Sahaj Seva Samsthan Educational Newsletter

SPANDAN

GUEST EDITORIAL

Sri Atul Mishra, Member, SSS

Dear Students,

Happy Diwali! As the festival of Diwali is coming close, our hearts fill with the joy of lights, sweets, fireworks, and celebration. A sense of cheerfulness and happiness fills the air everywhere. New clothes, toys, and gifts bring us joy and excitement. Yet, beyond the glittering of lamps, the bursting of crackers, and other festivities, the festival of Diwali carries a much deeper meaning. It is a festival of the victory of light over darkness, and good over evil. It is a celebration of purity and goodness.

When Lord Rama returned to Ayodhya after defeating Ravana, the people of the city lit lamps to celebrate the victory of light over darkness, truth over falsehood, and love over hatred. And on another day of Diwali, Lord Krishna destroyed the demon Narakasura, who was arrogant and cruel. With his killing, thousands of princesses and other women were set free, just as light sets us free from the darkness around. Krishna's victory reminds us that goodness and courage always conquer evil, no matter how powerful it seems.

On the day of Diwali, while a simple act of lighting a diya dispels the darkness outside, the true essence of this festival lies in lighting the lamp within by exploring the inner divine light that removes the darkness of complexity and grossness within our hearts that appears in the form of greed, fear, selfishness, jealousy, and hatred This pursuit of inner light is the core teaching of Pujya Shri Ramchandra Maharaj of Shahjahanpur, U.P., India, leading to Oneness with the Divine light.

Rev Master taught us that a Divine Light shines in the heart of every person, and by meditating upon it, we can feel peace, love, and guidance from within. When we sit quietly, close our eyes, and give a suggestion of the presence of this light, we begin to discover goodness and calmness that already live within us. Just as through regular practice we begin to feel the divine presence within our own hearts, we should also pray that everyone in this world may feel the same divine presence within their hearts. One undivided, universal divine energy resides in all beings. To awaken this feeling of unity and make everyone aware of this divine light in their hearts, Babuji Maharaj invited everyone, wherever they may be, to pause every evening at 9 p.m. for ten minutes and pray: "All the men and women in this world are one's brethren and true love, devotion and faith for the Master is developing in their hearts."

When thousands of people across the world pray together with this thought, it is like the countless lamps of Diwali that dispel the darkness of the amavasya night and fill every heart with joy. In the same way, our collective prayer sends waves of light, goodness, and calmness into the world. Dear students, let your every action be guided by the divine light in your heart. Spend a few minutes every day in silent meditation, remembering that this light is shining within you and at 9 p.m. join the prayer for universal love and unity. This Diwali, as you light lamps in your homes, also remind yourselves of light in your heart and pray that is should always guide your words, thoughts, and deeds. May the blessings of Master be with you all this Diwali and always. Happy Diwali !!

Student Editorial - An aspect that can improve Students' lives

Methuku Sathvik, Class X

In our day-to-day life, everything is moving so fast, including time. Everyone wants to compete with each other. It can be a job, financial status and education, but do we need to compete with somebody for our better education? And the answer is NO. We need to compete with ourselves to improve our education.

Nowadays, everyone is running for marks, but education is not about marks. Students of this generation are being forced to gain marks in place of knowledge and character. That is the reason students lose interest and stop studying for knowledge. Marks will never give us a happy life. Students' hard work is important.

Children have different interests and they want to fulfil them. So I suggest all the students of my school to improve their skills because in future no one is going to remember their marks. They will remember your skill and character. All young minds should develop a never-give-up attitude and discipline. These will help you in your life and also in leading a good life. Improve your character and skills, and be the happiest person. **"Win like you never defeated and practice like you never won".**

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

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, its 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 REMEMBERANCE: We must feel ourselves connected with the Supreme Power every moment with an unbroken chain of thought during all our 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. Service and sacrifice are the two main instruments with which we build the temple of spirituality, love of course being the fundamental basis. **(BWS 253)**

Whatever act you do, do it in the thought "It is the Divine' command and therefore it is my duty to do so", so that the state of rememberance should continue steadfast. **(SDG 128)**

The method for cultivating constant rememberance is to think with firm conviction during your leisure hours, in office or at home, in the street or in the market, that God is pervading all over and everywhere, and you are thinking of Him. Try to remain in the same thought as long as you can. **(SS-139)**

ప్రార్థన - అనుభవము



Illustration
Sahit Varma, iX Class

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

6-8-2025: I felt happy after meditation, I felt calm.
26-8-2025:I felt happy and refreshed after meditation.
10-9-2025:I felt happy after meditation. I felt peaceful and refreshed.
6-10-2025:I felt glad and calm after meditation.

K. Sanjana, Class IX

17-7-2025: I felt relaxed after meditation.
1-8-2025: I felt very happy after meditation.
30-8-2025: I felt very good after meditation.
17-9-2025: I felt really peaceful while doing meditation.

