



SPANDAN

Guest Editorial

Shilpi Gaur, Member, SSS

It is **OUR DUTY** to develop **Divine Love**. In order to develop Divine love in our heart we have only to remember Master frequently or for the most part of the day thus we will automatically develop love for Him, which if continued will bring us closer to Him. During the day whatever we do (whether it is studying or doing house hold chores) let us maintain a thought that it is the divine command and is thus our duty. As a result of this we feel closer to Master in our heart no matter what we do.

1. This helps us develop nearness to Master and also prevents us from forming further impressions.
2. Keeping Him in our thoughts helps us be aware of our lowliness, thus reducing our sense of ego.
3. The constant remembrance promotes attachment to God.
4. Divine Love helps us feel Universal Love. When we feel the presence of divine in our core inner being we also understand or gain wisdom that all others are also divine. This feeling helps us forgive our fellow brothers and sisters even if their behaviour towards us is unpleasant, we may disapprove of their actions and thinking, may have difference of opinions with them on issues or situations but our heart is not capable of hating or disliking them if we have developed Divine Love. We end up praying for them to fall in love with Master and follow Master's path sincerely. Such is the power of Divine Love. Let us sincerely pray that all are developing true Love towards the Master.

Master says "People think that remembering God is an unprofitable business although, I say, it is more profitable than the biggest factory in the world" and "Love Him who loves all, and thus everybody is automatically loved through Him. Amen."

STUDENT EDITORIAL

Ch.Uday, Class IX

Namaste to one and all. In life everyone gives first priorities to human virtues. In those virtues, self discipline and self control are important ones. We all know what anger is. We sometimes even get furious. If we are able to control our anger, then we can become perfect man / perfect human. Sometimes when it gets out of control, it can be very destructive. The only way to counter such adverse emotion is to be 'calm and cool'. 'Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured' - Mark Twain.

Human virtues make the living of a man very easy physically, mentally and spiritually. Our Commandments also tell us the same about the following of human virtues. If we follow the virtues properly, we will be an inspiration to everyone. We will be admirable. So let us all fulfil and follow the virtues properly so that we become one of a kind.

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.

PRAYER

"O, Master!

Thou art the real goal of human life.

We are yet but slaves of wishes

Putting bar to our advancement.

Thou art the only God and power

To bring us up to that stage."

9 p.m. (Universal Prayer)

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

STORY OF MASTER - Love and Concern

A group of abhyasis from South India visited Shahjahanpur during the end of spring and early summer season. The abhyasis after finishing their morning meditation went and sat with the Master.

Master was attending to the mails and letters from various abhyasis from different parts of India and also from abroad. Suddenly he turned to his group of abhyasis from South India and said, "Do you remember today is Ugadi the New Year beginning for some people of South India." The abhyasis nodded excitedly and said, "Yes, Babuji Maharaj, it is true, today is Ugadi."

Master immediately called one of his family members and asked him to prepare sweet dishes for lunch. All were quite surprised by this act of the Master and did not know why the Master was so particular.

Later after a few days, they realized the humane nature of the Master and His unbounded Love for them who taught through his actions in an unassuming manner, how to respect and have concern to the sentiments of others who love us.



Master is an epitome of Love and Concern.

WORDS OF WISDOM

Words of Wisdom - Revered Babuji on getting success in any task

He always advocated that one should have the courage that he can achieve what he wants. He advocated later that one should remove all doubts and develop confidence in oneself to succeed in all pursuits. He further elaborated this philosophy of life by saying that if any one wanted to poison his will, he should create doubt in himself. He insisted in honesty and seriousness in all work to gain good fruit.

(Ref - Story of Revered Babuji Maharaj - Sparkles and Flashes page 37-38)

వ్రాసిన - అనుభవము

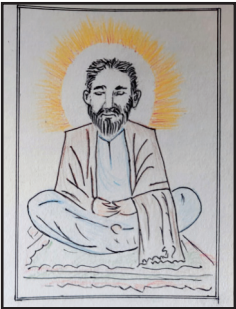


Illustration
Naga Vaishnavi, IX Class

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.

09-01-2020: I felt so pleasant before meditation. After meditation I felt even pleasant than before

26-10-2021: I feel quiet and attentive while doing meditation. I felt very calm and pleasant after meditation

13-04-2022: I felt happy after doing meditation.

Tarun, Class IX

06-06-2021: Before meditation I felt very peaceful. After meditation there was no change and my peacefulness increased.

25-07-2021: Before meditation I felt frustrated and tired. After meditation I felt refreshing and my tiredness was relieved

15-03-2022: After meditation I felt good and energetic.

Ch.Uday, Class IX

08-01-2020: Before meditation I felt disturbed. During meditation, in the presence of divine light in my heart, I felt very peaceful. My mind is free of thoughts. Due to calmness I was attentive to divine Light. After meditation I felt refreshed and relaxed.

18-01-2020: I felt very relaxed and felt devotion. I silently meditated. After meditation I felt wonder.

5-11-2021: I felt happy and cheerful after meditation.

10-3-2022: I felt pleasant and peace after meditation.

Joshika, Class IX

08-02-2022: While doing meditation, a lot of thoughts came in my mind but I was attentive on Divine Light. So after meditation I felt pleasant and happy.

15-02-2022: Before meditation I felt frustrated. After meditation I felt very calm and peaceful. My mind was excited to learn in the class.

04-04-2022: I felt restless before meditation. After meditation I felt peaceful.

Rushikesh, Class IX

नष्टो मोहः स्मृतिर्लब्धा त्वत्प्रसादान्मयाच्युत।
स्थितोऽस्मि गतसन्देहः करिष्ये वचनं तव॥

Arjuna spoke: "Dispelled is my delusion; regained by me through Thy favour is the memory, O Acyuta. I stand here firm and freed of doubt, and will do Thy bidding."

