



# SPANDAN

## GUEST EDITORIAL

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### PREJUDICE AND WAR: CONCORD AND PEACE

**E**very one of us feels that the world is at present in turmoil. This is because people in a country itself have various perceived and unperceived divisions and lack of concord (Mithri), not to talk about the prejudice, enmity and hatred among various countries. This is due to lack of confidence in one another, one-up-man ship and possessiveness of materials and ideas. Geopolitical conflicts that we are seeing now and endured in the past are the direct result of this absence of brotherhood among citizens of various countries.

Nurturing the feeling of universal brotherhood is the need of the hour, which requires the breaking up of individual network and understanding the oneness of the humanity. We must learn to live together with the feeling of fraternity or face the inevitability of the end of life on the Earth. We should be united for the common good of the mankind, nay the whole Earth.

The sixth Commandment given by Sri Pujya Babuji Maharaj says

***“Know all people as thy Brethren and treat them as such.”***

The Truth is that we are all from the same origin i.e the Divine, have Divinity in all of us and we are all in the Divine. Because of the huge population, spread of human race across the Earth, numerous varied languages and time lapse we have forgotten our common origin and treat one another as strangers, even as enemies. Persons in the same family become strangers to one another because of numbers, distance and time. So it is not strange that people of different regions consider one another as aliens. That causes the strife and development of anger at each other. Our own refractory temperament is the cause of the anger. Anger deprives one of one's own wisdom. Anger breeds hatred, the sorrow of sorrows. Annihilation of hatred yields concord, the joy of joys.

In the words of Abraham Lincoln, “When you make friends of our enemies, you have surely destroyed your enemies.” To quote Oscar Wilde, “Aid an enemy before you aid a friend to subdue hatred.” It is never too late to give up our prejudices.

We must care about Mother Earth for the sake of our future generations, our children, grandchildren, and great grandchildren etc. What you do not like others doing to you, you not doing the same to others is the true noninjury (Ahimsa). Spinoza categorically states that “Peace is not an absence of war; it is a virtue, a state of mind, a disposition of benevolence and justice.” To achieve that, one needs to develop concord, cooperation, sacrifice and immense faith in God.

The universal prayer given by our Master,

***“All men and women in this world are brothers and sisters and are developing true love,  
devotion and faith towards the Master”***

when collectively practised, certainly helps in our contribution to world peace.

In the sixth chapter of the Srimad Bhagavat Gita, Atma Samyama Yoga, Lord Krishna states,

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।  
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥२९॥

**The yogi sees all beings existing in Me and he sees Me  
in all beings. He sees all with equal vision (6-29)**

आत्मौपम्येन सर्वत्र समं पश्यति योऽर्जुन ।  
सुखं वा यदि वा दुःखं स योगी परमो मतः ॥३२॥

**O Arjuna, the perfect yogi responds to the pains and  
pleasures of others as if they were his own (6-32)**

He, whoever views the entire universe, as also the movables and immovable as himself, whose mind never makes any distinction and has an evenness of temper, has developed the universal consciousness. Thus it goes without doubt “Love Him who loves all” and thereby you love all.

## STORY OF THE MASTER - Our Goal

Once on a visit to our house in Tirupati where he was staying, Pujya Babuji was explaining how easy is the spirituality. I asked Him that if it was that easy why is everyone not able to know it. He replied with a laugh that although clean air is everywhere no one notices it. On the other hand, polluted air gets the attention of everyone. But everything becomes topsy turvy when there is no subtle spirituality as we become restless for breath when there is no clean air. We must strive not only to clean our impurities, but also establish such an environment around us. That is the goal of our mission. In such an environment, there would hardly be a movement, leave alone pollution. He made a profound statement that the goal of religion is to create an environment of pleasure, whereas the goal of our mission is to create pure clean environment.

(Spirituality page 23. Article written by Pujya K.C.Narayana garu)

## WORDS OF WISDOM

**WORLD PEACE** - World peace is closely related with the peace of the individual for which one has to take into account the inner state of one's mind. If man's mind is brought to the state of peace and order, everything in the outside world will get into order in the same colour. But it is sad that the world has lost its real basis, and for its reestablishment, it is necessary to adopt means which may promote the feeling of peace and calmness of mind of the individual man. What we have to do for the purpose is to introduce proper adjustments in the mental tendencies of the individual, which in effect is the proper moulding and regulation of the mind.

