



SPANDAN

GUEST EDITORIAL

**Prof. Dr. K. V. Dakshinamurty, Senior Consultant Nephrologist,
Mahatma Sri Ramchandra Centenary Memorial Hospital**

The Teacher and the Taught

ॐ सह नावतु । सह नौ भुनक्तु । सहवीर्यं करवावहै । तेजसि नावधीतमस्तु मा विद्विषावहै ॥
(Shanti Mantra- Katha Upanishad- part of Krishna Yajurveda)

ॐ सह नावतु (Om saha nāvavatu): “Om (symbol of पर ब्रह्म), may He (the Divine) protect us both (teacher and taught).”

सह नौ भुनक्तु (saha nau bhunaktu): “May He nourish us both together.”

सहवीर्यं करवावहै (sahavīryam karavāvahai): “May we work together with great energy and vigour.”

तेजसि नावधीतमस्तु (tejasvi nāvadhītamastu): “May our study be brilliant, illuminating, and effective.”

मा विद्विषावहै (mā vidviṣāvahai): “May there be no animosity or hatred between us.”

This mantra is a universal prayer for cooperative learning, mutual respect, and peaceful coexistence between teacher and disciple. It emphasizes protection, nourishment, energy, and unity, ensuring that learning is fruitful and free of conflicts.

This verse is special because it is mentioned in four Upanishads (sacred scriptures), which were recollections of sacred (and whispered) teachings from the seers to their students. The secrets whispered are subtle and spoken to listeners that have grasped the foundational thoughts beforehand. The sophistication of the listener dictates the subtlety of the conversation.

No specific God (or gods) are invoked in these verses. Instead, the sense here is of a joint prayer to the highest power. “To whom it may concern”, one might say. Just because these are in Sanskrit does not make them particularly Hindu or Indian. It is Sanatan or Eternal. Sanskrit is a scientific and lyrical language, beautiful in its ability to pack meaning in tight rhythmic verses that can be sung together. That’s why we are able to sing the verses - they are meant to be sung aloud.

It is regularly recited in spiritual and educational contexts in India and is part of the Shikshanacharya (Gurukula) tradition, symbolizing a respectful and auspicious beginning to any learning. Thus, this mantra is a beautiful invocation for unity, harmony, and success in learning.

May God protect both of us, disciple and teacher together. For the teacher all disciples are equal but the disciple should keep his teacher alone in view and not bother about how the other disciples are learning and behaving. Protection is from the deficiencies of both the teacher and the disciple. The teacher should have the ability and will to impart knowledge and skill. The disciple should have concentration and devotion to learn.

As an opening verse, the shanti mantra creates a safe space for a conversation. We pray for protection. But protection isn’t enough, because we are not sitting here in a safe room shivering in a corner. We are here for work of the highest order. And so, we must ask for more than just protection.

We also ask for nourishment. We are going to give our everything to the practice, and we need the energy to continue to flow into us. This nourishment fills our bodies, our breath, our minds and our spirit. Without this nourishment, we will tire soon, and our work will be incomplete. So we ask for nourishment.

The teacher has to plan what to teach the disciple and see that the disciple understood what is taught. The disciple has to put in effort to learn, understand and recapitulate what is taught.

May the study of both of us be brilliant, illuminating and effective. Let it give perception, comprehension and wisdom. Let us both enjoy the fruits of learning together. Let us together get the power to attain education. But we do not act alone (individually). We need to act as one - moving together and gaining energy from each other. Like firewood, if we burn alone, we will flame out fast, but if we burn together, we will keep each other’s fire going for much longer, together. So, we ask that our work together be energetic and resonant.

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The Teacher and the Taught

Through our work together, we will gain a better understanding of ourselves and what we study together. But it's not enough for us to understand it for our own personal selves. Our aim in our studies together isn't just knowledge we hide inside. Our aim is to gain something that illuminates us and everything that comes into our contact. It will light up our family, our work, and our communities. We pray for such radiance. Our knowledge must shine. And not just shine as a reflective mirror or a polished surface. Our knowledge should have a light of its own, that will bring light to everyone else who approaches us. This glow, this radiance is what others recognize from our face and our presence. No words need to be spoken in the presence of a master, because the presence itself is proof. Silence speaks.

Good learning needs friction. Good learning needs failure. Good learning needs questions to be asked and answers to be given. Good learning requires that we engage each other actively. "Bodhayanti Parasparam". And when there is friction, there will be sparks. If we choose to be polite and not ask each other questions, or raise doubts, then we will not learn. Neither will the listener be able to understand fully nor will the speaker be given a chance to explain their perspective clearly. If we don't engage, we will both lose. But if we do engage, we run a risk of antagonizing each other.

So we pray that there be no disputes or differences between us. This doesn't mean that there are no questions in the study under taken. It means that we will ask and answer all questions together, and when we are done, we will have no differences left. We pray for this and give ourselves the right to engage. May there be no enmity or envy between us. The teacher should have affection and no bias towards the disciple. The disciple should have faith in the capability of the teacher and respect towards him. They should have a healthy relationship between them.

