Sahaj Seva Samsthan Educational Newsletter

SPANDAN

WE WISH EVERYONE A VERY HAPPY NEW YEAR 154 LE

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

GUEST EDITORIAL

Dr. M Keshava Reddy Garu, Member, SSS

How to conduct ourselves?

Sriramachandraji has already explained the equality of all human beings – and all the animals, as we all have come from the same source. Diversity is common denominator. We all have different talent and look. Just because you didn't get the same marks, it doesn't mean that you are of lower intelligence. Some are good at Mathematics. Some are good at languages. Some are good in History. Some are good in sport. Some are good in singing and some in painting. We have to hone in our skills. Parents and teachers have to be vigilant and understand the child and should be able to encourage that. It may appear that it doesn't make one succeed in life, which means different to different people. You should enjoy what you do. You should utilise what you have and innovate all the time. Think always how you can keep others happy and be useful to them. Take the greatest autistic people like Albert Einstein, Vincent Van Gogh, Thomas Edison, Charles Darwin and Elon Musk; they could achieve a lot. Just someone is different to many of us doesn't mean anything. Never be judgemental. Happiness is the dictum and we don't have to be jealous about some one's 'success'; we should celebrate that. Service and sharing should be at the root of all we do. Gratitude and contentment make us happy. We should always stick to the values which should be our guiding principles in life. We have to follow the natural path enunciated by our Sriramchandraji to get a balanced and happy life.

Student Editorial

THE VALUE OF INNER PURITY AND SELFLESS LIVING

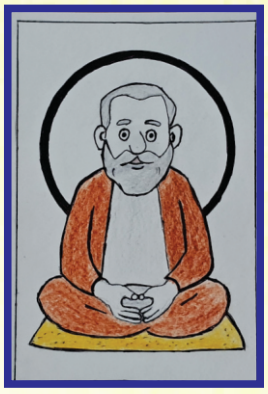
J.Sai Vinay, Class IX

In today's fast moving world, where success is often measured by power and possessions, the values like humility, purity and selfless service are slowly being forgotten. Yet, these are the values that give meaning to human life. Our beloved Master Pujya Sri Lalaji Maharaj reminded us that real greatness does not lie in external achievements but in inner refinement. He emphasized that spiritual growth begins with simplicity of heart and purity of intention. He taught that when the mind is free from selfish desires it naturally turns towards truth and compassion. As he beautifully said “the heart must become light before it can reflect the divine.” These teachings encourage us to practice honesty in our thoughts, words and actions. When we live truthfully our mind becomes our guide, and our life gains clarity and peace. He believed that character is built not by force but by gentle self discipline and constant remembrance of higher ideals. Service to others was another core value he lived and preached. He taught that helping others is not merely a duty but a form of spiritual practice. “Service done with love purifies the heart faster than any effort.” This inspires us to be kind in society. Even small acts of goodness when done sincerely can bring inner joy and harmony.” When you empty yourself of pride, the Master's grace fills you.” By following the values taught by Pujya Sri Lalaji Maharaj we can lead meaningful lives and contribute positively to the world. His teachings continue to guide us like a lamp in darkness, showing the path of righteousness and inner peace.

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

Story of Master - The Advent

How can India regain the lost glory and its spiritual values? Swami Vivekananda tried restoring the feeling of pride and self confidence in the Indian masses. He wanted Bharat to gain economic and political freedom and later revive its spiritual glory. He worked day in and day out for the good of humanity. The world started looking towards India with more respect for its spiritual knowledge. However his dreams did not come true to the extent that he thought of and were required.To bridge this gap between aspiration of spiritual regeneration of humanity and its fulfillment, the Divine Master, Mahatma Sri Ramchandraji Maharaj of Fatehgarh had already started functioning. This highly evolved soul, also lovingly called Lalaji Maharaj, was born on 2nd February 1873 on the auspicious Basant Panchami day. He was selected by Nature to prepare a Special Personality who would bring about a positive change in the nature of human consciousness.The person to be moulded by Pujya Lalaji Maharaj, to accomplish this task, Sri Ramchandraji Maharaj was born at Shahjahanpur and the eyes of all Masters were on him.



Kaarthik, IX

ప్రార్థన - అనుభవము



Illustration
Sahit Varma, Class IX

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.

