



# SPANDAN

## GUEST EDITORIAL

Vidyadhar Joshi, Member, SSS

On the happy occasion of Deepavali, I am glad to share a few thoughts with all readers of Spandan. One festival that is celebrated across the whole geography of our country with a lot of cheer and joy is Deepavali. The festive environment starts from Dasara itself and culminates in Deepavali. In some parts of the country, the festival is celebrated for four to five days. While all Indic cultures have more than one significance attached to this festival, the most important one is the return of victorious Lord Rama to Ayodhya after vanquishing Ravana, the king of Lanka who by deceit, stole away Maa Sita, the consort of Lord Rama. Ravana fell victim to greed and covetousness which eventually brought his downfall. That is why he could not listen to the wise advice of Mareecha who at the outset dissuaded him from taking this evil step as it surely meant darkness and death of Ravana. Darkness obscures Truth. Ravana could not live by the virtue of Asteya (non-stealing) and Aparigraha (non-covetousness). The good virtues in us, viz. Satya - (Truthfulness), Ahimsa (Non-harming), Asteya (non-stealing), Aparigraha (non-covetousness), Brahmacharya (seeking company of Divine) is what makes us human. Following this brings happiness to oneself and others. Conversely, not living by these virtues, brings darkness as it happened in the case of Ravana who brought this on himself and his kingdom. If we consider these virtues as lightness, it is because it brings happiness to one and all. The Divine Light ever present in our heart, when meditated upon daily, gives us a glimpse of such happiness. We are thus encouraged and inspired from the Divine within to live a life of higher human virtues. Let the festival of lights, Deepavali, also remind us more intimately of the Real Light within, the real dispeller of darkness. Wishing all children and readers of Spandan a very Happy Deepavali.

### Student Editorial

Rushikesh Guvvala, X

Namaste to one and all. Matru Devo bhava (Honour thy Mother as God). This verse is from Taittiriya Upanishad, originated in the Vedic era and describes the prayers and benedictions. As all Beings are the manifestations of God, the entire Beings are to be considered part of God! Indian culture teaches that all living and nonliving things are to be respected, loved and worshipped by each other. You must revere your mother, who has brought you up with love, care and sacrifice. Mother is our first Guru. She teaches us everything about this world. She helps us to become successful person in life. She fulfils her duty properly so that everyone in the family can live happily. She does her work with a full-fledged and pure heart. Motherhood is full of divinity as a mother stands for God's representatives-always loving and always protecting. We must feel proud to be born in this holy land where women are respected. So we must revere the country and make everyone follow our culture.

Mother is treated as Goddess because She has high and good qualities such as love, caring. Mother is said to have great quality of sacrifice. She can also be angry if the children are in the wrong way. In the story of Narakasura, who is said to be the son of Sathyabama, went the wrong way by doing bad deeds, Sathyabama killed him for the safety of the world. To commemorate the great killing of Narakasura by Sathyabama and the return of Lord Sri Rama to Ayodhya, we celebrate the festival of Lights Diwali! Wishing everyone a very happy eco friendly and safe Diwali.

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](mailto:spandan@sahajsevasamsthan.org)

### WORDS OF WISDOM

**Think positive, think simple:** Rev Babuji has laid great stress on thinking simple and thinking positively. He says, "the next thing for him to cultivate is that he should always look to the bright side of the picture and should not, at any rate, submit himself to the feeling that he cannot attain the goal. Iron will is essential for the purpose."

**Reference: Basic Writings of Sri Ramchandra.**

Negative thinking leads to despondency (hopelessness) and further it leads to complicated thinking making situation worse. Rev Babuji takes the example of a needle falling on the ground and we using a crane for picking up the needle instead of simply using our fingers.

Babuji also advises us to not think negatively about ourself. He says "though it is undoubtedly a folly to think oneself too wise, it is a greater folly to think oneself too foolish or weak."

**Reference: Silence Speaks - 287**

## Story of the Master - Understanding of Truth

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

Ref: Spirituality

### Srimad Bhagavad Gita

मयि सर्वाणि कर्माणि सन्न्यस्याध्यात्म्ये तसा ।  
निराशीर्निर्ममो भूत्वा युध्यस्व विगतज्वरः ॥

**With your thought directed towards higher self, dedicate all your actions unto Me; rid yourself of all desire and all sense of 'my' -ness and engage in the combat, free of your turmoil. (3-30)**

One day sage Narada out of his pride wanted Lord Vishnu to certify that none other than him is most devoted to Lord Vishnu, because he recites the name of the Lord all the time. Lord Vishnu, because he recites the name of the Lord all the time. Lord Vishnu thought for a few minutes and said, "There is a little village on the Earth. In that village lives a poor farmer and his family. That family is my biggest devotee." Narada was shocked and wanted to see this soul that Lord Vishnu considered his best devotee.

So Narada went down to earth and found the man Lord Vishnu was talking about. He decided to follow him for a day and see what he did. The farmer lived in a small hut on the outskirts of the village. Narada watched the farmer as he got up in the morning, prayed to God, went about his morning duties, looked after his children, went to the fields, ploughed the field, came back in the evening, and finally after the entire household went to sleep, the farmer prayed and then went to sleep. Narada was perplexed. He was not convinced that the farmer is as devoted as he is.

Lord Vishnu then put him to test by asking him to carry a pot of oil on his head around the field without spilling a single drop. Narada successfully completed the round of the field with the pot of oil on his head. Lord Vishnu asked Narada, "Tell me, how many times did you remember me during your walk around the field?" Narada confessed, "Not once, I am afraid. How could I? All my attention was fixed on the oil and the vessel.

Lord Vishnu then said to Narada, "That farmer works hard in his fields all day and still has time to think about me a few times. You, on the other hand couldn't think of me even once!" Narada was thus humbled.

The farmer is poor, works hard all day and looks after his family. He does his duties with his thought on God and dedicates all his actions to Him.