The repetition of "peace" thrice reflects the desire for inner and outer harmony. And we pray for relief from three types of obstacles. Adhyatmika, obstacles arising from our own doings and lack of faith and confidence in ourselves, which we have to strive to get rid of. Adibhautika, obstacles from environment, other human beings and lives, upon which we do not have control. Adidaivika, obstacles due to natural phenomenon and calamities, upon which we have absolutely no power. The mind of the person having this kind of feeling remains pure. From a pure mind a pure future emerges.

STORY OF THE MASTER - Nobility

Shri Ramchandrajji was very sensitive and considerate to others. Even when others behaved with him improperly, he never caused inconvenience or unhappiness to them. Once he was appointed to a new post and the work there was new to him. Two clerks were working in this office. On account of caste prejudice, they teased Shri Ramchandrajji when he approached them asking for help. Instead of teaching and helping him they even used to speak ill of him to the Munsarim of the Munsif's Court. Unable to bear this misconduct Shri Ramchandrajji decided to resign from service. He told the Munsif of the difficulties and his intention to resign. But the Munsif did not let him resign as he knew that he would not get such an honest man. Instead he decided to teach Shri Ramchandrajji and help him with his work himself. With encouragement of the Munsif and with hard work Shri Ramchandrajji continued service and learned to do his job nicely. Shri Ramchandrajji did not change his behavior towards the clerks and was always respectful towards them. When one of the clerks died, Shri Ramchandrajji even supported his son.



WORDS OF WISDOM

Positive outlook: A positive outlook is very important in life to be happy under all circumstances. Its importance was explained by Rev. Babuji Maharaj in his article "Meditation is the foundation of spirituality". While explaining the secret of success in meditation he says "The next thing for him (aspirants) to cultivate is that he should always look to the bright side of the picture and should not at any rate, submit himself to the feeling that he cannot attain the goal. Iron will is essential for this purpose. He should not be led to the feeling of despondency, which is a great obstacle". [Reference: BWS, pg 99.](#)

SRIMAD BHAGAVAD GITA

मत्तः परतरं नान्यत्किञ्चिदस्ति धनञ्जय ।
मयि सर्वमिदं प्रोतं सूत्रे मणिगणा इव ॥

There exists nothing else other than Me, O
Dhananjaya. All are dependant upon Me even as
the multitude of beads on a string. (7-7)

Sahithi asked her grandmother a question. Why do we see so many different things and objects in Nature, but we don't see God? Sahithi's Grandmother took her to the market. There, a lady was making a garland of different flowers. The grandmother asked Sahithi to watch as she made the garland. The lady would take a thread and pierce it through each flower. "Is the thread visible?" asked the grandmother. Sahithi said yes. When the garland was ready, the grandmother asked the same question. "Do you see the thread now?" "No, I just see the beautiful garland with the beautiful flowers", said Sahithi. The Grandmother explained, "exactly like that thread, God holds the universe together. Without it, the universe doesn't exist. Behind this apparent diversity of objects is the invisible essence of God. In fact, everything is an expression of God". This satisfied Sahithi. She also felt happy that life can be led with simplicity and happiness if we realise that God is the essence of all beings and things.

ప్రార్థన - అనుభవము



Illustration
Sahit Varma, iX Class

Below are the students' reports after meditation during the Personality Development Program of Class X

30-06-2025: During Meditation, I found a change in myself compared to before. It was very positive and pleasant during meditation. After meditation, there was a feeling of calmness, peace, and I felt renewed. I felt very relaxed.

02-07-2025: During meditation, it was pleasant and relaxing from all thoughts. After meditation, I felt very peaceful, refreshed and calm.

03-07-2025: During meditation, I felt like rays of positivity arose in me. After meditation, I felt pleasant, calm and renewed.

30-06-2025: I felt very calm and I got positive thoughts and positive vibes during meditation. I felt peaceful and positivity after meditation. My mind got refreshed after meditation.

01-07-2025: I felt divinity while doing meditation. I felt very peaceful and calm during meditation. After meditation, I felt positivity after meditation. I felt peaceful and I got good thoughts after meditation.

04-07-2025: During meditation, I was feeling peaceful and felt meditation. After meditation, I was feeling peaceful.

Shanmukha Lasya Sri, Class X

M. Jivanthika, Class X

30-06-2025: I was feeling like I was in trance and had no idea of time passing by. It was all a sudden black out of nothingness. After meditation, I was feeling as if all the thoughts in my brain are going on a highway of neurons. It was very fast and calm.

1-07-2025: I was feeling like I was in another place where time doesn't exist. After meditation, I was feeling calm and refreshed. I felt that my mind was becoming silent.

04-07-2025: I felt very calm and the meditation was over in a blink of an eye. I felt time was moving very fast. After meditation, I feel calm and collected.

30-06-2025: During meditation, I felt the presence of divinity in my heart and I felt very peaceful. After meditation, I felt very refreshed and my mind, heart became pure and clean

01-07-2025: During meditation, I felt very nice and cool. After meditation, I am feeling like I am in a peaceful world with calmness and happiness.

03-07-2025: During meditation, I felt very pleasant and peaceful. I am feeling refreshed and calm after meditation.

