



SPANDAN

GUEST EDITORIAL - Oneness with the Divine

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Lord Krishna says in Bhagavadgita categorically

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥6-29॥

The true yogis, uniting their consciousness with God, see with equal eye, all living beings in God and God in all living beings (6.29)

यो मां पश्यति सर्वत्र सर्वं च मयि पश्यति ।
तस्याहं न प्रणश्यामि स च मे न प्रणश्यति ॥6-30॥

For those who see Me {Divine Being} everywhere and see all things in Me, I am never lost, nor are they ever lost to Me (6.30)

One's awareness must be turned to grasp this truth, that the world and the Supreme Being are one and the same. One who worships the Divine with the feeling of the union is a true yogi. He evenly sees the Divine all alike in all beings. In his heart there dwells no distinction consequent on the superficial differences between being and being. He sees the Divinity everywhere. Such a one is Divine self. He views the entire universe, as also the movables and immovables as himself. His mind never makes any distinction such as pain and pleasure, or actions auspicious or inauspicious. He takes as his own senses and organs, all, odd and even things, and other strange things. Everything he feels as his own. Any good or bad and even very strange things as his own. Any flaw or virtue in anyone he feels as his own. That's he feels himself in every being and every being in himself. To whose intellect all the universe appears to be his own form, such a person, even though possessing a body and considered in the worldly affairs as subject to pain and pleasure, according to the respective occasions, is really the very form of the Supreme Brahman. Therefore one should develop in oneself such evenness of temperament, that one does view the entire universe in oneself and be oneself in the entire universe. There is nothing beyond evenness of temperament to attain in the universe. Mahatma Sri Ramchandraj Maharaj exhorts us to "Fix your goal which should be complete oneness with God." He says "Be plain and simple to be identical with Nature - Simplicity is the very essence of nature - The reflection of that which existed in the Absolute in a latent state - The quintessence of the Ultimate." That is the evenness of temperament, where in, one sees no distinction between one being and another being, human and non human, movable and immovable or living and non-living. When one sees oneself in every being and every being in oneself, one cannot think of harm or destruction to the Nature. He lives a life with moderation and thinks of selfless service (Parahita). That is the Universal Brotherhood and that is the Realization.

Formulation of Ideas

Sri K. C. Narayana

It is gratifying to note that Sahaj Seva Samsthan is bringing out a quarterly Newsletter meant mainly for use by its educational wing. Satkama over a period got a name as a school of different type which while following the general pattern of education of the Government of Telangana lays stress on value based education with a stress on moral ideals to be cultivated by the students. The schools should not be institutions where the pupil is taught to cram up the lessons but learn essentials of proper thinking. By thinking I mean the conscious formulation of ideas. Thinking should suggest deliberate thoughts that serve a purpose. So little true thinking take place in our lives and that is because we were never taught to think. The only reason some people get lost in thought is because they find that they are in an unfamiliar territory. When we think before we act or consider the consequences of our actions, we can prevent a great many disasters. Some persons do first, think afterward and then repent forever. But it needn't be that way. We have the power to think before we act. At the very least, we can think after we act. That way if we make a mistake, we can learn from it. Schooling should enable one to think well. It is hoped the Newsletter inspire the students to think and think well at that. **(Published in Spandan Vol 1, Issue 1)**

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

Once on a visit to our house in Tirupati where he was staying, Pujya Babuji was explaining how easy is the spirituality. I asked him that if it was that easy why is everyone not able to know it. He replied with a laugh that although clean air is everywhere no one notices it. On the other hand, polluted air gets the attention of everyone. But every thing becomes topsy turvy when there is not subtle spirituality as we become restless for breath when there is no clean air. We must strive not only to clean our impurities, but also establish such an environment around us. That is the goal of our mission. In such an environment, there would hardly be a movement, leave alone pollution. He made a profound statement that the goal of religion is to create an environment of pleasure, where as the goal of our mission is to create pure clean environment.

Reference: Spirituality

WORDS OF WISDOM

CONTENTMENT: Contentment or Trpti is one of the important attributes of a spiritual person. Contentment is defined as "happiness with one's situation in life." A person is content if they are "satisfied or showing satisfaction with things as they are what so ever they are. So contentment seems to involve having an accepting attitude toward whatever is occurring. A prerequisite for contentment appears to be a willingness to let things be: rather than trying to make them be different. It is a state of non attachment to outcomes, having no expectations for how things "should be". This is essentially what yielding to the Divine will would mean.

With all this if there were to be a case for conflict and action against some one or some purpose, how to be contended then? To my mind I find the answer in the great wisdom teaching, the Bhagavad-Gita that addresses exactly this situation. We can choose to be grateful to Life for bringing us this perfect opportunity to discern wisely and act from love. We can dedicate our action to the highest and best outcome for all concerned. What we cannot do is to walk away. Master says that it is not wrong to fight for just cause. However the point is, is it for personal good or universal good that we are taking up the swords. Thus we take action when it is needed. We take it decisively. And then we let it go. We release the outcomes to the Universe.

And through this attitude of mind and heart we can remain content in the midst of all things. Content while doing. Content while not doing. Content in good times and bad. We can strip away our attachments to what is unimportant. And we can act appropriately on what is important. We can feel the energies within us rise and fall. We can discern when to move and when to wait. We can act from Love and Inner Wisdom. And then we can let it be. And all the while we can smile.

