



# SPANDAN

## GUEST EDITORIAL

**Dr K. Madhava, Member, SSS**

I am happy to write this editorial on the eve of the birthday of our beloved Master Sri Ramchandraji Maharaj to be celebrated on 30th April. It is because of His blessings and support that his disciples practice yoga, which essentially means striving for freedom and happiness.

Man can be really and truly be happy only when his mind is under control, otherwise he is a slave of indiscipline mind, which is infected with fear, guilt, jealousy envy, etc. You have to know clearly that a slave can never enjoy freedom .

On the eve of His birthday celebrations, it is an opportunity for us to study about the Master and His simple method and put it into practice. Young students of the school have a good opportunity to practice discipline and self control, which is what life offers us an opportunity. Happiness is not possible without peace of mind and peace of mind is not possible without discipline and self control.

So, the only option if a man wants to be happy is to learn to live a spiritual life of prayers and self discipline.

### Student Editorial

#### The Value of Honesty

**G. Gyandeep, Class X**

Honesty is one of the most important values in Human life. It builds trust, strengthens relationships, and also builds a person's character. Being honest is simple: It means telling the truth, even in difficult times, and standing by your words and actions. In school, honesty helps students grow academically and personally. It builds a broader and more peaceful mind. Cheating in exams or lying to teachers might seem like an easy way out, but it leads to more problems. Our elders say that to cover a lie, we should create hundred lies. When we are honest, we realise and learn from our mistakes and earn respect from our teachers and classmates. Beyond school, honesty plays an important and major role in everybody's life. In friendships or relationships, honesty creates strong bonds. In the workplace, it earns respect and builds reliability and success. Being honest isn't always easy, but it is always the right choice. It may take courage, but in the end, it leads to a life of harmony, integrity, balanced mind and true success. Honesty has always been an important part of who I am now. My school taught me this value, and it strengthened my belief in it. From my academics to my friendships, being truthful has shaped the state of my mind, character, and confidence. I believe honesty isn't just a value - it's a way of life that leads to respect, trust, and real success. Honesty is the best policy. Always be honest in thoughts, words and actions.

### Resilience

**H. Jasmitha, Class X**

Resilience is the ability to stay strong during tough times and bounce back from challenges. We can picture it as a strong shield that helps you face difficulties without giving up.

In everyday life, resilience is crucial for everyone irrespective of one's age. It's about dealing with problems with strength and determination. Having a positive mindset is a big part of resilience. Instead of feeling down when something goes wrong, resilient people see it as an opportunity to learn and grow. Resilience is about not giving up easily. It's the determination to keep going even when things get hard. It helps us navigate life's challenges, learn from experiences, and keep moving forward.

As a child and a student, I faced relatively few challenges. When I lacked the strength to persevere, I became mired in difficult situations, unable to release the emotional burdens that weighed me down. In those moments, I learned the importance of resilience. By focusing on the present and mentally overcoming the struggles, I was able to achieve my goals. So, no matter who you are, developing resilience can make a positive impact on your overall well-being.

**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)**

## STORY OF THE MASTER - Constant Remembrance

Pujya Babuji always advised abhyasis to develop Divine Super Consciousness. Once an abhyasi asked, "how will this develop?" Babuji replied, "This can develop only through meditation and Master's Grace should be there". Further, the abhyasi asked, "Babuji Maharaj, does Lalaji Maharaj come to you sometimes?" Pujya Babuji said, "Not sometimes, he is always with me. Neither I leave his company nor does he leave mine".

Abhyasi said, "So Lalaji is always with you. This is so nice! Babuji, give us some ideas on how we can progress quickly in meditation. Tell us something that will expedite our spiritual progress".

Pujya Babuji said, "Constant Remembrance. Practice it twenty-four hours. You see when you start your work, at that time rest your thought on God for a few moments and then go on doing your work. Keep on doing your work. So this thing, the moment you forget it, it's remembrance will come back, automatically. This is the simple way of doing it. So you may engage in any type of activities such as drawing water, cleaning pots, or other household works. Just before starting the work, take this thought. This thought will be automatically maintained".

### WORDS OF WISDOM

**CONSTANT REMEMBRANCE** - We must feel ourselves connected with Supreme Power every moment with an unbroken chain of thought during all activities. It can be easily accomplished if we treat all our action and work to be a part of divine duty, entrusted to us by the Great Master whom we are to serve as best as we can. (BWS 253)

### ప్రార్థన - అనుభవము



Illustration  
Sahit Varma, VIII Class

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

24-03-2025: After meditation I am feeling fresh. I closed my eyes and put attention on divine light.