K. Naga Sai Reddy, Class X

V. Vanshika, Class X

Dhoni is My Hero

K. Dharma Teja, Class VII

Once there lived a middle-class family with a mother, father, and their son named Rohan. Rohan was a big fan of cricketer M.S. Dhoni. He loved watching Dhoni play in all formats of cricket and often celebrated his victories with his friends. One day, Rohan was excited because it was Dhoni's birthday. Coincidentally, it was also his father's birthday. But instead of celebrating his father's birthday, he asked his parents for pocket money, saying, "I want to celebrate my hero's birthday!" His mother thought he was planning a surprise for his father.

The next morning, Rohan posted a birthday message for Dhoni on his WhatsApp status and used his photo as the display picture. His mother, believing it was for his father, felt proud and happy. Later, Rohan fell seriously ill and had to be admitted to the hospital due to a blood infection. He needed blood urgently. While lying on the hospital bed, Rohan requested to watch an interview of his hero, Dhoni. During the interview, Dhoni said something that changed his perspective forever.

"To all my fans, listen carefully. I'm not your hero. I'm your inspiration. Your real heroes are your parents." These words touched Rohan deeply. Meanwhile, his father was the one donating blood to save his life. That day, Rohan realised the true meaning of a hero.

Respect: Our real heroes are not celebrities, but the people who sacrifice for us every day—our parents. Respect them always.

My Mother

N.Manoj Kiran, Class VI

Once, when I had a viral fever, my mother took care of me a lot. She sacrificed her valuable time and she cared for me a lot. When my mother has a fever, cold or cough, she will never ask me to care for her. If she has any major illness, she will never stop her work, and she will always care for me. That is why I love my mother so much. If I have hurt my mother shows more care towards me. She will be friendly with me. Sometimes, I think that I am lucky to be the son of such a great mother. She always motivates me, encourages me and never discourages me. She always loves me very much.

Caring: Loving and Affectionate behaviour. Taking care of somebody.

అద్దం చేసిన మాయ

డి. యష్వంత్, తొమ్మిదవ తరగతి

ఒక ఊరిలో విహాన్ అనే కూర్రాడు ఉండేవాడు. చిన్న పాటి సమస్య వచ్చినా కోపంగా మారిపోయేవాడు. చుట్టు పక్కల వాళ్ళు అతనికి దూరంగా ఉండేవారు. ఒక రోజు, విహాన్ కోపంగా ఇంట్లోని అద్దం ముందు నిలబడి, తన ప్రతిబింబాన్ని గమనించాడు. కోపంతో నిండిన కళ్ళు, చెదిరిన ముఖం చూసి, తను కాదు అనిపించింది. అతని తండ్రి అతన్ని గమనించి, "బాబూ, ఈ అద్దం నీ అసలైన రూపాన్ని చూపిస్తుంది. నీకు కోపం వచ్చినప్పుడు ఎంత భయంకరంగా కనిపిస్తావో చూశావా?" అని ప్రశ్నించాడు.

విహాన్ తలతిప్పాడు. "నాకు ఈ రూపం నచ్చలేదు, నాన్నా", అని అన్నాడు. తండ్రి చిరునవ్వు చిందిస్తూ, "అప్పుడు ప్రతిసారి కోపం వచ్చినప్పుడు ఈ అద్దం ముందు నిలబడి నీ ముఖాన్ని చూడు". విహాన్ అదే చేశాడు. మొదట్లో అద్దంలో తన కోపంతో నిండిన రూపాన్ని చూసి అసహ్యపడేవాడు. అలా రోజు రోజుకీ తన కోపాన్ని తగ్గించుకోవడం ప్రారంభించాడు. కొన్ని రోజుల తర్వాత, కోపాన్ని నియంత్రించుకోవడం అలవాటుగా మారిపోయింది.

ఒక రోజు, అతను అద్దం ముందు నిలబడి, తన ప్రతిబింబాన్ని చూసుకున్నాడు - ఈ సారి ముఖం ప్రశాంతంగా ఉంది, చిరునవ్వుతో నిండిపోయి ఉంది. తండ్రి చూసి నవ్వుతూ, "ఇప్పుడే నీ నిజమైన రూపం." అన్నాడు.

ప్రకృతి

అక్షయ, హవ్వేష్, సుప్రథిక్

ప్రకృతి ఓ అందమైన ప్రకృతి
ఎన్నో అద్భుతాలు ఉన్న ఆకృతి
సృష్టి ప్రసాదించిన వరం నీవు,
కల్పవల్లివి నీవు
కరుణకొమ్మవి నీవు
అందమైన పూదోటలు
ఎగసిపడే కెరటాలు
ఇన్ని అందాలు, ఎన్నో అద్భుతాలు
ప్రకృతి ప్రసాదించిన వరాలు
ప్రకృతిని ప్రేమిద్దాం
అందమైన భవిష్యత్తుని నిర్మిద్దాం

Actions are results of thoughts and thoughts are our own actions. Truly speaking, we give wrong suggestions to the mind - Pujya Sriramchandraji Maharaj.

OUR PAGES

The Poor Man and the Tree

K. Dayasagar, Class IX

Once a poor man lived in a village with his sick wife, and three school going children. He earned his living by cutting and selling wood, but his income was not enough to cover the expenses of food, school fees and buying books.

