistanis, who are our brothers. The fights are between militaries. We normal people shouldn't hate normal Pakistanis because of disputes but love them with brotherhood. Respect those who deserve it. One is better at one aspect, other springs at another. "An elephant can't climb a tree but it isn't weaker than a monkey." Find the way where you excel. This gives you true happiness. Don't fall in the trap, create your own path. We should move in right direction, not in the way of majority. Become hard worker; give the best output, then the best result will be in front of you. We need not to compete with others. We, humans have short span of life, let make it worthy. Comparison with others makes you feel inferior, so always be happy with who you are. Compare yourself with you from the past. Try to better your personality, mentality and never get distracted from your goal. Believe in hard work, it's fruit will be the sweetest. Never let yourself down. Failures and mistakes are building steps to reach the top of a tip named success. In this process never let your virtues go. They only help in the reconstruction of oneself. Have better vision, develop your character and be positive. Do good deeds and always have a true smile on your face. **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

Conversation between Rev. Babuji and abhyasi

Master, are you happy?

Really speaking, I have never tasted the effect of happiness. I cannot remember if I was ever happy. Of course I can define happiness. One who is happy under all circumstances is happy. But I am telling you one thing, Happiness is heavier than tranquility. I think pain is nearer to God. That is my idea. Of course I may be wrong. But look here, some times when I am in great pain I also groan ah, ah, but there is some peculiar enjoyment in it also.

Master, you wrote 'Reality at Dawn' many years ago. This is also the case with your other books such as "Efficacy of Raja Yoga" and "Commentary on Ten Commandments." Will you be reviewing these some time? Perhaps some of the points raised by you in those books are not valid any more.

I am telling you, these books were not written for today or for one day, or even for a hundred years. What is written there is for all time. They are for the future. That is why even though they are simple, many people find it very difficult to understand them.

How can that be Master? If they are simple, should they not be easy to understand?

I will give you the example of the Vedas. It is my idea that when they were written by the Rishis in ancient times, few people could understand them. Today it is so easy to know their meaning.

WORDS OF WISDOM

Balanced state: If our mind comes to a harmonious state, circum-stances and environments will have no effect on it and there will be no disturbance within. Peace and tranquility shall reign all through under all circumstances. Passions, excitements and desires will lose their intensity and sorrow, joy or misery will disappear from the view. Our desires are the main cause of miseries. So the only solution of miseries is the curtailment of desires.

The only way to free us from the entanglements is to divert our attention from them and fix our eyes on the very Real thing. **(Basic Writings of Sri Ramchandra-Ways and Means 187)**



Lohana, X

ప్రార్థన - అనుభవము

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.

What was your feeling during meditation?

During meditation, I meditated in the presence of divine light. I got many thoughts, they deviated me but I came back and meditated. I felt extreme peace.

V.Srimayi.

I was very stress free today. I don't have any tension. I did meditation today very sincerely.

V Manognya.

During meditation, I observed a smile on my face. I got many thoughts in my mind, but I didn't care about them and prayed to divine light.

T.Nitisha.

During meditation I felt pleasant and silence surrounding me. I saw colours in my mind. I got thoughts but controlled it by thinking about the divine light.

T.Harshita.

During meditation I felt very happy and thought about today's discussion on the goal of life.

M.Lohana.

I felt very pleasant. I felt somewhat refreshed.

Ch. Ramchandra.

After meditation I was feeling cool and calm. It was a nice feeling and I was happy that I was going in the proper way of meditation.

Ch. Vishnu Vardhan.

How are you feeling after meditation?

After meditation, I felt peaceful. My mind became fresh and calm. I relaxed. I felt relief without any tensions, pressure and stress. I felt happy.

V. Srimayi.

I felt very peaceful and happy. I also felt very refreshed, joyful and cool. I felt very calm and active after meditation.

V. Manognya.

I felt very calm around my surroundings. I felt very peaceful and pleasant and also I felt very happy.

T. Nitisha.

After meditation I felt active, fresh, pleasant and silent around me.

T. Harshitha.

After meditation I felt pleasant and refreshed. I felt calm and peaceful too.

M. Lohana.

I felt active after meditation. I felt very fresh and calm.

Ch Ramchandra.

I felt happy and stress relief after meditation. It was good feeling and was pleasant.

Ch. Vishnu Vardhan.