### ప్రార్థన - అనుభవము

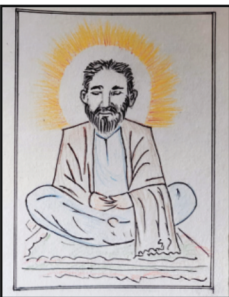


Illustration  
Naga Vaishnavi, X Class

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

27-7-22: Before meditation, I felt very tense. During meditation, I felt that I was alone. After meditation, I felt very happy.

16-8-22: I felt very happy during meditation. While doing meditation I was getting different thoughts. After meditation, I am feeling good.

20-8-22: I am feeling very happy before and after meditation. I am feeling peaceful.

23-7-22: I felt calm before meditation. I felt delighted after meditation.

30-7-22: I felt calm before meditation. I felt spiritual after meditation.

12-10-22: I felt joyful before meditation. I felt energetic after the meditation.

Lavanya, IX Class

Jayababu, IX Class

22-6-22: Before meditation, I felt dull. After meditation, I felt fresh and calm.

21-7-22: Before meditation, I felt normal. After meditation, I felt peaceful and divine light in my heart.

28-7-22: There were so many thoughts in me. After meditation I felt thoughts in my mind decreased.

Karthikeya, IX Class

22-7-22: I thought there is a divine light in my heart. After meditation, I felt peace

27-8-22: I got many different thoughts during meditation. I felt relief after meditation

13-10-22: I sat silently. I felt happy after meditation.

Tarun Sai, IX Class



### What kind of representatives do you want in the political system?

**A** representative should have all good qualities. He/She should be honest, should be well-mannered, and keep up their promises for people. They should do good for the people who voted for them. Representatives should be straightforward, daring and polite. They should be respectful and use decent language in front of the media, people or anywhere else.

Some people will make fake promises before elections to win. After they win, they will not do anything for people. I don't want that type of representative. A representative should do anything for the people and to develop their city/state/county. Our government should not allow criminals to participate in the elections.

A representative should be educated and they should know about common people. Some representatives are doing scams in the name of schemes. Representatives in the political system should not be selfish. They should not implement schemes for their sake but those which are useful for common people. They should work for the people and serve people with honesty.

Representatives should know what they are doing. They should know what to do and what not to do. They should listen to people's concerns. Representatives in the political system have the power to change people's lives and develop the country. They should not use that power for themselves. I want representatives who have these qualities: fearless, polite, respectful, patriotism, kindness, loyalty etc. Representatives should be fearless while talking in public. Representatives should have love and loyalty towards his country.

**G.Sricharan, VIII**

**A** political system exists to create governments which take important decisions to govern people's lives. To support the government economically, socially etc. I want the political system to be loyal towards people and the government to do their job sincerely and not steal people's money and make fake promises.

They should be strict towards rules, mainly the traffic rules because people are not taking them seriously. Jumping signals and going in wrong routes may lead to accidents.

The government should not take much taxes from people. Only educated persons and people who are loyal should be in the political system.

Before entering the political system there should be an interview of the representative about the knowledge they have about the political system. They need to keep schemes which help poor people like free school until 10th class, free college and a scheme which helps poor people to eat and fill their stomach. These two schemes are enough for people to live happily and do a job.

These are the representatives I want in the political system. Hope it will become real and then our country will develop very well.

**K.Deekshitha, VIII**



### What is your role in the development of your Nation?

**N**ation, is the place where everyone lives. People here are important and play a crucial role in the development of the Nation. My role in the development of my nation is small but I think that it has a great impact.

People pay taxes, keep the area clean, and make other people happy. I may not pay taxes but do other things. I keep my area clean and neat, this not only keeps the area to look good but it also makes people healthy keeps them away from diseases. My role may be direct or indirect for the development. I donate and make others donate such as blood, organs etc.

I will give money and other requirements for the poor. I am trying to reduce poverty in the nation.

I am helping in making people aware about the new rules by the Government, helping people to know about their rights, telling people to vote, bringing awareness to people about new things. I am also following rules and regulations which are passed by the Government.

Education is the key to development. I am also trying to make people educated and also help in the development of the nation. Helping villagers to know about the modern world so that they can also become modern and develop our nation. I am also not wasting the resources, which means saving water, electricity and other non-renewable resources. I am trying to bring change in the youth as well as the society.

**G. Rushikesh, X**

## Value education plays a vital role: How do you Implement in everyday's life?

Value education is more important than money, wealth, etc.... If we implement it in everybody's life in our country, in every state, in every district, a diamond will be formed. Our India is a developing country but with value and right education we can change our country into a developed country. We Indians are rich in culture, education, etc. India is a universal Guru of all countries. Just years went away but not our culture, tradition. Knowledge is more expensive than gold and diamond.

So if I should implement it, I would do these things: I would go to every house and talk about the importance of education.

I would post albums and pictures in every street that value education.

I would stop child labour and tell that today's children are tomorrow's pride of the country.

I would make free education.

I would stop child harassment and child labour. I would tell every parent to send their children to school and study. This is not the age to do construction, household work, or work in companies. This is the age to learn and play.

My goal is to provide education to every Indian and make our country very proud. I would prove that India is not a poor country. It has abundant richness. India is not developing, it's a developed country and I would start implementing Value education in everybody's life. From develop yourself, you develop your country.

**G. Gyandeep, VIII**

Value-based education aims at training the student to face the outer world with the right attitudes and values. It is a process of overall personality development. It includes character development, personality development, and spiritual development.

Value education awakens curiosity, development of proper interest, attitude, values, and the capacity to think and judge about oneself. It helps in promoting social and natural integrations. Value education is very essential to individuals. It helps him / her lifelong in many ways:

Value education gives a positive direction and better shape to the future. It helps them live the best life that can be beneficial to individuals as well as people around them. Value education helps us to become more and more responsible and sensible. It teaches us the perspective of life in a better way so that we can lead a successful life as a responsible citizen. It helps in developing a person's character and personality. It even tells the purpose of our life. Knowledge of values will always play a crucial role in our life as it helps in moulding, developing a person's mind.

Value education helps us to know which work is right or wrong and helps us to know which is good or which is bad. Values let us do good deeds and make your heart happy. There is nothing to make our heart happy other than doing good deeds and helping everyone. We can do many things like

If anybody is hurt, we can help them.