Just when the battle of Mahabharata is about to start, Arjuna is beset with a delusion(false belief) that it is better to forego his duty to fight as a warrior than be part of the bloodshed. This causes tremendous agony to him. He submits himself in all earnestness to Lord Krishna. Utterly surrendering his confusion or doubt on what is right and wrong in regard to his duty, his consciousness was uplifted by Lord Krishna through a discourse that came to be known as Srimad Bhagavad Gita, later composed by sage Vyasa in 18 chapters and 700 stanzas or slokas.

At the end of the discourse, when asked by Lord Krishna, if his ignorance or delusion has been removed, he responds with the above sloka. He expresses gratitude and happiness to the Lord. In his uplifted consciousness, he feels no doubt to do his Divine duty for he has regained memory by the Grace of Lord Krishna that the real nature of the self is Divine. The word "Thy bidding" may be understood as Divine duty entrusted.

The lesson to learn is that submission to God alone takes us out of confusion in our path of duty. Pujya Babuji Maharaj gives us the instruction "We must snatch a few minutes from our hours of rest (preferably at bed-time) and pray to God with a sincere heart for His guidance and support on the path of duty."

Gratitude

How can you relate gratitude to Pujya Sri Ramchandraji's Commandment, "Take miseries as Divine Blessings for your own good and be thankful"?

What are you grateful for in life? How do you show gratitude?

I am so happy and grateful now

- I am thankful to God
- I am thankful to mother Earth
- I am thankful to trees
- I am thankful to my friends for helping
- I am thankful to my teacher for giving me knowledge
- I am thankful to my body organs for functioning good
- I am thankful to my parents
- I am thankful to my school
- I am thankful for farmers for giving us food.
- I am thankful for soldiers for fighting for our country
- I am thankful to my books for giving me knowledge
- I am thankful to all our India Freedom fighters for freedom.
- I am thankful to drinking water.
- I am thankful to oceans for our usage
- I am thankful to rain for giving rains to our land.
- I am thankful to my house for giving me shelter
- I am thankful to my clothes for protecting me.
- I am thankful to universe.

Gyandeep, Class VII

I was grateful to god because he gave born me as human and for my mother who gave me birth and all the living organism and trees and plants because they were working and giving us food and the animals those are helping to farmers and also the whole universe for doing their job continuously and also my school who are teaching me values.

We always need to take problem as divine blessing for our own good by this and for all the commandments of Master. I can show gratitude towards Pujya Sri Ramchandraji Master.

Jasmitha, Class VII

We should take miseries as Divine Blessings and be thankful. We can relate gratitude story to Pujya Sri Ramchandraji's commandment.

I am grateful for these in my life.

- Family who supports and encourage me.
- Friends who help me in need.
- Nature who gives us oxygen and other gases and water.
- God who gives us all. what we want.
- Teachers who educate us.
- Parents who care us and give us beautiful life.
- Mother who gave us birth.
- School who teach us moral values and all.

Bhavya Karthika, Class VII

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

Our Pages

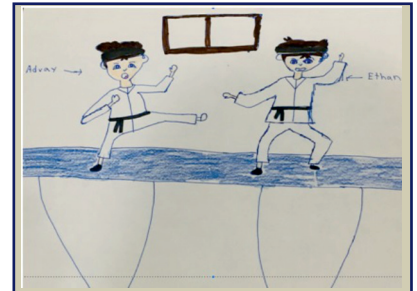
Cooperation

Abhinav Sukuru, 7th Grade,
Thornton Junior High School, Fremont, USA.

There were two friends called Advay and Ethan. Advay means different and Ethan means strong. Advay and Ethan always used to go to karate together. Advay always lost to everybody in karate class in sparring, including Ethan. Advay's name means different in a bad way because his body parts always quarrelled against each other. The head thought that it can do anything because it is the brain. But the hand told the head that it can lift all objects and shake hands with others. It can even do a punch and all karate stuff. Then the legs came and said that without the legs the body will not even be able to walk. The legs also said that it can do the kicks for karate. Then the eyes also said that without it the human would not be able to see. The eyes, legs, hands, and head always quarreled. Since they quarrel a lot Advay cannot even do Karate very well. The instructor scolded Advay a lot in every karate class. The kids laughed a lot on Advay. Ethan felt sad and did not know what to do to help his friend. He wanted to help Advay so he went to help him. But his head told him to help him in the tournament, it was the right thing to do. Ethan's body parts always work together instead of quarreling. Advay was sad and he thought that he would just lose in the contest.

9 days later

The tournament was going to start in one hour. Advay was still frightened, so he practiced his karate. He was not able to do his karate very well because his body parts were quarreling a lot. It was time for him to go to the tournament. Ethan was the champion for 6 years so he gave a speech that he will not defend his title. Whoever wins the tournament can be the new champion. The first round was Advay against another kid. Advay won because his body parts realized that they have to work together instead of fighting. Advay finally made it to the finals. His opponent was so strong, but Advay knew that if his body parts do not fight then he will win. Advay's opponent scored 2 points and if he got the final point, he could have won. Advay concentrated more with his mind. Then he scored the next two points. The last point was tricky to get. Advay did a strong kick and defeated his opponent. His body parts learnt a valuable lesson that cooperation is more important than fighting and thinking that you are the best. The body parts worked together to be the best. So, they just kept working together instead of fighting.



Hero of the Society

S. Sri Karthikeya, Class VIII

If we try to understand about villages and trees, we can collect lots of information about them. Have you ever wondered if trees and cities are running to each other? It's really possible.

Nowadays, if you look into information about trees. You will know that trees are more in villages right?