तमेव शरणं गच्छ सर्वभावेन भारत ।
तत्प्रसादात्परां शान्तिं स्थानं प्राप्स्यसि शाश्वतम् ॥

Unto Him alone, therefore, you surrender, O Scion of Bharata, with your very being; through His grace you shall attain to the Supreme Peace and the Absolute. (18-62)

इति ते ज्ञानमाख्यातं गुह्याद्गुह्यतरं मया ।
विमृश्यैतदशेषेण यथेच्छसि तथा कुरु ॥

Thus unto thee has been recited by Me this doctrine which is more mysterious than mystery itself; ponder over it well and fully, and thereafter do as thou wilt(18-63)

In Ramayana, Lord Rama was asked to serve an exile of fourteen years in the forest. His wife Sita and brother Lakshmana joined him. While in exile, the Lord of Lanka, Ravana forcibly took away Sita to Lanka. Vibheeshana was the younger brother of Ravana. When Lord Rama and his army were camping on the other side of the sea, Vibheeshana tried to reason with Ravana and urged him to return Sita to Lord Rama. At this suggestion Ravana became furious and threw Vibheeshana out of Lanka. Vibheeshana with four of his followers left everything (friends, family and property) behind in Lanka and took refuge in Lord Rama. Lord Rama accepted Vibheeshana and promised his protection. This is the act of surrender of Vibheeshana to Lord Rama. Having renounced all desires and placed all his burdens on Lord Rama, he prayed for nothing but service to the Lord, which he counted as the highest bliss. Thus Lord Rama brought peace to the heart of Vibheeshana, who was very troubled with the ill act of his brother, Ravana.

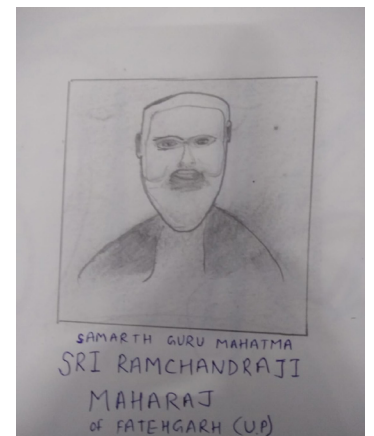
Pujya Lalaji Maharaj Story

Once upon a time there lived Durga devi. She was a saintly lady. She prayed to God everyday. One day a sadhu came to her house. He said, "please give me fish curry". Durga devi family did not eat fish because they do not eat non vegetarian food. She asked her maid to make fish curry. The maid made the curry and gave it to sadhu. Sadhu asked Durga devi, "what do you want? Why are you feeling dull?" Maid servant said Durga devi does not have children. Sadhu saw the sky and said, "one, two". Some days after Durga devi gave birth to Lalaji Maharaj.



Lekhanandini, I

Yashaswini, III



Narayan, I



Purnavika, II

Know all people as thy brethren
and treat them as such -
Pujya Sriramchandraji Maharaj

DISCIPLINE

Discipline is one of the powerful words in our life. Discipline means doing work orderly, according to the rules and regulations. Discipline is important in all activities of life. Discipline is needed everywhere like waking up early in the morning, wearing uniform properly, submitting homework on time, going to school on time etc. Discipline is a fundamental part of our life. Time discipline is also very important in everyone's life. A teacher cannot teach if his students do not maintain discipline in the class. Without discipline one cannot live a happy life. To improve self discipline we must do meditation.

Hyma Durga Bhavani, Class VIII

DISCIPLINE

Raj was a very impatient child. He could barely focus on one task before launching himself towards another. One day, while watching a television show he asked his grandfather, "I want to become a wrestler, what should I do?" His grandfather took him to a teacher. The teacher trained Raj in different wrestling moves and even though the boy was very enthusiastic, he could hardly do one thing before jumping onto another. Thus, he never properly practiced his moves. Days passed yet Raj did not get better at his sport and he expressed his feelings to his grandfather, "I am not getting strong, what will I do now?" His grandfather took him for a walk by the beach and pointed to the rocks. "Do you know Raj, that the water breaks down these rocks?" Raj thought, how "is it possible, these rocks are so big? How can the sea break them down?" His grandfather smiled and watched as Raj lightly splashed around in the water, "it takes so many years for water to break the rock, it does not happen overnight; just like you cannot become a wrestler overnight. You need to be disciplined in your work and be patient. Then one day you will become good enough to achieve your goals."

Moral: We need to be disciplined and do hard work to achieve our goals.

Sanjana, Class VIII

DISCIPLINE

There were two brothers named Jai and Sai. Jai was a disciplined boy. He used to wake up early do his daily chores and went to school on time on his bicycle. His brother was a lazy boy. He used to watch TV till late at night and woke up late. He does his daily activities forcefully. He often goes late to school though he also goes on bicycle. One day they both had a field trip. Jai woke up early as usual and went to school on time. But Sai did not reached school, the bus went off and he missed the field trip. From then he realized his mistake and became disciplined.

Moral: Be discipline and everything is possible.