J. Sai Vinay, Class IX

4-8-2025: I felt very relaxed and calm after meditation.
18-8-2025:I felt really peaceful and relaxed after meditation.
11-9-2025: I felt refreshed and calm after meditation.
20-9-2025: I felt happy and relaxed after meditation.

B. Sahit Varma, Class IX

8-7-2025: I felt peaceful after meditation. I am having divine thoughts.
24-7-25: I felt relaxed after doing meditation.
11-8-2025: While doing meditation, my heart felt pleasant.
16-9-2025: After doing meditation I am feeling happy.

Y. Udaya Sree, Class IX

SRIMAD BHAGAVAD GITA

नेहाभिक्रमनाशोऽस्ति प्रत्यवायो न विद्यते ।
स्वल्पमप्यस्य धर्मस्य त्रायते महतो भयात् ।।

Herein, there is no destruction of initial effort; nor does there ensue any impediment due to deficiency or non-continuation. Even a very little practice of this Dharma (Discipline) saves one from great danger. (2-40)

This sloka has a very deep meaning and very far reaching influence in the way we do actions. What is the practice it is talking about? It is the practice of Yoga in our day to day life. Yoga requires the discipline of dedicating all actions to God. This makes the action selfless. One may not be perfect in this discipline but whatever attempt we make in this direction, doesn't go waste says Lord Krishna. It in fact saves us from greater danger of getting bound by result of the action, which cause misery. The small acts we do in life when dedicated to God, make us feel light, happy and joyous, even if we are not able to do it perfectly. When we do the same acts without dedicating it to God, the effect of those acts stays inside us as the act becomes selfish. Selfishness makes one unhappy because it is not our real nature. Thus by dedicating our actions to God, we are saved from unhappiness. Even a little practice of this, makes every effort worthwhile. As Pujya Babuji Maharaj says, "If drops continuously fall, river is the result. Thus our effort never goes waste".

LEGENDS OF DIWALI

Dhanteras - The scriptures mention the divinity called Dhanvantari emerging from the churning of the ocean, holding a kalash (pot) filled with Amrit (ambrosia). Since Dhanvantari, who revealed the science of Ayurveda to the world, first manifested on this day, doctors following the Ayurvedic system of medicine throughout India organise joyful celebrations during the annual Dhanvantari festival.

Naraka Chaturdashi - There is a legend about a king of Prag-Jyotishpur, named Narakasura. He was a powerful king who misused power to harass his subjects. Sri Krishna destroyed this oppressive asura king on this day. Unjustly imprisoned people celebrated their freedom with friends and family. The citizens celebrated their deliverance from Narkasura's reign by lighting lamps.

Sri Rama - Deepavali falls on a no-moon day – in fact, the darkest day of the year. The joy and festivities are to signify the victory of divine forces over the powers of darkness. On Deepavali day, triumphant Sri Rama is said to have returned to Ayodhya after defeating Ravana, the asura king of Lanka.

Goddess Lakshmi Devi - The Puranas say that it was on this day that Goddess Lakshmi, who emerged from the churning of the ocean of milk (Ksheera Sagara), married Lord Vishnu.

Govardhana Puja - To shelter the gopis and gopas and their cows from the torrential rains sent by Indra, Krishna lifted a hill near Mathura called Govardhana with his finger and sheltered all the people for a period of seven days under it. By then, Indra saw Krishna's greatness and asked him for forgiveness.

Bhaiyya Dooj - The river Yamuna and Yama, the God of Death, were brother and sister. As they grew up, they went their different ways. On this day, Yama supposedly visited his sister Yamuna, who, in her joy at seeing her brother after such a long interlude, set up a feast for him. Pleased, Yama granted her a boon. He declared that every man who receives a tilak or vermilion mark on the forehead from his sister and presents her with lovely gifts on this day would attain higher worlds.

During the night of Deepavali, the myriad little clay lamps (diyas) seem to silently send forth the message of Deepavali: **"Come, let us remove darkness from the face of the earth."** The lights of Deepavali are displayed at the entrance doors, on the walls of houses, in the streets and lanes. The rows of lamps also teach another important lesson of unity. The light that shines forth from the Sun, the moon, the stars, and fire is all the same.

(Taken from the web)

Mould your living so as to rouse a feeling of love and piety in others.
- Pujya Sri Ramchandraji Maharaj

OUR PAGES

My dream for India and my role in it as a Satkama student.

(First prize in Essay Writing)

V.Vanshika, Class X

India is a land of vibrant cultures. It is the land where Vedas, Upanishads were born. The people of India follow unity in diversity and diversity in unity. It is the birthplace of many great leaders. I dream that the progress of India should not only be measured in GDP, but also in the values, followed by people. India should develop in technology, along with the core values like unity, integrity, peace.