Let me tell you a story about the Hero of the Society.

Did you know that in olden days there were no cities, only trees and villages? You won't even find one city at that time. Everyone used to live with trees, play with trees etc. They were never let down by trees. If someone thought of cutting trees people used to punish them and tell them alternatives for their problem. One day a group of bad people entered the village. As they didn't find any people, they started cutting down the trees at night and sell them to other countries. They used to go back to their houses before sunrise. They managed to do it daily. A person named Karthik observed the decreasing number of trees. He used to water the trees and plant new plants. You might wonder how he would live by doing this work. He would get paid daily by supply of food and money from the head of the village. Head of the village also thinks about people and helps them.

One day Karthik returned from another place to his village late at night. He observed light in the woods and also some wood cutting sound. He was suspicious about it and thought to look into it. He went there and was shocked to see that people were cutting the trees. He felt so bad for the trees and silently sneaked out, gathering everyone quietly. He told the village people to surround them quietly. After everyone got into position to trap the bad people. They gestured to each other. Then suddenly Karthik shouted "attack them" then everyone surrounded them in no time leaving them nowhere to run. Then the Head of the village punished them. So that they don't repeat it again. In that way Karthik became the Hero of the Village.

Moral: Here Karthik is the Hero of the Village. You can be the Hero of your Society, help grow trees. Tell their importance to people. Only some people will recognise your work for trees. You need not worry that no one is praising you or recognizing your hard work for trees. What you do comes back to you. If you do Good it will come back as Good. If you do bad it will come back as bad. So, be The Hero of the Society and protect trees.

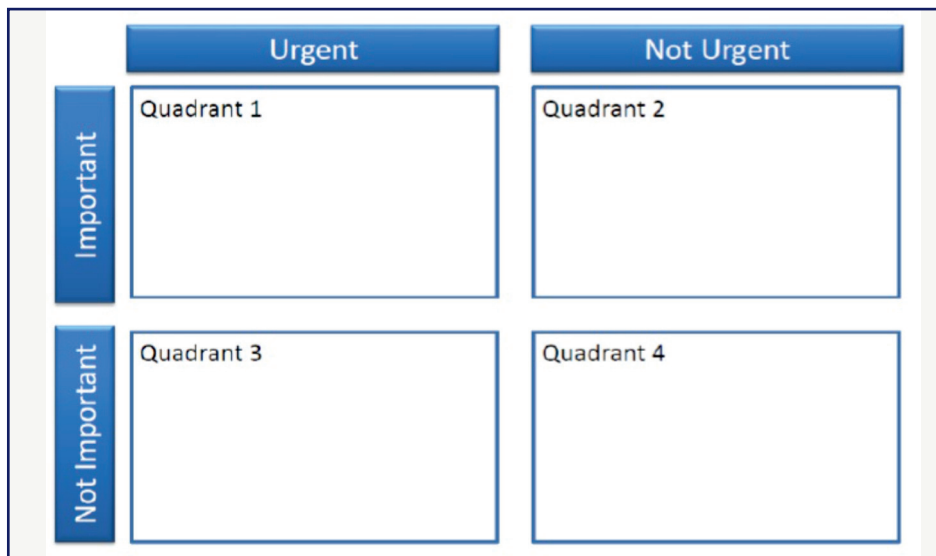
Our Pages

Time Management

Time management is the process of planning our schedule. In time management, there are four quadrants.

Important, Not Important, Urgent, Not Urgent

These four quadrants are interdependent on each other. Their interdependence table will look like the below figure.



In Not Important - Urgent zone, we feel like 'Should we do or not?' As it is not important we think we need not do it. But if we complete urgent work, whether it is important or not, we can manage our time very well. After completing urgent works, we need not feel tension with unfinished works.

Not Important - Not Urgent : This is the safest zone in time management. It will not give tension as it is not important and not urgent. We can do that work at any leisure time.

The most danger zone among them is Important – Urgent. It causes so much trouble. They cause us irritation, tension, anger, stress etc.

If we do not want to be in that zone, then we should be in safe zone. The most safe zone is Important – Not urgent where we can sit calmly and do the work anytime. If we are in the safe zone, our life would be easy and everything would be easy for us.

If we follow these steps we are sure that we can manage our time effectively.

Jayababu, Lavanya, Karthik, Ganesh – Class VIII

Plant Life and Our Life



If a plant needs to grow all parts, nature will help it to grow. Same in our life also. Plant life and our life are similar. For example, if we take the root in a plant, it is the main part of the plant. If the root is not there, then the plant is not there. In our life also, if family is not there, we are not there. Soil will give nutrients to the seed and germinates it. Like that friends make us to open with all. Make us open up and express. Stem makes the plant stronger, helps it to stand. In our life also confidence, bravery makes us stronger. Self-confidence will be acting as stem in our life. Sunlight, air, water is making the plant energetic and healthy. In our life, food makes us energetic and healthy. In a plant sometimes the insects spoil the plant. In our life also, the insects are nothing but distraction. We are getting distracted by mobiles, games, television etc. They are spoiling our life as insects spoil the plant life. To save the plant life from insects, pesticides are used. Similarly in our life concentration acts as pesticide. If we control our feelings and concentrate on our goal, we will be saved. Our life is connected to the plant life. We have

connected our life situations with the plant parts. All these are our opinions and they differ in people. Try this activity and try to connect your life with plant life.

Rupa, Sanjana, Veekshita – Class VIII

వృక్షో రక్షతి రక్షితః

రుషికేష్ గువ్వల, తొమ్మిదవ తరగతి

అనగనగా రామాపురం అనే ఊరు, నదీతీర ప్రాంతంలో ఉండేది. ఆ ఊరిలో బాపూజీరావు అనే వ్యక్తి నదీతీరంలో ఎన్నో చెట్లను నాటేవారు . కాలాంతరం అవి మహా వృక్షాలుగా మారాయి. అవి ఎంతో ఎత్తుగా అలాగే విశాలంగా పెరిగాయి.