Reference: Divinity is a play and divine the way, Bodhayanti Parasparam - Vol 4

ప్రార్థన - 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.

14-06-2022: I felt cool and happy after meditation.
17-06-2022: I thought there is divine light in my heart and I was peaceful after meditation.
21-06-2022: I felt relaxed after meditation.
09-08-2022: I felt relaxed and peaceful after meditation.

Hasini, Class X

30-06-2022: Today after meditation I felt relaxed.
18-07-2022: Today after meditation I felt active and energetic.
1-08-2022: Today after meditation I felt happy.
09-08-2022: Today after meditation I felt cool.

Uday, Class X

13-06-2022: Before meditation I was tired. After meditation I felt I had improved concentration level and I felt the divine light in me.
15-06-2022: Before meditation I was anxious about something but after meditation I felt calm.
19-07-2022: Before meditation everything was normal. After meditation I felt calm and peaceful.
09-08-2022: Before meditation I was exhausted but after meditation I felt calm and relieved from exhaustion.

Bhanu Pratap, Class X

16-06-2022: I felt peace and happy.
17-06-2022: I felt excited for the classes.
24-06-2022: I felt inner peace.
20-07-2022: I felt joyful.

Mithula, Class X

तस्मादसक्तः सततं कार्यं कर्म समाचर ।
असक्ते ह्याचरन्कर्म परमाप्नोति पूरुषः ॥

Therefore, without attachment, ever do the act that has to be done. For, a person, doing the act without attachment, gains the highest goal. (3-19)

Beloved Babuji Maharaj says, "Whatever act you do, do it in the thought "It is the Divine's command and therefore it is my duty to do so". This is the way to do the act without attachment. With this thought we will always be attached to God and our action becomes perfect, pure and can be called worship. This form of worship will lead us to the highest Goal of seeking oneness with God.

In Ramayana, Janaka is the king of Mithila kingdom and the father of Sita. He always used to perform his duties as Divine command. In one of the incidents in King Janaka's life, Ashtavakra meets him. Having heard about the disinterested state of mind of King Janaka, Ashtavakra asks him to give away his kingdom if he was really disinterested in being the King. King Janaka immediately gives away his throne including the whole kingdom and walks away and this was the state of disinterestedness of King Janaka. During the period of Ramayana, people have gone to Janaka for knowledge. Saints' children were sent for training. Saints themselves went to him for clarification. Thus, King Janaka has become a great person who is worthy of guiding others by doing duty as command of the Divine.

Story of Krishna

Kamsa, an evil Prince, imprisoned his father to usurp the throne. As a Punishment, it was prophesied that his sister's eighth child would be the reason for his downfall. On hearing this, he threw his sister Devaki and her husband Vasudeva in a dungeon on their wedding day. The evil Kamsa killed each and every child of Devaki's. It was by God's grace that their seventh child, Balram was saved by being taken into Rohini's womb.

The eighth child was born on a moonless stormy night. After the birth of the baby boy, Vasudeva realised that the gates of their prison were opened and all the guards were fast asleep. A divine voice advised Vasudeva to carry the child, Krishna, in a basket and walk into the water. As soon as Vasudeva stepped into the river, the water level of the river subsided allowing him to wade through the water to Gokula. A serpent protected Krishna from the rain with its large hood. On reaching Gokula, Vasudeva left Krishna in Nanda's house with Nanda's wife Yashoda. Vasudeva took Yashoda's new born baby girl back to the dungeon. When Kamsa heard about the birth of Devaki's eighth child, he stormed into the dungeon. He snatched the baby from them. The baby slipped and in a flash of light took the form of Goddess Durga. The goddess broke the news to Kamsa that Krishna is in safe hands and that his doom is nearing.

Durga Saanvi, Class IV

Lord Krishna was born in the Dwapara yuga. He was the eighth child of Devaki and Vasudeva. Lord Krishna's birth date is celebrated as Janmastami every year in India. Lord Krishna's childhood was full of different tales of how he used to steal butter from everyone's houses, how he killed all the demons sent by uncle Kamsa to kill him. Lord Krishna was brought up by Yashoda with a lot of love and care. Krishna was brought up in a cow herd's family and he used to spend time playing with his friend.

Dharma Teja Naidu, Class IV

Once upon a time there was a king. The king was preparing for a great puja for Lord Indra to please him for giving them abundant rainfall when required.

When Krishna (a young boy at that time) came to know of this, he went to his father Nanda who was the leader of that village and said that Govardhan Hill deserved their worship and thanks, more than Indra. He argued that Govardhan Hill was the one to provide them with clean water and air as well as herbs that had healing properties. He was able to convince Nanda and village elders. So they offered their worship to Govardhan Hill instead.

Lord Indra saw everything that had happened and got angry by the fact that the people of Vrindavan had listened to a mere child and believed in that. So in order to teach a lesson he sent a huge storm to destroy the village. Krishna protected all the animals and the people from this storm by lifting the Govardhan Hill with one finger. Everyone remained safe there till the rain stopped.