If anybody is in need of food, give them some of yours or buy them some food

When people who sleep in pathways are unable to sleep due to cold, give them a jacket or a blanket of yours.

When your worst enemy needs help, help them.

We can do anything to help people. It is the best way to implement values in our life.

**Tanish, 7th class**

**The way of life should be pregnant with high morals - Pujya Sri Ramchandraji Maharaj**



## Honesty

Srimaan, IV

Once upon a time there was a boy. His name was Hari Osborn. Everyone call him Hari. Hari is very honest, brave, unselfish and is admirable in behavior and character.

Hari and his friend Vijay go to the same school. They go together. One day they came back home early. Their parents asked them why they were back early. Hari and Vijay said Principal sir gave holidays.

## Honesty

Dharma Teja Naidu, IV

Once there was a poor boy in a town. His father died. He had a mother and three younger sisters. There was no source of income to support them. He tried to get a job. One day he was walking on the road. He saw a money bag lying beside. He picked and opened it. There was a huge amount of money in it and an address card. He went to his mother and told her what happened. His mother strictly ordered him to give the purse to the owner at his address. The boy reached the owner of the purse and handed over it to him. The owner was a big mill owner. He was very glad and thankful to see the honesty of the boy. He asked what the boy was doing. The boy told the whole story. The owner helped the boy and his family. The poor boy got the reward for his honesty.

మన ఊరు - మన చెట్లు - తేజ: పురం

యెన్. యస్విజ. ఎనిమిదవ తరగతి

అనగనగ ఒక ఊరు. ఆ ఊరి పేరు తేజ: పురం . ఆ ఊరి ప్రకృతిని చూసి ఇరుగు పొరుగు ఊళ్ళ వారు ఆశ్చర్యపోయేవారు. వృక్షాలతో, నదులు, కొండలు, జంతువులు, పక్షులతో ఎంతో అందంగా ఉన్న ఆ ఊరి దృశ్యాలను చూసి, చాలా మంది దూరపు ప్రాంతాలనుండి వచ్చినవారు ప్రకృతి అందాలు ఎంత అందంగా ఉంటాయో తెలుసుకునేవారు. కొందరు చిత్రకారులు మరియు కవులు తేజ: పురానికి వచ్చి చిత్రాలు గీసేవారు, కవితలు రచించేవారు . ఈ ఊరి ప్రజలు కూడా వారి ఊరికి వచ్చినవారికి అతిధి సత్కారాలు బాగా చేసేవారు. ఈ ఊరి ప్రజలు కూడా వారి ఊర్లో ఆనందంగా జీవించేవారు.

ఇలా ఎంతో ఆనందంగా ఉన్న ఈ ఊరికి ఒక రోజు రాత్రి అకస్మాత్తుగా కుండపోత వర్షం కురిసి, వరద వచ్చింది. కొన్ని చెట్లు, ఇళ్ళ మీద పిడుగులు పడ్డాయి. వరద నీటితో పంట పొలాలు మునిగిపోయాయి. కొందరు చనిపోయారు. ఈ వార్త విన్న చుట్టు ప్రక్కల గ్రామాలవారు, ఆ ఊరి ప్రఖ్యాతలు తెలిసిన కవులు, చిత్రకారులు ఎంతో భావోద్వేగానికి గురయ్యారు. చాలా మంది ఆ ఊరి పరిస్థితి చూసి, ఆ ఊరి ప్రజలకు కావలసిన అవసరాలను తీర్చారు. పిడుగుల వలన ఆ ఊరిలో చెట్లు లేకపోవడం, ఇళ్ళు మునిగిపోవడం తో తేజ: పురం లోని ప్రజలు వేరే ఊళ్ళకు తరలి వెళ్ళిపోయారు.

చాలా ఏళ్ళ తరువాత భారతదేశం నుండి వెళ్ళిపోయి విదేశాల్లో స్థిరపడిన రామ్ మోహన్ ఈ తేజ: పురాన్ని చూడడానికి వచ్చాడు. ఆ ఊరిని చూసి ఆశ్చర్యపోయాడు రామ్మోహన్ . అప్పుడు నారాయణగారు అనే వ్యక్తి వేరే ఊరు వెళ్తుండగా రామ్మోహన్ ఈ విధంగా ప్రశ్నించాడు.

రామ్మోహన్: ఈ ఊరు ఇంతకుముందు చాలా అందంగా ఉండేది కదా !?

నారాయణగారు : ఈ ఊరికి వరదలు వచ్చి ఊరు మొత్తం కొట్టుకు పోయింది. అందుకే ఈ ఊరి ప్రజలంతా వేరే ఊరికి వలస పోయారు. ఎంటో! ప్రకృతితో ఎంతో కళకళలాడుతూ ఉండే ఊరు చాలా బోసిపోయింది.

ఇది విన్న రామ్మోహన్ ఇలా అనుకున్నాడు.

“నేను ఈ ఊరిని నా చిన్నప్పుడు ప్రకృతి తో చూసినట్టు చూడాలి. నేను ఖచ్చితంగా దీనిని ఎంతో అందంగా మళ్ళీ పాత తేజ: పురంలా చేస్తాను.” అని కంకణం కట్టుకున్నాడు. మంచి మొక్కలను తేజ: పురమంతా నాటించాడు. ఇలా ఊరు మొత్తం బాగుచేసాడు. తరువాత వేరే ఊళ్ళకు వలస పోయిన వారంతా మళ్ళీ తేజ:పురానికి వచ్చి సంతోషంగా జీవించారు.

### What is your role in the development of your nation?

**D**evelopment is a process that creates growth of the nation / country. Everyone has an active role to develop the nation! To Develop the nation one should obey all the rules and regulations always prescribed by the nation or state.

In the development of the nation everyone has a role like a student, child, public, social worker etc. A child can develop the country / nation by playing a vital role in every topic. He/she should respect their parents, teachers, elders and love youngsters. He/she should study hard, eat and sleep at proper time.