Jayababu, Class VIII

COOPERATION

One day a cultural programme was conducted in a school where all the children of class II got prizes. All the children met in class and talked. They kept saying, "I am the best. I am the best." Rani said, "I got 1st prize in sports so I am one who is the best." In the class all the children were talking like this. When they were talking, the teacher heard them. Teacher said, "I want to teach a lesson to these students". When the teacher was thinking, a student said, "all teachers got prizes except our class teacher." All students said yes. The teacher heard this. The next morning the teacher did not teach any lesson for students. Students were very sad and unhappy, then the students realized their mistake and lived with cooperation.

Moral: Always be with cooperation.

Vanshika, Class VI

Solutions

page 1
Determination, strong will, and focus can help you achieve even the toughest of goals
1-c-2-e-3-b-4-a-5-d

FORGIVENESS

Once upon a time there was a king. One day two women came to the king's house fighting for the child. First woman said it was her son and the second woman also said it was her son. The king said stop, let me tell you one by one. The king thought of one plan. The king ordered a mantri to draw a line on the floor and leave the child there. The king asked both women to stand on the line and hold the child. Whoever pulls the child towards them is the real mother. I am ready, said the second woman. One woman was pulling legs and another woman was pulling hands. The child was crying with pain. First woman said, "oh no he is crying", she left the legs of the child. The child goes to the second woman. The second woman said, "sees this is my son". The king said, "I know the real mother", gave the child to the first woman and ordered the second woman to be put in jai. First woman said please forgive her my lord, she wants the child please forgive her. The king said she tried to take away your son. The love she had for my son made her do this, said the first woman. The king released the second woman and asked her not to do this again.

Moral: We should forgive others.

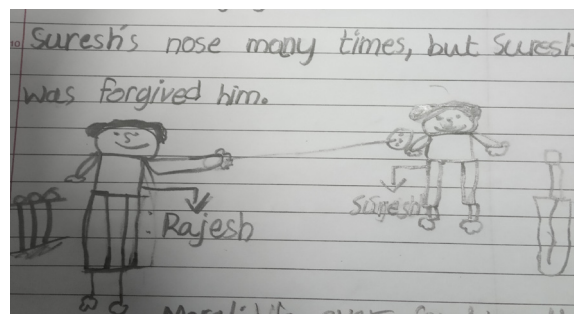
Vagdevi, Class III

FORGIVENESS

Once upon a time there lived two good friends. Their names were Rajesh and Suresh. One day they went to play cricket. They were playing. Rajesh threw ball at Suresh's nose, but Suresh forgave him.

Moral: We should forgive others.

Geethanvitha, Class III



TIME – DISCIPLINE

Once upon a time there lived a brother and sister. Their names are Sonu and Vani. Vani is a hard working girl. Vani was doing a project for a science fair. Sonu came near Vani while she was doing her project and asked her to come and play but Vani didn't come and told Sonu, "-we should submit our project tomorrow but you haven't started your work yet." Sonu said, " we should submit tomorrow, not today. I will do my work quickly." Vani said, "we have exams from next week, so start preparing." Vani was studying daily and Sonu was playing cricket with his friends daily. Vani said, "Sonu study, we have exams from tomorrow." Sonu said, "exams are from tomorrow and not from today. I will read at night." After playing he came and started reading. After ten minutes the power went out. Sonu started crying. Vani said, "That's why I asked you to prepare before only.: "Sorry Vani," said Sonu. "It's ok Sonu, I will explain to you. I have read everything," said Vani. Sonu learnt a lesson and started to prepare for exams and write exams well.

Moral: Be disciplined.

Gnana Shankar, Class VIII

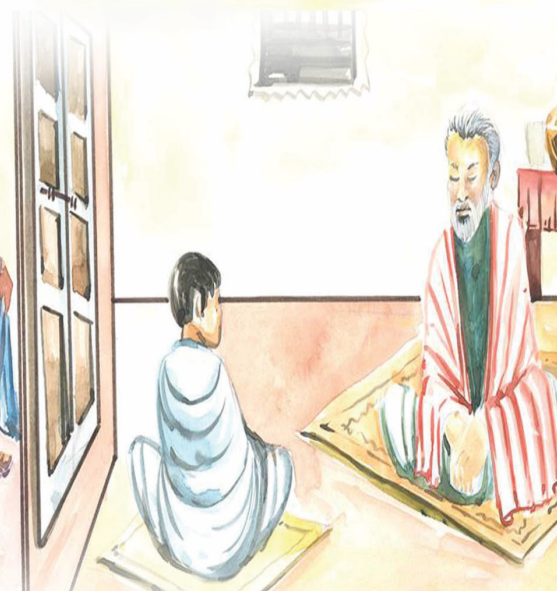
LALAJI ERA MONTH NAMES : We are happy that we have been blessed with the awareness for naming the new era ushered in by Pujya Lalaji Maharaj and accordingly we have named it as Lalaji Era. With the ushering in of the Advent in 1873 the New Era started. A new calendar is named after Pujya Lalaji Maharaj and 2022 is the 150th 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.