27-03-2025: After meditation I am feeling happy.

28-03-2025: After meditation I am feeling quiet.

08-04-2025: I am feeling refreshed after meditation.

J. Pranay, Class VII

24-03-2025: I feel calm after meditation. In between when I got thoughts I ignored them.

29-03-2025: I feel very calm today after meditation. I feel very pleasant also.

04-04-2025: I feel that God is in my heart. I feel very pleasant now.

08-04-2025: Before meditation I felt disturbed. After meditation I felt very calm.

G. Harshita, Class VII

26-09-2024: Before meditation I was normal. After meditation I felt energetic and active.

25-02-2025: Before meditation I was so tired and dull. After meditation I was so peaceful and relaxed. I also felt divine in my heart. For sometime I was lost in my thoughts.

04-03-2025: Before meditation I felt sleepy and normal. After meditation I felt better and peaceful.

18-03-2025: Before meditation I am feeling normal and don't have energy in my body. After meditation I felt divine in my heart. I feel great and peaceful. Sometimes I was lost in my thoughts.

M.V. Vashista, Class VII

12-12-2024 : I did meditation feeling divine light in my heart. Before meditation I was feeling sleepy. After meditation I am very relaxed.

02-01-2024: Before meditation I felt normal. After meditation I feel very happy.

K. Manideep, Class VII

31-12-2024: I felt peaceful and calm after completing meditation. I also felt very energetic and refresh by doing meditation.

20-01-2025: After meditation I feel relaxed. I felt very harmonious and peaceful after doing meditation.

20-02-2025: I felt that all things around me are new and peaceful.

28-02-2025: I felt calm and cheerful after meditation.

P. Harita, Class VII

## SRIMAD BHAGAVAD GITA

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।  
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥

**His own self dwelling within all beings, and all beings dwelling within his own self; so does the man see who has his self steadied in Yoga, and who looks upon everything with an even eye.**

Once upon a time, in the vast expanse of a serene ocean, there was a small salt grain named Sahil. Sahil lived a life of isolation, feeling separate from the ocean and its inhabitants. He often wondered about the mysteries of the deep blue waters but felt disconnected from them.

One day, a wise old sea turtle named Ravi, approached Sahil. Ravi shared with Sahil the ancient wisdom of the ocean: "You are not just a small salt grain; you are part of the ocean itself. Your essence is in every drop of water, and every drop of water is within you."

Intrigued, Sahil decided to explore this wisdom. He began to dissolve into the ocean, allowing his boundaries to fade away. (Practice of Yoga through meditation, dissolves our sense of separation from other beings). As he dissolved, he felt himself becoming one with the waves, the fish, and even the coral reefs. He realized that every creature in the ocean was connected to him, and he to them.

Sahil saw that the fish swimming by were not just fish; they were manifestations of his own vitality and movement. The coral reefs were not just structures; they represented his own resilience and growth. Every wave that crashed against the shore was a reflection of his own ebbs and flows.

In this state of unity, Sahil understood that he was not just a small salt grain; he was the ocean itself. And within this vast ocean, he saw all beings dwelling—each fish, each wave, each drop of water was a part of him, and he was a part of them.

This realization transformed Sahil. He no longer felt isolated or separate. He saw his self in every being of the ocean and every being dwelling within his self. This profound understanding filled him with compassion, peace, and a deep sense of connection to all life.

This story illustrates how, through yoga, one can experience unity with all beings, seeing their self in others and all others dwelling in their self.

### Sant Gyaneshwar

Sant Gyaneshwar was born in the year 1271 in a small village near the Godavari River. Sant

Gyaneshwar was initiated by his elder brother, Nvrittinath. Soon after his initiation, he realized that the Bhagvad Gita is the best text in satisfying the spiritual needs of people. At the same time, he appreciated the fact that it is difficult for the common people to comprehend the great text, since it was written in Sanskrit. It was then that he took the decision to translate the great text into a common language. With this, he laid the basis for Marathi language. Even though there are many renowned writings of Gyaneshwar, the ones that are the most famous are the Gnyaneshwari and the Amritanumbhava. Gyaneshwari is the interpretation of the Sacred Bhagvad Gita, while Amritanumbhava is the outpouring of his devotion to god as well as the great saints. Today, Gyaneshwar is regarded as one of the greatest as well as the most difficult philosophers minds of India.