I dream that India should have value based educational schools, with all facilities where the students are treated equally, irrespective of their caste, economical background, gender and where the students feel free to express their feelings or ask their doubts. The schools should provide free education for the children. The students should find the values in everything, whether they are performing experiments or solving a numerical. The school should develop positive thinking and positive attitude in the students.

"Yatra yatra nari pujayante ramaante tatra devata." This line means that wherever the women are worshipped there exist God. I dream, a society where women are treated like goddesses and equal with men. An India where women get respect and freedom to express their thoughts, freedom to go anywhere.

I dream a glittering India without litter on the streets, where all people follow Swachh Bharat mission. I dream an India with clean streets, trees and healthy lives.

I dream that India will become the country which develops peace and harmony in the world. And the country which stops wars.

SATKAMA was derived from satyakama in which Satya, means truth and Kama, means desire. This school mainly focuses on the integrated development of the student with the root cause divinity. Satkama provides free and value based education for the students, and it also teaches meditation for classes 6 -10 on divine light.

As Satkama taught me meditation, the first thing I do to fulfill my dreams is to spread this practice. Meditation gives us mental peace and does not make us easily attract for negativity. Let us consider an example, imagine that there are two cups, one filled with milk and one with butter. If a fly falls in milk, we can filter the milk to remove it. But the chemical of the fly mixes in the milk. If there is the same situation with butter, we can remove the fly easily with a spoon and the whole butter will be good. Here, the fly refers to negativity, butter and milk refers to the personalities of humans. If you meditate, you will become like butter, which can always get rid of negativity and be positive.

To fulfil my dream, I will establish many schools like Satkama, which teaches values along with education for children. Along with these, I will never leave the path of Dharma. Wherever I go I will never leave the principles taught by my school Satkama. I will try to input these principles in my peers and I will spread these all over India. I will believe in divinity and follow the path of truth. "Yatha yatha hidharrmasya glanir bhavati bharata abhyudhanaam adharmasya tadatmaanam srujamyaham." In my every deed, I will follow the principles of my school. I will build a nation which believes in divinity and follow the values like unity, equality and peace.

Kindness

G. Saranya, Class V

One day in my old house, we heard a sound in the balcony. We looked outside and saw a tiny pigeon that had hurt it's leg. My father and I gently picked it up, cleaned the wound and tied a bandage around the leg. We gave some water to drink and grains to eat. That day, the pigeon was unable to fly, so we let it stay on the balcony. After a few days of care, the wound healed and it recovered. The pigeon happily flew away into the sky.

Moral: A small act of kindness can make a big difference.

An Inspiring Teacher

Lochan Raj Sai, Class III

Once there were two brothers Somu and Monu. They helped each other. One day Somu did not bring his stationery to school. He asked his brother Monu, then Monu replied that he can share his stationery with Somu. The next day Somu repeated the same thing. Monu told his teacher that Somu is not bringing his stationery. Teacher explained the importance of stationery and told Somu to be responsible. Teacher told Somu to bring his stationery from the next day. Next day Somu brought his stationery.

Moral: A teacher inspires us to do our best and be responsible.

OUR PAGES

My dream for India and my role in it as a Satkama student.

(Second prize in Essay Writing)

T. Yashwanth, Class IX

India is a land of incredible potential, rich cultural tradition and timeless values. As a proud Indian and a Satkama student, my dream for India is to see our nation as a global example of unity, compassion, innovation and sustainability. I envision India, where people have access to quality education, healthcare, clean air and safe environment. I dream of an India where development will not come at the cost of nature, kindness is more important than conflict where values are as important as victories.

In today's world of fast success and instant results, people often forget the main purpose of being human. That's where the value based education, what we learn in Satkama, becomes important. As Satkama means Be Truthful, the society should be truthful. As Satkama school provides some values, those values are very important to make India as we wish. Our thoughts, actions and words are also having so much power. By these we are able to control i.e. If our thoughts are good, actions are good and words are good, society will be good. If the society is good, India will take the number one position in everything, and we can also fulfil our dreams.

My role as a Satkama student would be firstly to promote values in society. I want to do this because values are very important. It helps the society to be good. And make others good. For this, we need to make schools like Satkama, that is having value based educational schools. I think this would definitely help the society and the world.

Secondly, India is having serious problems with the environment. I would take some small steps like planting trees, reducing plastic use, conserving water etc.

Thirdly, we can see rural area children not studying. Without education, we cannot live. So we have to provide advanced education in rural areas.

I finally conclude that to see our nation, as a global star, we need to take some steps which are meaningful to fulfil our dreams. We need to promote values in society and solve every small problem by using advanced technology.

My dream for India and my role in it as a Satkama student.

(Third prize in Essay Writing)

S. Sanjana, Class X

The future of India lies in the hands of its students. India is not just a country. It is a dream in the hearts of millions. Every citizen has a right to shape our country, especially students. I believe that building a better India begins with small actions, true values and clear vision. My dream is to see India a developed country where everyone is educated. Not only developed in technology, but in humanity, equality, etc.

A dream is not what we see in sleep. It is a thing which makes us not to sleep. My dream is that everyone in our country should be compassionate with strong values where no one is discriminated based on their caste, colour, gender, age, etc. It is not just about tall buildings or fast technology. It is about balanced growth.

I dream of a safe and healthy India. Where every corner of India has medical facilities. Clean and green India, where there is no deforestation and global warming. A united India where every person, no matter what gender, caste, color etc, they belong to get equal opportunities in every area or section. A proud India where everyone tries to develop the country and make others proud. A country with no jails, no lawyers, police station, orphanages, and old age homes.

As a Satkama student, I will try to follow values such as humanity, helping, love, cooperation, kindness, etc.

Plant more trees and take care of animals.

Allow no one to send their children or parents to orphanages or old age homes.

Help everyone no matter the help is big or small.

I will not study to get good marks. I will study to help someone with my knowledge.

I will not allow anyone to discriminate disabled persons.

I will sacrifice my entertainment for a better tomorrow.

Great nations are built by those who care. As a Satkama student with strong values. I will do my best to turn today's dreams into tomorrow's reality.

"Change begins not in speeches bit in small daily actions."

I may be one, but together can make a great nation.

My Wish

Noel, Class III

I wish I was an elephant because it would make me laugh, use my nose like a garden hose, and to rinse myself in the bath. I wish I was a dolphin leaping and splashing. I'd be dashing and swimming along with the fish. I wish I was an ostrich, tall and grand but if I got scared, would I be prepared to bury my head in the sand? I wish I had more wishes, but now my wishes are done. I am happy with what I have.

OUR PAGES

My School Life

A. Narayana Kaarthik, Class IX

I study in Satkama High School, located in Hyderabad, Telangana. The school is named after Satyakama Jabali, who is known for his truthfulness and knowledge. The motto of our school is "Truthfulness and spirituality", and everything we do reflects that. It is an English medium school. With only 15 students per class, we get special attention from teachers. The school has a science lab, computer lab, library, playground and a G.H. Hall where students perform skits and dramas every Saturday.

What makes my school unique is the focus on both education and life skills. Apart from subjects, we learn meditation, drawing, stitching, biscuit making, sports, electronics and even computer programming. There is also a cultural course (CC) period, where we discuss topics like God, Divine light, Yoga and Positive thinking. Every week, we follow one of the 44 values taught in school, like Honesty, Kindness and Patience, etc. These values make us strong and positive in life. I feel proud to study in a school to study in a direction that gives us freedom and helps us grow in every direction.

My life in Satkama High School is truly special. For me, school is like a second home. It teaches me how to overcome fear, face new people, and speak confidently in front of others. It is the place where I started building my dreams.

One of the unforgettable moments was the first day of VIII class. I was full of suspense and questions like who my teachers are, what they will teach, and how I should behave. But everything turned out better than I expected. The teachers were kind, clear, and friendly. They helped us feel safe, removed our anxiety, and corrected us with patience when we were weak in something. Our teachers are very supportive and motivating, which makes it easy to ask questions and keep improving.

My dream is to become a Robotician, and I feel lucky that my school is already teaching me the basic skills needed for it. The environment, the values and the teaching here are preparing me step by step for success.

Satkama High School has become more than just a school to me; it is a place where I have grown, failed, learned, and risen again with confidence. It has shaped not only my thinking but also my heart. Every teacher, friend, and classroom moment has helped me become stronger, wiser and more understanding. The environment here is filled with peace, purpose and positive vibes, where even the smallest act is filled with meaning.

This gave me the courage to speak without fear, the strength to try even when I doubted myself, and the values to become a better human being.

The meditation, the values we follow each week, and the guidance we receive help us connect with ourselves deeply, something no textbook can.

As I continue my journey, I know that the roots built here will always keep me grounded, no matter how far I fly. Satkama has not only prepared me for the exams, but also for life and for that, I will always be grateful.

"A good school is not just a place to learn facts, but a place where hearts are touched, minds are awakened, and lives are shaped forever."

RAMU - The boy who transformed the village

K. Dharma Teja, Class IX

On top of a hill, there was a small village without a school, road or hospital. Children worked as labourers instead of studying. Among them, was a boy named Ramu. He dreamt of being educated. With his father's support he studied in a nearby town and returned, determined to change his village. He requested the government to build a school, but officials refused saying the village was too small . Ramu gathered all the villagers and said that he would become a teacher. He started a school under a tree. Using a phone and TV with AI technology, he taught all the subjects. Children began learning with excitement. Later, Ramu encouraged the villagers to build a dam to store water. They also installed solar panels for electricity, even created a waterfall by channelling water from the hill. Tourists began visiting the place. Seeing this the government finally provided proper roads, hospitals and an official school. The whole village flourished, thanks to the vision of one boy.

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

OUR PAGES

Service

Bharadwaj, Class III

Once there was a boy named Raju. One day he went shopping with his father to buy a new dress. While coming back home, he saw a small boy on the pavement of the road with torn clothes. Raju showed pity on him and wanted to give his new dress to the boy. He took his father's permission and gave his new dress to the boy. The small boy felt very happy. Raju and his father were also happy.

Honesty

Nitya Nainika, Class V

One day Hasini and her mother Shallini were travelling in a bus to their village. Shalini paid Rs.320/- for the tickets. The conductor said that the tickets cost Rs.200/- and returned 150 as change. Hasini saw that the conductor returned Rs.30 extra. She informed her mother and they returned the extra money to the conductor. He was very happy and thanked them.

Moral: We should always be honest in our actions.

My dream for India and my role in it as a Satkama student.

(Third prize in Essay Writing)

Y. Harsha Kumar, Class X

India was known for its tapestry, culture tradition, heritage dance forms, and famous personalities. While these continue today, new Western culture and other features are being adopted from the foreigners. To change it, we need youth with a positive mindset.

Although India is economically or technically advancing, there are still some areas we are lacking behind, like crimes, terrorist attacks. My dream as an Indian is to make my nation proud, compassionate and free from poverty and crime.

As a Satkama student, there are several lessons my school taught me. Satyapad Marg, Righteousness, Divinity, Integrity, Sympathy, Empathy and several other values. Satkama, itself means truthful.

If I am sincere in learning these values in my school, they will in turn make me a perfect person.

For example: Consider Instagram If any reel or anything is interesting or most viral, people start following it. Similarly when we start absorbing Dharma, and all 41 values, the person who is with you starts learning it, all our minds think like each other. It's like resonance.

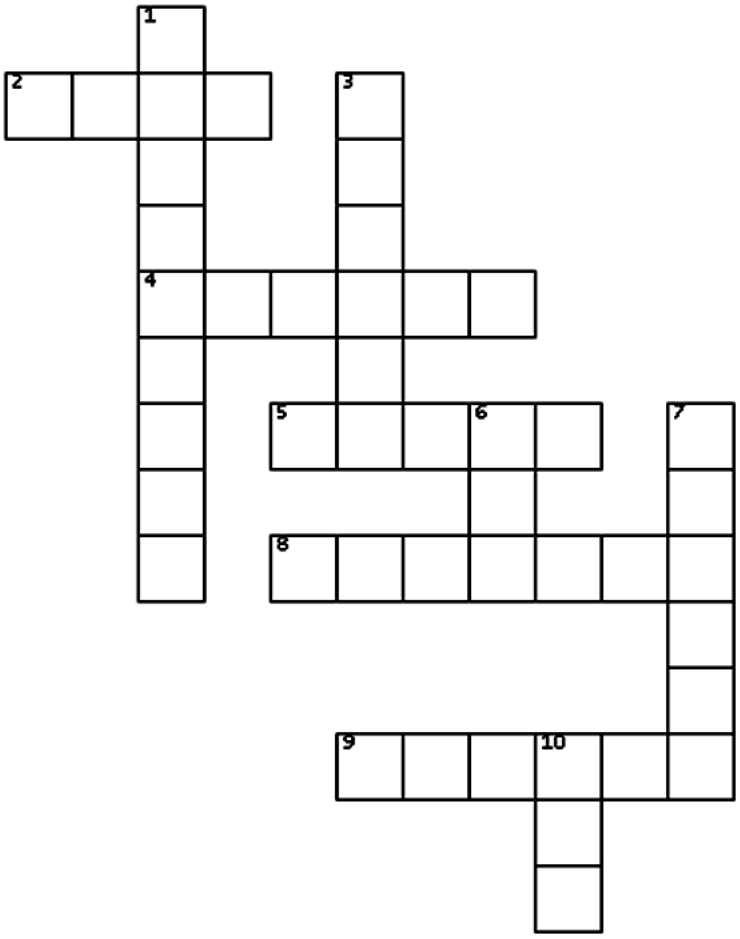
My dream is to make my nation free from poverty and crime with no discrimination and continued developments. If we want to speak about India we should first remember the values and scriptures it has taught us.

Not only me, every student who comes from Satkama transforms our nation from generation to generation. As Abdul Kalam once said: If we have good character, our home will be in harmony, if our home will be in harmony, the nation follows Dharma. If a nation follows Dharma, then there is peace in the world.

The values which are instilled in me by my school If I emitted in the nation, the nation starts radiating divinity, integrity and values. If everyone believes in this philosophy, the nation will be in a perfect shape. Here in Satkama we believe that even if one person is successful in this process of absorbing values and strengthening their inner strength then slowly generation after generation, the nation starts to mould into a perfect nation. Finally, I thank my management for giving me this opportunity to play a role in shaping the nation.

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

ACTIVITY PAGE



ACROSS

2. Only mammals that can fly
4. method used to catch fish
5. Group of lions
8. Bird that can swim but can't fly
9. Name of the place where ants live

DOWN

1. Biggest insect in the world.
3. A group of crows
6. Animal that lives in kennel
7. Bird used to detect dangerous gases in mines
10. Bird that can rotate its head

FIND THE YEAR HIDDEN IN THE PUZZLE

1.Year India gained Independence.
2. Quit India movement started.
3. Babuji Maharaj was born
4. Satkama High school was established
5. First war of Independence
6. India became republic.
7. Birth year of Shivaji

1950	1949	2004	1945	1942
1932	1956	1625	1627	2006
1845	1857	1911	2024	2007
1856	2004	1628	2003	1889
1935	1943	2002	2001	1899
1948	1952	1955	2005	2001

WISH YOU ALL A HAPPY DIWALI

ACTIVITY PAGE



Unscramble each of the words using the clues below

PLMSA	_ _ _ _ _	People light these on Diwali
TEURONFE	_ _ _ _ _	Number of years Lord Rama spent in exile
IIDAT	_ _ _ _ _	She is the mother of Gods
MAUR	_ _ _ _ _	Guard of Pragjyothispura
BASHAYAATM	_ _ _ _ _	Lord Krishna's wife who accompanied him to the battlefield
HBIVDUE	_ _ _ _ _	Mother of Narakasura
LIADIW	_ _ _ _ _	Festival of lights
NSHIKRA	_ _ _ _ _	Eight incarnation of Lord Vishnu
AGURAD	_ _ _ _ _	Vehicle of Lord Vishnu
HAODYAY	_ _ _ _ _	Lord Rama ruled this city

SCHOOL EVENTS

Independence Day



Independence Day was celebrated with a lot of patriotism and enthusiasm on 15th August, 2025, at Satkama High School. Dr Sri Kasu Prasad Reddy Garu, founder of Maxivision Hospitals, graced the occasion as the Chief Guest. His speech on the importance of hard work, respecting elders, being truthful in words and actions, and a strong belief towards God inspired the audience. Many speeches, songs, drills and skits followed by prize distribution were held on this day.

Teachers' Day

On September 5th, 2025, Satkama High School celebrated Teacher's Day with much enthusiasm. The children expressed their respect and gratitude towards their teachers. A variety of fun-filled games were conducted for the teachers. Role play by Class X and IX students as teachers stood as one of the main highlights of the event.





National Sports Day

On 29th August, 2025 Satkama High School observed National Sports Day, remembering the Legend Major Dhyan Chand, the Wizard of Hockey. Teachers and students paid a tribute by offering flowers and recollecting his contribution to Sports.

Sloka Contest

Bhagavad Gita Sloka Contest was held for classes I-X on the occasion of Sri Krishnashtami. The contest was held on 29th August, 2025 and 30th August, 2025. Children from all classes participated with lots of fervour.



SCHOOL EVENTS

Telugu Basha Dinotsavam

Commemorating the Birth Anniversary of Sri Gidugu Venkata Ramamurthy garu, Satkama High School observed Telugu Basha Dinotsavam on August 29th, 2025. Students from Classes I-X performed many skits, mono actions, and recited poems and acknowledged the importance of Matru Basha in one's life.



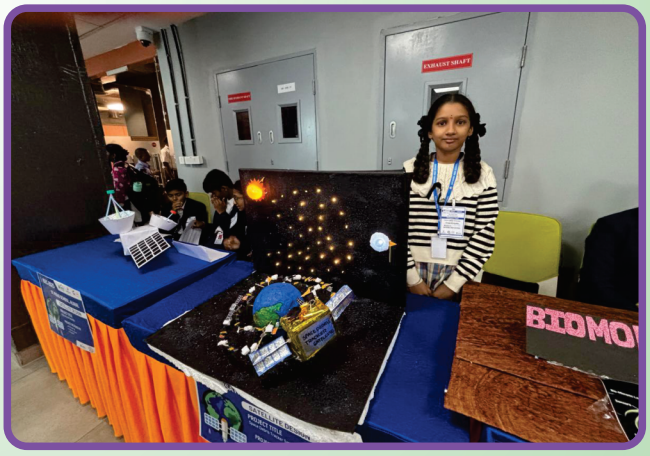
Hindi Diwas

Hindi Diwas was observed on 15th September, 2025 at Satkama High School. Students from Classes I-X participated in various activities like speeches, skits, poems and, songs with a lot of zeal and enthusiasm.



ISEC 2025

India' First Space Education Conference & ISRO-Reviewed Student Contest was organized by Erudite Space Education on 30th June, 2025. V.Nandika from class 6 qualified in the screening Test and exhibited her project - Space Debris Tracker Satellite at T-Hub Hyderabad on 18th August, 2025.



Expert Talk – A Session with a Nutritionist

A session with Nutritionist Smt.Dr.M. Chandrakala Garu was organised at Satkama High School, on 3rd September,2025. The session covered important topics like Balanced diet, importance of breakfast, the role played by water and other nutrients were elaborately discussed. Questions posed by the students were patiently answered by the expert.



Teacher Training Workshop

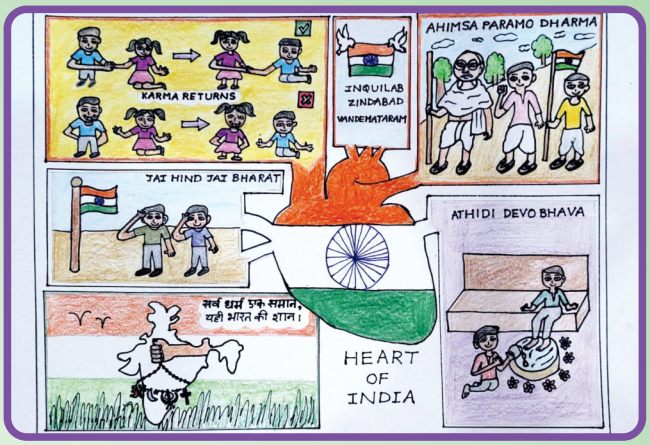
A three-day workshop was organised for the teachers from 22nd October - 25th October 2025 at Satkama High School. Detailed information on the philosophy of the school, Sahaj Seva Samsthan, Education for Spiritual Era, the importance of activity-based lesson plans and the spiritual meaning behind the pledge and prayer were discussed.

SCHOOL EVENTS

On the occasion of Independence Day, to encourage and to reflect on India's Freedom Struggle and foster an appreciation towards the motherland, Satkama School has conducted various contest like essay writing, debating, elocution and drawing. To enhance the creativity and the child's artistic talent, drawing contest was held for classes I-X.



M. Rishi, VI



V Vanshika, X



M.V. Vasista, VIII



K. Sree Tapasya, VIII



Clay Ganesh Idol

DIYAS







BODH

Namaste, my name is Rupavathi. I have joined Bodh School in July 2022. I am the parent of two children who are studying in Satkama school. My daughter Saranya is in Grade 5 and my son Bharadvaj is in Grade 3.

Satkama and Bodh school run based on the philosophy and teachings of Pujya Sri Ramchandraji Maharaj of Shahjahanpur, U.P., India. I have seen many schools, but I have not found any other institution that provides value-based education like Satkama and Bodh school. These schools focus not only on academics but also on imparting moral and ethical values to the children. I have personally observed a positive change in my children's behavior since they joined here.

The habits of discipline and respect for elders are given great importance in these schools. The Students greet teachers and elders by saying "Namaste". No other school emphasizes such cultural values. "Namaste" is our ancient tradition which means "The divine in me bows to the divine in you." I feel very happy that my children now greet even strangers and guests with "Namaste."
These are schools where subjects are taught through activities, enabling children to learn easily and express themselves confidently. Along with academics, several co-curricular activities are also taught such as art and craft, music, computer, Srimad Bhagavad Gita slokas, gardening, stitching, biscuit - making, yoga, sports etc. These activities help children explore their areas of interest and develop important life skills.

Students practice Trataka and meditation to improve their concentration. The school provides sahaj shakti milk and biscuits within the campus to improve children' immunity. All national and cultural events organized by government are celebrated here such as Hindi Diwas, Telugu Bhasha Dinotsavam & Telangana formation day etc helping students understand the importance of these events.
The role of the class teacher is highly valued, students see their class teacher as their second mother. The dedication of teachers and staff in nurturing student's behavior and moral development is truly impressive. Various competitions are conducted regularly to help children identify and develop their areas of interest. Personality development classes are conducted for students of classes 10 to enhance their confidence, life skills, leadership qualities and overall personal growth. Group learning activity is held once a week to help students overcome stage fear and to improve communication skills.

Bodh School is specially for slow learners and for students who face challenges in regular schools with academics. The teacher-student ratio is maintained at 1:1, ensuring that each student receives personal attention and care. Teachers need a lot of patience to work in Bodh school. Bodh children also equally participate in all the events along with Satkama students and win some prizes. We feel happy about these achievements. As these students sometimes forget the concepts taught in the class, repetition of concepts is required for them. This will be challenging for the teachers. I truly appreciate the teachers for their hard work and dedication.

I can confidently say that the students studying in Satkama and Bodh school will positively influence those around them through their good behaviour and values. I feel very happy that both my children got the opportunity to study in Satkama school and I am grateful for the valuable contribution the school has made to my children' educational journey.

Rupavathi Gangitla, Bodh School Teacher



Dhruvan



Yasasri

Respect and Kindness

Y. Dhruvan

One day, while I was playing football, the ball hit an uncle's shoulder. I ran quickly and said, "Sorry, Uncle." He smiled and gave me the ball.
The next day, my friend's ball hit an aunty's head, but he spoke rudely with her. The aunty felt bad and took the ball home. Later, he and his mother went to her and said sorry politely, and she returned the ball.

Moral: We should respect everyone and speak kindly to all.

Kindness

K. Yasasri

Once, I was going shopping with my parents. I saw a small incident. A boy saw an old man trying to cross the road. He quickly ran and helped the old man cross the road safely. The old man smiled and blessed the boy.

Moral: "We should always be kind and help others in need."

Vocational Wing









Hospital News

Dr Katyayini, BAMS, Ayurvedic Physician, Chennai

The Power of Your Digestive Fire (Agni)

According to Ayurveda, the Agni (Digestive Fire) is the central pillar of good health, and its job is to process everything—food, thoughts, and emotions.
When your digestive fire is strong, it performs three perfect functions:

Digestion: Completely breaks down the food you eat.
Absorption: Pulls out all the essential nutrients.
Elimination: Ensures waste is efficiently removed.

If Agni becomes weak or diminished, food is left undigested. This fermenting, unprocessed matter creates sticky, harmful toxins known as Ama. Ama clogs up the gastrointestinal tract, directly blocking nutrient absorption and paving the way for disease and poor health. Poor health is due to an imbalance in the Doshas (Vata, Pitta, Kapha) and weak Agni.

Common Gastric Issues (Signs of Weak Agni) are:

Hyperacidity and Reflux (GERD): Characterised by sour belching and a burning sensation. This is typically linked to excess heat (Pitta Dosha).
Bloating and Gas: Feeling heavy and distended due to the fermentation of undigested food.
Constipation: Often caused by dryness and lack of movement in the colon (Vata Dosha), preventing smooth elimination.
Indigestion (Dyspepsia): General discomfort, pain, or sluggishness in the upper abdomen after eating.

Primary Causes of Digestive Imbalance: Eating under emotional or mental stress, eating meals too quickly or not chewing food thoroughly, consuming more food than Agni can handle, and eating overly processed, fermented, spicy, or fried foods.

Ayurvedic treatment focuses on rebalancing the Doshas, strengthening Agni, and eliminating Ama through simple changes in diet and lifestyle.

1. Eat in a peaceful environment, sitting down and avoiding distractions. This helps the body focus on digestion.
2. Avoid frequent snacking. Only eat your next meal when you are truly hungry and the previous meal has been fully digested.
3. Choose easy-to-digest, fresh, homemade, and warm cooked foods like moong dal, rice, cooked vegetables, milk, and ghee.
4. Use Turmeric, Cumin, Fennel, Coriander, and Hing (asafetida) daily in your cooking to naturally enhance digestion
5. Drink ginger or cumin tea once a day to stimulate Agni.
6. Use stress-reducing techniques like meditation and yoga; a calm mind supports good digestion.

Dos	Don'ts
Fennel seeds reduce gas and bloating (carminative). Chew a small amount after meals. Cumin seeds stimulate and strengthen digestion. Consume in warm water (Cumin Tea). Ginger enhances digestion and adds warming power. Take as a tea or add fresh ginger to meals. Buttermilk neutralises acidity and aids indigestion. Known for its cooling, probiotic properties. Triphala Detoxifies the digestive tract and treats constipation.	Heavy meals close to bedtime, as your digestive fire naturally weakens after sunset. Cold and raw foods Ice water or cold foods and beverages, as it slows digestion. Reduce excess caffeine, processed, fried, and fermented foods.

Remember - **Be happy to eat in constant divine thought what ever you get with due regard to honest and pious earnings. Helps to promote both physical and spiritual health.**

వేమన శతకము

మేడిపండు చూడ మేలిమై యుండును
పొట్ట విప్పి చూడ బురుగులుండు
పిరికివాని మదిని బింకమీలాగురా
విశ్వదాభిరామ వినురవేమ!

తాత్పర్యము: ఓ వేమా! మేడిపండు పైకి చూచుటకు చాలా బాగుగా కనపడును. దాని పొట్ట చీల్చి చూచినచో పురుగులుండును. పనికివచ్చు గుంజు ఏమియునుండదు. అట్లే పిరికివాడు పైకి మంచి శరీరపుష్టి కలిగి చూడముచ్చటగా నుండును. కాని ఏదైనా అవసరమువచ్చినచో నిలబడి ఎదిరించు ధైర్యములేక నగుబాటునుండును.

संत कबीर के दोहे

हरि बिन नींद न आवई,
जागत बिंत न जाए।
कबीर प्रेम न छिप सके,
लाख छुपावै कोय ।।

Without God, I cannot sleep or stay awake; Kabir says, love for God cannot be hidden - however hard one tries.

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 Hormic (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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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,
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Hyderabad, India – 500 057,
+91-40-23341380/9052341380
Timings for Appointment : 9AM - 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.

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