The power of Nature descended in human form as Samarth Guru Mahatma Ramchandraji Maharaj of Fatehgarh, U.P., India. He was lovingly called as Lalaji. He was born on most auspicious day of Basant Panchami on 2nd February 1873. Spring brings life and freshness back into environment. In a similar manner, birth of this great personality brought in a New Era (Lalaji Era) of spiritual awakening. He breathed into every heart the blooming freshness of spring. He was born in a respectable Kayastha family. His father's name was Sri Harbux Rai. His mother was a saintly lady with a heart full of devotion and she was strongly attracted towards God. Her desire to have children was communicated to an Avadhoot who visited her house. He simply said one, two and murmuring one - two, he left. The two great souls, Pujya Lalaji Maharaj and his brother Sri Raghubar Dayal were born. His mother's spiritual life had a great impact on him in the childhood. One day he was playing the game of tops with other boys. The whirling motion of the top reminded him of the great spiritual work he was born for. It is the will of God that he perfected himself within a brief span of seven months. Since then he devoted the whole of his life for the cause of spirituality. His ancestors were so great that the Mughal Emperor Akbar gave them 555 villages. But he lost all the ancestral property and circumstances forced him to move into much smaller house and lose all the comforts which he had till then. At that time one of the associates of his father invited him to join as paid apprentice in his office at rupees 10 per month. Pujya Lalaji Maharaj grew up into a perfect specimen of graceful manhood. He was of perfect build and average height. He had a wheatish complexion. He had a small beard and a mustache. He got married to a noble lady of respectable family. He used to wear simple and clean kurtas, shirts, pyjamas and dhoti. He used to take very simple meals. A few chappatis or rotis along with some dhal and chatni was good enough for Him and He never took breakfast leave alone coffee. That is the simplicity of His life. It is not because he could not afford. In 1900's ten rupees was something phenomenal. A sovereign of gold was six rupees in 1910's. So ten rupees was a good amount. He could eat whatever he wanted but he was prepared for it. He never slept after the sunrise. After attending to nature's calls he put on clean clothes and devoted himself to spiritual sadhana imparting training to others. After that he went to office. On return from office he again imparted spiritual training. He took early dinner and went for walk around 8 PM.

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

Pujya Lalaji Maharaj started regular satsangs from the year 1914. He started training his followers. Our beloved Pujya Ramchandraji Maharaj (Babuji) was his ablest disciple. Pujya Lalaji Maharaj perfected Sri Babuji Maharaj's grand personality, which is unparalleled in history of spiritual development. Humanity will be ever grateful to Pujya Lalaji Maharaj.



కృతజ్ఞత

జన్మనిచ్చిన తల్లికి, నడక నేర్పిన తండ్రికి
నీవు ముందుకు వెళ్ళు అని ధైర్యం ఇచ్చిన వారికి
మనకు అన్నం పెట్టే రైతుకు
మన ప్రాణాలు కాపాడే డాక్టర్ కు
సరిహద్దులో ఉండి మన ప్రాణాలు రక్షించే సైనికులకు,
చదువును చెప్పే గురువుకు
బరోసాగా నిలిచే మిత్రుడుకు కృతజ్ఞతను తెలుపాలి
ఆపదలో ఆదుకునే వారి పట్ల అస్పృహతను చూపాలి
ఆశ్రయం ఇచ్చిన వారిని
దుఃఖంలో అక్కను చేర్చుకున్న వారిని
మన జీవితంలో గుర్తుపెట్టుకోవాలి
మనము ఆ వ్యక్తిని ఎప్పుడు కూడా మరచ కూడదు
మన జీవితంలో చిన్న విషయాలకు కూడా కృతజ్ఞతగా ఉండాలి

హర్షిత, పదవ తరగతి

చీకటి బ్రతుకులను వెలిగిస్తూ
పలువురి ప్రగతికి పాటుపడుతూ
శ్రమను ఆయుధంగా చేసుకుంటూ
సహాయం అని అర్ధానికి చేయూతనిస్తూ
కష్టాన్ని ఇష్టంగా భావిస్తూ
ఫలీతాన్ని పేదలకు దానం చేస్తూ,
వాటిలో ఆనందాన్ని, సుఖాన్ని వెతుక్కుంటున్న
తెలంగాణ ప్రతీ కార్మికులకు, దాతలకు
నా హృదయపూర్వక కృతజ్ఞతలు.