ఒకనాడు ఒక వ్యాపారి అటువైపుగా వెళ్తుండగా ఆ వృక్షాలను చూసి, వాటితో చెక్క వస్తువులు ఎన్నో చేయవచ్చు అని భావించి, ఊరి వారితో మాట్లాడి చెట్లు నరుకుతాను అని చెప్పాడు. అందుకు ముందు ఊరివారు అంగీకరించలేదు. అప్పుడు వ్యాపారి ధనాన్ని ఇస్తానని ఆశ పెట్టాడు. ధనానికి ఆశపడి ఊరంతా అంగీకరించినా, బాపూజీరావు మాత్రం అంగీకరించలేదు. వృక్షాలు మనలను రక్షిస్తున్నాయి అన్నా, వారు వినలేదు. ఆ వ్యాపారి గ్రామస్తులను నమ్మించి వృక్షాలను నరికించాడు. అన్న మాట ప్రకారం డబ్బు ఇస్తానని, ఇవ్వకుండా మోసం చేశాడు.

ఆ సంఘటన జరిగిన కొన్ని రోజులకు, నదిలో కొన్ని అలజడుల కారణంగా వరదలు వచ్చాయి. ఊరు, ఊరంతా నీటిలో మునిగింది. అప్పుడు బాపూజీరావు అన్న

మాటలు గుర్తుకు వచ్చాయి.
ముందు కూడా వరదలు
వచ్చినడు, చెట్లు ఉన్నందుకు
కారణంగా నీటి ప్రవాహాన్ని
ఆపి, ప్రమాదాన్ని తగ్గించింది.
ఇదంతా వారు చేసిన పని వల్లే
అని పశ్చాత్తాప పడ్డారు.

తరువాత వారు చెట్లను నాటడం మొదలు పెట్టారు. అందుకే పెద్దలన్నారు వృక్షో రక్షతి రక్షితః. చెట్లు కూడా మన కుటుంబంలో ఒక భాగమే.



Greatness lies in humility and meekness - Pujya Sri Ramchandrajaji Maharaj

తప్పిదం

కుందస్ సాయి, తొమ్మిదవ తరగతి

అనగనగా ఒక గ్రామం. ఆ గ్రామం పేరు రామాపురం. ఆ గ్రామం పక్కన ఒక కారడవి ఉండేది. ఆ అడవిలో అన్ని వివిధ రకాల చెట్లు, ఆ చెట్లకు వివిధ రకాల పండ్లు, అదనపు వనరులు లభించేవి. రామాపురం గ్రామంలో అందరు రైతులే కాని గత రెండు సంవత్సరాలుగా వర్షాలు పడక కరువు వచ్చింది. దాంతో గ్రామ పజ్జలకు ఏం చేయాలో తోచలేదు.

అందరూ ఒక రోజు ఒక చోట కూర్చుని దీనిని గురించి చర్చిస్తుండగా, వారికి ఒక ఆలోచన తట్టింది. ఊరి పక్కనే ఉన్న అడవినుండి వివిధ పండ్లు, కూరగాయలు తెంపి అమ్ముకుందాం అని అనుకున్నారు. ఆ రోజు నుండి అడవిలో పండ్లు, పూలు తగ్గిపోవడం మొదలైంది. ఊరి ప్రజలందరు మళ్ళీ దీనిని గురించి చర్చిస్తుండగా, ఒక వ్యక్తి వచ్చి, ఆ అడవి మన పూర్వీకులు నాటినది, వాటిని వాడుకుందాం అని అన్నాడు. ఊరి జనమంతా చెట్లను నరకడం మొదలు పెట్టారు. అందరూ వడ్రంగులుగా మారి, ఆ చెట్ల కలప ద్వారా వివిధ వస్తువులు చేసి అమ్మడం మొదలు పెట్టారు. చూస్తుండగానే ఊరి పక్కన ఉన్న అడవంతా నాశనమైపోతోంది. కొన్ని రోజులకు అడవే లేకుండాపోయింది. ఆ ఏడాది తర్వాత వానలు జోరుగా కురవడం మొదలైంది.

అడవి పక్కనున్న చెరువునిండి పొంగడం మొదలైంది. చూస్తుండగానే చెరువు కట్లు తెంచుకుని, అడవి మీద నుంచి ప్రవాహాన్ని వచ్చింది. నీటి ప్రవాహం పెరిగి వరద నీరు గ్రామాన్ని ముంచెత్తింది. గ్రామంలోని జంతువులన్నీ మృతి చెందాయి. అందరూ ఆవేదనలో, దిగులుతో చర్చిస్తుండగా వాళ్ళకు ఇలా ఎందుకు జరిగిందో అర్థమైంది. అడవి వరద ప్రవాహాన్ని ఆపేది. ఇంత నష్టం వచ్చేదేకాదని, ఆ చెట్లు మనకు పండ్లు, పూలు, కూరగాయలు, కలప అన్నీ ఇచ్చేవి. కాని మనం వాటిని నరికి, ఒక తప్పు చేసామని పశ్చాత్తాపం పడి, వారు భవిష్యత్తు కోసం చెట్లు నాటి, వారి తప్పును సరిదిద్దుకున్నారు.