One day, while cutting a tree in the forest, the man looked sad. Suddenly the tree spoke and asked, "Why are you sad?" the man replied, "I have to cut you to earn money for my child's education." The tree replied, "Don't be sad, I am happy to help students, by turning into paper for their books." Then the man asked, "Why do you sound sad?" The tree answered "Many students waste paper and notebooks without realising the cost behind them. Trees like me are cut for a reason to support knowledge. But our sacrifice has a meaning only if used wisely." The man understood the meaning behind the words of the tree and promised to teach his children to value, and not to waste the resources.

Service

G. Saranya, Class V

Once upon a time there lived a small girl called Riya. One winter evening Riya was returning home from her relatives house with her parents. She saw some people sleeping on the pavement. She noticed a man shivering in the cold with only one sheet of cloth to cover himself. She asked her mother, "Why doesn't he have a blanket?" Her mother replied that many people on the streets are poor and cannot afford warm clothes or blankets. She wanted to help them. She took money from her kiddy bank and also asked her relatives to donate some old blankets. She bought a few blankets and distributed them with the people sleeping on the pavements. Her parents were very happy.

Meera

A. Manaswi, Class VIII

Once upon a time there lived a girl named Meera. She was always sad and did not listen to anyone. When her summer holidays started, she wanted to enjoy in the village, and avoid working at home. So she went to the village with her grandmother, she enjoyed a lot in the village and avoided what her grandma told her. Grandma told her not to make much noise in the village as everybody in the village lived a peaceful life. Meera did not listen to her grandmother. She put a lot of sound in her grandmother's mobile and started dancing. Her grandmother's neighbours felt uncomfortable and soon came home and scolded her grandmother. Seeing this Meera stopped the music. After everyone left, grandmother called Meera and said, "Did you see what happened? I already told you in the beginning that people over here lead a peaceful and calm life. In the beginning, everyone used to see me with a lot of respect, but I feel ashamed today. I'm not scolding you, but just telling you the truth." Listening to this Meera felt very sad and decided to change herself. She changed herself into a disciplined child.

Cooperation

B. Yogyasri, Class IX

Once upon a time, there was a drought in an area. All the ants in that area did not have food to eat. A group of ants found a crumb of bread and wanted to carry it back to their anthill, but the crumb of bread was very large for them. All the ants joined, and each ant played a role pulling and pushing the crumb in unison. Together, they successfully brought the food to their home. All of them lived happily feeding their colony and thriving together.

Student Editorial - Respect

K. Naga Sai Reddy, Class X

Namaste everyone! I think it's important that we work together to create a respectful environment around our School. One of the best ways to start is by really listening when someone is talking, whether it's a teacher explaining something or a classmate sharing their opinions. Giving them our full attention shows we value what they have to say. On the other hand, there are people who don't like being in the spotlight. So, we have to treat them accordingly. This can make a huge difference in someone's day.

On top of that, showing respect for our School itself matters a lot. Keeping our classrooms clean and taking care of school property shows we care about this place. When disagreements come, let's handle them calmly and with respect. Talking things out and trying to see the other person's side can turn arguments into something we can learn from. We should keep these in mind every day to make this a better place for everyone.

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

OUR PAGES

బాబూజీ మహారాజ్

జి. సహస్ర వర్షి, తొమ్మిదవ తరగతి

బహుముఖ ప్రజ్ఞతో, ఉపకార శీలినై
స్థిర స్వభావంబుతో, పూర్ణ పురుషులై
ప్రోత్సాహంబుతో, పూర్ణ పురుషులై
ప్రోత్సాహంబునిచ్చు వారి విశిష్ట వ్యక్తిత్వమై
సౌజన్య గుణములతో, మార్గ దర్శకుడవై
వ్యక్తిత్వంబుకు మారురూపమై
మహోన్నత శిఖరముకు ఆదర్శవాదినై
వీరే మా ప్రాతః స్మరణీయులయ్యారు
బాబూజీ మహారాజ్ మీరే మా శ్రీరామరక్ష

అమ్మ ప్రేమ

మనశ్విని, ఏడవ తరగతి

అమితమైన ప్రేమ అమ్మ
అంతులేని అనురాగం అమ్మ
అలుపెరుగని ఓర్పు అమ్మ
అద్భుతమైన స్నేహం అమ్మ
అపురూపమైన కావ్యం అమ్మ
అరుదైన రూపం అమ్మ

ఓ మనిషీ మారరా!

పి. హరిత, ఏడవ తరగతి

ఓ మనిషీ మారరా, సత్పురుషుడిలా!
చేయరా ఎల్లప్పుడూ, సత్కార్యములూ!!
నేర్చుకో మంచి బుద్ధులను,
వినుము అంతరాత్మ బోధనను,
తెలుసుకో నీ శక్తి సామర్థ్యాలు,
నేర్చుకో అమూల్యమైన విలువలు.
తప్పురా అబద్ధం,
ఒప్పుకో సత్యం,
సజ్జనుల దారిలో,
చేయరా అందరికీ మంచి.
కీడు తలపెట్టకెవ్వరికీ,
హాని చేయకు ఏ ప్రాణికి,
పెంపొందించకో భక్తి,
అందరికీ అవ్వ స్ఫూర్తి.
ఓ మనిషీ మారరా, సత్పురుషుడిలా!
ఉండరా ఎల్లప్పుడూ గుణవంతుడిలా!!