విష్ణు, పదవ తరగతి

మన గురువులకు కృతజ్ఞతలు,
జ్ఞానం అందిస్తున్నందుకు
మన తల్లిదండ్రులకు కృతజ్ఞతలు,
జన్మనిచ్చినందుకు
నేస్తాలకు కృతజ్ఞతలు,
జీవితానికి వెలుగునిచ్చినందుకు
మన జీవితంలోకి వచ్చిన అందరికీ కృతజ్ఞతలు
మనకు పాఠాలు నేర్పినందుకు కృతజ్ఞతలు.

హరిత, పదవ తరగతి

నవమాసాలు మోసి నొప్పిని భరించి
సర్వోత్తమ ప్రేమను సృష్టికీ అందించి
ఆలనా పాలనా చూసి చదివింది
మన కోసం సుఖం త్యగించి
అమూల్యమైన బాంధవ్య భవన
కలియున్న తల్లిదండ్రులు పుజించు
అజ్ఞానం నుండి విజ్ఞానం వైపులా బోదిస్తు
యా అభివృద్ధికి కారకులై
ఉత్తమ పౌరుగా తిర్చిదిద్దిన
గురుల అందరికీ పుజించు
దేశానికి వెన్నముక అయ్యి
దేశ ప్రగతి మూలమై
ఆకలి తిర్చి అన్నదాతలను పుజించు

లావణ్య, ఎడోవ తరగతి

రైతులకు సైనికులకు తెలపాలి కృతజ్ఞత
నిరంతరం మన దేశానికి చేస్తారు సహాయత
మనం మన జీవితంలో మంచి స్థాయికి చేరడానికి తోడ్పడతారు
ఉపాధ్యాయులు
వారికి మనం తెలపాలి కృతజ్ఞత భావాలు
మనకి సహాయం చేసినవారిని మరచకూడదు
వారు సహాయం అడిగితే చేయకుండా ఉండకూడదు
మనకు ఆదర్శం శ్రీ రామచంద్ర మహారాజు గారు
వారి నుంచి మనం నేర్చుకోవచ్చు ఎన్నో విలువలు
మన తల్లిదండ్రులే మనకు ప్రేరణ
వారిపై చూపించాలి కృతజ్ఞత భావన
మనకు సహాయం చేస్తున్న వారిని మరచకండి

ఐశ్వర్య, పదవ తరగతి

ప్రకృతి మనందరి నేస్తుం,
దానిని నాశనం చేస్తున్నాం ప్రస్తుతం
ప్రకృతి అందరి నోజం,
కాని దానిని చేస్తున్నాం అంతం
ప్రకృతి ఇచ్చే స్వచ్ఛమైన గాలిని పీలుస్తాం,
కాని చెత్తాచెదారం కాలుస్తాం.
చెట్ల నుండి వచ్చే పండ్లను తింటున్నాం,
కాని నదిని కాలుష్యం చేస్తున్నాం
ప్రకృతిని కాపాడాలి మనం,
ఆ బాధ్యత తీసుకోవాలి జనం
నాశనం చేసే ముందు ఆలోచించాలి ఓ క్షణం,
ఆలోచిస్తే ప్రకృతిని చేయగలం మనం.
అన్నీ ఇస్తున్న ప్రకృతికి తెలపాలి కృతజ్ఞతలు
దాని రక్షణకై చేయాలి ప్రతిజ్ఞలు.
అందరికీ ఉండాలి ప్రకృతి పట్ల కృతజ్ఞతా భావం,
మన కోసం ప్రకృతి తనను తాను చేసుకుంటుంది త్యాగం
ప్రకృతి అంటేనే అందం.
దానితో ఉంటుంది ప్రత్యేక బంధం
ప్రకృతిని కాపాడాలి మనమందరం,
దానిని చేయాలి సుందరం.
చెయ్యి చెయ్యి కలుపుదాం.
మన ప్రకృతిని కాపాడుదాం
ప్రకృతి చూపుతుంది మమకారం,
దానికి కృతజ్ఞత తెలిపి చేద్దాం ఉపకారం.
కృతజ్ఞత లేని జీవితం వ్యర్థం,
దానిని చేసుకోవాలి అందరూ అర్థం
ఇంతటితో ముగిస్తున్నాను నా కవిత,
ఆఖరిగా ప్రకృతికి అందరం కలిసి తెలుపుదాం
కృతజ్ఞత....