(SDG - 18, 19)

The mind is like the pendulum of a clock. A clock goes all right so long as the movement of the pendulum is regulated. If it is disturbed the clock is out of order. Similarly for this human clock it is necessary that the movement of the mind be well regulated and adjusted. The methods to mould the mind and regulate its activities are also very simple. Really we have spoiled the mind ourselves by allowing it to wander about aimlessly during leisure hours. The practice has continued for years and it has now become almost its second nature. If we now try to control the mind by putting it under restraint we meet with little success. The more we try to suppress it by force, the more it rebounds and counteracts causing greater disturbance. The proper method to control the activities of the mind is to fix it on one sacred thought just as we do in meditation, and dispel from it everything unwanted or superfluous. In course of time after constant practice, the mind gets disciplined and regulated and much of the inner disturbance is eliminated.

(Reality at Dawn - 22)

## ప్రార్థన - అనుభవము



Illustration

A. N. Kaarthik, Class IX

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

14-2-2026: I felt happy and pleasant.  
20-2-2026: I felt very active and refreshed.  
13-3-2026: I felt active and pleasant.  
25-3-2026: I felt very peaceful.

K. Sanjana Reddy, Class IX

06-02-2026: I felt peaceful and calm.  
13-02-2026: I felt refreshed after doing meditation.  
11-03-2026: I felt refreshed and relaxed.  
23-03-2026: I felt calm and peaceful in mind.

G. Naga Reshmitha, Class IX

09-02-2026: I felt peaceful and relaxed.  
27-02-2026: I felt really calm and peaceful.  
07-03-2026: I felt happy.  
26-03-2026: I felt calm and relaxed.

B. Sahith Varma, Class IX

07-02-2026: I felt very relaxed and refreshing.  
27-02-2026: I felt very fresh and peaceful.  
10-03-2026: I felt very refreshing and relaxed.  
23-03-2026: I felt happy and excited.

T. Yashwanth, Class IX

कायेन मनसा बुद्ध्या केवलैरिन्द्रियैरपि ।  
योगिनः कर्म कुर्वन्ति सङ्गं त्यक्त्वात्मशुद्धये ॥

Those practising Yoga take to actions, be it by the body, by the mind, by the intellect, as also by the sense-centres, after abjuring all attachment with a view to realise the Self (5-11)

**W**hat this sloka highlights is how a karmayogi acts. Karm or actions require us to use our faculties of mind, body including senses. A yogi uses these without being attached to wealth, name or fame or any other selfish gain. We have the example of the great king Shivaji Maharaj. Shivaji Maharaj was given the title of "Shreemant Yogi" by his guru Samarth Ramdas, meaning a king who has everything yet is attached to nothing, focusing solely on his duty (Swarajya).

Chatrapati Shivaji Maharaj is considered a Karmayogi (one who practices the yoga of selfless action) because his life as a ruler was defined by a relentless, selfless dedication to his duty (Dharma) and his people, without attachment to personal pleasure or power.

A "Trustee" King, Shivaji Maharaj did not rule for personal luxury, power, or wealth. He considered himself a "trustee" or guardian of his people, working tirelessly to end the oppression they suffered. He is famously described as a leader who "plants a tree, knowing that he will never sit in its shade," working entirely for the future of his people.

### Student Editorial

#### The Path from Conflict to Inner Peace

A. Narayana Kaarthik, Class IX

**W**ar has been a huge part of human history for a really long time, and honestly, it's just heartbreaking to think about. When you look back at things like World War I and World War II, the amount of destruction and sadness is almost impossible to measure. Millions of people lost their lives, and thousands of families are still grieving today because of those losses. War doesn't just destroy buildings or take over countries; it also really hurts the human spirit and leaves deep scars on how we all think and feel.

Even though war is a terrible tragedy, the idea of world peace gives us lot of hope. But peace is not just about stopping the fight or putting away weapons. True peace means that people actually start to understand each other, show compassion, and act as one big holistic community. To make this happen, every person has to try to move past their feelings of hate and start treating everyone as equal. It is a big goal, but it is the only way to find real harmony.