పాఠశాల - కవిత

రక్షిత, ప్రణీత్, మనస్వి, యశస్విని

పాఠశాలకి మరొక పేరు విద్యాలయం
అది మనకు దేవాలయం
మేధస్సుని పెంచే ఆలయం
జ్ఞానం బోధించే ఈ బడి
పిల్లలందరికీ అమ్మ వడి
మా సత్కామ బడి, విలువల గుడి

బి. సాన్వి, పి. హరిత, కె. లోహిత నాగ భాగ్య శ్రీ,
వై. హర్ష కుమార్

దేవుని పై భక్తి ఉన్న వ్యక్తికి లభించెను శక్తి
భక్తితో పూజిస్తే మనకు లభిస్తుంది ముక్తి
నీకున్న భక్తే నీకు రక్ష
ఇతరుల పట్ల మనకుండదు కక్ష
దేవున్ని పూజించు భక్తితో ఈ లోకాన్ని విడిచి వెళ్ళు
ముక్తితో.....

సంజన, సాహితీ వర్మ, హర్షిత్, వర్షిత

కుటుంబం అనందానికి ఆరంభం
కష్టసుఖాలను పంచుకునే బంధం
ప్రేమ ఆప్యాయతలతో ఉండడం - కుటుంబానికి అందం
మంచి కుటుంబం ఓ వరం...
కలిసి ఉంటే కలదు సుఖం!

విద్య

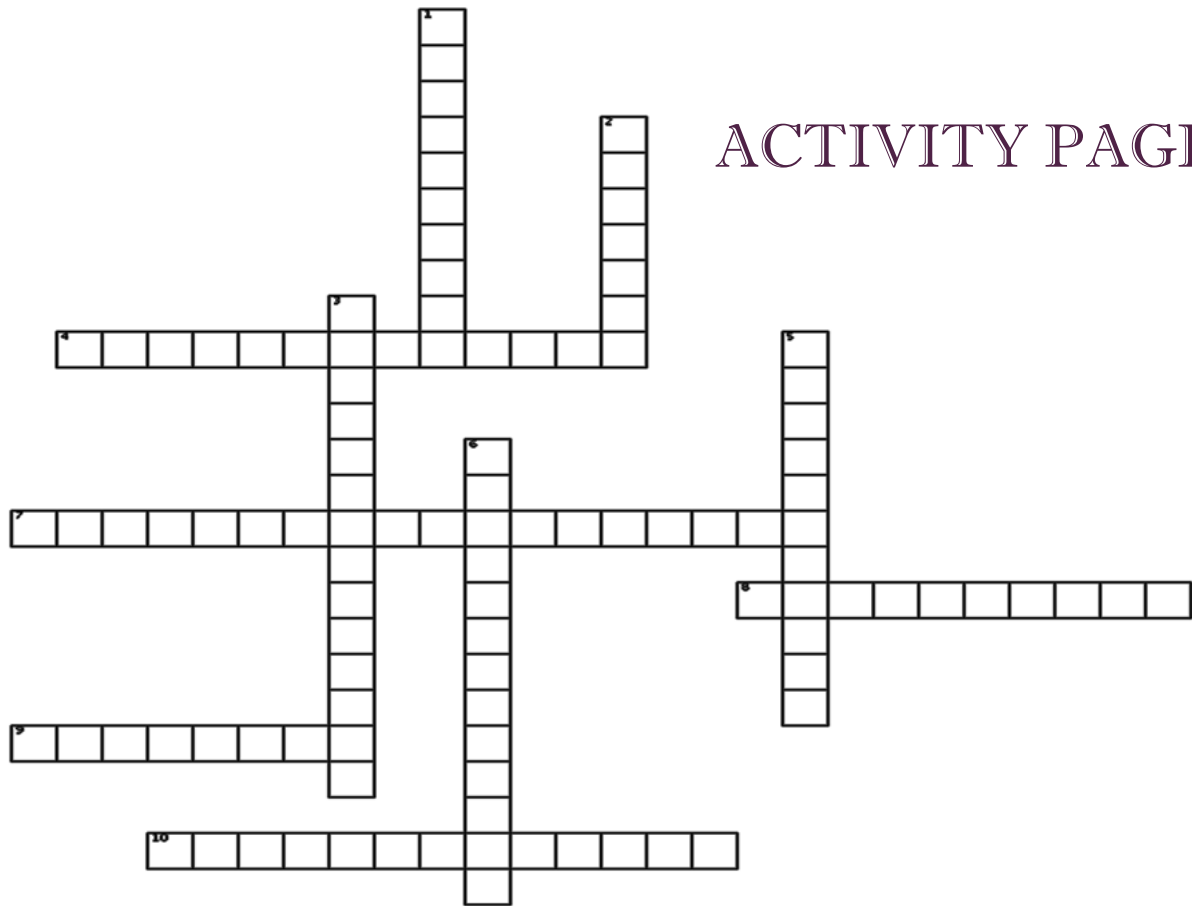
జి. వాగ్దేవి, కె. మణిదీప్ రెడ్డి, జె. సాయి వినయ్, వి. వన్నిక