ACTIVITY CENTER

Obedience to a Guru or a Teacher

Find out the moral of the story

Students, you may have heard of Guru Nanakji, the first Guru of the Sikhs. One day, Guru Nanakji called his disciple and asked him to build a platform. The disciple obeyed his Guru's command and built a platform. Guru Nanak saw the platform and ordered his disciple to demolish that platform. In this way, Guru Nanak asked his disciple to build and demolish the platform over and over again. His disciple also diligently built and demolished the platform again and again according to the Guru's orders. When Guru Nanak's son saw this, he got very angry. His son asked the disciple, "My father is repeatedly getting the platform built and is also asking you to demolish it. Are you not getting angry?" The disciple replied, "What do I have to do with the platform. I am following Gurudev's order, and to follow Gurudev's order is my sadhana".

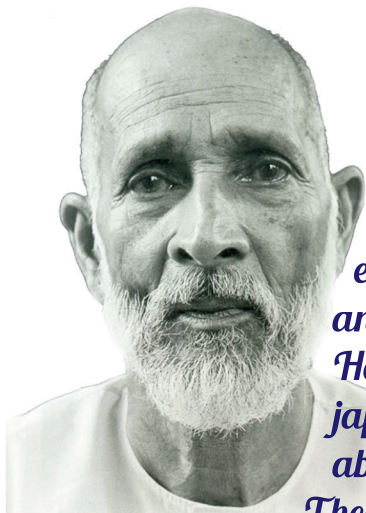
Guru Nanakji's eldest son's name was Srichand. One day Guru Nanakji called him and said, "Son, Srichand, today I have not been able to clean the cowshed as I was engaged in seva. Just do this much seva!" Srichand had just bathed a while ago and was wearing clean clothes. Srichand thought, "If I clean the cowshed, my clothes will become dirty and I will have to bathe again". Therefore he wanted to avoid cleaning. He said, "Father, I have to go to the temple. One should go there thoroughly clean, shouldn't he!" and promptly left. Then, the Guru called Lehna, his disciple, and asked him to clean the cowshed. His disciple had also taken a bath a while ago, but in order to obey Guru's orders he immediately went to clean the cowshed. After cleaning the cowshed he bathed again and went to the temple.

The very next day there was a big Sikh convention. In that convention, Guru Nanakji changed Lehna's name to Angad Dev and declared that he would be the successor to the Guru's throne. All the other disciples were surprised at this. The disciples asked, "Gurusahab, why did you make Lehna the successor instead of your eldest son? Will this not break your tradition?". Then Guru Nanak Dev said, "I did so since Lehna, that is Angad Dev, is more qualified for the post of successor than Srichand. Just because he would have to bathe again Srichand avoided cleaning the cowshed. One who avoids cleaning the cowshed can never purify the society. That is why Angad Dev is worthy of the society and is also eligible to become my successor". Then Guru Nanak Devji made Angad Dev sit on the throne.

Write the title of the value which you can tell seeing below picture and write few lines for that value.



STORY OF PUJYA

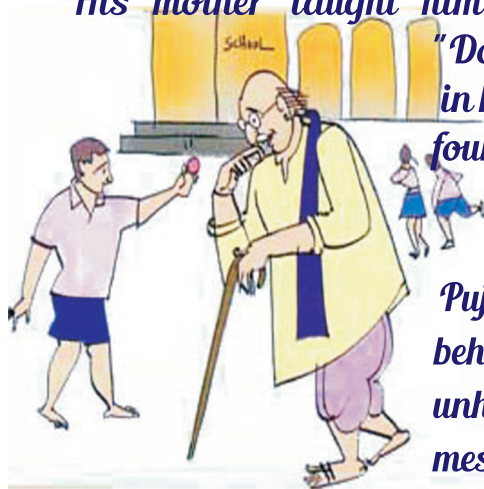


Pujya Sri Ramchandraji was born on Sunday, the Baisakh Badi Panchami, 30th April 1899 at Shahjahanpur, U.P. India. From early childhood, he was showing unique qualities of Mahatma in his action and behaviour. He was balanced. He was very sensitive by nature.

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

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

His mother taught him several morals to be followed in life like "Be honest" "Do not steal" and similar morals which cast permanent impressions in him. This was his guiding spirit. He was honest to the core. He

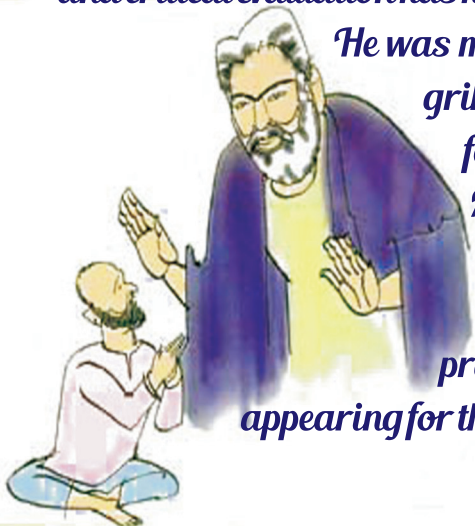


found once a rupee (a big amount those days) in the school compound. He dutifully handed over the same to the head master who praised him and suggested others to emulate him.