During all the trouble in our world lately, our spiritual Masters have graciously gave us advice on how to live better. Our Master, Pujya Babuji Maharaj taught that if we want to see peace in the world around us, we have to find peace inside ourselves first. He believed that when things get scary or frustrating, we shouldn't just react with anger or fear. Instead, we should look inward and try to strengthen our spiritual connection to find a sense of peace.

One of the most important things Pujya Babuji Maharaj did to help the world was starting the universal prayer.

#### Universal Prayer

**Everyone should meditate for about 15 minutes at 9 p.m. sharp every night regularly thinking that "All the men and women in this world are one's brethren and true love, devotion and faith for the Master is developing in all."**

It doesn't matter what your religion is or what tradition you follow; the goal is to unite everyone through one single thought—that we want humanity to keep going and thrive. It might seem like a small thing to do, but it is a really positive step towards making the world a much more peaceful 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](mailto:spandan@sahajsevasamsthan.org)**

# Poems

## నా లక్ష్యం

ఎస్. గీతాన్విత, ఏడవ తరగతి

అప్పుడు నేను ఐదవ తరగతి, దానిని అంటారు మధ్యతరగతి.  
నేను అవుదామనుకున్నా కలెక్టర్,  
కానీ నా మనసు అంది డాక్టర్.  
ప్రతి వ్యక్తికీ ఎంచుకున్నా లక్ష్యం ఉంటుంది,  
అప్పుడే మన జీవితానికి అర్థం ఉంటుంది.  
నా లక్ష్యం ఎత్తయినదిగా ఉండాలని అనుకున్నా,  
అందుకే దేశంలోని ముఖ్యమైన వృత్తిని ఎంచుకున్నా  
డాక్టర్ కావాలని నా కోరిక,  
నా ఆకాంక్ష నెరవేరడానికి నిరంతరం శ్రమిస్తూ  
మాటల్లో కాదు, చేతల్లో చేసి చూపిస్తా.

## చెరువు

జె. చార్వి కీర్తన, ఎనిమిదవ తరగతి

మా ఊరిలో ఉంది చెరువు,  
అది మాకు కల్పితరువు.  
నిలువ నీటితో నిండుగా,  
వ్యవసాయానికి అండగా.  
ఊరికి చెరువు అందం,  
అది మాకు ఆనందం.  
చెరువంటే మాకిష్టం,  
అది లేకుంటే జీవించడం కష్టం.  
మాకిష్టం ఆ చెరువు,  
అది ఎండిపోతే కరువు.

## ఊరు

జి. యశస్విని, ఏడవ తరగతి

ఊరు అందమైన ఊరు,  
ఎప్పటికీ మరవకూడదు పల్లెటూరు.  
ఊరే అందరికీ కల్ప తరువు,  
ఇది మనకి తీరుస్తుంది కరువు.  
కోడి కూతతో తెల్లవారుతుంది,  
మానవుల జీవితం సూర్యకిరణాలతో పులకిస్తుంది.  
అందమైన పల్లెటూళ్ళు,  
పచ్చదనపు లోగిళ్ళు  
వరి పంటల వయ్యారాలు,  
అన్నదాతల ఆలయాలు,  
పసుపుతోటి వాకిళ్ళు,  
అచ్చ తెలుగు ఆడ వాళ్ళు.  
నాకు ఇష్టం పల్లెటూరు,  
జీవితాంతం మరువలేను ఊరి పేరు.

## సంతోషం

నాగసాయి, సంజన, పదవ తరగతి, సంజన, దయ, తొమ్మిదవ తరగతి,  
గీత, యశస్విని, ఏడవ తరగతి, రిషి, ఆరవ తరగతి.