Indra realised who the boy was and apologised for what he had done. **Srimaan Ashrith, Class IV**

It is really the state of self-surrender in which one, as a true devotee, surrenders himself completely to the will of God, the Master, basking in the sunshine of His Grace - Pujya Sriramchandraji Maharaj

Service and Sacrifice

Geethanvitha, Class IV

One day I was going to school. I saw an old man. He was so hungry. I asked him why he was so dull. He said he didn't eat food for two days. I felt bad. So I had a thought. I gave my lunch box. He happily ate. He blessed me. I was also happy. One day I was going to a temple. I saw a grandmother. She was injured. I took her to the hospital. The grandmother was happy. That is service.

Sharing

Vaagdevi Garlapati, Class IV

Once upon a time there were two friends, Lalitha and Haritha. One day Lalitha and Haritha were painting. Lalitha lost her green colour pencil. Lalitha asked Haritha, Haritha said, "No, I will not give you." So, Lalitha was hurt. One day Lalitha didn't come to school. Lalitha wanted to know what the teacher taught. Hence Lalitha went to Haritha's house. Haritha gave false information to Lalitha. Lalitha got hurt again. One day Lalitha and Haritha went to play ball. Lalitha opened her bag to play ball. But, the ball was not there. So, Lalitha asked Haritha for a ball to play. Haritha said, "no, it's my ball. I will only play with it. So, Lalitha got hurt again. Lalitha didn't play with Haritha. Lalitha played with other friends.

Haritha went to her mother and said, "Mother, I am bored." Mother said, "What happened to your friends." Haritha told everything to her mother. Her mother asked her to say sorry to Lalitha. Haritha went to Lalitha's house and said sorry. She said she will share her things from then on. Lalitha was happy.

Moral : We have to share with others

Sharing

Harshini, Class V

One day a girl named Rani went to a shop with her father to buy some groceries. They bought groceries and went to pay the shopkeeper. Rani saw two beggars. She saw that one person came and gave some food to one beggar. The beggar shared the food with another beggar. Rani then decided to share her things with others.

Honesty

Lathik Varma, Class IV

One day in school Shankar asked his friend Gopi, have you done your homework? At once Gopi remembered that he had homework to do. The previous evening he had been to his friend's birthday party and returned home late. He completely forgot about his homework. There was still time for the bell. The teacher has not yet come to the class. Some of the students were copying the homework from other students' notebooks. Gopi also thought of doing the same. Then he said to himself, "No I shall not copy the homework from others. Copying is cheating. It is a bad thing to do." He knew he would be scolded for not doing the homework but he still did not copy. Gopi went to the teacher. He said, "I am very sorry, teacher. I could not do homework yesterday. I went to my friend's birthday party and came back home very late." The teacher did not get angry with him. She smiled and said, "Gopi, I am happy that you told me the truth. I appreciate your honesty. It is okay. You can do your work during the lunch break".

We should always speak the truth.

We should not tell lies or cheat.

When we tell lies we feel guilty and not happy.

When we tell truth, we feel joy.

Equality

Mahathi, Class V

In a village, the village head had a daughter named Rupa. She was very beautiful. She was proud of her beauty. One day her friend Vanaja came to her house and asked if they could go out. Rupa said, "Why didn't you dress up neatly like me?" Vanaja got angry and wanted to go alone. But Rupa joined her. They were walking together. Suddenly Rupa said, "There will be an ugly man in this route. Let's take another route" Vanaja said, "It's not right Rupa. You cannot talk like that." Rupa left that place and went back home.

One day Rupa and Vanaja were sitting near a river. Suddenly Rupa fell into the river. The ugly man saved her and went away. After Rupa woke up, she asked Vanaja who saved her. Vanaja told her that the ugly man saved her. Rupa felt very bad and told Vanaja that they have to go and thank him. Rupa met him, said thanks and asked for his forgiveness. From that day she started being humble.

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

Our Hometown is our tree village - city

Ch.Uday Venkata Satya Karthik, Class IX

Once upon a time in a village near Ghatkesar there was a big tree in the middle of the village. People always used to sit under its cool shade and used to breathe fresh air. The cultural festivals, meetings also used to happen under the tree. Suddenly, the village was getting developed. People built roads, buildings, canals, bridges, etc., and at last the people started to live in cement houses instead of living in huts. People who usually meet are now not even doing a phone call. The people started to get developed. Once there came a time when the tree which used to be in meetings, giving people shade and fresh air was in big trouble. For construction purposes there was a lack of place. So some people who earlier helped by the tree came forward to save the tree. Somehow they saved the tree. They thought that the problem was done, but it had just started now. The people who agreed to cut down the tree came at night and completed their work by cutting the tree and burnt it to ashes. The people who wanted to save the tree were filled with anger and sadness. They kept a case against the people who destroyed the tree. There were many hearings in the court but the people who destroyed the tree escaped and the people who wanted to save the tree did not get any justice. So, they decided to plant a new sapling in another place. Now, the culprits got that land and gave it to the Government. Now they too helped the people who wanted to plant a sapling in the ground. As the saplings grew older they gave shelter to many animals. One day on an occasion some people recalled how they used to play under the tree. Then they suddenly remembered that, when there was a flood, people in the village took shelter on the trees. It still gave fruit. They felt very sad that their tree was cut.

Moral: Nothing in this world is our possession. Trees are living gods. Nature belongs to all. It should not be destroyed rather it should be built.

Bharath - A Tree man

P.Jayababu, Class IX

Once upon a time there was a village named 'Bharath'. It had lots of trees. It had mango trees, neem trees etc. The village had a forest where sandal-wood trees grew. But to reach the sandal-wood trees the whole forest had to be cut down from the village. The forest was very dense and the trees were in the middle of the forest.