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

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

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



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

BABUJI MAHARAJ

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

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

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

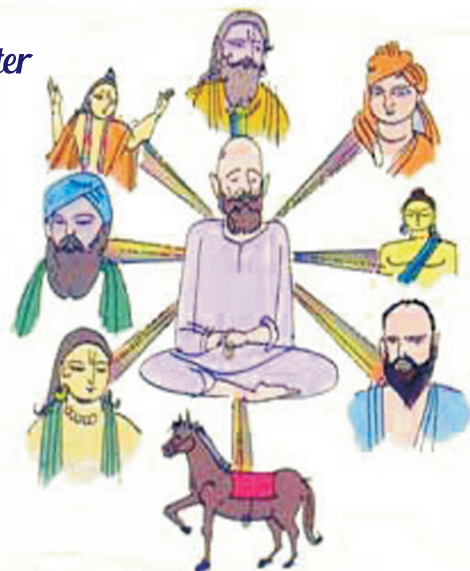
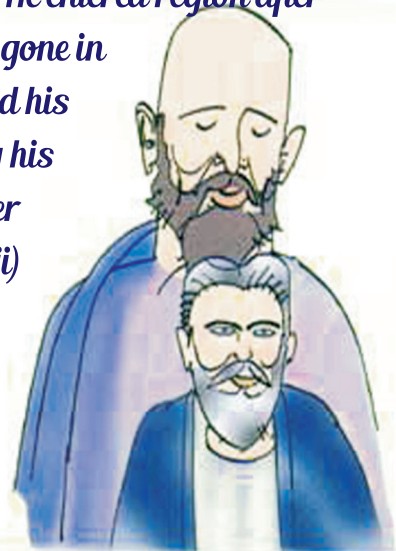
In 1944 his condition reached such a state that he was a perfect vacuum. There was no alternative for Nature except to fill him with all the powers that are there and all the saints of different traditions and all the prophets of different religions merged in him and requested him to rectify their institutions.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

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

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

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

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



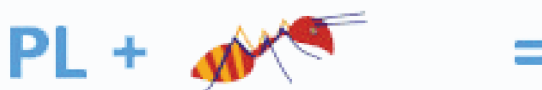
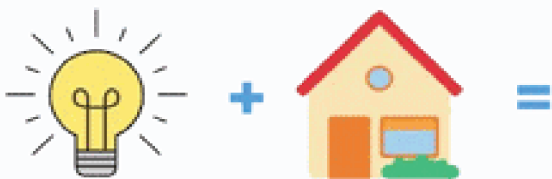
ACTIVITY CENTER

Let's learn about the importance of different types of forests through our ancient history. Choose correct name of forest according to each story and fill the blanks.

Chitrakoot, The Dvaita, Naimisha, Khandava, Madhavana, Dandaka, Kamyaka

- _____ forest place where Rama, Sita and Laxmana stayed during exile.
- _____ was the name of forest, lying between the Godavari and Narmada. This forest is the scene of many of Rama and Sita's adventures, and is described as "a wilderness over which separate hermitage are scattered, while wild beasts and Rakshasas everywhere abound."
- It was situated near the borders of the desert (northern extension of the Thar desert into Haryana). The Pandavas during the initial years of their 12-year exile to the forests, came to the _____ forest from the Kamyaka woods, to avoid frequent visits from the people of Kurujangala.
- _____ forest was situated on the western boundary of the Kuru Kingdom. It lay to the west of the Kurukshetra plain. It contained within it a lake called the Kamyaka lake.
- _____ forest was an ancient forest mentioned in the epic Mahabharata. It lay to the west of Yamuna river, in modern day Delhi territory. Pandavas cleared this forest to construct their capital city called Indraprastha. This forest was earlier inhabited by Naga tribes led by a king named Takshaka.
- _____ forest, according to the Ramayana, an Asura named Madhu, ruled this forest and its territory. He was defeated by Shatrughna one of the brothers of Lord Rama. Shatrughna later cleared this forest and built a city called Mathura here.
- _____ was an ancient forest mentioned in the epic Mahabharata. It lay on the banks of the Gomati River (in Uttar Pradesh). The whole narration of Mahabharata took place in this forest, during a conclave of sages headed by sage Saunaka, who gathered for a sacrifice to the cause of world peace.

REBUZ PUZZLES



Rebus requires kids to decode the pictures and follow the instructions to make a new word. Thus, building their logical and reasoning skills.

A kids' rebus puzzle is a great way for children to learn the association between words and images.

Make new word solving each puzzle .

SCHOOL EVENTS

MATHEMATICS DAY

National Mathematics day is celebrated every year on December 22nd, honoring the birth anniversary of mathematical genius Srinivasa Ramanujan. We celebrated Mathematics Day on 27th December 2021. The main objective behind celebrating the



day is to raise awareness among students about the importance of mathematics for the development of humanity. Children from class I-X participated actively and explained their topics with enthusiasm.



Our Math teachers Mr. Ramesh, Mrs. Swapna and Mrs. Sudhishna encouraged and supported all the students in their projects.

PARIKSHA PE CHARCHA

We watched a live session Prime Minister Sri Narendra Modi on 1st April. Prime Minister Sri Narendra Modi interacted with students, their parents and teachers during fifth edition of Pariksha Pe Charcha at Delhi's



Talkatora stadium. He spoke on subjects like examination stress, using technology effectively, keeping self motivated and improving productivity. The National Education Policy etc.all the students and even teachers clarified their problems about exams. It was a useful session for every student.



COUNSELING SESSION

We the students of 10th class were given counseling about the career options by Smt.Meghana Shah. Gone are the days when people wanted to become only a doctor or an engineer. Today opportunities are many and new fields of work are emerging to suit modern life. Once Albert Einstein said that everybody is a genius but if you judge a fish by its ability to climb a tree, people will believe that the fish is stupid. The fish's ability is to swim in water. The value here is every child is unique and posses unique character. As our Master Pujya Sri Ramchandra Maharaj said, "God has created the world so that every flower may grow in its right standard."

The session with Smt.Meghana Mam was very interactive. She asked each one of us about our goals and interests. We had many doubts before, about which career would suit us etc. But she clarified all our doubts very patiently.

We tenth standard studnets had a session with Smt.Mythri Madam.

In this session she propogated and shared her ideas about 10th final exams. She was friendly and made us comfortable to start conversation. She expressed her ideas on the preparation for the exams. She encouraged us and insisted us to learn concepts rather than by hearting them. She told us the format and need of proper presentation.