## Understanding of Commandments

**Commandment 5 - Be truthful. Take miseries as Divine Blessings for your own good and be thankful**

**B. Sahit Varma, Class VIII**

I like how the Commandment emphasizes truthfulness by giving it a unique position in the structure of the sentence. It also makes me feel that truthfulness is the priority here. Another reason, which made me choose this particular sentence is the second statement. Life isn't a smoothly going stream. It's complex, intricate, uncertain and perplexing. It has uphill, downward spirals and many more. But, just for these minor inconveniences, and annoyances we cannot give up, leaving a beautiful and amazing life behind. Every time I listen to this Commandment, it will nullify my misery and motivate me to keep moving forward and not to regress. This is my mantra to restart my mind fresh again.

**M. Sathvik, Class IX**

No matter what, don't think of which situation you're in; always be truthful. This truthfulness will for sure make your life happy. If we were not truthful, we would face many tensions, which cause fear in our hearts.

Life is full of ups and downs. Don't get upset about your problems and try to face them with the feeling that God is everywhere and for sure he'll help us. Take these miseries as a great gift from God that may change our lives. Face them with confidence and positivity. Pray to God and bring that feeling in you. Don't be negative about all the consequences in your life. Go deep, solve it for yourself and understand. This may give you a positive feeling about your life.

Be thankful to God that you automatically understand when you have that feeling. This creates peace, real happiness, and positivity in us. God does everything for our sake. Face it, understand it and be thankful for what God gave you. Truthfulness is also a key to get out of miseries. This is the thing that creates tolerance in us.

**V. Vanshika, Class IX**

We should always be truthful. Telling the truth gives us a feeling of relief and makes us tension-free. A truth doesn't cost anything, but a lie could cost you everything. After telling the truth, your brain will become free from unwanted thoughts.

Take miseries as divine blessings. You should feel that your unhappiness, tears, and bad situations are blessings of God. Just feel that your tears are the answers to your prayers by God. If you are crying, feel that God has answered your prayers. Every action has an equal and opposite reaction. If you face an ocean of problems and bad situations, you will get an ocean of good in return. Just believe this. Whatever God does, it is for your good, but it takes time for you to understand this concept. One day, you'll experience this and realize this.

Be thankful for whatever you get. Do not complain about what you have at present. Be thankful for your miseries. Be thankful for everything you face in your life. Every situation in your life teaches you something. Learn from your situations. Be happy.

**Commandment 7 - Be not revengeful for the wrongs done by the others.  
Take them with gratitude as heavenly gifts.**

**Y. Harsha, Class IX**

Whenever I listen to this, a thought goes through my mind, I remember a poem from the book Sumati Satakam. The poem "Upakaariki nupakaramu" means that we should not only help the people who help us but also the people who wish our bad. This teaches us that we should not be revengeful for wrongs done by others. Instead, we should see something good in the wrongs. For example: Let's think a person is eating in between class, and his friend complains about it to the teacher. We think the friend is bad, but in reality, he is thinking that the person should change his behavior and go in a good way. We should always take them as heavenly gifts. Who knows, maybe someday the thing our friend did may take us into a good way, that day we will understand their value and if we want to thank we can't that's why we should always be grateful to the work they have done. Even in the story of the Crab and Swamiji, the Swamiji tried to save the Crab, but it was unable to know it, and it was biting the Swamiji. If we understand the situation, we know that Swamiji wanted to save the crab from danger. This shows the act of Gratitude.

**G. Sahasra Varshi, Class VIII**

From the above Commandment, I understood that we should not be revengeful for the wrongs done by others. We should take them as a grateful gift and be thankful for that.

In my point of view, I feel that from following this Commandment, we can test our patience level as we should not be or get angry on someone. So, we need a great practice of getting habituated to the above Commandment.

We will meet a better person when we follow this Commandment as it reflects many values and how to treat a person without getting angry. I will also try to start following this Commandment.

## OUR PAGES

### TIME AND TIDE WAIT FOR NONE

P. Harita, Class VII

Once upon a time there was a young boy named Alex. He was always late to school. He loved to play video games. One day his family planned a trip to the zoo. Alex was so excited. He woke up very late. Just as his parents were leaving the house, he rushed to get ready. He grabbed his clothes, put them on and ran out of the door, forgetting his lunch. He came back after going half the distance and took his lunch. By the time he reached the station, his parents were waiting for him. The train was about to leave. Alex ran towards the train, but it was too late. The train pulled away, leaving Alex and his parents. Feeling disappointed they returned home. Alex realized his mistake and from that day onwards he was never late to school or any other place.

**Moral: Be Punctual**

### DISCIPLINE

Geethanvitha, Class VI

There was a boy named Rajesh. He was a good and bright student in academics. He was very naughty and had bad behaviour. He often did naughty things. He had only one friend in the class. His name was Arjun. Arjun was poor in academics, but was a very good boy. He had the best behaviour in the class that no one had. His teachers appreciated him. Rajesh asked Arjun how he was appreciated by all the teachers. Arjun replied, "Even if I am poor in studies, teachers say that I have the best behaviour". A student should have discipline along with studies. Rajesh understood his mistake and became a good boy. Arjun and Rajesh were appreciated by the teachers from then.

**Discipline: Following and working according to proper rules and order.**

### SOCIAL RESPONSIBILITY

A. Manasvi, Class VII

Once upon a time there lived a man named Mahavir. He was a good man, who helped all the people in his area. He was ready to help others and was happy with what he had. One day, the children in his area were playing in the park with a ball. The ball suddenly fell into a manhole. The boy ran fast, and was just about to fall into the manhole, when Mahavir saved him. He noticed that there were so many manholes in his area, and there was a foul smell in the surroundings. The next day he went to the Municipal Corporation office and asked the concerned officer to take action. No one in the Municipal Corporation listened to him. The next day, Mahavir spoke to the people in his area and told them about the consequences of having opened manholes. People in his area realised the damage that can be caused by an open manhole. All of them together went to the Municipal Corporation and submitted a written complaint. Seeing so many people from the same area, the officers in the Municipal Corporation took immediate action, and all the manholes were closed. Everyone appreciated Mahavir for his responsible behavior towards the society.

### Konaseema Chitrakala Parishad Painting Competition Gold Medal Winners



G. Harshith, Class VII



P. Lokesh, Class X

## Field trip Reports

Manaswi, P. Haritha, Class VII

**Classes 5, 6 and 7 visited Rashtrapati Nilayam on January 3rd 2025.**

**W**e reached Rashtrapati Nilayam at 11 AM. Rashtrapati Nilayam is the winter retreat for the President of India, Smt. Draupadi Murmu. She goes to Shimla during the Summer Season. We learnt that Rashtrapati Nilayam was taken over from the Nizams of Hyderabad after India's independence. It was constructed in 1860. We entered the Udyan Utsav and saw the Knowledge Gallery. There we saw pictures of Operation Polo and former presidents. Operation Polo was an act of military action by India which fought for the annexation of Hyderabad State to India in 1948. We also went to the main building where the President stays during her visit to Hyderabad. It became the President's retreat after 1948.

We saw the Kitchen tunnel, the most exciting aspect of Rashtrapati Nilayam. The tunnel connected the kitchen to the dining room. Inside the tunnel, we saw genres like farming, education, etc. in the form of Cheriya Folkart on plates and paintings on the walls. It was very nice. It was restored in March 2023. We also saw a Stepwell. In olden times, kings used this to manage water crisis during droughts. They gave us a demonstration using oxen. Our Principal madam said that on a hundred rupee note, there is a Stepwell picture called Rani-Ki-Vav where Vav means well in Gujarati.

We saw a big flag hoisting pole. It was so tall that we felt it was touching the sky. We also visited a beautiful herbal garden. There we saw so many trees, plants, herbs and shrubs like Peepal, Periwinkle, Kasturi Pasupu, Ashwagandha, Datura, Miriyam etc. We also saw a rock garden and a floral clock, which shows real time. We saw a nature classroom. It does not contain any walls. It was very different from the regular classrooms. The board looks like an eye. The benches look like tree stumps.

We saw a Nakshatra garden where we saw the names of stars and different trees planted for each star. At last, we visited a Maze garden. We found the way through the maze and reached a fountain. It was an amazing feeling and it was confusing also. We enjoyed the trip very much.



**P. Geethika, Class IV**

**Classes 1-5 visited Birla Science Museum on February 8th, 2025.**

**W**e went to the Birla Science Museum on a bus. First, we saw a big building. Inside the Museum, we explored science experiments. We saw real elephant tusks. They are so big, and there are dinosaur skeletons. The dinosaur bones are strong and sharp. We saw a chart of evolution from monkey to man. It was interesting. We saw many countries' items like flower pots, glasses, spoons, plates, and cooking items. We also saw the solar system the sun, moon, earth, venus, mars. Under each planet, the information was written. We all enjoyed the trip.



## Field trip to Nagarjuna Sagar and Buddavanam

Ch. Vishnupriya, Class X

**O**n 8th February 2025, Classes VIII to X went on an educational field trip to Nagarjuna Sagar Dam and Buddha vanam. The trip aimed to enhance our understanding of water resource management, hydroelectric power generation and the heritage of Buddhism region.

Nagarguna Sagar Dam is built across the Krishna River. The reservoir is vast. Nagarguna Sagar is a beautiful place with green hills around it. At sunset, the dam looks stunning, with golden light reflecting on the water. The view is fabulous.