About this only one man knows, he was the president of the village. He was a very greedy person. He got to know about this by doing so much research. But only one thing was stopping him from cutting down trees, that was villagers. He wanted to convince the villagers to cut the forest and get the sandal-wood. As this was illegal it had to be done without police.

The next day the president said that there was a treasure in the middle of the forest. He said, "But we have to cut the forest. Don't worry, we can grow forests at any time. But once think about how famous our village would become. Each family will get 5-10 crores." The day passed. That night every villager was thinking about what the president said. Everyone became greedy.

Next day everyone started cutting the forest. After many days, they reached and handed over it to the President. The President quietly sold the wood and escaped from the village with all the money.

The people were very sad about it. They did not get anything. Soon droughts came as there were no trees around the village. It did not rain for one and half years. The villagers realized their mistake.

**MORAL: Trees are our source of life, we should protect them.
SAVE TREES AND SAVE THE PLANET EARTH**



OUR PAGES

Green and Clean Energy

V.Tarun Sai, Class IX

Programmes with the name of Azadi ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of Independence.

Green energy is nothing but energy coming from natural sources, such as the sun, the wind, the water etc. Clean energy is energy which doesn't release pollutants into the air. Clean energy doesn't produce any greenhouse gas. Green energy replaces the negative effects of fossil fuels with eco-friendly alternatives. It only releases a small amount of pollution but clean energy doesn't. Clean energy reduces the intensity of air pollution.

Benefits of green and clean energy are: No carbon emissions, Eco-friendly, Self-Sufficient, Inexhaustible energy source, sustainability etc.

Green energy can also be called Renewable Energy. Green energy is considered clean energy due to the lack of negative impact on the environment.

Clean and green energy can be had by saving money and energy by using daylight to naturally light your home. Install solar powered outdoor lights. Make sure to close windows and doors when heating or cooling your home.

As we all know Earth is getting polluted day by day due to our wrong acts. We should take care of our Mother Earth. If we save our Earth it will take care of us. To save and take care of our Earth we should use clean and green energy. We can use bicycles in place of other vehicles to reduce smoke which cause pollution. Also do not cut the trees for unnecessary work. Plant more trees, thus clean and green energy helps our Earth from pollution.



DRAWINGS

Naga Reshmitha, VI,
Second Prize, Category III



Sai Mokshith, II,
First Prize, Category I



Saranyaa, II,
Second Prize, Category I



P. Pavani, VII
First Prize, Category III



Veekshitha, IX













Yashwanth, VI

ACTIVITY CENTER

The Freedom Fighters

Guess the names of respected Freedom Fighters

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Little Boy's Meeting with God

Find out moral of the story

Once there was a little boy who wanted to meet God. He knew it was a long trip to go where God lived, so he packed his suitcase with biscuits and a six-pack of fruit juice and started his journey. When he had gone about three blocks, he met an old woman. She was sitting in the park just staring at some pigeons.

The boy sat down next to her and opened his suitcase. He was about to take a drink from his juices when he noticed that the old lady looked hungry, so he offered her a biscuit. She gratefully accepted it and smiled at him. Her smile was so pretty that the boy wanted to see it again, so he offered her a juice. Once again she smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word.

As it grew dark, the boy realized how tired he was, and he got up to leave but before he had gone more than a few steps, he turned around, ran back to the old woman and gave her a hug. She gave him her biggest smile ever. When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?" He replied, "I had lunch with God." But, before his mother could respond, he added, "You know what? She got the most beautiful smile I've ever seen!"

Meanwhile, the old woman, also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face and he asked, "Mother, what did you do today that made you so happy?" She replied, "I ate biscuits in the park with God." But, before her son responded, she added, "You know, he's much younger than I expected."



STORY OF PUJYA DR.

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.

What a piece of work
How noble in reason
his emp
How great in action, he
How beautiful in
How patient a
To the undeserved
Of friends and p
How faithful and lo
And God a
How profound a
How knowledgeable
How naked, how harmo
Before Master and G
-Pujya Sri K

K. C. VARADACHARI

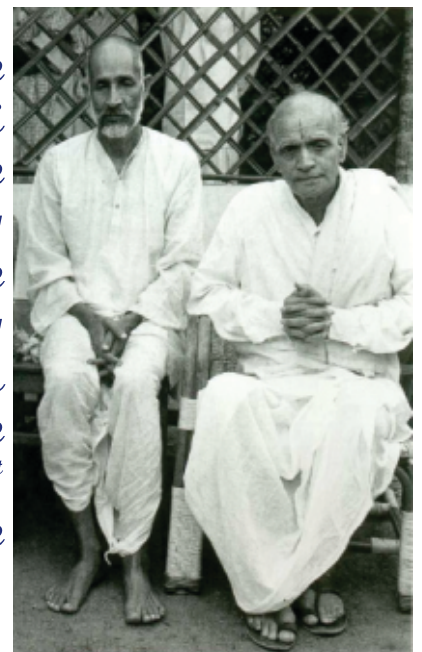
Pujya Dr. K. C. Varadachari was given an opportunity by Sri. V. K. Narasimhan to review books on Philosophy, Psychology and Religion that continued for over 3 decades. His reviews appeared almost on all the Sunday editions of "The Hindu", the prestigious newspaper, and got him enormous reputation as a philosopher. He was a Research Scholar of the Madras University from 1926 to 1929. In 1929 he joined as a Research Fellow of the Andhra University at Guntur. He joined the Christian college as a Lecturer in Philosophy in 1930. He submitted a thesis "Theory of Knowledge of Sri Ramanuja's Sri Bhashya" in a record time of 9 months to University in 1931. The Madras University awarded him Ph.D in 1932 and he became the first person to get a Doctorate in Visistadvaita from that University. This being a rare accomplishment Pujya Dr. Varadachari was later called only Doctor by all near and dear.

After Union Christian college he worked in college at Alwaye till 1933. In 1932 he gave a series of lectures in Bellary on "Living Teachings of Vedanta". The idea that God is the soul of all that is in existence and all conscious beings are to live in cohesion and cooperation with a sense of service to each other was the theme that he propagated and practiced ever since.

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

Once Pujya Dr. K. C. Varadachari reviewed the books written by Pujya Sri Ramchandraji Maharaj, Shahjahanpur, U.P., India in "The Hindu", a famous national daily newspaper. The comprehensive and well-written reviews of these books drew attention of seekers, philosophers, yogis to Sri Ramchandra's Raja Yoga and lead them to follow the system. Pujya Sri

Ramchandraji Maharaj after reading the reviews met Pujya Dr. K. C. Varadachari at Tirupati in 1955. From 1955 till his last days he was fully engaged in the spread of the system of Rajayoga of Sri Ramchandra. He delivered many talks and wrote many books on the system during this period. He was Director of the Sahaj Marg Research Institute started at Tirupati in 1965. He presented the system of Sahajmarg as a New Darshana in 1966. He was suffering from Diabetes since 1961 and though he had the best medication available in those days, the disease over took him and after about one and half month sickness he attained his Maha Samadhi on 31st January 1971 on the day of Basanth Panchami, the most memorable day of birth of Sri Ramchandraji Maharaj of Fategarh, U.P., India.



Work is this Man!
Reason, how perfect in
Empathy
, how calm in adversity
il in countenance
at and tolerant
erved punishments
nd fellow beings
d loyal to humanity
d and Guru
nd and versatile
able and how humble
rmonized, how splendid
d God fused into One.
i K. C. Narayana

Color the Picture!!

Raksha Bandhan is a festival that is celebrated on the full moon day in the month of Shraavan (August – Gregorian Calendar) according to the Hindu Lunar calendar.

Indians celebrate the festival of Raksha Bandhan (Rakhi) mainly for protection. Stories and legends vary on how this celebration became popular in India. During this occasion, sisters tie Rakhi to their brothers and pray to for their wellbeing.

Brothers then pledge to protect their sisters from evil. People also tie rakhi to their friends and close relatives to spread love and care. Rabindranath Tagore also used rakhi to bring harmony and brotherhood between the two religions to stop the partitioning of Bengal by the British.



Understand the Sloka and tickmark right or wrong on given boxes against each sentence

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥

You have a rightful title to action and only to action, but never at all to its fruitions. Let not the fruits of action be your motive. Nor let your attachment be to inaction.

- We have to do our duty, and in return expects results
- Self-less or desireless action, is an action performed without any expectation of fruits or results
- Not to attach to any result, for whatever we do work
- Not performing one's prescribed duties

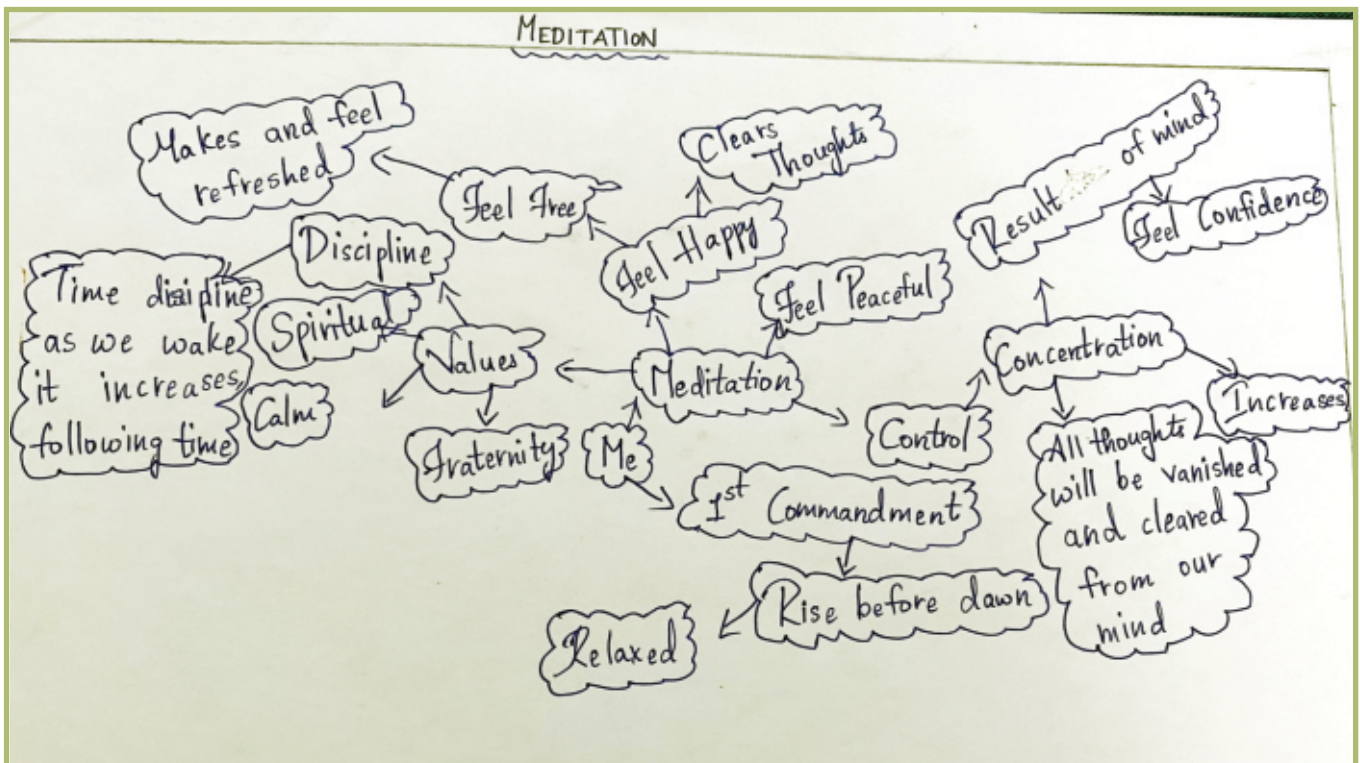
Mind Map of Commandments

A session was conducted with class 9 students as part of culture course activity. Students drew a mindmap of their understanding of the Commandments.

Be not be sevendful for the wrongs done by others. Take them with Gratitude as Heavenly gifts.



Lavanya and Hyma Durga Bhavani, Class IX



Venkat, Ganesh and Jayababu, Class IX

SCHOOL EVENTS

Yoga Day

We celebrated Yoga Day on 21st June in our school playground. All students did some exercises and standing yoga asanas. PT sir guided us all. Jayababu from 9th class and Rajeshwara Suri from 10th Class volunteered and showed us how to do the asanas. Keertana from 10th class gave a speech on the importance of yoga. Students actively participated.



Independence Day

Satkama and Bodh celebrated 76th Year of Independence Day with great enthusiasm, marking 75 years of country's Independence from British. Under "Azadi Ka Amrit Mahotsav, the celebration was held to commemorate the sacrifices of our National Leaders and the common people. The whole school, parents, guests and ex – students participated and took it as a pride and honour for India. It ignited a new spirit of hope, enthusiasm and patriotism in everybody's heart.



The celebration began with Flag Hoisting by Sri Shanker garu, the Treasurer of Sahaj Seva Samsthan. Sri Ram Prasad garu, the incharge of Bodh School, accompanied the Guest.

The Cultural Events included speeches in Telugu, Hindi and English. Patriotic songs "Tenela Tetala Matalatho" and "Jaya Jaya Jaya Priya Bharatha", were sung by primary & high school students. A song in Sanskrit was presented by Lekhanandini of II Class. The drama depicting Patriotism, "Vandemataram" was excellently performed by the students of VI – X Classes.



The audience was inspired by the speech of Sri Shanker garu. His speech included values like Sacrifice and Gratitude. He said that we should pay gratitude for the sacrifices laid by Mahatma Gandhi, Subhash Chandra Bose, Bhagath Singh, Dr. B.R. Ambedkar and many common people. Moreover he said that we should never forget them because of the elixir that was shared to us. The event was concluded by Vote of Thanks. Refreshments were distributed to all. The Ex-students from 2014 batch also took part in the celebrations.

Debate

Debate was held for classes 8-10. It was held on 11th August 2022. Students took an active participation. Sri Ramaprasad garu and Smt Padmaja garu were judges who enjoyed a lot throughout the program. They asked different questions to the participants. Students answered judges' questions excellently. All the participants participated with great zeal.

Drawing Competition

As part of Azadi ka Amrith Mahotsav, a drawing competition was held on 10th August. 1st to 10th classes participated. Topics for the drawing competition were about Independence Day or any value. Students showed their creativity through this competition.



Elocution

11-8-2022 న తెలుగులో వక్రత్వము అనగా ఎలొక్యూషన్ జరిగినది. ఆ రోజు 6 నుండి 10వ తరగతి పిల్లలందరు పాల్గొన్నారు. 6,7 తరగతివారు 'జై జవాన్, జై కిసాన్' మరియు 'తండ్రి మాటని జవదాటని శ్రీ రాముడు' అనే అంశాలపై మాట్లాడారు. వారు ఎంతో ఉత్సాహంగా పాల్గొన్నారు. ఆ తర్వాత 8-10 తరగతి విద్యార్థులు, 'నాయకత్వ లక్షణాలు', 'కరోనా దేశ ఆర్థిక పరిస్థితి' మరియు 'నేటి స్త్రీ జీవన విధానం' అనే అంశాల పై మాట్లాడారు. వారు కూడ ఎంతో ఉత్సాహంగా ఆనందంతో పాల్గొన్నారు. ఆ రోజు మేము ఎంతో ఆనందంగా గడిపాము. విద్యార్థులు అందరు న్యాయమూర్తులైన శ్రీమతి సుశీల మాడమ్ గారు, శ్రీమతి శ్యామల మాడమ్ గారు ముందు ఎంతో చక్కగా మాట్లాడారు.



GARDENING

In our school we have Gardening classes for 6th to 10th standard students. The activities we carry out are sweep the ground and the school premises so that our school is clean and neat. We water the plants and trees in the school garden.

Medicinal plants : Tulasi ,Vamu, Leafy vegetables, plants like chennagaku

Trees : Sapota, Pomegranate, Guava, Coconut trees are there in our garden.

Vegetable : Cucumber, Spring onions, Tomato, chilli, plants like Curry leaves, mint, Brinjal, Bottle Gourd, Yellow lily, Bitter Gourd etc..

Flower plants : Hibiscus, Shankam flowers, Govardanam, Marie gold are grown with care

Weekly, we get one class. We are very happy doing Gardening work. All fruits which are grown in our garden are distributed to all students by our teacher. We developed qualities like patience and hard work due to this class.

Deepika, Class VII



Raksha Bandhan Making

Raksha Bandhan is a sacred festival dedicated to love and affection between brothers and sisters. Raksha Bandhan is celebrated on the full moon day in the month of Shravan according to the Hindu Lunar calendar. This day is observed as the day of siblings as on this day sisters and brothers come together to express their love for each other and also pray for their well being. Sisters tie a knot of rakhi on the wrist of her brother, who promises to protect his sister from the evil.

Amrith Kumar, 9th class

Rakhi making procedure:

Material required :woolen thread, White beads, Knitting needle.

Procedure:

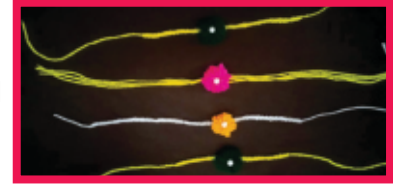
Step 1: Make woolen flower by wrapping the woolen thread around the pencil and remove slowly and

put knot twice in the center. Cut the remaining thread.

Step 2: Attach the white bead in the middle of the flower.

Step 3: Tie the flower in the middle of the 2 or 3 layers of woolen thread of one span length of thread .

Raksha bandan is ready now. Happy Raksha Bandhan



BISCUIT MAKING

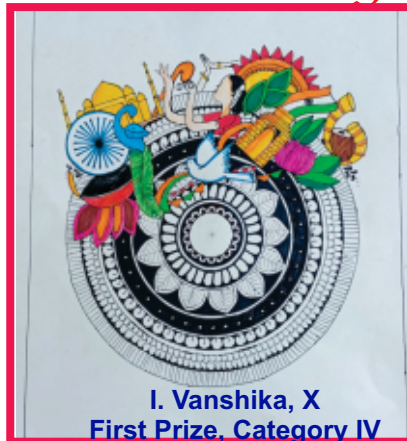
During this period the teacher explained to us about hygiene. We learnt how to make biscuits with Soyabeans. We roasted the soya beans and added Shanka Pushpi, Saraswati Powder, Butter, Sugar powder and ginger juice. After mixing all of them together using little water, we made it into a dough. Then using a round mould, we cut in shapes and placed all the biscuits in a tray and put them in the oven. We gained confidence in biscuit making. Teacher taught us with care and love. She also told the precautionary measures while making the biscuits. Making Sahaj Shakti powder and biscuits are taught in our school. It can be stored for 3 months. School is providing us with this healthy and nutritious milk and biscuits to the whole school on a daily basis as a part of Dr KCV Nutrition Supplement Scheme. From this biscuit making class, I came to know the proportion of the ingredients and the temperature of the oven. We have to be patient while they are getting ready.

Lalitha and Rakshitha, 7th Class

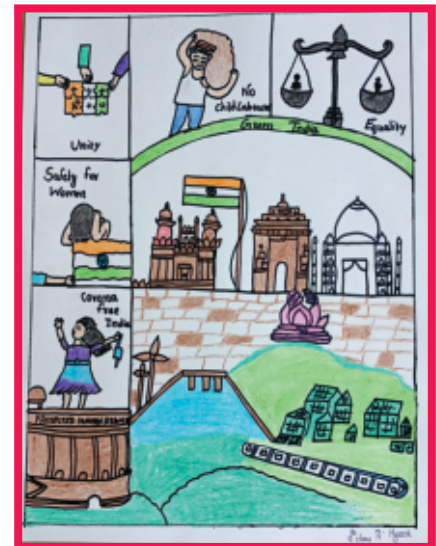


Vasishta, Bodh,
First Prize, Category II

DRAWINGS



I. Vanshika, X
First Prize, Category IV



Hyma Durga Bhavani, IX
Second Prize, Category IV

1. Self-less or desire less action, is an action performed without any expectation of fruits or results
2. Not to attach to any result, for whatever we do work

SOLUTIONS

Page 2

Moral: God is everywhere and inside everyone. we just need to make others feel happy. and spread happiness around us.

- a. Chandra Shekhar Azad
- b. Lal Bahadur Shastri
- c. Mahatma Gandhi
- d. Subhash Chandra Bose
- e. Sardar Vallabhai Patel
- f. Bal Gangadhar Tilak

- a. Bhagat Singh
- b. Jawaharlal Nehru
- c. Lala Rajpat Rai
- d. Mangal Pandey
- e. Ram Manohar Lohia
- f. Rani Lakshmi Bai



Jaya Varshini, V,
Second Prize, Category II

Varsha Ritucharya - Do's and don'ts in the rainy season

Dr. Katyayini, BAMS, Ayurvedic Physician, Chennai

The primary principle of the Ayurvedic system of medicine is the maintenance and promotion of health, and the prevention of diseases. This can be achieved through changes in diet and lifestyle practices in response to changes in climatic conditions.

In India, Varsha Ritu (Monsoon) starts from mid-July to mid-September. In this season, Agni (digestive activity) and Bala (strength) will be naturally weak. Due to the poor strength of digestive activity, doshas (Vata, Pitta and Kapha) start vitiating one another and cause many diseases such as acidity, loss of appetite, indigestion, joint pains, and muscular pains, and most commonly cold and cough.

Further Earth's vapour and humidity due to clouds, lead to fermentation and result in the conversion of ingested food into sour components, thereby increasing acidity.

Hence, it's necessary to avoid fermented foods that would lead to fermentation. One should take a light diet, so that food can be digested easily.

Foods to be taken in Monsoon

Grains — Rice, wheat, jowar

Legumes – Arhar daal (Toor Dal), green and black gram can be taken

Spices - Garlic, Onion, Ginger, turmeric and pepper, are good as these boost immunity and digestion

Vegetables – Take more cooked vegetables in the diet, including pumpkin, bottle gourd, ridge gourd, and sweet corn, carrots, beetroot, and snake gourd.

Fruits - Seasonal fruits like Plums, peaches, pomegranates, pears and other fruits that are in season must be included in the diet, as they are high in nutrients such as fiber, vitamin A, C, and antioxidants.

Dry Fruits - Snack on dry fruits such as Walnuts, almonds, ground nuts (Chikkies), dates etc. They are rich sources of energy, loaded with antioxidants and will boost our immune system.

Milk products – cow milk, cow ghee and buttermilk

Water - Better to take boiled water that has been cooled down

Take food only when you feel hungry.

Foods to avoid/minimize during monsoon

- 1) Avoid green leafy vegetables as they may be contaminated.
- 2) Avoid aerated drinks (Coke, Pepsi etc.) and sour foods. These food/drink items may cause indigestion specifically during the monsoons and hence are suggested to avoid.
- 3) Avoid sour curd, fermented products and bitter foods.
- 4) Excessive sleeping or sleeping during the day. It disturbs our circadian rhythm and needs to be avoided, especially during this season, because it slows down our metabolism and hampers digestion.

Our aim being to reach the highest we mould ourselves in the manner of godly living and godliness which is precisely the experience of love to all - Pujya Dr. K C Varadachari

తలనుండు విషము ఫణికిని
వెలయంగా దోకనుండు వృశ్చికమునకున్
దల దోక యనకనుండును

ఖలునకు నిలువెల్ల విషముగదరా సుమతీ

తాత్పర్యం: పామునకైనచో విషము నోటిలోని కోరలలోనుండును. తేలునకు

తోక చివరనుండును. కాని దుర్జనుడైనవానికి శరీరమునందంతటను

విషము వ్యాపించి యుండును. అందుచేత వీడు పాములకన్నను,

తేళ్ళకన్నను మహా భయంకరుడు.

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

Everything has become a mirror, wherever and whatever I see, the stones, pebbles and shards, like a mirror, I see only the Master.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS Training Programme

Imperience is conducting Free Training Programme for those who are interested in Pranahuti Aided Meditation for consecutive two days on Second Saturday and Sunday of every month at different training centres. Those who are interested and aged between 18 and 60 years may contact the telephone number (040) 27731223 for further details.

ధ్యాన శిక్షణా కార్యక్రమము

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

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SAHAJ SEVA SAMSTHAN

10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad, India – 500 047, Tel: +91-40-23341380

Sahaj Seva Samsthan is dedicated to spread the message of Sri Ramchandraj Maharaj of Shahjahanpur, U.P. India through self-less service with a commitment towards a Hormic (Holistic + harmonious + integral) approach to life. With the advent of Sri Ramchandraj Maharaj of Shahjahanpur as the Special Personality a new Era in human life has started. The new Era initiated the process of divinization of man through a modified system of Rajayoga which has been closely knit into the Natural path. SSS following the message of the great Personality, who is governing the destinies of humanity, is committedly advocating His philosophy through practical means of service, cooperation and sacrifice. Love Him and thereby Love all is the motto. Samsthan offers opportunities for self-less service in the fields of Education, Vocation and Health Care.

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www.sahajseva.org/satkama/
email: satkama@sahajsevasamsthan.org

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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
- Initial assessment at the time of admission
- To develop goals individually for each child
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www.sahajseva.org/Bodh.htm
email: bodh@sahajsevasamsthan.org

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www.sahajseva.org/health.html
email: mrcmh@gmail.com

VOCATIONAL WING: Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits making, Sahaj Sakthi Ready Mix making and Citronella candle making. Students spend one period a week in learning these activities. Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of the Birth Centenary year of Pujya Dr. K. C. Varadachari in 2002. Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan distributes free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

Sahaj Seva Samsthan members intending to volunteer for activities of Samsthan may contact the Samsthan office at Vijaya Nagar Colony, Hyderabad. We would be happy to avail your services.

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