As a student he/she can develop the country / nation by studying hard and not wasting time on unnecessary things. They should plan for their future by keeping good deeds and moral conduct. They should participate in every event or activity.

Youth plays a main role in developing the country. Public can develop the nation by encouraging others to take part in every role and make a peaceful society. Social workers can develop the country by the role he/she has. Social workers can encourage everyone to do service for the development of the nation / country. In the development of the country everyone should do their role. Everyone should be truthful and have patriotism towards their nation. They should not be greedy.

My role in the development of our nation can be done as a child, student, public and normal people. As a child I should always obey my elders. I need to obey my teachers and parents. I should study hard to develop the nation and betterment of my future.

As a student I should take part in every role and participate equally with every student. I should also encourage my friends and others to take part in every role. As public and normal people I should encourage everyone. I should make my surroundings and every place neat and clean and the people living there must be honest and do good deeds and develop a moral country. Like this everyone and I develop the nation/country by doing our daily roles truthfully.

**H.Jasmitha, Class VII**

**I**f I am to be the scientist of ISRO, then I would first develop my way of thinking regarding my country. I will stay aware about what all the problems are to be solved throughout the whole country. I'll make a whole list of them to solve them, the major problems during rainy season for the people, water for drinking, sanitation, hygienic problems by different seasons, sunstrokes, power cut, deaths due to isolated thunderstorms, natural disasters, flooding, greenhouse gas effect, acid rains, wildfires etc will be listed and I'll start making the solutions of these problems with innovations like life straw, flooding reflectors etc. which could help the common man even with less budget. I will try to implement some hyperloop over the tertiary sector. I will improve and promote the communication technologies to help everyone in society to get correct information at all the times, converting and filtering the water because many people are suffering through fluorosis by drinking non-Filtered water. I will try to develop earthquake resistant technology for building houses. It's mainly because many people die due to the earthquake accidents which come at a magnitude of 8.0 and above. Water filtering system is so easy that it can be built or made in house and gives 90% secure water to drink. So, by implementing these things I will develop the country as a whole.

**Bhanu pratap, X**

### Education plays a vital role. How do you implement in everyday's life?

**E**ducation is the boon given to us by God. "Education is the most powerful weapon" - Nelson Mandela. Education is the best way to gain Knowledge. Others can steal our property, money, physical wealth but they cannot steal our education. Education helps us in building our career and our respect in the society. That is the role of education in our life. Education plays a vital role in our life.

Values are many. They are very important for us. Even human virtues play a vital role in our life. Value education is the educational process where we gain knowledge and learn the importance of values and how to implement them in our life. Values teach us how to behave with others, how to address others etc. Value based education is very important for human kind. To implement value education in everybody's body's life, first we should know the value of education. We should be aware of what we are doing. I will implement it in everybody's life by bringing awareness to people about the importance of value education and the need for value education to build their future. We should be able to follow basic values like Truth, Justice, Equality, Fraternity. The children will get an idea of what they have to do for their betterment and the development of the society. Value education not only changes the people who gain it but the people whom they are living with. It even changes attitudes.

It plays a vital role in the development of that person, it develops the society, people will be very aware about what's happening around them and they will be able to stop the injustice. Many people start educating their children.

**Ch. Uday, X**

### Imagine that you are a scientist in ISRO. What kind of innovations would you like to implement in your country?



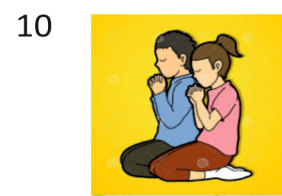
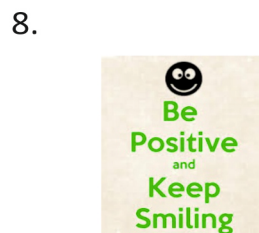
## Importance of cultivating Mind

“The primary thing in yoga is a regulating of mind, which is ever restless”

by Pujya Babuji Maharaj

As your mind is a garden and it requires cultivating flowers not weeds. By Cultivating our mind in right direction is very important . So, it will grow flowers and that lead us to became a happy, successful, good human being. And your mind to be calm in any situation. For that Let's develop few good habits.

*Write down a appropriate habit below the picture or in separate paper that need to cultivate*



## Activity on developing gratitude

### Gratitude Jar

The gratitude jar is a very simple exercise that can have profound effects on your well-being and your outlook on life. It only requires a few ingredients: a jar (a box can also work); a ribbon, stickers, glitter, or whatever else you like to decorate the jar; paper and a pen or pencil for writing your gratitude notes.

Step 1: Find a jar or box.

Step 2: Decorate the jar with your decorating implements. You can tie a ribbon around the jar's neck, put stickers on the sides, use clear glue and glitter to make it sparkle, paint it, or do whatever else you can think of to make it a bright and good looking.

Step 3: This is the final most important step, which will be repeated every day.

Think of at least three things throughout your day that you are grateful for. It can be something like you getting help from a teacher or grandparents or a friend, getting anything that you wished for. So you are thankful for that person. Sometimes you are thankful to god for giving etc.. Do this every day, write down what you are grateful for on little slips of paper and fill the jar.

Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living. If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of what is good in your life.





## LORD KRISHNA

Sudama and Krishna were o met at the ashram of Guru the boys completed their Krishna married Rukmini and in the meantime, married a led a life of poverty as he was possessions. Soon, children his wife. Some days they die Sudama's wife could not bear One day, she said to Sudam could ask Krishna for he powerful?" Sudama was not from his friend. But his wife children. Sudama agreed to he would not ask his friend for Sudama's wife wrapped some gave it to him. Later, he left overjoyed after seeing Sud him and made him sit do Rukmini fanned him gently. by the love that Krishna show to give Krishna the poha th someone like him. But Kr snatched it from his hand. "P Krishna and ate a handful second handful, Rukmini mouthful will give him all th the goddess of wealth, sh distribution.