The Hydro Electric power station near the dam generates electricity using the potential energy of water. This process involves turbines and generators. A guide explained how the turbines work and how the process is done completely. In this station, there are a total of 8 turbines. 7 turbines are from Japan and the other one is from BHEL INDIA.

Each turbine can produce 105 megawatts of power. The kinetic energy of stored water is converted into electrical energy.



Water from the Krishna River is stored in a dam. When electricity is needed, the gates are opened to allow water to flow down. The water gains kinetic energy as it moves with force due to gravity. This high-speed water hits the turbine blades making them rotate. The rotating turbines are connected to the generators with a shaft. As the turbine spins, it rotates the copper coil inside the generator producing electricity through the magnetic field force in the coil. After passing through the turbines the water is released back into the Krishna river downstream, continuing its flow.

It generates clean and renewable energy without wasting the water. On the top of the turbine, there is a light. The glowing turbines indicate that electricity is being produced in that specific turbine. Generator or Dynamo plays a key role in converting mechanical energy from the turbine into electrical energy.

This process is reversible. By using power, we can reverse the turbine, and the water is also pouring down into the upward dam. Hence, water is recycled. The power station has 220 watts of power. Hydraulic pump is regulated according to its need. As more water is released, there is more electricity produced. The dam water also helps in agriculture and various uses. It made a remark by being India's key power station. As we left this place, we were amazed by the advanced technology, and we all truly appreciated the proper use of the environment without harming it. We reached Buddhavanam after this visit.

A pure and pristine place where the heritage of Buddhism is beautifully depicted. The entrance to Buddhavanam welcomes visitors with a grand gateway. The peaceful atmosphere and lush gardens give us a sense of serenity!

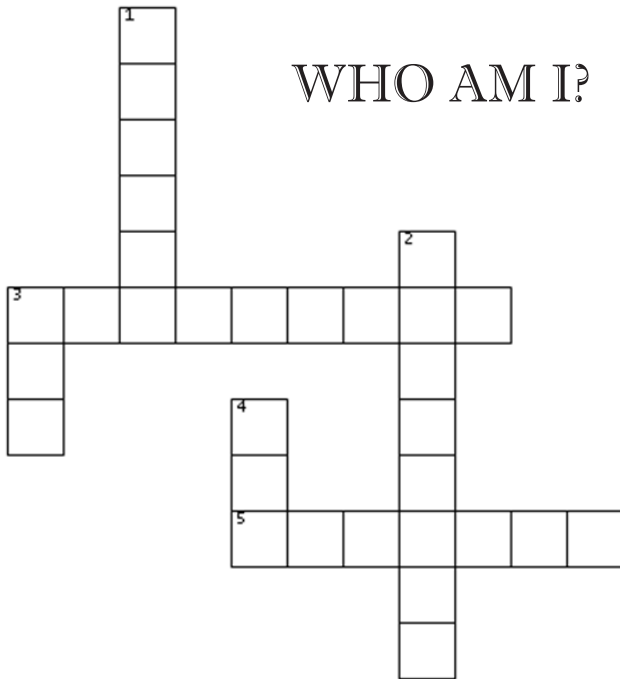
A guide led us to a large auditorium. She explained the birth and life of Lord Buddha and the places in Buddhavanam. We then watched a four-minute video on the teachings of Buddhism and scenes from Buddhavanam.

The Mahastupa at Buddhavanam is a symbol of beauty and spirituality. The large dome represents the universe and is a symbol of Buddha's enlightened mind. The entire stupa is surrounded by a circular stone railing. The outer walls are decorated with beautiful carvings that tell the story of Buddha's life and his teachings. We meditated for a few minutes with a sense of spirituality, and focusing on divine light. We were filled with positive affirmations and felt peace in the core of our hearts. We also visited Buddha Charita Vanam. We saw so many stupas depicting the life of Buddha. His birth in Lumbini, his renunciation of royal life, the Bodhi tree, his final liberation were kept in chronological order. It made me interested in the life of Buddha. There were so many places like Jataka park, Dhyavanam, Stupa park, etc. Walking through these parks may feel like stepping into history. The serene Dhyana Buddha statue left a deep impression on me!

The trip was educational and refreshing. It gave me new interest for history, spirituality and engineering, making it one of the most memorable experiences I have had. This visit helped us to understand the importance of preserving natural resources and cultural heritage, making us a responsible citizen.

# ACTIVITY PAGE

## WHO AM I?



### ACROSS

3. I have colourful wings and six legs
5. Use my long neck to eat leaves from the top of trees

### DOWN

1. Green bird with red beak
2. Largest land animal
3. I live upside down and you can see me only at night
4. I wag my tail when I am happy.