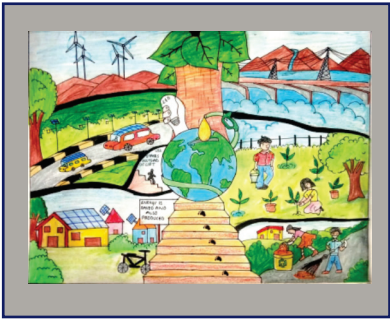
We got to learn the steps to write an exam, proper structure and many other things. We also practiced some problems. Some of the points we would like to mention are - answer in points, highlight the keywords in the answer, give yourself enough time to understand the question, maintain neat presentation and do not rush, use time properly. enjoy writing answers, maintain coolness.

We are glad to learn tips from an experienced teacher. We would follow her tips and excel in them. Her words are precious learnings.



To mould others on unique lines as we seek to do in the education of the children, with success, without distortion, imposition and impregnation, can only be achieved by sympathy, intellectual, aesthetic, and ethical and social - Pujya Dr.K.C.Varadachari.

ART WORK



Vanshika, IX



Likith, VI



Srimayi, X



Snehalatha, X



Harshitha, X



Aiswarya, X



Gnana Sankar, VIII



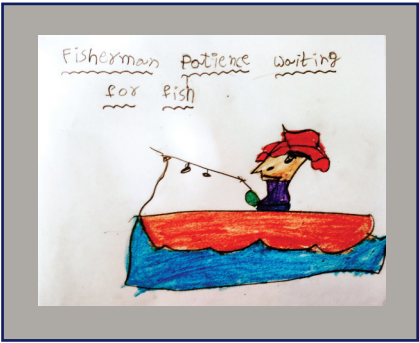
Honey Dubey, III



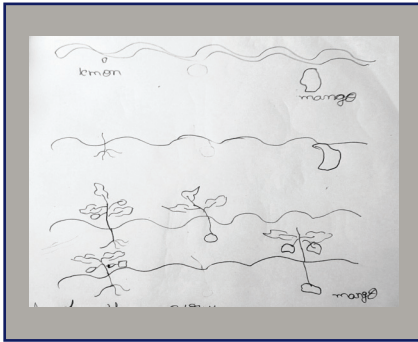
Bharath, II



Roopadhar, I



Jeshwin M, I



Naga Vedic, I



Jasmitha, VII



Mahesh, V



Vanshika, VI



Vaagdevi, III

Our Pages

Sympathy and Empathy

Rishi Varshith, Class III

Once there was a boy named Rahul. He is very naughty and he plays all the time. One day after his school he was playing on the ground and he did not notice the time. It became dark. Then he thought of going home but the road was very dark and he didn't find the way. He sat at a bus stop and started crying. A man who was passing by saw Rahul asked about him. He felt sorry and told him to take care of himself and went away. Later a woman came to Rahul and asked for his details. The woman was worried about Rahul, she called his parents on her phone and informed them about Rahul. She stood beside Rahul, till his parents arrived. She told Rahul to be brave and not to worry. After some time, Rahul's parents came and he went home. Rahul and his parents thanked the woman.

Moral: Man, who came felt sorry for Rahul and showed sympathy for Rahul. The woman stood beside Rahul and gave support to him. She showed empathy. Sympathy is expressed for the other person. Empathy is the ability to understand and share the feelings of others and care for them. Empathy helps to connect with other people and make them feel better.

Sacrifice

Daya Sagar Naidu, Class V

Naga Reshmita, Class V

One day me, my father, my mother and my brother went shopping. In the shopping mall, I liked a dress very much and requested my father to buy the dress. My father bought that dress and I was so happy and my father bought a chocolate box also. When our shopping was completed we went home. One poor family came to our house. They said that it was their son's birthday and asked my father to bless him. My father blessed and wished him. I saw the poor family and gifted my dress and the chocolate box to that boy and wished him. The poor family was so happy.

Once upon a time, there was a village named Anantapur. There was a small family in that village namely Sita and her father and mother. One day her family took a bus. One old man was on the bus. He asked all people for a seat but no one gave a seat. Sita saw him and gave him the seat. The old man said, "you are very kind." All people were shocked because Sita didn't have legs and people appreciated her.



Yashaswini, III

SOLUTIONS

1. Chitrakoot 2. Dandaka
 3. The Dvaita Forest
 4. Kanyaka Forest
 5. Khandava
 6. Madhu
 7. Naimisha Forest

Moral of the story
 Angad Dev used to obey the command of his Guru immediately. Hence Guru Nanak Devji made him his successor. From this, we learn that we have to be obedient to our guru or our teacher selflessly without any motive.

hearto - Hero
 light+house - Lighthouse
 pear+ba+th - bath
 fire + fly - Firefly
 plant - Plant



Coconut shell planter

List of required items:
used coconut shells - 2, mud,
any small cactus plant, clay
to decorate and fevicol.

First clean the 2 coconut shells and rub it to make smooth texture , then take clay , make it into a small ball and attach both the shells using clay and fevicol. Make any design of your choice and decorate the shells using this clay and fevicol, let it dry for some time. At last fill the coconut shell with mud and place any small cactus plant in it, now its ready.



Vashistha, Bodh School

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

అత్యాశ

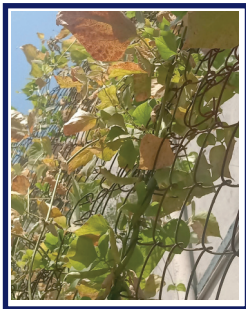
వశిష్ట

ఒక ఊరిలో రంగయ్య, అతని భార్య కమలమ్మ ఉండే వారు. రంగయ్య రోజు అడవికి వెళ్ళి కట్టలు కొట్టి అమ్మేవాడు. ఒక రోజు రంగయ్య కట్టల కోసం అడవికి వెళుతుంటే ఒక బంగారు జింక వలలో చిక్కుకొని కనిపించింది. రంగయ్య బంగారు జింక దగ్గరకు వెళ్ళి వల నుంచి విడిపించాడు.

“ధన్యవాదాలు రంగయ్య. నువ్వు నన్ను కాపాడావు. నీకు ఏమి కావాలో కోరుకో”, అన్నది. రంగయ్య తన భార్యను అడిగి వస్తానని వెళ్ళాడు. కమలమ్మకు జరిగిన దంతా చెప్పాడు. మొదటిసారి మనకు ఇల్లు లేదు. కనుక ఇల్లు కావాలని కోరింది. జింక ఇల్లు ఇచ్చింది. ఇలా కొంతకాలానికి కోరిక మీద కోరికలు కోరుతూ మంచి స్థాయిలో రంగయ్య, కమలమ్మ ఉన్నారు. అయినా కమలమ్మ సూర్యచంద్రులు వాళ్ళ ఇంట్లో ఉండాలని కోరుకుంది. ఆమె కోరిక జింకకి కోపం వచ్చి, “మీరు చెట్టు కింద ఉంటే సూర్యచంద్రులు మీ ఇంట్లో ఉంటారు అన్నది”. అంతే ఇంతకాలం నుంచి ఉన్న మేడలు అన్నీ పోయి చెట్టుకింద ఉన్నారు.

నీతి : ఉన్నదానితో తృప్తి పడాలి. అత్యాశకు పోకూడదు.

GARDENING



BEAT THE BODY HEAT IN SUMMER THROUGH AYURVEDA

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

According to Ayurveda, there are three major forces present in the human body. These are known as biological humors (or) doshas. The Doshas are the driving forces behind the disease process in the body.

Vata, Pitta and Kapha doshes are governed by a different natural element (panchamahabhutas) which determines the life processes of growth and decay. Vata dosha is governed by air, Pitta dosha is governed by fire and Kapha dosha is governed by water.

Pitta dosha being governed by the biological fire. We can translate to bile in the digestive system. Pitta dosha is responsible for all the chemical and metabolic reactions in the human body. Pitta also governs mental balance.

Pitta dosha is responsible for increasing body heat and digestion in the body. An imbalance of the pitta dosha can cause health problems. Pitta dosha governs digestion, metabolism and transformation of cells in the body.

If pitta increases following symptoms happens in the body:

- Heat increases in the body and causes discomfort.
- Develops inflammation in the body and leads to joint pains.
- It causes heart burn, acid reflux and ulcers etc.
- Excess pitta in the body causes diarrhea, constipation or impaired digestion.
- When pitta in the body increases, causes anger, irritation and frustration.
- Increased pitta dosha causes hunger and thirst.
- Sore throat and infection
- Headaches and burning sensation in the body etc

Causes of Impaired Pitta Dosha:-

- Taking improper diet
- Foods which contain taste like pungent, sour, taste, salt, sweets and deep fried and processed foods increase pitta in the body
- Consuming excess tea, coffee and nicotine etc.
- Spending too much of time in the sun/heat
- Eating fast foods, junk foods, bakery foods will increase excess pitta in the body.

Foods that reduce pitta dosha

- ❖ Diet is the key to control excess pitta in the body
- ❖ By taking foods that can pacify pitta are bitter, astringent and sweets are opposites that help to reduce pitta in the body
- ❖ Fruits like apples, grapes, watermelon, asparagus, leafy vegetables, cabbage, papaya, cucumber, cauliflower etc should be part of our daily diet.
- ❖ Grains like oats, rice, wheat etc helps in reducing pitta.
- ❖ Legumes like lentils, peas, soya beans, black beans will reduce pitta in the body.
- ❖ Take plenty of oral fluids to maintain proper hydration.
- ❖ Amla is one of the best home remedy to reduce pitta in the body
- ❖ Neem is a potent herb that helps to control pitta. Neem can be taken in the form of tablets/powder available in the market.
- ❖ Cow ghee is an excellent home remedy to reduce pitta.
- ❖ Lemon juice and citrus foods helps in reducing pitta (heat) in the body.
- ❖ Buttermilk helps in reducing excess heat in the body.
- ❖ Pomegranate juice helps in reducing body heat in the body.
- ❖ By taking Aloe vera juice internally and externally can reduce excessive heat and burning sensation in the body.
- ❖ By taking coconut water regularly will reduce body heat.

Healthy diet plays a vital role in keeping your body healthy and fit.
Regularly do yoga, pranayama and meditation.

తనకోపమే తన శత్రువు
 తన శాంతమే తనకు రక్ష దయ చుట్టంబో
 తన సంతోషమే స్వర్గము
 తన దుఃఖమే నరకమండ్రు తథ్యము సుమతీ!
 తాత్పర్యము : తనలో కోపమున్నవాళ్ళను హాని చేయుటకు వేరే శత్రువు
 అక్కరలేదు. తనలో ఓర్పు ఉన్నవాళ్ళను రక్షనకై వేరే కవచము అక్కరలేదు.
 కష్టములోనున్నవానిని చూచి జాలి పడు గుణమే బంధువంటిదగును. తన
 సంతోషమే స్వర్గమంటిదగును. తన దుఃఖమే నరకమువలె బాధించును.

मोर तोर की जेवरी
 गल बँधा संसर ।
 दास कबीरा क्यों बँधे
 जाके राम अधार ॥

Everyone in the world is bonded by the chain of "Mine and Thine". Why would serf kabir who is dependent on the Lord be bonded by such a chain.

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

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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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- 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.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 Vijaya Nagar Colony, Hyderabad. We would be happy to avail your services.

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