Next morning, Sudama left D though he did not ask for an approached his house, he sa and children came out of clothes. Then he understood

**Moral: True friends**





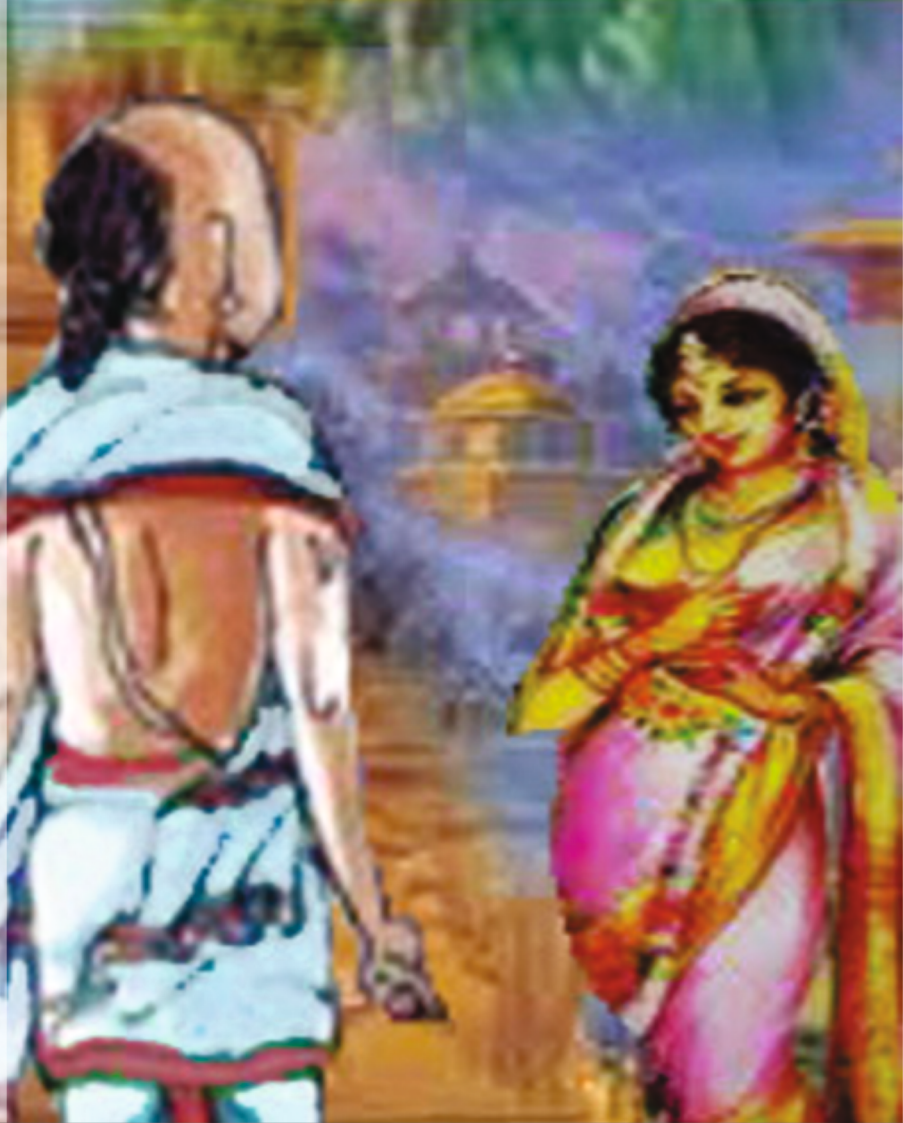
## RA AND SUDAMA

childhood friends. They first Sandipani. After few years, studies and went apart. and ruled Dwaraka. Sudama, a poor brahmin girl. Sudama is not attached to any worldly things were born to Sudama and did not even have food to eat. He came to see the children hungry. He hesitated, "My lord, You help, for isn't he rich and comfortable in seeking help?" He insisted for the sake of the friend to see his friend but told that for anything.

He came with a clean rag and went to Dwaraka. Krishna was sitting on a throne. He heartfully invited Sudama to sit on a throne and washed his feet. Krishna was overwhelmed and showered on him. He hesitated thinking it was a little gift to Krishna. Krishna read his mind and said "Poha, my favourite dish" said Krishna. Before, he could take a bite, Krishna stopped him saying "One thing you need, my Lord". Being poor, he was responsible for its

in Dwaraka. His heart was full, he did not take anything from Krishna. As he entered, he saw a grand mansion. His wife was sitting there wearing jewels and fine clothes. He heard Rukmini's words.

**Friendship is a blessing.**

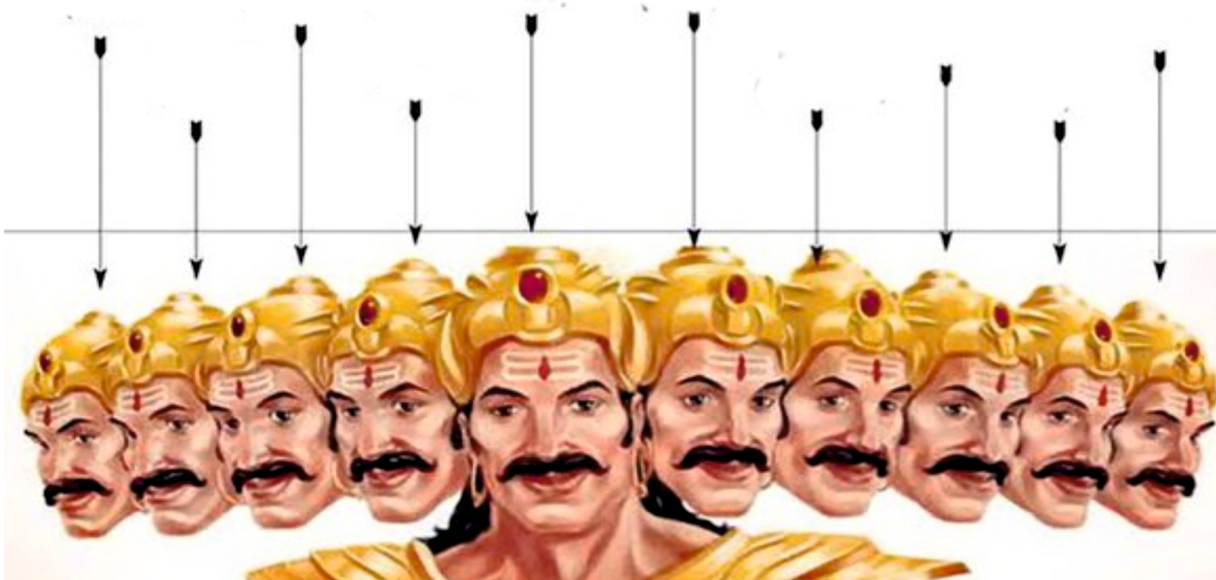






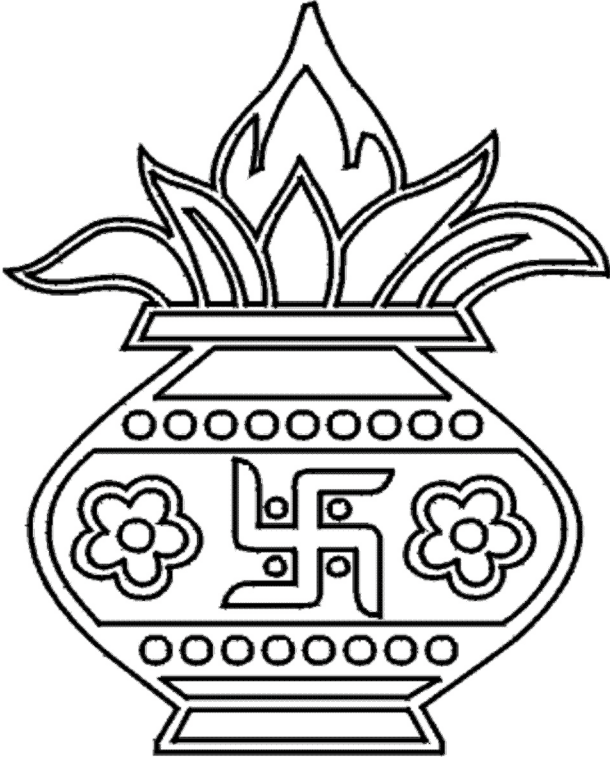
# Significance of Ravana's 10 heads

Children do you know 10 bad qualities that need to overcome. findout??



Wish you all a very happy Diwali

*Color the Rangoli*





## Our Pages

### How do you keep your nation clean and green?

We have to keep our nation clean and green because

- Firstly it is all about the plastic. we actually throw or burn plastic, when we burn them it creates black smoke that mixes with atmosphere, causing danger. We have to keep the plastic away.
- We have to stop cutting trees, breaking the hills with different explosions. If we break or cut them, the natural habitat of animals, tribals will be destroyed. They can die because of no shelter. We will not get sufficient food, we will not get oxygen, air and rains.
- We have to stop throwing trash in the rivers, lakes, oceans etc. It causes water pollution. We will not get sufficient water
- We have to grow (or) plant trees, so the surroundings will be greenery.
- We have to reduce factories because from factories a lot of smoke comes and mixes with the atmosphere and causes air pollution.
- We have to invent some non-smoke vehicles, so air pollution will be reduced.
- We have to reduce firecrackers because there are chances for animals and birds to die and also cause air pollution.
- We have to stop hunting animals, so our nature also gets colourful.
- We have to sweep or clean our surroundings slowly, so the sand's smoke doesn't mix with the atmosphere causing air pollution.
- We should not pluck leaves from the tree.!!!
- We should recycle things.

Let's make our nature green and clean.

P. Havyesh,VI

### DIYAS





# SCHOOL EVENTS

## SPORTS DAY



Satkama celebrated National Sports Day on 29th August, 2022 to commemorate the birth anniversary of 'Hockey Legend, Major Dhyan Chand'. Our Sports sir, Mr. Narender, organized the programme. Staff and students paid floral tribute to the Legend.



## HINDI DIWAS

हमारी पाठशाला के छात्रों ने 14 सितंबर के दिन हिंदी दिवस मनाया। हमने इस कार्यक्रम को अपने मैदान में मनाया। हमने उस दिन अपनी रचनात्मकताएँ प्रतिभा और कौशल को हिंदी में दिखाते हुए आनंद लिया। यह एक भाषण के साथ शुरू हुआ जो हिंदी के बारे में बहुत सारी जानकारी देता है। हिन्दी दिवस और उसके महत्व के बारे में बताया गया। प्राथमिक कक्षा के छात्रों ने कविताओं की तैयारी की और बहुत उत्साह से बताया। कक्षा 6.10 के छात्रों ने गीतएँ कविताएँ दोहे और पहेलियों की तैयारी की। छात्रों द्वारा गाए गए गीत बहुत मधुर थे। पहेलियों का सही उत्तर देने वाले छात्रों को पुरस्कार भी मिले। छात्रों ने दोहे बताया जो वास्तव में हमारे जीवन जीने के लिए लाभदायक और बहुत मूल्यवान भी हैं। इस तरह प्रत्येक छात्र ने अपना उत्साह दिखाया और बहुत सक्रिय रूप से भाग लिया। हमारी हिंदी अध्यापिका जी ने हमें कार्यक्रम आयोजित करने के लिए सुझाव दिए हमारा मार्गदर्शन किया और हमारा बहुत समर्थन किया। छात्रों के प्रदर्शन को देखकर हमारी प्रधान अध्यापिका जी और शिक्षक गण बहुत खुश हुए। इस तरह हमने हिंदी दिवस मनाया।



## TEACHERS DAY



Teachers Day is celebrated on 5th September, 2022 at Satkama to commemorate the birth anniversary of Dr. Sarvepalli Radhakrishnan, who was known as an inspiring teacher of his time. The programme was organized by the students of Class IX & X. The students dressed up as teachers and played the role of teachers. Took classes for two periods according to the day's schedule, imitating teachers with due respect. The student-teacher teaching attracted the attention of all the students and was well appreciated by the teachers. They handled the children with love and care and taught the subject with ease. The student-teachers took the responsibility of teaching as a gratitude to teachers. The cultural programme started at 11.00 am with a prayer song followed by speeches. 'Musical chairs' game was enjoyed by all. All the students thanked teachers, guest teachers, the Management and Samsthan members for providing the best and valuable education. The Day's event was concluded with Vote of Thanks.





# SCHOOL EVENTS

## GUEST VISIT



**D**r. Madhava garu and his childhood friends visited school on September 24th. They went around the school. Students of 3rd class were reciting Bhagavad Gita Slokas. The guests wondered and appreciated students recitation, fluency, memory and pronunciation.

9th and 10th class students had a session with the guests. They shared their life experiences with students. This meet encouraged students to become more aware, more mindful of themselves and their feelings. It increased the feelings of self esteem. It helped them to understand that life is a challenging task. Issues are similar to all people, so, we have to face it. This interaction was very fruitful and instilled confidence in students.

## TRAINING PROGRAMME

**T**he Teachers' Orientation program was conducted on the 3rd and 8th of September 2022. The speakers were Dr Madhava Garu, Dr Subbarao Garu, Smt. Seeta Garu and Dr Dakshina Murthy Garu. These sessions gave an opportunity for new teachers as well as in-service teachers to gain input, know about the Philosophy of the school and make values integrated with the curriculum. It aimed at training teachers for making classroom teaching more interesting and to deal with students with love and care. This programme enabled teachers to gain an in depth understanding of the School's Philosophy, Culture, Classroom Management tenets and Teaching Learning practices. The teachers' orientation as a whole aimed at training teachers to understand about Divine Resource Development and the Educational philosophy of Samsthan.

## SOLUTIONS

### Here's a look at what the 10 heads of Ravana represent.

**Kaam (Lust):** Ravana kidnapped Ram's wife Sita due to his lust which ultimately led to his end.  
**Mada (Pride):** Although a learned king, Ravana was proud of his intellectual and military prowess.  
**Ahamkara (Ego):** Ravana's inflated ego prompted him to take steps to protect his self-image, preventing him from seeing his mistakes.  
**Moha: (Attachment to possessions):** Ravana was also attached to his possessions and his desire to keep them made him cross all boundaries.  
**Lobha (Greed):** Ravana was overpowered by his greed which prompted him to abduct Sita.  
**Krodh (Anger):** One of the crucial causes of Ravana's destruction was his anger at not getting what he desired.  
**Maatsarya (Envy):** Being envious of others, the demon king wanted to possess all the things others had by all means.  
**Jaddata (Insensitive):** It is believed that Ravana did not care about the feelings of others and gave priority to himself.  
**Ghriana (Hatred):** His hatred for other people led to his eventual destruction.  
**Bhaya (Fear):** He was afraid of losing his possessions and that made him do sinful deeds.

### Habits that need to cultivate

- Waking up early in the morning
- Doing breathing exercises.
- Respect elders and help them.
- Eat more vegetables, salads and fruits that keeps you healthy.
- Greet Namaste to everyone.
- Be active, that is very important. do any sports or any exercise.
- Help others.
- Develop attitude towards positive thinking, say no to any negative thinking.
- Always speak truth.
- Practice gratitude towards God to give a such wonderful life and everything that you have.

Akshita, I Class won a district level Gold championship and got selected for state competitions.



Bharath, III has won Chess Competition.





## దీపావళి పండుగ

మనము దీపావళి పండుగను ఆశ్వీయుజ అమావాస్య రోజున జరుపుకుంటాము. ఈ రోజు పిల్లలు, పెద్దలు ఉదయాన్నే లేచి తలస్నానం చేసి కొత్తబట్టలు కట్టుకుంటారు. ఎంతో భక్తిగా లక్ష్మీ పూజ చేసుకొని రకరకాల పిండి వంటలు చేసుకుంటారు. మిఠాయిలు బంధువులకు, స్నేహితులకు పంపిణీ చేస్తారు. రాత్రి ఇంటి ముందు వరుసుగా దీపాలను వెలిగించి అందరూ ఆనందంగా టపాకాయలు కాలుస్తారు. దీపాల వరుసును దీపావళి అంటారు. ఈ దీపావళి పండుగను ఎందుకు జరుపుకుంటారంటే చెడుపై మంచి విజయం పొందిన రోజు. శ్రీకృష్ణుడు నరకాసురుడనే రాక్షసుడిని సంహరించాడు. రామాయణంలో రాముడు రావణుడిని సంహరించి అయోధ్యకు తిరిగి వచ్చిన సందర్భంగా దీపావళి పండుగను జరుపుకుంటాము. ధన్యవాదాలు

కె. తపస్య, ఐదవ తరగతి.



Vasistha, V



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## Sharad Ritucharya – Do's and don'ts in the Autumn 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.

Ayurveda believes that the entire universe is composed of five elements: Vayu (Air), Jala (Water), Aakash (Space or ether), Prithvi (Earth) and Teja (Fire) referred to as Pancha Mahabhootas.

In the human body combination of these elements results in three humours, or doshas, known as Vata, Kapha, and Pitta. These doshas are believed to be responsible for a person's physiological, mental, and emotional health.

Every person is said to have a unique ratio of each dosha. A person's unique ratio of Vata, Kapha, and Pitta is said to define their Ayurvedic constitution. You were born with a certain amount of each dosha, but it changes throughout your life due to the season, your diet, your stress level, your exercise habit, your emotional state and a host of other factors. Sharat ritu (autumn) begins in the middle of September and lasts until mid-November. During this time the Sun becomes bright, the sky remains clear and sometimes white clouds may clear, and the earth is covered with wet mud. In this season, Pitta dosha and Agni are in an increased state. When Pitta dosha is intensive and aggravated, it burns (chars) food without proper digestion. In states of aggravated pitta dosha, we often develop diarrhoea, ulcers, and acidity, due to a lack of proper nutritional absorption. Due to this, the person's strength (Bala) remains medium this season.