సంస్కారాన్ని నేర్పేది విద్య
నైతిక విలువలను నేర్పేది విద్య
జ్ఞానాన్ని పెంచేది విద్య
జీవన మార్గాన్ని చూపేది విద్య
అజ్ఞానాన్ని తొలగించేది విద్య
దేశాన్ని అభివృద్ధి చేసేది విద్య
సమానత్వాన్ని పెంచేది విద్య

Whatever act you do, do it in the thought
"It is the Divine's command and therefore
it is my duty to do so" Pujya Sri
Ramchandraji Maharaj, SDG

Know Our Scientists

ACTIVITY PAGE



ACROSS

4. Father of Green Revolution
7. Infinite Series
8. Missile Man
9. Father of Plastic Surgery
10. Indian Physicist in Spectroscopy

DOWN

1. Quantum Theory
2. Nobel Prize in Physics in 1970
3. Launch of India' First Satellite ARYABHATTA
5. First recipient of Stree Shakti Science Samman Award
6. Nobel Prize for his study in Black Hole

Lord Krishna story Jumble

Rearrange the words to make the correct sentence about Lord Krishna' story.

in Mathura at midnight Krishna was born.
in wonder baby Krishna Devaki and Vasudev watched.
butter stole houses from neighbours' Krishna.
a rope Krishna Yashoda with Mother tied.
on the hoods | a lesson | Krishna | to teach him | danced | of Kaliya.
His little finger the Govardhan Hill with Krishna lifted.
Gita Arjuna the Bhagavad spoke Krishna to.
as our friend | lives in | Krishna | our heart.
very loves Krishna much us.

ACTIVITY PAGE

MY SCHOOL



Search for the words in the puzzle using the clues

1. Name of my school.
2. Motto of my school.
3. A place full of books.
4. Experiments are conducted.
5. What you wear to school
6. Assembly on Friday is in language.
7. The person who helps you learn.
8. The head of the school

SOLUTIONS to Crossword

ACROSS	4 MS SWAMINATHAN
	7 SRINIVASARAMANUJAN
	8 ABDULKALAM
	10. RANGADHAMARAO
	DOWN
	1.HOMIBHABHA
	2.CVRAMAN
	3 VIKRAMSARABHAI
	5 INDRANIBOSE
	6 CHANDRASEKHAR

SCHOOL EVENTS

International Yoga Day



11th International Yoga Day was celebrated on 21/06/25 with enthusiasm and active participation. Students from classes I-X, along with teachers, performed many asanas and Surya Namaskar, under the guidance of P.E.T. Sir.

Telangana Formation Day

Telangana Formation Day was celebrated on June 2, 2025. Class X children represented the culture of Telangana in the form of Bathukamma and Bonalu, and exhibited placards with creative slogans highlighting the culture and pride of Telangana.

We are very happy to share the SSC Results for the academic year 2024–25. Satkama High School has achieved a 100% pass rate to date. A total of 15 students appeared for the SSC Board Examination.

Under the Swachhata Pakwada campaign, organised by INCOIS, a painting competition was held for all schools in July 2025 (1st - 15th July). G. Saranya from Class V won the first prize in the competition.



M. V. Vashista, VIII



Ist Prize, G. Saranya, V



V. Vanshika, X



SCHOOL EVENTS

One Day as a Scientist Program

The "One Day as a Scientist" program at CSIR is an exciting initiative inspired by the Honourable Prime Minister' "Mann Ki Baat" to foster scientific curiosity among students. This initiative is to provide students with a real-world experience of scientific research and innovation by visiting CSIR laboratories and interacting with scientists.

Students of Grades VIII to X were selected and got an opportunity to interact with scientists and learn about their work. This program gave an unique opportunity for students to explore the world of science and develop their scientific temper.



Eco Club



The Eco club was set up at Satkama High School in April 2025 to focus on creating environmental awareness and to inculcate responsibility among children towards nature and society.

1. As a part of this club, QR Codes linked with plant information were set up for all trees in the school compound and playground, by class X children on 24th April, 2025, commemorating Earth Day.
2. In response to Prime Minister Sri Narendra Modi's tree planting drive, on the occasion of World Environment Day, a Tulasi plant and a Betel Vine plant were planted in the school premises, by staff and class X children in June.



BODH

By the grace of Master Almighty Pujya Sri Ramchandraj Maharaj, a total of four students availed the services of Bodh school in the year 2024-25. Please see the details below of these students.

- ★ **Naga Dishanth** joined Bodh school in October 2022 with issues related to reading, writing, attention span, and memory. He made good improvements in academics and behavior. He has completed 4th grade in Bodh school and was integrated with Satkama school in 5th grade for the current academic year.
- ★ **Nawa Kowshik** joined Bodh school in June 2024 due to issues with reading, writing, and confidence level. He has shown good improvement both in academics and behavior. He has completed 5th grade in Bodh school and was integrated with Satkama school in 6th grade for the current academic year.
- ★ **Dhruvan Sai** joined Bodh school in September 2023. He has completed 2nd grade during the academic year 2024-25. He was promoted to 3rd grade in Bodh school.
- ★ **Safia** joined Bodh school in August 2022. She has completed 2nd grade during the academic year 2024-25. She has joined the 'Bala Vikas Educational Society' for disabled children, Kukatpally, Hyderabad.