మా బృందం పేరు సంతోషం  
ఇది అందరికీ సొంతం  
తొలిగిస్తుంది పంతం  
నిలుపుతుంది బంధం  
జీవితానికి అలంకారం  
ఇది లేకపోతే జీవితం అంధకారం  
తోడుగా ఉందాం అందరం  
దీనిని పంచుదాం అనంతరం

## ప్రకృతి సౌందర్యం

తొమ్మిదవ తరగతి బాలికలు

పగలు కనుమరుగై సంధ్య వేళాయె,  
ఆకాశం ఎరుపు రంగు పులి మాయె.  
పక్షుల గూటికి చేరే కిలకిల మాయె  
గాలికి చెల్లు ఊగే, మనసు శాంతమాయె  
చిలకల పలుకులు ప్రకృతి పిలుపు లాయె.  
అగ్నిలా వచ్చే ఆలోచనలు అలలా మారాయె  
మదిలోని ఊహలు రంజింప చేసాయె

## నాన్న

వి. పరిజిత, ఐదవ తరగతి

నాన్నంటే నాకు ఇష్టం  
నేనంటే తనకిష్టం  
ఆటలెన్నో ఆడిస్తారు  
బొమ్మలెన్నో తెచ్చిస్తారు  
చెయ్యిపట్టుకొని నడిపిస్తారు  
బుద్ధులెన్నో నేర్పిస్తారు  
నాన్నంటే నాకు ఇష్టం  
నేనంటే తనకిష్టం

## స్వచ్ఛ భారత్

జి. శరణ్య, ఐదవ తరగతి

చెట్లను నాటదాం - పచ్చదనాన్ని పెంచుదాం  
ప్లాస్టిక్ ను నివారిద్దాం - ఆరోగ్యాన్ని పెంపొందిద్దాం  
చెత్తను సరైన చోట వేద్దాం - స్వచ్ఛతను పాటిద్దాం  
రసాయనాలను మానేద్దాం - భూమికి ప్రాణం తెద్దాం  
చెట్లను పెంచుదాం - మంచి గాలి పీల్చుదాం  
నీటిని ఆదా చేద్దాం - భవిష్యత్తును రక్షిద్దాం  
మనలో మార్పు - జగతికి వెలుగు

## Our Pages

### IMPORTANCE OF UNITY

E. Reyansh, Class IV

Once upon a time in a city, in a school there was a class that did not have unity. One day there was a spell bee competition among the classes. The children of the class were not united and lost the competition. Next day all the teachers told the children the importance of unity. That week the school had organized a cricket match. The children played with unity and won the match. They were very happy.

**Moral: If we are united, we can achieve everything.**

### MAGIC BEDTIME

G. Jaitran, Class IV

Rohan loved watching videos at night and every morning he felt sleepy in the class. One day his teacher said that children who sleep early grow strong and smart. That night, Rohan tried something new at 9:00P.M, he kept his phone away and read a story book for 15 minutes. He slept peacefully. Next day he woke up early, thanked God for the new day. He felt energetic and happy at school. From then on Rohan read a book instead of watching videos.

### THE JAR OF ENDLESS WATER

G.Yashaswini, Class VII

Once upon a time, there was a village named Amritdhara. After many years there was a drought. All the people were dying due to thirst. Then a man found a glass jar that was always half full of water. If he drinks some water also the jar will not be empty. Then a poor man came and asked for some water, but at that time he was lost in thought thinking that he was the luckiest person on the earth to find the jar. The poor man once again asked and the man refused to give water. He took the jar and held it in his hands. Then a miracle happened. All the water evaporated from the jar. He realized that the jar wasn't a gift of endless water, but a test to check his greed. He spent the rest of his life digging borewells in his village.

**Moral: What we refuse to share, that we also may lose. Greed is a desert. Kindness is a well.**

### DUTIFUL

M. Jeshwin Reddy, Class V

Once upon a time there was a 10 year old boy called Rohit. Everyday he wakes up in the morning, helps his mother, gets ready to school and goes to school on time. One day his teacher gave homework. Some of his friends forgot to do and some of them neglected. Rohit completed his work neatly and showed it to the teacher. Teacher felt happy and asked children to learn from Rohit. His friends decided to complete their work. Next day onwards all the children completed their work neatly. Rohit felt, happy and proud.