10-11-2025: I felt happy and very refreshed.
13-11-2025: I felt very peaceful and calm.
22-12-2025: I felt happy and very active.
24-12-2025: I felt very glad and peaceful.

K.Sanjana Reddy , Class IX

6-11-2025: I felt relaxed and calm after meditation.
12-11-2025: I felt happy and delightful in my heart.
4-12-2025:I felt very relaxed and refreshed after doing meditation.
15-12-2025:I felt relaxed and peaceful.

B. Sai Praeeith Reddy, Class IX

7-11-2025: I felt very relaxed and my mind became peaceful.
17-11-2025: I felt very peaceful and pleasant after meditation.
5-12-2025: I felt very happy and peaceful.
10-12-2025: I felt very strong and active.

G. Sahasra Varshi, Class IX

18-11-2025: I felt calm and peaceful after meditation.
24-11-2025: I felt calm and pleasant after meditation.
4-12-2025: I felt relaxed and peaceful after meditation.
17-12-2025:I felt happy and refreshed after meditation.

B. Sahit Varma, Class IX

LALAJI ERA MONTH NAMES : We are happy that we have been blessed with the awareness for naming the new era ushered in by Pujya Lalaji Maharaj and accordingly we have named it as Lalaji Era. With the ushering in of the Advent in 1873 the New Era started. A new calendar is named after Pujya Lalaji Maharaj and 2026 is the 154th year of Lalaji Era.

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

Srimad Bhagvad Gita

ब्रह्मण्याधाय कर्माणि सङ्गं त्यक्त्वा करोति यः ।
लिप्यते न स पापेन पद्मपत्रमिवाम्भसा ।।

Reposing all actions in Master, he who does them abjuring all attachment; he, like a lotus-leaf by the water, is not contaminated by sin. (5-10)

Kabir, the revered saint, was a cloth weaver by profession. He used to rest his thought on God while working on the loom. Once a person approached him to weave faster for more profit. The wise Kabir was not tempted by greed. He refused, saying that it is God who works through his hands. Saint Kabir, though working in this world like us, was untouched by sin because he dedicated his actions to God and stayed in remembrance of Divine. A lotus leaf is in muddy water but untouched by water. Similarly we can remain pure in this world without getting affected by the actions we are required to do as duty by dedicating the action to God. Pujya Babuji Maharaj calls this trusteeship. God has entrusted us with work which we should dutifully do and repose to Him to stay pure.

Words of Wisdom

WORLD PEACE: World peace is the crying need of the day and those at the top are trying hard to bring it about. But the means adopted for the purpose do not so far seem to promise fruitful results. The efforts for the establishment of world peace do not seem to be very effective only for the reason that they are merely external, touching only the fringes of the problem. As a matter of fact world peace can never be possible unless we take into account the inner state of the individual mind. World peace is directly related with individual peace, for which the individual mind is to be brought up to the required level. If the individual mind is brought to a state of rest and peace, everything in the world will then appear to him in the same colour. It is, therefore, essential to find out means for developing within every individual a state of peace and contentment. Thus, all that we have to do for the attainment of world peace is to mould the mental tendencies of the people individually. That means the proper regulation of mind so as to introduce into it a state of moderation. That is the only way for bringing peace into the world. It is therefore essential for all of us to develop peace of mind within our individual self. But that being exclusively the scope of spirituality, one must necessarily resort to spiritual means for the purpose. **(SS-181,182)**

Swami Vivekananda

Swami Vivekananda was an Indian Philosopher, Hindu monk and spiritual leader. He was born on January, 12th 1863 in Kolkata. His birth name was Narendranath Datta, which was later changed to Swami Vivekananda. His father's name was Vishwanath Datta and mother's name was Bhuwaneshwari. He was a disciple of Shri Ramakrishna Paramahamsa. He was the founder of Ramakrishna mission. His birthday is celebrated as National Youth day in India. In 1893, Swami Vivekananda represented India in the Parliament of the World's Religions. He spoke about Hinduism and Spirituality.



Once in school, the teacher doubted Vivekananda for a mischief he didn't do. When he denied it, teacher became angry and punished him. After sometime, the teacher realized that she was wrong and mistake was of someone else. The teacher went to him and apologized. There after everyone had respect and regard for Vivekananda. He went home and told the incident to his mother. His mother said "It doesn't matter if you get punished, but always do what is right and what is true. No matter what."

Values that I learned from Swami Vivekananda's life are

Truthful: He spoke truth with his teacher.
Strong and courageous: Swami Vivekananda is very particular about his physical exercises and made himself physically strong.
Fearlessness: He would never accept anything without verifying it's truth.

G. Yuvan Karthikeya, Class III

TEAM WORK

G.Saranya, Class V

My friends and I went to a mall.There were many games and we went to the block room. It was very beautiful with different coloured blocks. Many children were there, trying to build a castle with these blocks but they could not. I also tried to build a block castle, but I could not get. I felt very sad . Then my friends and I tried together, and we could build a block castle. All the children and their parents clapped for us and took pics of the castle. I knew that impossible things can be made possible with Team Work.

SACRIFICE

G. Bharadvaj Class III

Once a girl lived in a village. One day, she saw a poor boy shivering in the cold. The boy did not have a warm coat. She felt cold, but felt sad for the child. She took off her coat and gave it to him. The boy smiled and felt warm. The girl walked home feeling cold but happy. Her parents were proud of her.

FRIENDSHIP

B. Kruthika, Class V

Once upon a time, lived a girl named Manisha. She was a good girl and she had a friend named Lalitha. Lalitha was lazy and never picked the ball, while playing. She always threw the ball very far and never picked the ball while playing. Seeing this slowly all her friends stopped playing with her. When Lalitha was sad, Manisha explained that everyone should be responsible while playing the game and it's because of her behaviour that no one was playing with her. Lalitha changed herself and all her friends started playing with her.

A true friend always stands with us, corrects us when we are wrong and guides us.

SERVICE

M. Sasidhar, Class V

One day a boy named Surya was going on the street with his parents. He saw that the poor woman has no eyes. Surya felt bad and wanted to help the poor woman. Next day he saw the same woman near his school. While going home in the evening he gave all his pocket money to the poor woman. His father scolded him, but Surya told his father to be polite and help others.

ఓ శ్రమజీవి

జి. సహస్ర, తొమ్మిదవ తరగతి

పొట్ట చేతపట్టుకొని పట్నం బాట పట్టావు.
కూలి పనులు లేవని ఊరు వీడి పయనం మొదలు పెట్టావు.
కన్నావు ఎన్నో కన్నీళ్ళతో కలలు
ఆశతో అవి ఒకనాడు అవుతాయి అమలు
పండుగ వచ్చినా పల్లెకు పోలేవు.
బంధువులు వచ్చినా పలకరింపు లేదు.
ఇంటి వెలుగు కొరకు
జీవితాన్నే వెలుగు లేని గుహలలో గడిపేందుకు
సిద్ధమయ్యావు ఓ వలసకూలి
పగలంతా పనితో, రాత్రంతా ఆకలి మంటతో
గుండెల్లో బెంగతో, ప్రాణం అలసటతో
నిరంతరం రేపటి కొరకు అనే తపనతో
జీవనం అందరికీ దూరంగా గడిపే ఓ శ్రమజీవి
మీ శ్రమ చుక్కలు దేశ నిర్మాణానికి పునాది
మీ కష్టానికి ఫలితం మీ కుటుంబానికి ఆరోగ్యం
ఓ కూలి నీకు వందనం
ఓ శ్రమ జీవులారా మీకు అభినందనాలు.

స్నేహం

జి. శరణ్య. ఐదవ తరగతి

ఒక చిరునవ్వు చాలు, స్నేహాన్ని మొదలు పెట్టడానికి.
ఒక మంచి మాట చాలు, వైరాన్ని అంతం చేయడానికి.
ఒక మంచి చూపు చాలు, అనుబంధాన్ని రక్షించడానికి.
ఒక మంచి వ్యక్తిత్వం చాలు, జీవితాన్నే మార్చేయడానికి.
ఒక మంచి స్నేహితురాలు ఉంటే చాలు, దాని కంటే మించిన ఆస్తి లేదు.

నా కోరిక

కె. దయాసాగర్, తొమ్మిదవ తరగతి

నాకున్నది కోరిక
నిరాడంబరునిగా జీవితమంతా
నిజాయితీనే నియమముగా
స్థిత ప్రజ్ఞుడనై మెలగాలని
నాకున్నది కోరిక
భావోద్రేకాలు విడనాడి
శాంతి, సౌజన్యం ఆహార్యంగా
దయాస్వరూపుడుగా వెలగాలని.

Swami Vivekananda

On the occasion of Swami Vivekananda Jayanthi, an essay writing contest was conducted for all classes.

Swamy Vivekananda is my role model. He is a great leader, spiritual personality and speaker who impressed and won lots of hearts of people. Born on January 12, 1863. Swami Vivekananda's actual name was Narendranadh Datta who influenced many young people like me.

In Swami Vivekananda's point of view life is a total sum of thoughts and our habits. He believed that thoughts make us what we are. He also believed that education not only accommodates facts but also helps in Character building. Swami Vivekananda stated that "Education should be manifestation in the preparation of man."

Here, I navigate challenges being a Student in 2026. I think that Swami Vivekananda's life is a living role model for a meaningful life. Also I personally believe that his life is a blue-print for me and those who are inspired by such people to live a meaningful life. This personality of Swami Vivekananda always makes me feel proud to be an Indian, happy and excited for having such a great spiritual leader and simple personality as my inspiration.

I feel very glad to share this incident with all of you which will change your opinion. Swami Vivekananda, started a speech at Parliament of religions at Chicago saying 'Sisters and brothers of America' which was heartwarming for everyone. I am very surprised how greatly he continues his universal brotherhood and tolerance among the people even if he is in another country.

I feel very thankful for our school management who gave us books of such great personalities by which we learnt life lessons. In this way, Swami Vivekananda's life incidents will make me learn something new and thus, he became my Role Model. I noticed that purity, truth speaking, tolerance, self-confidence, service to humanity and simplicity were the key pillars of his behavior. I too want to follow his path and prove myself that I can achieve anything.

G. Sahasra Varshi, Class IX

Swami Vivekananda was a fearless leader. He was born on 12th January, 1863. He was one of the pupils of Sri Ramakrishna. His childhood name was "Narendranadh Datta."

One day, Swami Vivekananda was walking along the river bank, He saw a man practicing meditation. The man asked "Swami, I have been meditating from one year…how long it takes me to walk on the water?" Swami Vivekananda smiled and asked "Why do you want to walk on the water?" The man proudly said "So that I can cross the river without a boat!"

Swami Vivekananda replied, "A boat ride costs just few coins. Why to waste years of your life for something you can do in few minutes." The man realized the mistake and lived happily.

Moral: True wisdom is knowing what truly matters in our life. Be happy with what you have.

B. Kruthika Reddy, Class V

Love the poor and God will bless you. Never count your gifts to the poor. It is not the person who received the gift is blessed, but it is the person who gave it - Swami Vivekananda

Swami Vivekananda was a great man of India. He was born on 12th January, 1863. His childhood name was Naredranadh Datta. He loved to learn new things. He believed in God and truth. Sri Ramakrishna Paramahamsa was his teacher. He is the founder of the Ramakrishna Mission. His birthday is celebrated as National Youth day in India. He said we should help poor people. He is our inspiration. He loved children.

V. Jeswanth Dev, Class I

Swamiji loved the poor because he found out that they were the only one who have plain hearts. Once at a place in Maharastra, Swamiji was engrossed in answering the questions of people. He forgot all about his food and rest. The people who came to him also did not enquire about it. In this way three days passed. On the third night a poor man came to Swamiji and said lovingly "Swamiji, I have noticed that since three days you have not even drank a single drop of water! I wish to offer you something to eat I cannot offer because I am a cobbler" Swamiji was touched by his words. Swamiji accepted food offered by the cobbler. The kindness and unselfish love of the cobbler brought tears from Swamiji's eyes.

P. Meghana, Class IV

New Year Greetings

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



Naga Reshmitha, IX



Chetana, III



Akhila, I



Vanshika, X



Aadya, II



Rakshita, X



Bhavana, III



Avyan, I



Jivanthika, X



Lochan Raj, III

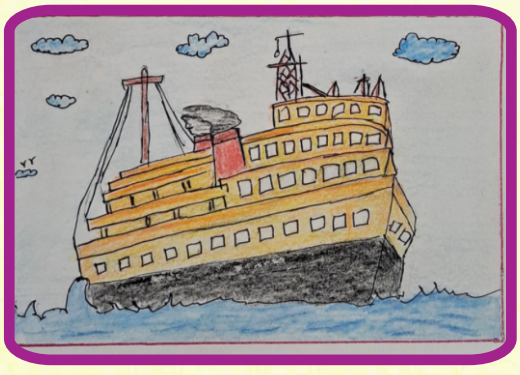


A.Bharat, Bodh



K. Vedansh, Bodh

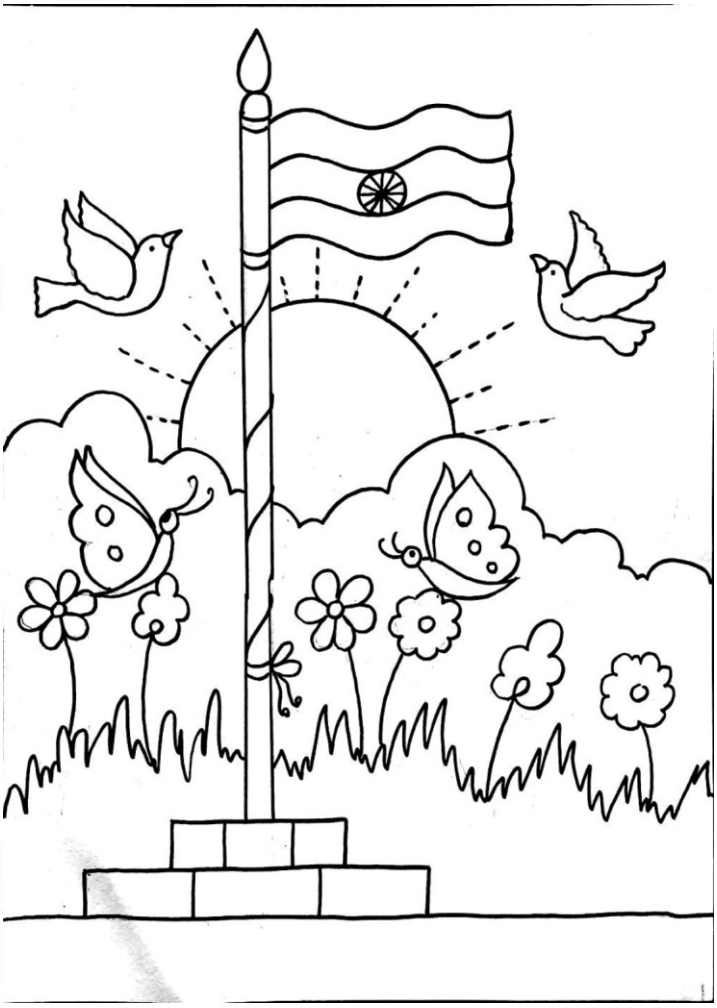
Vashita, VIII





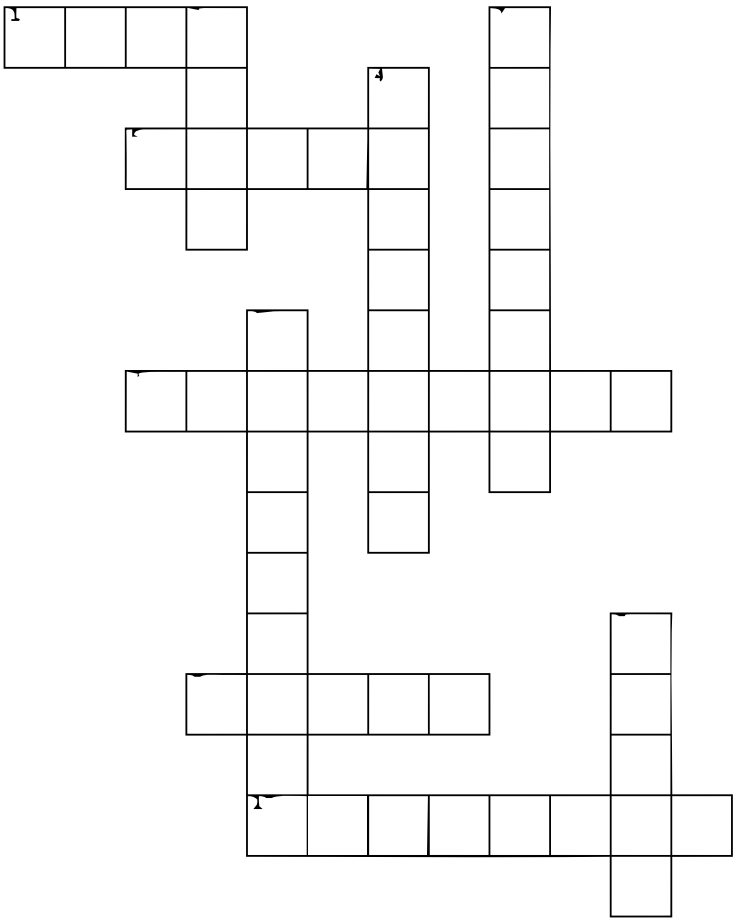
Honey Dubey, VII

ACTIVITY PAGES



Color the picture

WHO AM I?



ACROSS

1. Rhymes with meal lives in cold places
5. Name of a snake and car
7. Huge creature lives in Polar region
9. Has hump can live for few days without water
10. Asian animal with big ears to fan itself

DOWN

2. An African animal lives in pride
3. Has a long fluffy tail, collects and stores nuts
4. National animal of Australia
6. Largest animal on earth
8. Nature's friend keeps environment clean

New Year Greetings



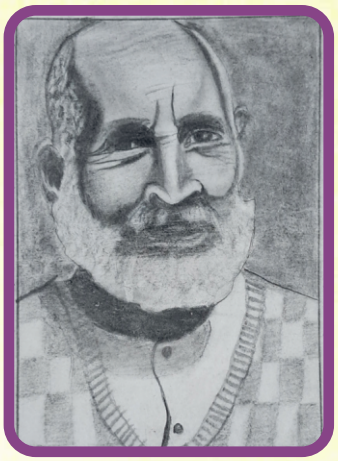
Vashista, VIII



Kaarthik, IX



Manaswi, VIII



Mahesh, IX



Saranya, V



Navya Sree, V



Sudeeksha, VI



Yashasree, Bodh



Naatya Niv, X



Manaswini, VIII



Azeeba, VI



Keerthi Hari, IX



Kethana, VI



Vashista, VIII



Jayavarshini, VIII

SCHOOL EVENTS

CHILDRENS DAY

Childrens' day was celebrated at Satkama High School on 14th November, 2025 with lot of enthusiasm. Skits, monoactions, jokes, dance by the teachers enthralled the children.

Mallela Mounika, a Class 10 student from the 2017 Batch, currently working at Peloton Consulting Group, visited our school on 14th November. During her visit, she and her team generously donated 5 laptops for the benefit of our teachers and students. They also engaged our students in fun and interactive games. The students participated with great enthusiasm and thoroughly enjoyed the experience.

We are truly grateful for their thoughtful contribution, and we sincerely appreciate Mounika's gesture of gratitude and her continued connection with the school.





VANDE MATARAM

On the occasion of the 150th Birth Anniversary of Bankimchandra Chatterjee, classes I-X participated in the collective singing of our National song Vandemataram, in the school premises at 10.00 AM on 7th November, 2025.

MATHEMATICS DAY

Commemorating the birth anniversary of Sri Srinivasa Ramanujan, Mathematics Day was celebrated at Satkama High School on 24th December, 2025. Children from classes I-IX, participated with a lot of enthusiasm.

SPORTS DAY

Sports Day was celebrated at Satkama High School on 29th November,2025.Retd.Colonel A.V.S.Pawan Kumar Garu graced the occasion as Chief Guest. March Past, Lighting of the lamp, Final KHO-KHO matches of senior girls and boys, prize distribution were the highlights of the day.



MORAL STORIES AND SATAKA CONTEST

On the Birth Anniversary of Swami Vivekananda, Sataka and Moral story contest were organised for classes I-X at Satkama High School.





SCHOOL EVENTS

FREE MEDICAL CAMP 2025

With the aim of achieving all round development in children, a free medical camp was organised at Satkama High School on 29th December,2025. Doctors from various disciplines examined children from classes I-X and provided valuable suggestions to improve the overall health of the children.





AWARENESS PROGRAM ON HPV SCREENING AND VACCINATION

In alignment with WHO's global strategy to eliminate Cervical Cancer, an awareness program on HPV Screening and Vaccination was conducted by Dr. Leela, Gynaecologic Oncologist from Digumarthi Foundation and her student Dr Radhika on 1st November, 2025 at Satkama High School.

As a part of this program on 15th November, 2025, 122 children from Satkama High School, and MSRCM Hospital staff were vaccinated and 77 mothers underwent HPV Screening at the Institute of Women's health and Fertility.





PARENT INTERACTION PROGRAM

Satkama arranged a 'Parent Interaction' session for parents of classes 1,2 and 3 on December, 13th, 2025 on the topic "Educational Philosophy of Sahaj Seva Samsthan - Contribution of a parent and the role of a positive home environment in the growth of children were emphasized."





SCHOOL EVENTS

PRAGATHI BALOTSAV

Pragathi Balotsav was a cultural program held on 14th December by Pragathi Vidya Niketan School for the students of various schools. The students of Satkama participated in various categories and won many prizes.

The Winners as follows:

- **B.Sahit**, IX won First prize in Seniors Quiz.
- **A. Manaswi**, VIII won First Prize in Folk Songs.
- **M. Jayavarshini**, VIII won First Prize in Classical Songs.
- **P. Mahesh. IX** won Special Prize in Drawing.
- **V. Manaswin**, VIII won a Consolation Prize in Classical Dance.
- **Narayana Karthik**, IX is the Winner in Seniors Story Telling.

PROJECT VEER GATHA CONTEST

Project Veer Gatha was instituted under Gallantry Awards Portal (GAP) in 2021 with the aim to disseminate the details of acts of bravery of the Gallantry Awardees and the life stories of these brave hearts among the students so as to raise the spirit of patriotism. Students of Satkama participated in an essay competition under this project. The winners of the contest are

A.Shanmukha Lasya, X , V. Nandika, VI
Ch. Punarvika, VI, P. Meghana, IV

CULTIVATING ART COMPETITION

G.**Saranya** of Class V secured 3rd prize in Cultivating Art Competition at State Level, on 16th November, 2025. She was awarded a momento, cash prize of Rs. 1000 and a certificate of excellence. **Satkama High School** received a momento for being the Best Participant School.

Field Trips

We visited the Rail Museum in the morning. The entrance was very beautiful. We saw many monographs of trains. The museum in charge showed us many types of engines, coaches, signal systems. We also saw a big bell that was used to alert people when the train was 1km from the station. From the museum we reached Sanjeeviah Park. On our way we saw Hussainsagar, B.R. Ambekar's statue, and the Secretariat. We had lunch in the park and played. We saw a big National Flag near the park. We reached school at 5.30 Pm and went home happily. It was a happy day.

G. Roopadhar, Class V







BODH

By the grace of Master Almighty Pujya Sri Ramchandraji Maharaj, we currently have four students in Bodh School in the current academic year. Two students are studying Grade 3 and two students are studying in Grade 1.

Here are the achievements of students

- **K. Yasasri** secured first prize in category 1 in the drawing competition conducted as part of Independence Day celebrations.
- **Y. Dhruvan Sai** played Kho-Kho game during Sports day competitions and his won the prize in the primary school level competition.
- **A. Bharat** won first prize in the musical chairs game conducted by Peloton consulting group as part of Children's Day celebrations on November 14th.
- Bodh students have participated in the 6th Telangana state-level drawing competition held in the school premises by Cultivating Art.
- Bodh Students sang patriotic song during the Independence Day function, which was appreciated by the Chief Guest and other dignitaries.
- K. Yasasri has shown good progress in academics...she has completed 2nd grade as of October this year. She has been promoted to 3rd grade from November.
- Bodh School Students made greeting cards wishing New Year for the 154th year of the Lalaji Era. Before Diwali, students were engaged in painting diyas with various colors and designs.
- Bodh students participate actively in group learning activities every Friday, they present stories in Telugu and Hindi and activities in mathematics.
- They have also participated in Independence Day, Sports Day, Hindi Diwas, Teachers Day, Yoga day, Children's Day and Mathematics Day celebrations along with Satkama students.
- Bodh students actively presented stories for the school magazine "Spandan".

Helping people in need

K. Yasasri

One day an old woman was walking on the road. She was carrying a basket full of vegetables. Suddenly the basket fell down and the vegetables were rolled on the road. The old woman felt sad. I saw her and ran to help her. I picked up all the vegetables and put them back into the basket. The old woman smiled and said "Thank you" to me.

Moral: We should always help others.

Patience

Y.Dhruvan

I like to play cricket with my friends. One boy in the team always troubled me. He changed my batting position in the game. He kept my batting in the last. I felt sad, but I did not argue with him. I always said "Be honest." I did not say anything to him. After few days he understood his mistake. He changed his behavior and became a good boy. He started helping me while playing cricket.

Moral: Good behavior and patience can change others.



Y.Dhruvan Sai



K.Yasasri

Seasonal Allergies

Dr Katyayini, BAMS, Ayurvedic Physician, Chennai

In Ayurveda, seasonal allergies are often linked to an imbalance in the body's doshas by our food and life style. The idea is to balance these doshas with good natural remedies and lifestyle changes.

Seasonal allergies happen when our body's immune system reacts to particles like

- Pollen: from Trees, grasses and weeds
- Dust mites: Tiny critters in dust and carpets
- Mold: Fungus in damp areas
- Changes in weather: Shifts in temperature, humidity, or wind

Due to the above, allergic symptoms like

- Sneezing: trying to get rid of the allergen
- Runny or stuffy nose - Congestion
- Itchy eyes: Red watery or swollen eyes
- Coughing: Irritation in the throat or lungs
- Fatigue: Feeling tired
- Headaches: Sinus pressure or congestion
- Skin rashes: Red, itchy, or inflamed skin may develop



Whole grains, Pulses, Leafy Vegetables Warm, nourishing soups by adding ginger, garlic, and turmeric spices to boost immunity.
Herbal teas -Turmeric/Ginger/Lemon /Tulsi
Fresh fruits - Oranges, Amla for Vitamin C in limited quantity.
Drink plenty of warm water.

Dairy products increases mucus production.
Fried and oily food triggers inflammation.
Processed foods may contain artificial additives that worsen symptoms.
Cold and sour foods can exacerbate congestion.
Foods high in histamine like fermented foods, citrus fruits (in excess) and processed meats.
Excessive sweets can weaken immunity.



Ways to relieve symptoms:

Nasal Care

- Rinse nose with saline water (1 cup water + ½ tsp salt)
- Anu Taila: Apply a few drops of sesame oil or coconut oil in nostrils
- Eye drops: Soothe itchy eyes with saline drops
- Steam inhalation: Loosen congestion with warm steam

Boost Immunity to prevent frequent allergic attacks by taking Chyawanprash1 tsp daily with warm milk. .

Golden milk - It's a warm, comforting drink made with turmeric, milk (or non-dairy alternatives), and spices.

Golden Milk Recipe:

- 1 cup milk (dairy or non-dairy)
- ½ tsp turmeric powder
- 1/4 tsp ginger powder
- 1/4 tsp cinnamon powder
- 1/4 tsp black pepper
- 1 tsp honey (optional)

Mix all ingredients, heat gently, and drink once or twice a day
(Turmeric has anti-inflammatory properties.
Ginger and cinnamon soothe congestion.
Black pepper enhances turmeric absorption)

Here are some tips to manage seasonal allergy symptoms:

- Stay indoors. Avoid outdoor activities during peak pollen hours.
- Use masks. Wear a mask when outdoors.
- Keep windows closed. Especially during peak pollen hours.
- Shower and change clothes after being at outdoors.
- Practice yoga and pranayama.



వేమన శతకము

అల్పుడెపుడుబల్కునాడంబరముగాను
సజ్జనుండుబల్కు చల్లగాను
కంచుమ్రోగునట్లు కనకంబు మ్రోగునా?
విశ్వదాభిరామ వినురవేమ.

తాత్పర్యము : అల్పబుద్ధిగలవాడు లేనిపోని గొప్పలు చెప్పుకొనుచు ఎక్కువగా మాటలాడును. సజ్జనుడైనవాడు తన గొప్పతనమును మరుగుపరచి అందరితోను మృదుమధురముగా కొద్దిగా మాటలాడును. లోకములో వెలువ తక్కువైన కంచు పెద్దగా మ్రోగుటయు, వెలువ ఎక్కువగల బంగారము తక్కువగా మ్రోగుటయు మనము చూచుచున్నాముగదా!

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.

Babuji's angle: Only those who plunge with courage into love—the practice—find Truth; mere intellectual search yields little. Dive in with surrender, as taught by Babuji.

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 నెంబరున 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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+91-40-23341380/9052341380
Timings for Appointment : 9AM - 4 PM

Services available in the hospital -

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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
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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