K.Yasasri

Three new students joined in Bodh school for the current academic year. One student joined in the 2nd grade. Two students have joined in 1st grade, they are being taught UKG concepts as they do not have proper standard.

K. Vedansh



A. Bharat



Sharing

K. Yasasri

One day I brought two laddus for my snacks. laddu is my favourite. That day my friend Chandana forgot her snacks and looked sad. Even though laddu is my favourite, I gave one laddu to my friend Chandana. She took it happily and ate it. She felt very happy.

Moral: Giving up something that is yours for the benefit of others is called sharing.

Service

Y. Dhruvan Sai,

Once there was a little boy named Ravi. One day he saw his grandma trying to water the garden. The water can was heavy and grandma was unable to lift it. Ravi quickly ran to her and took the water can and watered the plants. Grandma felt happy. Ravi also felt happy.

Moral: Helping others is a great way to serve.



Hospital News

Dr Katyayini, BAMS, Ayurvedic Physician, Chennai

Diarrhoea

Diarrhoea, known as Atisara in Ayurveda, is a common digestive disorder characterised by frequent loose stools. It occurs due to imbalances in the digestive fire and the 3 doshas. In most cases, the infection or condition causing diarrhoea is mild and passes within a day or two. These cases require dietary support and rest.

According to Ayurveda, the causes are:

- Decreased Digestive Fire, induced by unwholesome food or lifestyle, leads to impaired digestion and formation of Ama or toxins
- Incompatible food combinations, such as milk or sour fruits
- Eating at irregular times
- Taking too hot and spicy, oily, or processed foods in large amount
- Eating more than usual may weaken digestion; disturbing Vata, Pitta, and Kapha
- Stress, anxiety, and disturbances in the emotional aspects increase Vata dosha, thus disrupting the nervous system's control regarding digestion
- Intestinal Infections - The intestinal mucosa is infected by various microbes, causing infectious diseases that disturb the gut balance, particularly in children.

Symptoms of Diarrhoea

Increased frequency of bowel movements:

- Over three loose or watery stools within 24 hours.
- Change of consistency of stool - Loose, frothy, or mucoid stools are a major deviation from normal consistency.
- Abdominal pain and cramps.
- Discomfort, bloating, or cramping sensations in the abdominal area.
- Associated symptoms: Fever, nausea, vomiting, fatigue, weakness, possibly with mucus or blood in stool, and weight loss, which suggests dehydration.
- Dry mouth, decreased urine output, and sunken eyes may be present in a serious case.

Do's

- ✓ light, nourishing diet that includes foods that are easy to digest.
- ✓ BRAT Diet: Bananas, Rice, Applesauce, and Toast.
- ✓ Drink more water, ORS, juices and coconut water.
- ✓ Stay Hydrated - Proper hydration is necessary to help detoxify the body properly and rehydrate it. The most severe complications of loose motions are caused by dehydration.
- ✓ Eat salty and potassium-rich foods, such as soups, bananas, fruit juices, etc.
- ✓ Eat several small meals throughout the day, rather than three large meals.



Don'ts

- * Avoid spicy, oily, or rich foods.
- * Avoid dairy products- including milk, ghee, heavy cream, and high-fat cottage cheese.
- * Avoid High-fibre foods, such as broccoli, cauliflower, capsicums, peas, corn, green leafy vegetables, pulses, chickpeas, legumes, and prunes.
- * Avoid Coffee, Coke, and some strains of green tea.

Ayurvedic treatment for diarrhoea that focuses on restoring digestive balance, eliminating toxins, and strengthening gut health. That is achieved by fasting, administration of carminative and digestive food and medicines. Identification and avoidance of the root causes, and proper diet are the most fundamental steps that avoid disease manifestation and manage the symptoms. Most of the time, loose motions are just your body's way of removing the toxins trapped in your body. It is unwise to interfere with this process. Let your body heal naturally if possible, and give it the support needed with ample rest and simple food. Using strong Antibiotics without a doctor's prescription can worsen your condition.

Home Remedies for Diarrhoea

Mix half a tumbler of churned buttermilk with rock salt, roasted cumin seed powder, and black pepper (each 2g) and drink one glass twice daily.

Ginger, freshly grated (approx. 3g), boiled in water, can be taken 2-3 times a day in loose motion due to indigestion.

Fenugreek seed powder (2-4 g) may be mixed with curd for diarrhoea associated with abdominal cramps.

One gram of powdered pomegranate rind can be taken with buttermilk twice daily.

Drink lots of water, tender coconut water, to stay hydrated. The supernatant water from Ganji, etc, is used to avoid dehydration and supplement body functions.

Eat light-to-digest food like broken rice porridge, khichdi, or ganji only when hungry.

Although Ayurvedic home remedies for diarrhoea are effective, medical attention is needed in cases of severe dehydration.

Vocational Wing



వేమన శతకము

గంగి గోవు పాలు గంటదైనను చాలు

కడవడైననేమి ఖరము పాలు

భక్తిగలుగు కూడు పట్టెడైనను చాలు

విశ్వదాభిరామ వినురవేమ

తాత్పర్యము : మంచి ఆవు పాలు గరిటదైనను త్రాగుటకు

శ్రేష్టముగానుండును. గాడిద పాలు కుండతో ఇచ్చినను

త్రాగలేము కదా. అట్లే ప్రేమతో పెట్టిన భోజనము పిడికడైనను

సంతోషమే కదా.

संत कबीर के दोहे

जिन खोजा तिन पाइयाँ, गहरे पानी पैठ ।
मैं बपुरा बूडन डरा, रहा किनारे बैठ ॥

Those who dive deep gain the treasure; I,
poor fellow, feared drowning and stayed
ashore.

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

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.

SATKAMA
SCHOOL FOR INTEGRATIVE DEVELOPMENT
EDUCATION FOR A NEW SPIRITUAL ERA
Plot No. 1735, Pragathinagar
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Teacher student ratio 1:15 for effective
teaching
Associative and Integral Approach to
Value Based Education
Recognised by State Govt. of
Telangana, India

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

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 : 9 AM - 4 PM

Services available in the hospital -

- Consultations:** General Medicine, Gastro Enterology, Nephrology, ENT, Dermatology, Gynecology and Paediatrics
- 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
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.

EDITORIAL BOARD

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STORY OF PUJYA DR. K. C. VARADACHARI

Pujya Dr. K. C. Varadachari was born on 14th August 1902. His father was Pujya Sri K. C. Krishnamachari, a senior police officer in the Madras Presidency. He belonged to Sri Vaishnavite family. His sisters were Rajamma and Sulochana. The family tradition is very ancient and has its origin in Sriman Nallan Chakravarthy, a contemporary and a close disciple of Sri Bhashyakar Srimad Ramanuja of 11th Century A.D. His great grandfather's grandfather came from a village called Karumbur, a village near Kanchi of Lord Varada.

He was known for his belief in God and innocence from his childhood.

His grandfather in order to pacify him due to various childish ways used to tell him to go out into open yard in the house and face the sky with closed eyes and open mouth, promising him that God would drop candy into his mouth. He would stand for long time before he was rewarded (by the grandfather) and the young believer used to jump with joy for having been rewarded by God.

He had his school education in the then Mahant Hindu High School, Tirupati, upto the Matriculation Standard. He did his F.A (Maths, Physics and Chemistry) from the Christian College, Madras in 1921. His personality and the principles he was observing were such, that everyone in the hostel from the watchman to the cook paid special attention to him. The cook used to send his food specially made without onions and other items that a Srivaishnavite would not consume, to his room with also a glass of milk in the night.

From 1921 to 1923 he participated in the Non-Cooperation movement. During this period he developed interest in Religion and Philosophy and started reading Swami Vivekananda and Sri Aurobindo. The works of Swami Vivekananda read in depth in 1920's, created in him deep change in life. In 1923 he joined B.A (Hons) Philosophy in the Madras Christian College. He was a gold medalist of the Madras University in his B.A. (Hons) in 1926.

Pujya Dr. K. C. Varadachari was a person with above average height, very fair complexioned with well proportioned limbs. He had a very melodious resonating voice that was capable of putting the audience into rapt attention. His eyes were sharp and when he looked at others compassion used to overflow from them. From 1945 onwards he wore dhoti with a long coat and used to wear a white turban. He got married in 1926 to Sow. Rukmini (Rajamma) who belonged to a distinguished family of Patrachariars. Along with Sri V.K. Narasimhan, his brother-in-law, Dr. K. C. Varadachari participated in the activities of freedom struggle. He also participated actively in the Khadi movement and was a total Gandhian for a long time. He used to spin the charkha and make his own paper through hand processing. Till the last day of his life he never wasted paper and used the reverse of wedding or invitation cards to make notes.

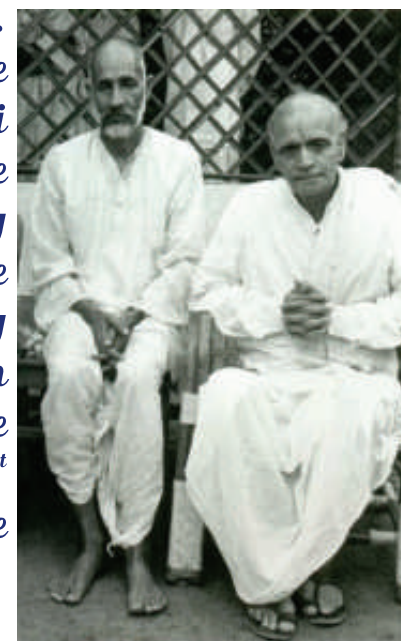
Pujya Dr. K. C. Varadachari was given an opportunity by Sri. V. K. Narasimhan to review books on Philosophy, Psychology and Religion that continued for over 3 decades. His reviews appeared almost on all the Sunday editions of "The Hindu", the prestigious newspaper, and got him enormous reputation as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

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

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

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

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



What a piece of work is this Man!
How noble in reason, how perfect in
his empathy
How great in action, how calm in adversity
How beautiful in countenance
How patient and tolerant
To the undeserved punishments
Of friends and fellow beings
How faithful and loyal to humanity
And God and Guru
How profound and versatile
How knowledgeable and how humble
How naked, how harmonized, how splendid
Before Master and God fused into One.
-Pujya Sri K. C. Narayana