**Moral: A dutiful person is always respected and becomes an example to others.**

### APPLE TREE

A. Hanshita Lakshmi, Class IV

Rohan loved playing in the garden behind his house where a big tree stood tall. The tree was old and wise with bright green leaves and strong branches. One day Rohan saw a tiny apple growing on the tree. It was small and not ready to eat but Rohan was excited. "I want to eat this apple now," he said, jumping up and down. The apple smiled and whispered "Little boy I need time to grow. If you wait I will turn red, juicy and sweet." But Rohan didn't want to wait. Everyday he checked the apple feeling impatient. "Why is it taking so long?" The wise tree chuckled and said, "Good things take time my dear. If you pick the apple too soon it won't be tasty." Rohan sighed but decided to wait for some more days, days turned into weeks the apple slowly changed first to yellow then to red. Finally one morning the apple called out, "I am ready now." Rohan gently plucked the apple and took a big bite. "Mmm so sweet and juicy," he cheered. The tree smiled and said, "See patience brings the best rewards." From that day on Rohan learned to wait for good.

**Moral: Good things come to those who wait.**

### SELF CONTROL

G.Vaagdevi, Class VII

Once there was a girl named Siri. She lived with her parents and her younger brother. She had one weakness. She argued with the people who teased her. Seeing that she was reacting, they used to tease her more. Hearing children talking about her she used to get more angry. She used to complain to teachers and even if teachers told them not to tease, they would not stop. She felt very sad about it.

One day, her parents and uncle asked what the problem was. They solved her problem by telling her not to complain, ignore the teasing, and do her work. After she practiced this, people stopped teasing her as they saw that she was not responding. She also stopped complaining. Then onwards she became friends with everybody.

# Field Trip Report

## REPORT ON FIELD TRIP TO KRISHI VIGNAN KENDRA (KVK)

V. Vanshika, Class X

**O**n 3rd February, 2026, classes 7-10 were taken to Krishi Vigyan Kendra (KVK) located at Tuniki, Medak. KVKs function under the Indian Council of Agricultural Research (ICAR) and act as important institutions for agricultural education, research and extension. There are 733 KVKs all over India. The visit provided us with great knowledge about sustainable farming practices, organic

farming, soil health, and innovative technologies for the empowerment of farmers. The objective of KVK is to spread scientific knowledge to farmers by following three practices i.e., education, research and extension. There are 6 scientific staff and one senior staff present at each KVK. Agriculture, horticulture, veterinary sciences and agricultural implements are the main domains covered. KVK promotes organic farming across 30 acres. It protects soil health by preserving beneficial microbes. Usage of chemical fertilizers kills beneficial microbes in the soil. Organic farming (or) cow based agriculture is linked directly to



human health benefits, which reduces risk of diseases caused by chemical fertilizers. Roof top gardens and household-level organic practices were encouraged by the scientists of KVK. Before, organic carbon levels were more than 1 but now the levels are 0.3-0.4. It was also explained that soil microbes not only play a crucial role in nutrient cycling but also increase vitamins and minerals in food produced by plants. Organic farming helps in increasing soil microbes, organic carbon and human health. So, we should opt for organic farming rather than inorganic farming. KVK made 600 farmers follow organic farming.

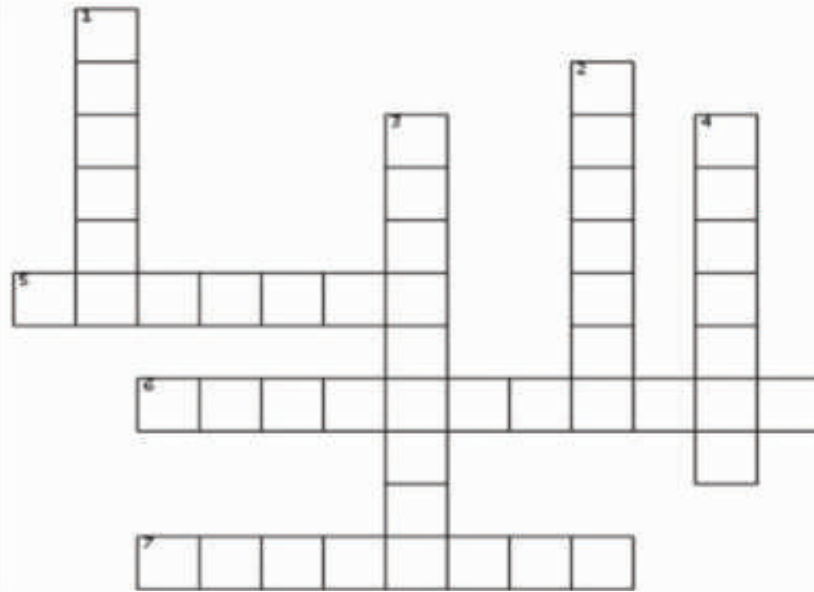
Categories of insecticides were explained to us. They are divided mainly into four categories i.e., green which is somewhat safe, blue which is less safe than green, yellow which is danger, red which is hazardous. Now a days, blue, green and yellow insecticides are used more by farmers. Organic farming also helps in reducing usage of insecticides. Then we had a comparison between desi cow milk and jersey milk. Desi cow milk is healthier because it contains many beneficial microbes. Jersey milk is not healthy because it contains high amounts of preservatives and has a great impact on human health. As female hormones are mixed in jersey milk, by consuming it girls are reaching adolescence faster and female hormones are growing in males which decreases sperm count in males. So, we should prefer desi cow milk to prevent all these impacts.

Then we visited the fields of KVK. First, we saw vermicompost which uses earthworms to increase soil fertility. Then we saw imported Aloe vera plants which are greenish red in colour. It is identified as a multipurpose crop with many product applications (soaps, face wash etc.) which creates employment opportunities. Then we watched Azolla cultivation. Azolla is an algae which reduces dependency on chemical fertilizers and has high protein content. It also increases N, P, K values (Nitrogen, phosphorus, potassium) in soil. Then we walked through Mirchi and Rose fields, reached hybrid tomato (Arka Jeet) fields. These plants are cultivated using drip irrigation which is water saving and promotes healthy growth of plants. There will be a hole at 45 cm distance from each and 4 litres of water are released per hour. We also understood the use of pheromone and light traps for pest control without pesticides.

Then we saw the cultivation of coriander using rain drip irrigation and after that we watched Jeevamrutham (Drava Jeevamrutham, Drava = Liquid). It is prepared using desi cow dung (10 kg), water (180 lit), cow urine (10 lit), Jaggery (2 kg), pulse powder (2 kg), soil (handful). It is fermented for 7 days, diluted in 1:4 ratio and applied to soil. It enhances plant health and reduces chemical dependency. The visit concluded with discussion of methods like seed propagation, vegetative propagation, grafting and eating lunch. Overall, KVK is helping farmers increase productivity, protect the environment and improve their livelihoods by combining modern innovations with traditional knowledge.

# ACTIVITY PAGE

## VALUE SEARCH



### ACROSS

5. Having regard for people
6. Being on time
7. To understand something takes time

### DOWN

1. Being kind and considerate
2. Doing our work with sincerity
3. Act of being truly thankful
4. Truthful in actions and words

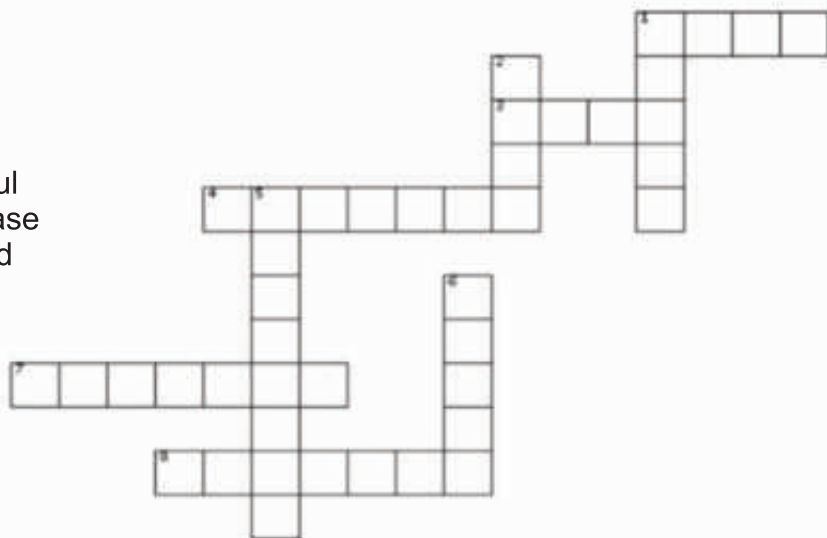
## FIND THE ANTONYM

### ACROSS

1. Hot
3. Take
4. Defeat
7. Solution
8. Invisible

### DOWN

1. Clean
2. Beautiful
5. Decrease
6. Coward



## School Events

### REPUBLIC DAY

Satkama High School celebrated the 77th Republic Day on 26th January, 2026. The flag was hoisted by Dr. Kesava Reddy garu. Prizes were distributed for the various contests held in the school.