## MONUMENTS

### ACROSS

2. White marble tomb built by Shahjahan.
4. Red coloured fort that served the seat of Mughal power for nearly 200 years
6. Built by Raja Raja Chola
7. Holy pilgrimage spot for Buddhists.
9. Dedicated to Sun God, a chariot shaped temple in Odisha.
10. Heritage site consisting of 31 rock cut Buddhist cave monuments, paintings.

### DOWN

1. Astronomical observatory in Delhi
3. A prominent landmark in Jaipur also known as Palace of Winds.
5. Pilgrimage site of the Sikhs in Amritsar.
8. Built by Quli Qutub Shah in 1951 to commemorate end of plague.



## Konaseema Chitrakala Parishad Painting Competition Gold Medal Winners



**S. Bhavya Karthika, Class X**



**J. Amrith Kumar, Class X**



**P. Meghana, Class III**



**G. Saranya, Class IV**



**A. Naatya Niveshitha, Class IX**



**M. Jivanthika, Class IX**  
**1000 Rs Cash Prize + Gold Medal Winner**

## School Events

26th January, Republic Day was celebrated at Satkama with Sri Narayana Murthy garu, President of Sahaj Seva Samsthan, hoisting the national flag.



Dr. Ved Prakash, a 92-year-old orthopedic surgeon, visited our school along with Dr. Madhava Garu and Dr. Keshava Reddy Garu. During the visit, he listened to Class 1 students reciting Srimad Bhagavad Gita slokas and later interacted with the students of Classes 9 and 10, sharing his insights and experiences.

MEO Sri Ramakrishna Garu visited our school and expressed great happiness. He interacted with the students of Class 1 and Class 10, observed the facilities, and appreciated the services provided by the Samsthan.



Class IX students bid 'Adieu' to 10th standard students to 'Fare well', in their upcoming SSC Board Exams, wishing their future to be bright, and may their dreams take flight!



V. Nandika, Class V

## Vocational Wing



**G**rowing life in the form of plants brings greenery. Growing and taking care of plants is our duty. In our school, under the SUPW period, we practice gardening. We clean our surroundings with the provided tools. Then we assemble in the ground and water the plants, making sure every plant gets sufficient water. This year we harvested delicious sapotas, guavas, broad beans and crossandra flowers. We planted another mango tree, sapota tree, henna plant in the ground. Enjoying greenery and gardening helps us be connected with our nature. Gardening keeps our mind peaceful and teaches us to be responsible to the environment we live in.

Havyesh, Class VIII



**S**ahaj Sakthi Biscuits and milk is distributed among students and staff under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme. Biscuit making is taught to children as a part of SUPW. The steps involved in Biscuit Making are dough making, rolling of dough into small round circles, placing these circular biscuits on a tray and then placing these trays in an oven and baking them for 40 min at a temperature of 150 degrees centigrade. Sahaj Shakti is made of roasted soya bean, Sankhapushpi, Brahmi and ginger along with other ingredients. These biscuits are good sources of protein. They also aid in improving memory and increase over all immunity of the body.

Class VII

**S**titching means sewing things together with a needle and thread. Its been around ages and is used to fix clothes, make patterns and create beautiful designs. As a part of SUPW, stitching is taught in the school from classes VI-X. Stitching also helps in calming the mind, improving focus, reducing stress and improving hand-eye coordination. Learning stitching not only makes the child feel creative, but also improves his patience and confidence.

V. Vanshika, Class IX

**E**lectronics means, the branch of Physics and Engineering that deals with study of electron flow in circuit. In this subject children learn about sources of electricity, types of circuits, MCB Earthing, types of tools etc. This information helps children in repairing items like remotes, lamps, extension boxes etc. Practical classes in electronics increases child's curiosity and helps them to find a solution to the problem. Once the gadget starts working, it enhances their problem solving skills and confidence. Children enjoy their class doing snap circuits under the guidance of Ramesh Sir.

Abhilash, Class VII



## Bodh School

By the grace of Master Almighty Pujya Sri Ramchandraj Maharaj, a total of 4 students availed the services of Bodh school in the year 2024-25. One student is in grade 4, two students are in grade 2. We have one student who joined from Satkama School to Bodh School in June 2024. This student is currently in grade 5.

Bodh students participated in the Annual Science and Arts fair along with Satkama students. Dhruvan Sai received 1st prize, and Dishanth received 3rd prize in the science section. Nava Kowshik, Dishanth, and Safia have won 1st, 2nd, and 3rd prizes in the Bodh school in the drawing competition conducted as part of the Independence Day celebrations.