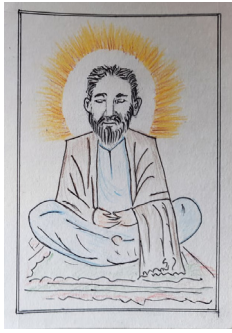
స్నేహలత, పదవ తరగతి

Be truthful. Take miseries as Divine Blessings for your own good and be thankful
- Pujya Sriramchandraji Maharaj

NEW YEAR GREETINGS



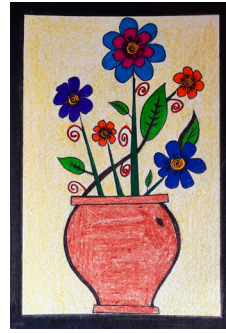
Rushikesh,IX



NagaVyshnavi,IX



Krishna Mahati,IV



V.Srimayi,X



Harshith,IV



P.Rakshita,VI



Sri.Shreshta,VI



Tarun Sai,VIII



V.Manognya,X

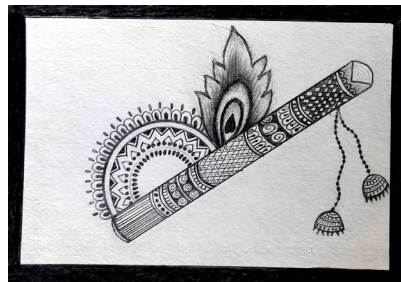


V.Sharvani,VIII

It was he (Puja 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.
- Puja Sri Ramchandraji Maharaj



P.Mahesh,V



Snehalatha,X



B.Avinash,X



Sai Sowjanya,VII



Naga Reshmitha,V



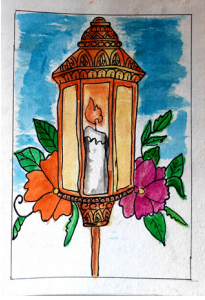
P.Divya Sainath,VIII



Nitisha,X



V.Sharvani,VIII



I.Vanshika,IX



Y.HarshaKumar, VI



A.Hasini,IX



Varshita,V



H.Jasmitha,VII



T.Harshita,X



HoneyDubey,III



M.Lohana,X

BODH

Lalaji Maharaj

Shri Ram Chandraji of Fatehgarh, was born on 2nd February, 1873 in Uttar Pradesh in Northern India. Lalaji belonged to a distinguished family of jagirdars (landowners). But the family property was lost while his father was still alive, as a result of which Lalaji had to start a life afresh. He led a simple and pious life. His personality, mode of living and general behavior earned Lalaji the affection and respect of his neighbours. He was much loved by Hindus and Muslims alike, and though he loved his followers with all their faults, he was at the same time a disciplinarian. He regarded morality as essential to self-realization and love as the greatest spiritual practice. It was Lalaji's conviction that a normal family life was most conducive to self development and that any sincere seeker could progress to the highest level of spiritual attainment while fulfilling the duties of a householder.

Tapasya, BODH

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

Netaji Subhash Chandra Bose

Netaji Subhash Chandra Bose was born on January 23rd 1897. Netaji was born in Cuttack. Bose created the Indian National Army (INA). He was a great freedom fighter. He was President of Indian National Congress from 1938 to 1939. He attempted to get rid of British rule in India during World War II.



Vashista, BODH





Lily is a little girl, who is shy and reserved. But she enjoys playing soccer. Her friends and classmates ridicule Lily for her interest in soccer. Nonetheless, she is determined to pursue her passion and become a successful soccer player.

Every day, after returning from school, Lily quickly finishes her homework and practices soccer. Her mother understands the love Lily has for the sport and supports her in every way. When the interschool competitions are announced at the school, Lily decides to participate. She takes part in the selection trials, and her classmates mock her once again. But they are shocked when Lily performs well and the judges select her to represent the school. Lily's commitment and hard work mute every person who mocked her.

The famous persons who have struggle to acheive their goal Match the Following

Having a Goal in life is very Important, Thinking in right direction, hardwork and firm determination you can achieve your Goal and make your life purposeful. Pujya Babuji Maharaj told that, "If you remove goal from the football or hockey, nothing is left. Likewise, no goal, no meaning in life.

1. APJ Abdul Kalam

Whatever you are, be a good one



a) Young : Worked as a receptionist to buy a dress for her first interview
Later: Became the CEO of PepsiCo

2. Dhirubhai Ambani

Remember no one can make you feel inferior without your consent



b) Young age: Sold tea at bus station
Later: as you all know our Respected Prime minister of India and also 9th most powerful man by Forbes

3. Narendra Modi

Do what you can, with what you have, where you are



c) Young age: Delivered newspaper
Later : Got famous as the Missile Man and Most loved President of India

4. Indra Nooyi

In the middle of every difficulty lies opportunity



d) His father was a bus driver and from poor family
Later: Became first Indian athlete to bag two Olympic medals firm determination and hardwork.

5. Sushil Kumar

Have faith in yourself and in the future



e) Young age: Passed out 10th and sold bhaajis at the fair
Later : Emerged as a India's Largest wealth creator and Business tycoon and owner of the Reliance Industries

ACTIVITY PAGE

Crosswords Values

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

Responsibility

Perservance

Cooperation

Resilience

Tolerance

Generosity

Respect

Honesty

Helpfulness

Moderation

Courage

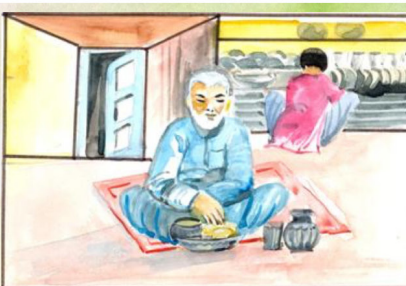
Volunteering

Write down the story seeing pictures

Taken from Pujya Lalaji Maharaj Sketch







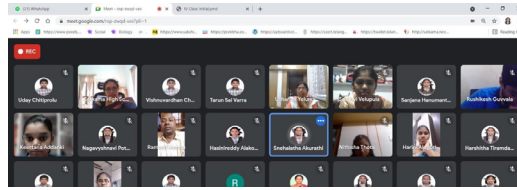




SCHOOL EVENTS

Teachers Day

This year we celebrated Teacher's Day virtually. Our Principal, Smt. Padmaja Mam, Teachers and Students of VIII to X took part in celebrations. Students of class IX and X taught classes



for class I to VIII. Class X students had organised the programme. A speech was given on the eve of Teacher's Day. We conducted a couple of games for teachers. They actively participated and enjoyed. Students thanked all teachers for teaching them and being a motivator for their future. The event was amazing and became a memorable one.

Children's Day

This year luckily we got a chance to celebrate children's day in our school. Everyone from 1st to 10th class actively participated in the games conducted in their classes. Following covid norms we enjoyed children's day. Usharani teacher has done a monoplay as Rani Rudramadevi. We learnt more about her and how to present our character for mono play. Every class enjoyed the day with games and got gifts from class teachers. We had great fun with our classmates and enjoyed ourselves.



Diyas Exhibition

On the occasion of Diwali, we students of Satkama High School actively participate in painting diyas. This was a great experience for the students. As the school was closed for almost two years due to a pandemic, we enthusiastically took part in the activity. Our Arts and Craft sir helped and taught us how to paint the diyas. The brown coloured diyas were first coated with white paint and then coloured with different colours. The diyas were kept for sale. This activity helps the students to be creative and improve art skills and also develops values like patience, teamwork and cooperation. Everyone appreciated the students.

Republic Day

We celebrated 73rd Republic Day online due to the Corona pandemic. Teachers, students and parents attended the celebration virtually. Our sports teacher Sri Narendar unfurled the flag and everyone sang the national anthem with full of love and patriotism. Students gave speeches and remembered the struggles made by the freedom fighters. The speeches given by the students were inspirable and enlightened everyone's mind.



Class 9 and 10 Parents Counselling

సుమారు 20 సంవత్సరాలుగా , కౌమార దశలో ఉండే సమస్యలను, వారి సున్నితమైన మనస్సు గాయపరచకుండా ఆ ఇబ్బందులను అధిగమించుటలో సలహాలిస్తూ, వారిలో ఆత్మవిశ్వాసం నింపుతూ తనదైన శైలిలో అటు తల్లితండ్రులకు, ఇటు విద్యార్థులకు తోడ్పాటును అందిస్తున్న గౌరవనీయులు, మానసిక నిపుణులైన శ్రీమతి మైత్రీ గారి ఆధ్వర్యన సత్కామ ఉన్నత పాఠశాలలో 9,10, వ తరగతి విద్యార్థుల యొక్క తల్లితండ్రులతో ఆన్లైన్ లో మూడుగంటల పాటు సమావేశం చాలా విజయవంతంగా జరిగినది. విద్యార్థుల యొక్క తల్లి తండ్రులు అందరూ ఎంతో ఉత్సాహంగా పాల్గొని కౌమార వయస్సులో ఉన్న తమ తమ పిల్లల మానసిక స్థితులకు సంబంధించి ఎన్నో సమస్యలను చెప్పటం జరిగింది. వాటన్నింటికీ మేడమ్ ఎంతో నేర్పుగా, ఓర్పుగా సమాధానాలు ఇవ్వటమే కాక పరిష్కార మార్గాలను కూడా సూచించటం జరిగింది. ఆ సమావేశం ఆధ్యంతము ఒక కుటుంబంలో సభ్యుల మధ్య జరిగిన సంభాషణ వలె కొనసాగడం ఆనందదాయకం. ఈ సందర్భాన ప్రతి చిన్న విషయానికీ ఆందోళన, విసుగు, చిరాకు, ఆవేదన, ఆవేశం, కోపం, ఆనందం అన్నీ సహజమేనని కౌమార వయస్సు దాటే వరకు పిల్లలను అతి జాగ్రత్తగా పూవు వలె సుకుమారంగా చూసుకోవాలని తల్లితండ్రులకు విడమరచి చెప్పారు. మనం మాట్లాడే ప్రతి మాట వారి ఎదుగుదలకు ఎంతో ఉపయోగమని ఎన్నో ఉదాహరణలతో ఆసక్తికరంగా తెలియచేశారు. తల్లి తండ్రులు, ఉపాధ్యాయులు ఎప్పటికప్పుడు వారి మానసిక స్థితిని గమనిస్తూ ఉండాలని వారికి చేయూత నివ్వాలని ఇలా ఎన్నో విషయాల పట్ల అవగాహన కల్పించారు. సమావేశం పూర్తి అయిన తరువాత తల్లితండ్రులు ఎంతో ఉద్వేగభరితంగా ప్రస్తుతం వారికుటుంబములో ఇదే పరిస్థితిని ఎదుర్కొంటున్నారని, వారిపిల్లలే ఇలా ఎందుకు వుంటున్నారని ఆందోళన చెందే వారని, ఇప్పుడు ఈ సమావేశం ద్వారా వారి ఆందోళనకు చక్కటి మార్గాన్ని చూపించినందుకు, పాఠశాల యాజమాన్యం వారికి, మేడమ్ మైత్రీ గారికి కృతజ్ఞతలు అని వారి ఆనందాన్ని తెలియచేశారు. మరుసటి దినం విద్యార్థులు అంతా మీటింగ్ లో ఏమయ్యింది మా తల్లిదండ్రులు ప్రవర్తన రోజుకన్నా భిన్నంగా ఉంది.ఎంతో ప్రేమగా, ఆప్యాయంగా, పాఠశాలలో జరిగిన విషయాలు అన్నీ అడుగుతూ చాలా బాగా మాట్లాడారు. ఇలా రోజు ఉంటే చాలా బాగుంటుంది అని పాఠశాలకు వస్తూనే ఎంతో ఆనందాన్ని వ్యక్తపరిచారు..

Teacher Orientation Programme

Satkama High School organised a Teacher Orientation Programme by the members of Sahaj Seva Samsthan on November 27th, 2021. The speakers were Dr. Madhava garu, Dr. Subba Rao garu, Smt. Seetha garu and Sri. Vidhadhar Joshi garu. Dr. Madhava garu gave oral presentation on Sahaj Seva Samsthan and Spiritual Era. Dr. Subba Rao garu talked about Educational Philosophy and objectives of SSS. Smt. Seetha garu presented about 'Integral and Integrated Education, School's Philosophy, over all development wof a student and the bonding between a student and a teacher. Sri. Vidhyadhar Joshi garu presented a power point presentation on 'Teaching Methods'. The session was very fruitful. The Staff was benefitted from this Orientation session. They expressed their gratitude towards the speakers.



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.

తడవోర్వక యొడలోర్వక
కడువేగం బడచిపడిన గార్యంబుగానే
తడవోర్చిన నోడ లోర్చినః
జెడిపోయిన కార్యమెల్లః జేకురు సుమతీ!

తాత్పర్యం: ఆలస్యమును శరీర శ్రమను కూడా సహించక త్వర పడినచో పనులు సక్రమముగా నెరవేరునా? ఆలస్యమైనను సహించవలెను. శ్రమ కలిగినను భరించవలెను. అట్లు నిదానముగా ఉన్నచో చెడిపోయిన పని కూడ చక్కగా నెరవేరును

ज्जान प्रकाशी गुरु मलिा, सो जनबिसिरौ जाय ।
जब गोवन्दि करिपा करी, तब गुरु मलिया आय ॥

Meaning: See that you do not forget that you have fortunately got a guru with spiritual illumination. Such gurus are found when God becomes gracious.

INSTITUTE OF SRIRAMCHANDRA CONSCIOUSNESS

Training Programme

Imperience is conducting a 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 centers. Those who are interested and aged between 18 and 60 years may contact the telephone number (040) 27731223 for further details.


www.sriramchandra.in

ధ్యాన శిక్షణా కార్యక్రమము

isrcimperience@gmail.com

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

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:
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
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Alternative Systems of Medicine: Homeopathy and Ayurveda
www.sahajseva.org/health.html
email:mrcmh@sahajsevasamsthan.org

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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