### DEAR PROGRAMME

In order to inculcate and nurture the habit of reading among children, Satkama High School introduced a special programme called DEAR (Drop Everything and Read) in the academic year 2025-2026. A dedicated 20 minute period is allotted for this programme every week, where students and staff pause their work to read a book. This programme introduced the staff and students to the various books available in the school library. Students and Staff looked forward for this programme every week as it led to a joyful learning experience without pressure. Twenty eight (20 minute) periods were dedicated for DEAR programme in year 2025-2026.

### ECO CLUB CAMPAIGN

An awareness campaign on the importance of organic farming and growing vegetables at home gardens with the theme "Grow What You Eat, Eat What You Grow" was conducted by Satkama High School, as a part of Eco Club. Children from classes VI-IX participated in the campaign on 13th March, 2026. Placards with attractive slogans emphasizing the value of organic farming and its role in a healthy diet were exhibited.



### FAREWELL

A farewell function was organised at Satkama High School on 6th March, 2026, to bid adieu to class X students by class IX.

Photo gallery including photos of the Class X students during their school life, different types of games, followed by lunch were the highlights of the day.

## School Events

### SCIENCE FAIR

Sri C. V. Raman, National Science Day was celebrated on 28th February, 2026. Students from classes I - IX exhibited various science projects, with a lot of enthusiasm



## Field Trip



## Vocational Wing

During this academic year, students from classes 6th to 10th attended gardening classes as part of spiritually uplifting productive work (S.U.P.W). Topics covered for class 6 included basics of gardening, types of plants and soil, introduction to tools and the preparation of compost. Class 7 students enhanced their knowledge on plant life cycles, soil testing, seasonal plants, common pests noticed and preventive measures. Class 8 children had learnt about beneficial insects, garden designing, maintenance of soil health, use of recycled cans to grow plants and effects of weather on plants. Class 9th and 10th students practiced grafting, layering rainwater harvesting and drip irrigation. Class 9 children also defined a budget for a Mini School Garden. Class 10 children also grew plants in water without soil (Hydroponics). All children took part in watering, weeding, and cleaning the garden. They also learnt and participated in compost preparation and its distribution in the garden. Harvesting of seasonal fruits, vegetables and flowers were done by the children under the guidance of the gardening teacher. Values like social responsibility towards the environment, teamwork and cooperation learnt in the classroom were practically demonstrated by the children during gardening.



Jayavarshini, VIII



Manaswini, VIII

Eco club was set up in April 2025, to make children responsible towards their environment. The Major activities done by the students in this year are: Generation of QR Codes for all the trees in the school premises, plantation of saplings, preparation of dry compost, recycling of plastic cans and bottles into flower pots and a campaign on the theme Grow your food to create awareness on organic farming. In addition to this floor wise leaders were allotted to check segregation of dry and wet waste, to put off fans and lights in vacant class rooms and to maintain cleanliness of school premises. Cooperation, teamwork, patience and responsibility were seen in the children while participating in these activities.

## Vocational Wing

**E**lectronics is a special branch of Sahaj Seva Samsthan Vocational Wing, introduced to develop the technical skills in children and to encourage overall growth. It also helps to inculcate the values of cooperation, patience, teamwork, responsibility, honesty, confidence, self-esteem and respect for resources. Children learn to appreciate the value of their belongings, leading to a sense of gratitude and reduced consumerism. Electronics repair fosters several core moral values and character traits by encouraging them to look beyond the "throw-away" culture and understand the value of our resources. Students from VI to X classes participate in electronics class, and they are taught basic electronics concepts like resistors, capacitors, diodes, transistors, Integrated Circuits (ICs) and so on. They are also studying motor switches and connectors. