



SPANDAN

WE WISH EVERYONE A VERY HAPPY NEW YEAR 153 LE

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

GUEST EDITORIAL

Dr. M Keshava Reddy Garu, Member, SSS

Satkama School was started with the inspiration of Sri K C Narayana, our spiritual guide in the path of our Guru Sri Ramchandra Raja yoga. It espouses value-based teaching. It inculcates cooperation than competition. Healthier competition is essential to increase one's ability to flourish with a sense of gratitude to fellow human beings. Success in society is not measured on what you earned in your life but what you shared with the society and how you enriched the society. We should be mindful of the society as a whole. It is not just us the human beings but the whole animal kingdom and the nature in which we live in – living and non living. Enriching the world will make us live in a very happy world. We start seeing ourselves in the universe around. We all have the same ability to achieve anything in the world, but how we achieve it depends on how we use that ability. Diamonds appear not as diamonds we see, but they do only after we polish them. We learn a lot from the nature. We should always be 'open' minded, without prejudice and jealousy. We should not be judgemental. Don't judge others from how they look. 'Great' people look 'ordinary'. We try to see the 'good' in all rather than finding faults; that way we enrich ourselves. None of us are devoid of blemishes; they are present in varying degrees in every one of us. Nurture good thoughts. Help the needy, disabled, old, frail and diseased; you find happiness and satisfaction in it. We have the ability to make the world a happy place; let us all strive to make one. Our Guru Sri Ramchandra has given us the path to lead our life. Humility, service, sharing, sacrifice, caring and forgiveness be our moral fibre. Our school is striving to imbibe this in every student. Aum shanti, shanti, shanti.

"In memory of Revered Smt K C Santha Garu, Dt. 10.12.2024"

Sahaj Seva Samsthan, which was started with the inspiration and motivation of Pujya Sri K. C. Narayana garu to spread the message of living spirituality of the great Master Sri Ramchandraji Maharaj of Shahjahanpur, U.P. India.

As opposed to Buddhism and Vedantic philosophy of Sree Shankar Acharya, which emphasized renunciation of family life, Revered Babuji Maharaj's teaching is that family life is ideally suited for spiritual life.

Pujya Sri K. C. Narayana Garu and Revered Santha Garu showed us how spiritual practice helps us to live a dignified, noble and happy life, in spite of life's challenges and vicissitudes. She was affectionate towards all abhyasis and many times supported us when going through tough spiritual training of Revered Sir. She devotedly served Babuji Maharaj when He used to visit Tirupati regularly. She also served devotedly Dr. KCV and Pujya Sir. She is a noble example of an ideal person leading a spiritual life, and she is merged in Masters consciousness after her physical veiling. I pray for her blessings for the success of Sahaj Seva Samsthan.

Dr. K. Madhava, Former President of SSS

Story of Master - Love Personified

Many people came to Babuji's place for Basant celebrations. Babuji always loved and cared for each and every abhyasi and took care of them personally despite his age.

One night around 10 pm, Babuji was interacting with the abhyasis. He was surrounded by them and answering their questions. Suddenly, he got up from the conversation and went to see an abhyasi sleeping in one of the tents nearby.

Babuji found that this abhyasi was shivering unable to bear the cold. Babuji immediately covered him with his shawl. He knew that few people from South India were not used to the cold of North India and ensured that they were all cared for. Babuji personally visited each tent to check if all the abhyasis were provided with blankets and that ground was covered properly to protect them from cold. This was one of the many instances where Babuji showed his love and concern for all.

ప్రార్థన - అనుభవము



Illustration
Sahit Varma, VIII 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.

24-12-2024: I felt refreshed and calm after meditation.

30-12-2024: I felt energized and calm after meditation.

04-01-2025: I felt normal after meditation.

09-01-2025: I felt happy and calm after meditation.

27-12-2024: I felt very happy after meditation.

31-12-2024: I felt relaxed after meditation.

02-01-2025: I felt calm and peaceful after meditation.

06-01-2025: I felt calm after meditation.

K. Navadeep Reddy, Class IX

K. Likhit Veera Sai, Class IX

12-12-2024: I felt relaxed and calm after meditation.

17-12-2024: I felt energetic and relaxed after meditation.

05-01-2025: I felt pleasant after the meditation.

07-01-2025: I felt deep calmness and peaceful after meditation.

Shanmukha Lasya Sri, Class IX

13-12-2024: I felt peaceful after the meditation.

19-12-2024: I felt like I was in fresh green fields with fresh air and the place was free of sound.

30-12-2024: I felt refreshed after meditation.

06-01-2025: I felt calm and refreshed after meditation.

Sanjana, Class IX

Words of Wisdom

Anything that comes to us is for our ultimate good, may it be from any medium, fills our heart with delight and promotes in us a sense of gratitude. **(Basic Works of Sriramchandra, Pg 161)**

An attitude of gratitude creates blessings. **Sir John Templeton**

When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude. **Elie Wiesel**

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch heaven. **Johannes A. Gaertner**

LALAJI ERA MONTH NAMES : We are happy that we have been blessed with the awareness for naming the new era ushered in by Pujya Lalaji Maharaj and accordingly we have named it as Lalaji Era. With the ushering in of the Advent in 1873 the New Era started. A new calendar is named after Pujya Lalaji Maharaj and 2025 is the 153rd year of Lalaji Era.

The year according to Lalaji Era starts on January 14th of every year. The months of the year are: Samavarti, Prana, Bhuma, Prabhu, Bhanwar, Iswar, Varada, Krishna, Samadristi, Satpad, Radha, Viveka.

य एनं वेत्ति हन्तारं यश्चौनं मन्यते हतम् ।
उभौ तौ न विजानीतो नायं हन्ति न हन्यते ॥

He who understands him as the slayer, and he who deems him as the slain; both these do not truly know. This one slays not, nor is slain. (2-19)

न जायते म्रियते वा कदाचि-
नायं भूत्वा भविता वा न भूयः
अजो नित्यः शाश्वतोऽयं पुराणो-
न हन्यते हन्यमाने शरीरे ॥

It is not born, nor does it die at any time; nor having once 'been', is it once again not going to 'be'. It is unborn, eternal, everlasting and ancient. It is not destroyed when the body comes to be destroyed. (2-20)

वेदाविनाशिनं नित्यं य एनमजमव्ययम् ।
कथं स पुरुषः पार्थ कं घातयति हन्ति कम् ॥

O Partha, Whoever realizes it as the indestructible, eternal, unborn, and immutable; how and whom such a person, cause to be slain, or slay? (2-21)

वासांसि जीर्णानि यथा विहाय
नवानि गृह्णाति नरोऽपराणि ।
तथा शरीराणि विहाय जीर्णा-
न्यन्यानि संयाति नवानि देही ॥

Just as laying aside out-worn vestment, a person puts on new ones; so laying aside out-worn bodies, the body's owner passes on into new ones. (2-22)

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः ।
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः ॥

Weapons do not cleave it; nor fire burns it; neither do the waters drench it, nor does the wind desiccate it. (2-23)

अच्छेद्योऽयमदाह्योऽयमक्लेद्योऽशोष्य एव च ।
नित्यः सर्वगतः स्थाणुरचलोऽयं सनातनः ॥

It is uncleavable; it is unburnable; it is undrenchable, as also undesiccable. Eternal all-pervading, stable, immobile it is, enduring from yore. (2-24)

अव्यक्तोऽयमचिन्त्योऽयमविकार्योऽयमुच्यते ।
तस्मादेवं विदित्वैनं नानुशोचितुमर्हसि ॥

It is called Non-manifest-unthinkable-immutable. Knowing thus, it does not do well to grieve after it. (2-25)

The above slokas have a deep meaning to explain who we really are and what is our real inner self. It is called the atman. Let us say that you are sitting in a car. You don't call yourself a car. The 'you' is inside the car. Similarly, there is a real 'you' inside this body. This real 'you' inside the body, is called the atman or your higher self. It is pure, it does not hurt anybody nor does it get hurt. Now you may change cars but still the 'real you' remains the same. It exists before the car came or even if the car breaks down. Similarly the real self rides in this body and never ever gets destroyed, not by fire, wind or any weapon. It simply moves on. A person who realizes that the real he or she is this 'higher self', naturally frees himself from grief and sorrow. He feels the beginningless, endless presence of his real self everywhere with uniformity.

Student Editorial - Dream Big

V. Harsha, IX Class

The New Year is a time for new starts. It's like a clean slate, a chance to leave behind the past and start anew. Many people use this time to make "resolutions"— promises they make to themselves to improve their behaviour or attitude in some way. Common New Year's resolutions include eating healthier, exercising more, learning a new skill, or being kinder to others. While it's great to have a goal, choose one or two aspects that you want to improve and focus on your goals. We all have dreams, big and small. Maybe you dream of becoming a doctor, an artist, or a successful business owner. These dreams or goals are powerful things. They give our lives purpose and direction. When we have something to focus on for our future welfare, we're more likely to work hard and try our best. Goal pushes us to learn new things and overcome challenges. Even if we don't achieve every single dream we have, the journey itself is valuable. Along the way, we learn important life lessons from our mistakes, develop new skills, meet amazing people and get involved in societal problems. Never be afraid to dream big.

We thank everyone for the contributions to our newsletter. We always welcome all to give their contributions. Please feel free to write to spandan@sahajsevasamsthan.org.

KINDNESS

Navyasri, Class IV

John was a selfish boy. He never shared his toys with anyone or helped anyone. His parents were worried, about how to teach him about kindness and sharing. One day as John was returning from school on his new bicycle, he saw a boy falling into a ditch and hurting himself. The boy cried "Ah! I cannot move my arm." John would never help anyone. But he felt sad for the boy that day, so he rushed to help him. After that, he told the boy that he might have fractured his hand and took him to the hospital. The doctor praised John for helping the boy. His parents were so proud of him for his kindness.

Moral - The story shows us how caring for others can make a difference.

SACRIFICE

G. Saranyaa, Class IV

Once upon a time there lived a girl named Latha. One day Latha and her mother were going to their village by train. An old man came and requested Latha to give some food to eat. Latha and her mother brought Lemon Rice to eat during the journey. So they decided to give some food to the old man. They gave half the rice to the old man. He felt so happy and thanked them and went happily.

FRIENDSHIP

A. Manasvi, Class VII

Once upon a time, there lived two best friends, Mia and Riya. In the same class, there was a girl named Mary who wanted Riya to be her best friend. Mary made a plan to be in the position of Mia the next day. Mia went to Riya and asked Riya "Can I be your partner for tomorrow's field trip?" Riya said, "Mia already asked me and both of us are partners for the field trip." Mary was disappointed and made another plan. Mary drew some lines in Riya's book. She quickly went to Riya and told her "Miya destroyed your favourite book. She drew lines in it and I saw it with my eyes". But Riya said that she knew that it was not Mia who did it and she believed her and said she thought that somebody else in the class did it. She also said that Mia was her best friend and she would never make any mess. Mary was shocked and went away. Mia and Riya from then onwards became the thickest of friends.

Faithfulness - Having a strong feeling of confidence, trust and optimism about a person or an idea.

SHARING

Parinita, Class IV

Once upon a time, they were two best friends, Anil and Rani. One day both of them were playing. Rani forgot her water bottle. She asked Anil for water. Anil willingly shared his water bottle with Rani.

MOTHER

K.V. Durga Sankar Sarma, Class IV

Once upon a time in a village, there was a mother and son. One day both of them were going to school. Suddenly the son fell down and got injured. When his mother saw the hurt, she tore a small piece of her sari and bandaged the wound. She took him to the nearby clinic. After coming back home, his mother took a lot of care and he recovered very soon.

Moral: Service - Caring selflessly

APPLE TREE

P. Harita, Class VII

A rabbit was happily walking beside a small river. It saw a tree on the other side of the river. The tree was full of apples. His friend elephant was sitting under the apple tree. "What lovely apples! I want to eat them, but how will I cross the river?" thought the rabbit. Then the rabbit asked, "Dear elephant, can you give me an apple from the tree?" Then the elephant agreed and tried to pluck an apple, but the elephant also could not reach the apple. The elephant said that the apples were very hard to reach. The rabbit thought, "How can I cross the river?" Then the rabbit saw the tortoise swimming in the water. The rabbit asked for help and the tortoise agreed. The rabbit stood on the tortoise and they both reached the other bank. The elephant saw the rabbit and said, "How can we pluck them?" They thought for some time, and the rabbit gave an idea. The rabbits stood on the elephant and plucked the apples. Finally, they all had sweet apples to eat. All three ate the apples happily.

Moral: Cooperation

KINDNESS

M. Likhitha, Class VI

Once upon a time, there was an honest man named Ramu. He was very honest that he never told a lie to anyone. He had a friend named Somu. He helped everyone in the village and earned a good name from all the villagers. Ramu goes to the forest, cuts the wood logs and sells them in his village market. Somu was a fisherman. Every evening they met near a tea shop and shared their joys and sorrows. One day, as usual, they both met at a tea shop, and started talking to each other. There was news that there would be a cyclone in the village, and the effect would be there for the next two days. Listening to this Ramu told Somu not to go fishing. Somu was worried about what he would do these two days. Ramu told Somu not to worry as he had wood at home. Both of them could sell the logs and share the money. Sonu was very happy.

Moral: We should always be kind to others

గోపి కోపంగా స్కూల్ బస్ దిగి గబగబా ఇంట్లోకి వచ్చాడు. చేతిలో ఉన్న బ్యాగ్ ని సోఫాలో విసిరేసి పక్కనే కూర్చున్న తాతగారిని చూసి, “నాకు చాలా కోపంగా ఉంది తాత, ఎవరినైనా కొట్టేయ్యాలన్నంత కోపంగా ఉంది”, అని ఆయన చదువుతున్న దినపత్రికను గట్టిగా లాగాడు. ఆ విసురుకి అది పెద్ద శబ్దం చేస్తూ చిరిగిపోయింది. అమ్మ వంటింట్లోంచి బయటికి వచ్చి, “ఎరా ఒక్కలా ఉంది, తాతగారితో అలాగేనా ప్రవర్తించేది, చెంప పగులుతుంది జాగ్రత్త”, అని చెయ్యెత్తింది. “అబ్బ పర్లేదు నువ్వుండమ్మా, ఇంతకీ ఏమైందిరా బడిలో, నిన్ను ఎవరేమన్నారు, ముందు వెళ్లి కాళ్ళు చేతులు కడుక్కో, తీరికగా టిఫిన్ చేస్తూ చెప్పువాని”, అని నవ్వుతూ అన్నారు.



“సునీల్ గాడు నన్ను మోసం చేశాడు తాత. టీచర్ కి నా మీద అబద్ధం చెప్పాడు”, అని గోపి చాలాసేపు ఆ రోజు జరిగిన విశేషాలన్నీ తాతగారితో చెప్పుకున్నాడు. “వాడు నా బెస్ట్ ఫ్రెండ్ అనుకున్నా, కానీ ఇంకెప్పుడు వాడి మొహం కూడా చూడను”, అని తింటున్నంత సేపు మాట్లాడుతూనే ఉన్నాడు. “సరే రేపు ఎలాగూ ఆదివారం, బడి లేదు కదా, సోమవారానికల్లా కోపం తగ్గిపోతుందిలే. అయినా అంత కోపం ఎందుకురా, ఏదో నీకు నచ్చని పని చేశాడనుకో, క్షమించేయ్యరా, ఎంతైనా వాడునీకు మంచి మిత్రుడుకదా”, అన్నారు తాత. మరుసటి రోజంతా గోపి అదే ధోరణిలో ఏ పని చేసినా చిరాకుగా, అందరితో గొడవపడుతూ, తిడుతూ తిట్లు తింటూ గడిపాడు. సాయంత్రం క్రికెట్ ఆడటానికి వెళ్లాడు. “భీ ఏది చేసినా నాకు కోపం తగ్గట్లేదు తాత, ఇవాళ్ళ క్రికెట్లో కూడా ఏమీ బాగా ఆడలేదు, అంతా ఆ సునీల్ గాడి వల్లనే”, అని సోఫాలో గభాలున పెద్ద నిట్టూర్పు విడిచి కూర్చున్నాడు. సరే నే చెప్పినట్టు చేస్తే నీ బాధ పోతుందిరా, చెప్పమంటావా, మరి చెప్పినట్టు చెయ్యాలి”, నవ్వుతూ అన్నారు తాత. “సూపర్, చెప్పు తాత, నాకు తెలుసు నీ దెగ్గర అన్నిటికీ ఏదో ఒక పరిష్కారం ఉంటుందని”, ఆత్మతగా అడిగాడు గోపి. “అమ్మాయి, వీడు రోజు కార్న్ ఫ్లెక్స్ తినటానికి వాడే ఆ చిన్న స్పూన్స్ పట్టుకురా ఒక నాలుగైదు”, అన్నారు తాత. “ఇవి ఎందుకు నాన్న, వీడు రోజూ ఈ స్పూన్తో తింటూ చేసే సాండ్ చాలా చిరాకుగా ఉంటుంది. సరే తీసుకో”.

“అబ్బాయి, రేపు పొద్దున్న బడికెళ్లేముందు చెప్తా నువ్వు చెయ్యాలిని పని”, అని తాత ఆ స్పూన్స్ చూస్తూ అన్నారు. “ఇవిగో, ఈ రెండు ఒక వైపు జేబులో వేసుకో, ఈ మూడు ఇంకొక జేబులో. రోజంతా వీటిని తీయకు, ఇంటికి వచ్చాక, నా ముందు మాత్రమే వీటిని బయటికి తీయాలి మరి”, అని తాత ఆ చెంచాలను గోపి లాగు చేరో జేబులో వేశారు. “అయ్యో తాత ఇదేంటి, ఇవి చేసే సాండ్కి నాకు పిచ్చెక్కుతుంది, అందరూ నవ్వుతారు, టీచర్స్ తిడతారు, ఒద్దు తాత”, అని బ్రతిమలాడాడు. “చెప్పింది చెయ్యాలి మరి, నిన్న మాటిచ్చావు”, అని తాత బలవంతంగా పంపించారు. “ఎందుకు నాన్న వాడిని ఏడిపిస్తున్నావు, ఒరేయ్ అవి తీసేయ్యరా”, అన్నది అమ్మ. “నేను ఒక్కసారి మాటిస్తే నా మాట నేనే వినను”, అని సినిమా డైలాగ్ కొట్టి చెంచాల గోలతోనే బడికి బయలుదేరాడు గోపి.

ఇట్టే సాయంత్రమయ్యింది, తాతగారు యథావిధి చక్కగా సోఫాలో కూర్చుని ఏదో పుస్తకం చదువుకుంటున్నారు. ఉన్నట్టుండి “నన్ను బాగా ఏడిపించాలని ఇలా చేశావా తాత. ఎంత కష్టపడ్డానో తెలుసా నీ వల్ల, ఇంక ఈ చెత్త స్పూన్స్ తీయనా”, బాధగా కోపంగా అడిగాడు గోపి. “భేష్ మాట నిలబెట్టుకున్నావురా, సరే ఉదయంనించి ఏంజరిగిందో చెప్పు మరి”.

“పరువు పోయింది తాత. ప్రిన్సిపాల్ అమ్మకి ఫోన్ చేసి తిట్టవచ్చు కూడా. అడుగు తీసి అడుగు వేస్తే చెంచాల చప్పుడు, అందరూ నన్ను ఏడిపించారు, కొంతమంది తిట్టారుకూడా, వీటివల్ల ఎంత డిస్టర్బన్స్ అయ్యిందో తెలుసా”, అని గోపి బాధగా చెప్పుకొచ్చాడు.

“భలే భలే, మరి సునీల్ మీద కోపం వచ్చిందా ఈ రోజు”, అడిగారు తాత. “లేదు తాత, అసలు దేనిమీదా ధ్యాస పోనివ్వకుండా ఇవి గోల చేస్తూనే ఉన్నాయి. టాయిలెట్ కి కూడా వెళ్ళకుండా అలానే కూర్చుండిపోయా. ఎప్పుడెప్పుడు ఇంటికి వచ్చి వీటిని తీసి విసిరిపారేస్తానా అన్న ఆలోచనలో రోజంతా గడిపా. ఇప్పటికైనా చెప్పు తాత, ఎందుకు నాతో ఇలాంటి పని చేయించావు”, అన్నాడు గోపి. “చెప్పింది చేసినందుకు నీకు అభినందనలరా.



ఇచ్చిన మాట మీద నిలబడటం చాలా గొప్ప విషయం. అది ఎప్పటికీ వదులుకోకు. సరే ఇక చెప్తా విను. జీవితంలో మనకి అప్పుడప్పుడు ఎదురు దెబ్బలు, ఇతరులచే ఇబ్బందులు, లేక మనకి

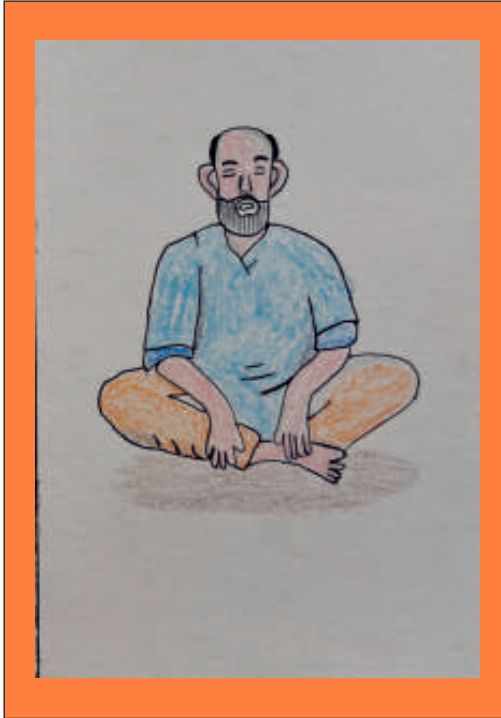
ప్రతికూలమైన పరిస్థితులు ఎదురవ్వవచ్చు. మనల్ని బాధపెట్టే విధంగా ఇతరులు ప్రవర్తించవచ్చు, కానీ వీటిలోంచి బయటపడి, ముందుకు వెళ్ళటం నేర్చుకోవాలి. క్షమించటం చాలా గొప్ప గుణం. క్షమిస్తే మనసు తేలికవుతుంది. లేకపోతే అదేపనిగా ఒక విషయాన్ని తలచుకుంటూ బాధపడుతూ లేక కోపంతో ఊగిపోతూ చెయ్యాల్సిన పనులు సక్రమంగా చెయ్యక ఇబ్బందులు పడతాం. నువ్వు ఈ ఆదివారం అందరితో ఎలా వ్యవహరించావో తెలుసా. అందరి మీద చిరాకు పడుతూ, సరిగ్గా తినక, సరిగ్గా మాట్లాడక, నీకు ఎంతో ఇష్టమైన క్రికెట్ కూడా సరిగ్గా ఆడకుండా, అందరినీ ఇబ్బంది పెట్టి నువ్వు ఇబ్బంది పడ్డావు. గుర్తుందా?” అడిగారు తాత. అవును అన్నట్టుగా తల ఊపాడు గోపి.

“క్షమించటం, ప్రతికూలమైన వాటిని వదిలివేయటం నేర్చుకోకపోతే మనసు ప్రవర్తన ఎలా ఉంటుందంటే, జేబులో గోల చేసే స్టీల్ చెంచాలు వేసుకుని తిరిగినట్టు. ఇప్పుడర్థం అయ్యిందా”, అడిగారు తాత. “బాబోయ్ జీవితంలో మర్చిపోలేను తాత, చాలా బాగా అర్థం అయ్యింది. అంటే ఈ ఆదివారం రోజు అందరితో నా ప్రవర్తన అంత ఘోరంగా ఉందన్నమాట. నిజమే సునీల్ గాడి మీద కోపం తప్ప నాకు వేరే ధ్యాస లేదు ఆరోజు, ఇవాళ్ళ జేబులో చెంచాల మీద తప్ప ఇక దేనిమీద లేనట్టు. అలానే ఇవాళ్ళ ఈ గోలవల్ల నా చుట్టూ ఉన్నవాళ్ళు ఇబ్బంది పడ్డారు, ఆ రోజు నా కోపంవల్ల మీరు ఇబ్బంది పడ్డట్టు. సునీల్ ని వెంటనే క్షమించేస్తా తాత”, అన్నాడు గోపి.

“అది సరిపోదురా. అసలు సునీల్ నీ మీద అబద్ధం ఎందుకు చెప్పాడో ఆలోచించు. నువ్వేమైనా తప్పుగా ప్రవర్తించి వాడికి కోపం తెప్పించావేమో తలచుకో. కారణం లేకుండా ఎవరూ మనపట్ల తప్పుగా ప్రవర్తించరు కదా. ఆపైన ఇవాళ్ళ నీవల్ల ఇబ్బంది పడిన వాళ్ళందరికీ రేపు వెళ్లి మనస్ఫూర్తిగా క్షమార్పణ చెప్పుకో. అప్పుడు నిజంగా నీ జేబులో ఉన్న గోల చేసే చెంచాలు బయటికి వెళ్లి, మనసు హాయిగా ఉంటుంది. క్షమించటం, తప్పు చేసినప్పుడు క్షమించమని అడగటం ఉత్తమ లక్షణాలు. అలా చెయ్యక పోతే జేబులో చెంచాలేకాదు భుజాల మీద పెద్ద బియ్యం బస్తా వేసుకుని తిరిగినంత బరువుగా ఉంటుంది జీవితం”, అన్నారు తాత. “తప్పుకుండా ఇవి పాటిస్తా తాత, చెంచాల గోలకే నేను తట్టుకోలేక పోయా, ఇక బియ్యం బస్తానా, అమ్మో నా వల్ల కాదు, సునీల్ కి, అందరికీ సారీ చెప్పేస్తా రేపే”, అని తేలిక నవ్వుతూ ఆడుకోడానికి వెళ్లాడు గోపి.

చిత్రాలు : జి. బి. శెట్టి

ACTIVITY PAGE



Ashwith, VI



Ch. Punarvika, V

Quiz on Pujya Lalaji Maharaj's Story

Fill in the blanks with the correct words.

Reduction, Bright, Hide, Arvi, Advice, Charity, Pefect, Respects, Honest, Endurance, Kachauri, Self Praise

1. _____ this principle of a Grihastha was practised by Pujya Lalaji Maharaj's mother to the fullest and no needy person ever left her house without satisfaction.
2. Most remarkable were his eyes which were like two _____ stars which appeared to see through everyone and everything.
3. _____ and _____ were his favourite dishes.
4. He taught, "Never offer _____ unless invited, otherwise it is likely to yield bad results."
5. He always advised _____ of wants.
6. He held the opinion that the great miracle of a saint was to transform an animal man into a _____ man.
7. _____ was so much disliked by him that he did not allow people to touch his feet in order to pay _____ to him.
8. He said, "Eat less and earn a _____ living. Without taking honestly earned food, spiritual experiences often go wrong."
9. He wrote, "It is good to be put to worries. The home is the training centre for submission and _____ etc"
10. He used to say that, "God has hidden himself inside our hearts and exposed us. _____ yourselves and expose God! This is the real sadhana."

The Centre for Cellular and Molecular Biology (CCMB) in Hyderabad recently buzzed with the energy of young and inquisitive minds. These students gathered for the Young Innovators Program (YIP) 2024 selection process, a unique initiative designed to ignite passion for scientific research in high school students from classes VIII to X. Our students Karthik and Havyesh from Class VIII and Harsha, Navadeep and Vanshika from Class IX participated in the event. This year's selection event featured a captivating lecture by Dr. Mudrika Khandelwal, an Associate Professor at IIT Hyderabad, and her students Mrs. Akhila and Mr. Anurag who shed light on the demystifying nature and modern science.

Dr Khandelwal's lecture about nature was so inspiring. We understood that the most inspirations for architecture and other things are from nature. For example, we all know the famous bullet train of Japan is so fast. When the train was passing through a tunnel, it used to make a loud noise frightening the villagers near the track. Then the developers of the train took the inspiration of the Kingfisher bird. When Kingfisher jumps into the water it takes advantage of its beak. Objects shaped like the kingfisher's beak create fewer pressure waves, and this was therefore the perfect design for the Shinkansen (Bullet) trains.



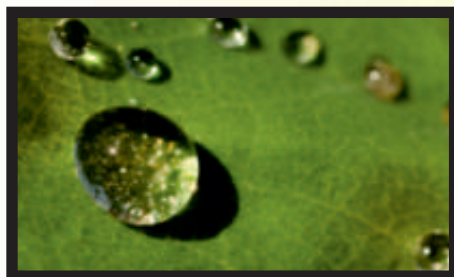
We also learnt about, "How big is a termite's brain?" Termite mounds naturally induce a flow of air in the vast open inside. Like this mechanism, man-made buildings have similar structures, such as the internal open spaces and chimneys which exchange air. This system enables the building to maintain a satisfactory temperature.

We also learnt about the ripening of fruits. Elders told us not to keep Papaya fruit near other fruits and vegetables (e.g., cauliflower, potatoes, mushroom, sweet peas etc.) The reason is that the chemical

named 'Ethylene' is present in Papaya. This ripens the ethylene-sensitive food items fast.

We were also shown a few pairs of pictures. The first one was the Lotus leaf and the water droplets. The scientific name of Lotus is *Nelumbo nucifera*. The lotus leaf is non-wetting which means it is super hydrophobic. When the water drop falls on a leaf, it makes contact with the leaf at an angle. If the contact angle is >150 degrees, the leaf is hydrophobic. If the contact angle is <90 degrees, it is hydrophilic (wetting). Hence lotus leaf is non-wetting.

The second pair of pictures was a shark and a swimmer. The swimsuit of famous swimmers like Micheal Phelps is inspired by Shark's skin to help water flow more easily. Hence, the average speed of the Shark is 14.6 kmph and the average speed of the fastest swimmer is 9.2 kmph.



The third pair was a hologram and a butterfly. Butterflies, especially those with colourful wings owe to microscopic structures that interact with light creating an effect. This is somewhat like holography where interference patterns create 3D images through the manipulation of light waves. The fourth pair was of Venus flower and Gherkin. The Venus flower basket sponge and Gherkin building share a connection through the concept of Biomimicry. Gherkin's design was inspired by the structure of Venus flower basket sponge. The sponge has a unique basket-like skeleton made of silica spicules arranged in a hexagonal pattern which provides both strength and flexibility. The sponge's structure allows water to flow through it efficiently and the Gherkin's design allows natural ventilation systems that reduce the need for artificial cooling.



A key takeaway from the lecture was the crucial role of nature. Dr. Khandelwal emphasized the necessity of developing materials that



harmoniously integrate with the human body, without triggering adverse reactions. She delved into the factors influencing nature, such as chemical composition, surface properties, and mechanical strength, offering the students a deeper understanding of the intricacies involved in modern science design. The lecture also ventured into the exciting realm of nano particles. Dr Khandelwal highlighted how the unique properties of nano materials offer unprecedented possibilities for creating advanced science materials. She discussed their potential applications in cutting-edge areas like cancer therapy, regenerative medicine, and efficient drug delivery, sparking the imagination of the

young audience.

The visit to CCMB, coupled with Dr. Khandelwal's engaging lecture, undoubtedly left a lasting impression on us. It has not only introduced us to the wonders of modern science but also encouraged us to think critically and creatively about the challenges and opportunities that lie ahead in this dynamic field.

Harsha and Vanshika, Class IX

MEDICAL CAMP

With the aim of achieving all-round development in children, a medical camp by Mahatma Sri Ramchandra Centenary Memorial Hospital was organised. Doctors from various disciplines examined children from classes I-X and provided valuable suggestions to improve the overall health of the children.



CHILDRENS' DAY

Children's Day is celebrated every year on 14th November. Speeches, Jokes, Songs, mono actions and skits performed by teachers were cherished by the children.

PRAGATHI BALOTSAV

Pragathi Balotsav is a Cultural program held on 15th December by Pragathi Vidya Niketan School for the students of various schools. The students of Satkama participated in various categories and stood first in Quiz and bagged first and second positions in the painting competition. Y. Harsha (IX), B.Sahit Varma (VIII), G. Harshith (VII), G. Yashaswini (VI) were the quiz winners. Charvi Keerthana (VII) and Shanmukha (IX) were painting competition winners.

PARENT COUNSELLING

Satkama arranged a 'Parent Counselling' session for parents of Classes 6 and 7 students on December 21st to help parents become more confident, empowered and equipped to support their child's emotional, social and academic growth. Sri Rama Prasad garu advised parents to gain a deeper understanding of their child's behaviour, develop effective communication strategies, and build a stronger and more loving relationship with their children.

MATHEMATICS DAY

Mathematics Day is organised annually on 22nd December to commemorate the birth anniversary of Sri Srinivasa Ramanujan. Classes from I-X exhibited many models and puzzles and Class X students enacted a drama on the biography of the great mathematician.

SCHOOL EVENTS

ANNUAL DAY

Annual day was held on 30th November 2024. Sri Dr Y. V. Subramanyam Garu graced the occasion as the chief guest. Children showed their passion for language and science through their exhibits, skits, puppet shows, magic show and presentations. Class X students performed a skit on the life of Sri Babuji Maharaj.



SATAKA AND MORAL STORIES CONTEST

Commemorating the Birth Anniversary of Sri Swami Vivekananda, Sataka Contest and Moral Stories Contests were held. Satakas and Moral Stories imbibe values in children from a young age and teach them to practice them in their day-to-day lives. Children from all classes participated in the contest with a lot of effort and focus.



GREETING CARDS

It was he (Pujya Lalaji Maharaj) who made it possible that a man could attain perfection in one life - rather a part of it - leading a just normal family life. - Pujya Sri Ramchandraji Maharaj



Mahesh, VIII



Umalokesh, X



Azeeba Maheboob, V



Sudeeksha, V



Krutika, IV



Varshita, VII



SPORTS DAY

Sports Day was celebrated on 28th December. Children from classes I-X participated in all the games under different categories with a lot of enthusiasm.

Learning Disability

A learning disability is a neurological disorder that affects an individual's ability to process, understand, and use information.

Types of Learning Disabilities:

- Dyslexia - A learning disability that affects reading, writing, and spelling skills.
- Dysgraphia - A learning disability that affects writing, typing, and fine motor skills.
- Dyscalculia - A learning disability that affects math skills, including number sense, calculation, and problem-solving.
- Auditory Processing Disorder (APD) - A learning disability that affects the ability to process and understand auditory information.
- Visual Processing Disorder (VPD) - A learning disability that affects the ability to process and understand visual information
- Language processing disorder - A learning disability that affects the receptive and expressive language, difficulty attaching meaning to sound groups that form words, sentences and stories.
- Non-verbal learning disability - A learning disability that affects an individual's ability to process and understand non-verbal information such as visual-spatial skills, motor skills and social interactions.



Symptoms of Learning Disability:

Academic Symptoms

- Difficulty with reading: Trouble with decoding, fluency, or comprehension.
- Difficulty with writing: Trouble with handwriting, spelling, or composition.
- Difficulty with math: Trouble with basic math concepts, problem-solving, or calculation.
- Difficulty with organization: Trouble with time management, planning, or self-regulation.

Emotional Symptoms

- ✦ Anxiety - Displaying anxiety or stress related to academic tasks.
- ✦ Depression - Displaying symptoms of depression, such as sadness or hopelessness.
- ✦ Irritability - Displaying irritability or mood swings.
- ✦ Low motivation: Displaying a lack of motivation or interest in academic tasks.

Social Symptoms

- Difficulty with social interactions - Trouble with initiating or maintaining conversations.
- Difficulty with understanding social cues - Trouble with understanding nonverbal cues, such as facial expressions or body language.
- Difficulty with developing relationships- Trouble with forming or maintaining friendships.
- Difficulty with understanding tone or nuance - Trouble with understanding sarcasm, idioms, or figurative language.

Behavioral Symptoms

- ✦ Avoidance behaviors: Avoiding tasks or activities that require reading, writing, or math.
- ✦ Frustration: Displaying frustration or anger when faced with academic challenges.
- ✦ Low self-esteem: Displaying low self-confidence or self-worth due to academic struggles.
- ✦ Difficulty with following instructions : Trouble with following directions or completing tasks.

Physical Symptoms

- Fatigue - Displaying physical fatigue or exhaustion related to academic tasks.
- Headaches - Experiencing frequent headaches or migraines.
- Sleep disturbances - Experiencing difficulty sleeping or insomnia.
- Digestive issues - Experiencing stomach aches, nausea, or other digestive issues.



Dishanth



Safia

Urinary Tract Infection (UTI)

Dr Katyayini, BAMS, Ayurvedic Physician, Chennai

A Urinary Tract Infection (UTI) can occur in any part of the urinary system, including the bladder, kidneys, ureters, and urethra.

Symptoms of a UTI in children may include: A sudden and urgent need to urinate, frequent urination, loss of bladder control (incontinence), pain or a burning sensation while urinating, difficulty urinating, pain above the pubic bone, blood in the urine, bad-smelling urine.

Urinary tract infections (UTIs) are more common in girls than in boys, occurring in approximately 13% of girls and 1% of boys. This is primarily because girls have a shorter urethra, which makes it easier for bacteria to travel from the rectum back into the body. It's advised to always wipe from front to back after a bowel movement to prevent bacteria from spreading. To avoid infections, girls should maintain good hygiene daily and take extra care during their menstrual cycles.

Diet for Preventing and Treating UTIs

Ayurveda recommends drinking plenty of water, barley water, cranberry juice and coconut water for their cooling properties.

- ▲ Drink at least 8-10 glasses of water daily to help flush out toxins and bacteria.
- ▲ Include cooling foods in your diet like cucumbers, yoghurt, and melons.
- ▲ All fruits especially Pomegranate is another excellent choice with its antibacterial and antioxidant properties.



Ayurvedic Natural Remedies for UTIs



Drinking boiled coriander water twice a day or cumin seeds boiled water regularly can help fight urinary infections. Its anti-inflammatory, antioxidant, and antimicrobial properties can help treat UTIs.

Turmeric: Taking Turmeric regularly with milk or water can help reduce inflammation and combat bacteria in the urinary tract.

Amla (Indian Gooseberry): Drinking amla juice is a natural remedy for urinary tract infections.

Lifestyle Modifications for Preventing UTI

Ensure children drink plenty of water and are well-hydrated and go to the toilet regularly.

Ensure that children practice proper cleaning techniques and avoid using harsh soaps that can irritate the area.

Avoid nylon and other synthetic underwear. Wearing loose, comfortable clothing and cotton underwear can help keep the area dry and free from irritation, reducing the risk of UTIs.

Avoid scented soaps or bubble baths – these can increase the risk of developing a UTI.

Avoid holding urine, as holding urine keeps toxins in your body.

Keep children dry, as prolonged exposure to wet or damp clothing can increase the risk of bladder infections.

Minimize exposure to the direct sunlight and excessive heat.

Foods to Avoid: Avoid foods that are spicy, oily, and acidic.

Exercises :

Boost your pelvic muscle strength to combat incontinence by doing Kegel exercises.

Yoga Poses for Pelvic Strength and Urinary Health:



Gomukhasana
(cow's face pose)



Viparita Karani
(legs up the wall)



Ardha Matsendrasana
(half spinal twist pose),



Pawanmuktasana
(wind-relieving pose)



Uttanpadasana
(raised leg)



Mula Bandha

వేమన శతకము

గంగి గోవు పాలు గంటదైనను చాలు
కడవదైననేమి ఖరము పాలు
భక్తిగలుగు కూడు పట్టెదైనను చాలు
విశ్వదాభిరామ వినురవేమ

తాత్పర్యము : మంచి అవు పాలు గరిటదైనను త్రాగుటకు
శ్రేష్టముగానుండును. గాడిద పాలు కుండతో ఇచ్చినను త్రాగలేము
కదా. అట్లే ప్రేమతో పెట్టిన భోజనము పిడికదైనను సంతోషమే
కదా.

संत कबीर के दोहे

सुमिरन की सुधि यों करो,
ज्यों गागर पनिहारी ।
हालै डोलै सूरति मं,
कहैं कबीर विचारि ।।

Remembrance of God should be steady in our mind even as we are in our work, just like village woman who balances the pitcher on her head even while walking and talking.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

Training Programme

Imperiance 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 – 500 057, Tel: +91-40-23341380

Sahaj Seva Samsthan (SSS) is dedicated to spread the message of Sri Ramchandraj Maharaj of Shahjahanpur, U.P. India through self-less service with a commitment towards a Homic (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, co-operation and sacrifice. Love Him and thereby Love all is the motto. Samsthan offers opportunities for self-less service in the fields of Education, Vocation and Health Care.



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BODH

SPECIAL SCHOOL FOR SLOW LEARNERS
(CHILDREN WITH LEARNING DIFFICULTIES)

Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs (Slow Learners) who are unable to study or who face repeated failures in normal schools and who are school drop-outs. Objectives of school are:

- To make the child realise that he/she carries the Divine Master in the heart and is loveable and useful in the society for that reason
- Initial assessment at the time of admission
- To develop goals individually for each child
- Individualized Education Plans
- Teacher pupil ratio 1:5 for individual attention

www.sahajseva.org/Bodh
• email:bodh@sahajsevasamsthan.org



MSRCM HOSPITAL

HOLISTIC HEALTH CARE

10-3-783/255/3 RT,
Vijaya Nagar Colony,
Hyderabad, India – 500 057,
+91-40-23341380/9052341380

Timings for Appointment : 9AM - 4 PM

Services available in the hospital -

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- **Alternative Systems of Medicine:** Homeopathy and Ayurveda
www.sahajseva.org/Health/Health.htm
email:msrcmh@sahajsevasamsthan.org

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

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

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STORY OF PUJYA LALAJI MAHARAJ

The power of Nature descended in human form as Samarth Guru Mahatma Ramchandraji Maharaj of Fatehgarh, U.P., India. He was lovingly called as Lalaji. He was born on most auspicious day of Basant Panchami on 2nd February 1873. Spring brings life and freshness back into environment. In a similar manner, birth of this great personality brought in a New Era (Lalaji Era) of spiritual awakening. He breathed into every heart the blooming freshness of spring.

He was born in a respectable Kayastha family. His father's name was Sri Harbux Rai. His mother was a saintly lady with a heart full of devotion and she was strongly attracted towards God. Her desire to have children was communicated to an Avadhoot who visited her house. He simply said one, two and murmuring one - two, he left. The two great souls, Pujya Lalaji Maharaj and his brother Sri Raghubar Dayal were born.

His mother's spiritual life had a great impact on him in the childhood. One day he was playing the game of tops with other boys. The whirling motion of the top reminded him of the great spiritual work he was born for. It is the will of God that he perfected himself within a brief span of seven months. Since then he devoted the whole of his life for the cause of spirituality.

His ancestors were so great that the Mughal Emperor Akbar gave them 555 villages. But he lost all the ancestral property and circumstances forced him to move into much smaller house and lose all the comforts which he had till then. At that time one of the associates of his father invited him to join as paid apprentice in his office at rupees 10 per month.

Pujya Lalaji Maharaj grew up into a perfect specimen of graceful manhood. He was of perfect build and average height. He had a wheatish complexion. He had a small beard and a mustache. He got married to a noble lady of respectable family. He used to wear simple and clean kurtas, shirts, pyjamas and dhoti. He used to take very simple meals. A few chappatis or rotis along with some dhal and chatni was good enough for Him and He never took breakfast leave alone coffee. That is the simplicity of His life. It is not because he could not afford. In 1900's ten rupees was something phenomenal.

A sovereign of gold was six rupees in 1910's. So ten rupees was a good amount. He could eat whatever he wanted but he was not prepared for it

He never slept after the sunrise. After attending to nature's calls he put on clean clothes and devoted himself to spiritual sadhana imparting training to others. After that he went to office. On return from office he again imparted spiritual training. He took early dinner and went for walk around 8 PM. After that he busied himself with training the aspirants and went to bed by 10 PM. Sometimes he took his guests for walk along the banks of Ganga and also to fairs for a change. Pujya Lalaji Maharaj did not like luxury of any kind. He did not laugh aloud but simply smiled. He taught, "Never offer advice unless invited, otherwise it is likely to yield bad results. If you find any fault with anybody, pray for his freedom from it." He himself never directly asked anyone to give up any bad habit. All such bad habits and afflictions left that person in no time after he had been with him. He never talked about anyone's faults. In case it became necessary to discuss such a subject, he went mum. He also advised reduction of wants. He would say "Do not purchase a new thing if you can manage to carry on with your old belongings." He used to get easily moved by the pains and pleasures of others. He respected his elders. He behaved with humility with the people of his age. He loved those who were younger to him. He insisted every person should have great character. He was an embodiment of moderation, tolerance, devotion and balance. Once He was in great pain due to abscess of the liver. His disciples got tears in their eyes on seeing His pain. He said on seeing tears in the eyes of His disciples that though He could cure His disease in no time, He did not want to meddle with God's ways. Such was His balanced nature.

Pujya Lalaji Maharaj brought back to humanity the long forgotten art of transmission. He simplified the method of spiritual training to a great extent and adjusted it to suit the requirements of our time. Pujya Lalaji Maharaj started regular satsangs from the year 1914. He started training his followers. Our beloved Pujya Ramchandraji Maharaj (Babuji) was his ablest disciple. Pujya Lalaji Maharaj perfected Sri Babuji Maharaj's grand personality, which is unparalleled in history of spiritual development. Humanity will be ever grateful to Pujya Lalaji Maharaj.