Dishanth received the Best Behavior Award in the Bodh school for this academic year.

In the vocational wing, Dishanth has been learning practical skills and

knowledge by directly working and repairing things. He learnt how to repair household articles like chairs, tables, electronic gadgets etc. Now, he is able to use some tools to repair the items, and he can also recognize the problem and search for a solution.

Bodh Students sang patriotic songs during Independence Day and Republic Day functions, which was appreciated by the Chief Guest and other dignitaries.

They have also participated in the 5th Telangana state-level drawing competition held on school premises by Cultivating Art.

Some of the students developed confidence and have shown good improvement in academics. They will join back to the normal school in the next academic year.

Parents of the students who have already studied in Bodh school appreciated the assistance given to their children as those students are performing well in normal school and getting good grades as well. Their performance is well



appreciated by their class teachers also.

### KINDNESS

S. Nava Kowshik

Once upon a time, there lived a boy called Rohit. He had a best friend called Rahul. He liked to play, but Rohit liked to watch TV. One day, Rahul and Rohit were going to school. During the sports period PT Sir told that they had a sports meet. Rahul played better than Rohit.

One day, Rahul hurt his leg. He was unable to run. So, Rohit told Rahul, "I will play instead of you". The sports meet started. Rohit was playing very well. Suddenly, he saw a puppy with an injury on its leg. He went to PT Sir and asked permission to help the puppy. When Sir gave some time, Rohit showed kindness towards the puppy and did first aid. PT Sir saw it and appreciated him.

**Moral: We should be kind towards all living beings**

### HONESTY

Y. Dhruvan Sai

One day, I was flying kites with my friends in my apartment. One of my friends wore colorful glasses. When they left, they forgot the glasses. I took them and wanted to keep them. But after thinking, I decided to return the glasses. So I went to their house and I gave them back.

**Moral: We should always be completely truthful in words as well as actions.**

### CONTENTMENT

A. Dishanth

Once there was a peacock dancing in the rain. Suddenly the rain stopped. The peacock face got pale. The peacock saw a blue bird singing. The peacock thought, "If this bird sings, then all the birds will sing with it. If I sing, everyone will laugh at me. God heard it. God came to the peacock and told that everyone will have good and bad qualities. You have a beautiful body, and the blue bird has a nice voice, and the eagle has strong strength, so you should be contented with what you have."

**Moral: We should always feel happy and be satisfied with what we have.**

### GRATITUDE

L. Safia

A little boy, Aryan always complained about eating simple food at home. One day, he saw a poor boy searching for food in a dustbin. Aryan felt sad and realized how lucky he was to have fresh food every day. He thanked his mother for cooking for him. From that day, he never complained and always had food with gratitude.

**Moral: The attitude of being truly thankful from the core of the heart towards somebody for something received.**



## Hospital News

Dr Katyayini, BAMS, Ayurvedic Physician, Chennai

**Dehydration is a common summer condition.** An average human adult body weight constitutes approximately 60-70% of water. Water is present in about one-third of our bodies. In the summer season, due to drinking less water and excessive sweating, the balance of water and salt in the body deteriorates, causing many problems. If you do not treat dehydration at the right time, then later your difficulties may increase significantly. Although this problem can happen to people of any age, young children come into the grip of it very quickly.

### CAUSES:

- \* Occurs due to staying in the heat for too long and not drinking enough water during that time
- \* Due to prolonged exercise
- \* Due to frequent urination
- \* High fever
- \* Frequent diarrhea and some diseases

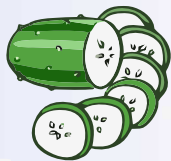
**Dehydration is not only about drinking water, it is about ensuring that the body retains and properly utilizes the fluids it receives.**

### SYMPTOMS

A lot of thirst even after drinking water, low blood pressure, rapid breathing, dry lips and tongue, reduced urination, constipation, muscle spasms and pain, severe fatigue, headache occurs in most people due to dehydration.

### HOME REMEDIES FOR DEHYDRATION:

- \* Drink maximum amount of water. Drink at least 8-10 glasses of water a day.
- \* Eat seasonal fresh vegetables and fruits like cucumber, bottle guard, ash guard, snake guard, tomatoes, etc.
- \* Eat fruits such as watermelon, musk melon, grapes, oranges, papaya, apple, and bananas.
- \* Keep in mind that you should never eat chopped fruits sold in the market as it increases the risk of infection. When consuming fruit juices, dilute them with water to prevent stomach upset and aid in hydration.
- \* In summer, take at least one bowl of curd or buttermilk daily with Ragi java and oats.
- \* Drink coconut water, Sugarcane Juice, nannari juice, buttermilk, lemonade, etc.
- \* Make ORS solution at home and drink it three to four times a day.



**ORS preparation:** In a clean container, mix one litre of drinking water, half a small spoon of salt (3.5 gms), four big spoons of sugar (40 gms). Stir the salt and the sugar until they dissolve in the water.

### Ayurveda suggests the following lifestyle changes to support hydration:

- \* Sip water regularly. Don't wait for thirst. Keep a water bottle handy and take frequent sips throughout the day.
- \* Have proper sleep
- \* Reduce stress
- \* Moderate exercise
- \* If you do not treat dehydration at the right time, then later your difficulties may increase significantly.
- \* Reduce the intake of spicy, salty, and fried foods
- \* Limit caffeine
- \* Avoid excessive sun exposure
- \* Avoid the wrong food combinations that can lead to indigestion and, consequently, dehydration. Poor combining can produce indigestion, fermentation, putrefaction and gas formation and, if prolonged, can lead to toxemia and disease. For example



1) Milk and Citrus Fruits



3) Bananas and Milk



5) Yogurt and Fruit



2) Fruits After a Heavy Meal



4) Water with Meals



**Do not drink iced water as it slows agni and digestion. Indeed, ice water should not be taken under most circumstances.**

## వేమన శతకము

మేడిపండు చూడ మేలిమై యుండును  
పొట్ట విచ్చి చూడ పురుగులుండు  
పిరికివాని మదిని బింకమీలాగురా  
విశ్వదాభిరామ విసురవేమ.

**తాత్పర్యము :** మేడిపండు పైకి చూచుటకు చాలా బాగుగా కనపడును.

దాని పొట్ట చీల్చి చూచినచో పురుగులుండును. పనికివచ్చు గుంజు ఏమియునుండదు. అట్లే పిరికివాడు పైకి మంచి శరీరపుష్టి కలిగి చూడముచ్చటగానుండును. కాని ఏదైన అవసరమువచ్చినచో నిలబడి

## संत कबीर के दोहे

सरवर तरवर सन्तजन,  
चौथा बरसे मेह ।  
परमार्थ के कारनै,  
चारो धारी देह ॥

A lake, a tree, a saint and clouds, they take their form only for 'paramarth' i.e, for serving others.

### 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.

[www.sriramchandra.in](http://www.sriramchandra.in)

[isrcimperience@gmail.com](mailto:isrcimperience@gmail.com)



### 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 Ramchandraji 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 Ramchandraji 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](http://www.sahajseva.org/Bodh)  
• email:bodh@sahajsevasamsthan.org



**MSRCM HOSPITAL**  
**HOLISTIC HEALTH CARE**  
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Hyderabad, India – 500 057,  
+91-40-23341380/9052341380  
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- **Other Services:** General Surgery Surgical Gastroenterology, Laparoscopic Surgery, Surgical Oncology, Laboratory Services.
- **Alternative Systems of Medicine:** Homeopathy and Ayurveda

[www.sahajseva.org/Health/Health.htm](http://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.**

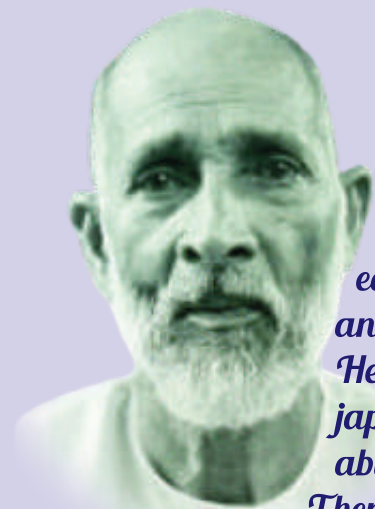
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## STORY OF PUJYA BABUJI MAHARAJ



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

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

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

His mother taught him several morals to be followed in life like "Be honest" "Do not steal" and similar morals which cast permanent impressions in him. This was his guiding spirit. He was honest to the core. He found once a rupee (a big amount those days) in the school compound.

He dutifully handed over the same to the head master who praised him and suggested others to emulate him.

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

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

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

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



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

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

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

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

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

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

Pujya Sri Babuji Maharaj (as he was being affectionately called by his associates) spent his entire life striving restlessly to better the quality of spiritual life in humanity. He left his mortal coil on 19<sup>th</sup> April 1983. He still guides humanity from the Astral plane. Because of his efforts a new world order based on co-operation, compassion, service and sacrifice is emerging. He continues to help all those who follow his method of Rajayoga to lead a happy and contented life.