Pitta is the energy that governs the body's overall metabolism, along with various energetic transformations, including the processing and perception of thoughts on mental and sensory levels, regulates - digestion, skin colour, the black colour of hair, focus, eyesight and plays a large part in developing intelligence and also regulates the formation of good quality blood. To achieve the above functions, Pitta has to be in the right quantity. However, when the Pitta dosha levels rise, the body may witness various unusual changes. In this article, we will discuss such changes and how to reduce Pitta to manage them.

### Recommended food Changes for Sharad Ritu (Autumn/Fall season)

- To cope up with suppressed digestion and excess water in the body, foods that we eat, should be easy to digest and light.
- We must also eat in lesser quantity than the usual meal.
- Tastes of food we consume, should balance Pitta dosha. Accordingly, foods we consume should have predominantly madhura, tikta and Kashaya tastes (sweet, astringent and bitter)

### Foods recommended to be taken:

Grain: Wheat, white Rice and Barley      Lentils: Green gram is ideal in this season.

Vegetables: sweet, bitter and astringent vegetables are suggested. Bottle gourd, bitter gourd, and ash gourd are recommended. Small amount of bitters like bitter melon, methi, etc. Vegetables like Yam (suran), radish, etc. Carrot, and beetroot in moderate quantities. Cow milk, jaggery, honey, cumin, and turmeric can be used in ample quantities.

Fruits: Plums, pears, apples, ripe bananas, grapes and avocado

Dry fruits: figs, raisins, dates

Herbs: Amla, parval, asparagus, sandal, and khush (vattiveru) can be consumed internally to pacify the heat. Water must be drunk after vigorous roll boiling. Buttermilk with cumin, and coriander can be consumed. Ghee medicated with bitter taste herbs. Honey, Draksha or draksha ras, Amla or amla svarasa.

### Foods to avoid/minimize during Sharad Ritu

- New crop rice or brown rice       Toor dal to be used sparingly
- Cut down on Channa, rajma, urad dal etc.
- Heavy-to-digest vegetables such as potato, sweet potato, colocasia etc. to be cut down
- Gas-producing vegetables like broccoli, cauliflower, and cabbage to be reduced
- We should not spend late nights outside in this season as it can severely aggravate Kapha dosha and seasonal allergies. Eat only when you are hungry. Exposing to moon rays in the first 3 hours of the night is conducive for health (around 5:30 PM to 8:30 PM).

Day sleep, excessive eating, excessive exposure to sunlight, etc., are to be avoided.

The Doshas are biological energies found throughout the human body and mind.

They show up in all our characteristics, from the way we eat and digest to the way we sleep.

A daily meditation along with a diet which best suits your prakruti, healthy lifestyle, balanced elimination and senses will essentially keep a mind stabilized.



నవ్వుకుమీ సభలోపల  
నవ్వుకుమీ తల్లిపండ్రి నాథులతోడన్  
నవ్వుకుమీ పరసతితో

నవ్వుకుమీ విప్రవరుల నయ మిది సుమతీ!

తాత్పర్యము : సభలో కూర్చున్నప్పుడు కారణము లేకుండ నవ్వుకూడదు. తల్లితోను, తండ్రితోను, యజమానులతోను పలహాస ప్రసంగములు చేయకూడదు. పరస్మీలతో తనీసంతవరకే గాని హాస్య ప్రసంగములు చేయకూడదు. వేదవేత్తలైన బ్రాహ్మణులను ఎప్పుడును ఎగతాళి చేయకూడదు.

दर द्वार दर्पण भयो, जति देखो तति तोई ।  
काकर, पाथर, ठीकरी, भई आरसी मोई ॥

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

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**SAHAJ SEVA SAMSTHAN**

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

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

 <p><b>SATKAMA</b> SCHOOL FOR INTEGRATIVE DEVELOPMENT EDUCATION FOR A NEW SPIRITUAL ERA Plot No. 1735, Pragathinagar Kukatpally, Hyderabad, INDIA, Phone: 91-40-48562742</p> <ul style="list-style-type: none"> <li>•Free Education from I to X class</li> <li>•Dedicated to Divine Resource Development</li> <li>•Teacher student ratio 1:15 for effective teaching</li> <li>•Associative and Integral Approach to Value Based Education</li> <li>•Recognised by State Govt. of Telangana, India (LDIS No. 1035/B2/2010)</li> </ul> <p><a href="http://www.sahajsevasa.org/satkama/">www.sahajsevasa.org/satkama/</a> email:satkama@sahajsevasamsthan.org</p>	<p><b>BODH</b> SPECIAL SCHOOL FOR SLOW LEARNERS (CHILDREN WITH LEARNING DIFFICULTIES)</p> <p>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:</p> <ul style="list-style-type: none"> <li>•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</li> <li>•Initial assessment at the time of admission</li> <li>•To develop goals individually for each child</li> <li>•Individualized Education Plans</li> <li>•Teacher pupil ratio 1:5 for individual attention</li> </ul> <p><a href="http://www.sahajseva.org/Bodh">www.sahajseva.org/Bodh</a> •email:bodh@sahajsevasamsthan.org</p>	 <p><b>MSRCM HOSPITAL</b> HOLISTIC HEALTH CARE 10-3-783/254/3 RT, Vijaya Nagar Colony , Hyderabad, India – 500 057, +91-40-23341380</p> <p>Services available in the hospital -</p> <ul style="list-style-type: none"> <li>•<b>Consultations:</b> General Medicines, Gastro Enterology Nephrology, ENT and Paediatrics</li> <li>•<b>Other Services:</b> General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.</li> <li>•<b>Alternative Systems of Medicine:</b> Homeopathy and Ayurveda</li> </ul> <p><a href="http://www.sahajseva.org/Health/Health.htm">www.sahajseva.org/Health/Health.htm</a> email:mrcmh@sahajsevasamsthan.org</p>
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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.**

<p><b>EDITORIAL BOARD</b> Editors :G. Padmaja, Dipti Joshi Co-Editors :Y. Santhi, Kanchan Joshi Designer :Meghana Shah</p>	<p>Students : Rushikesh X, Tarun Sai IX, Bhavya Karthika VIII, Tanish VII, Havyesh VI</p>
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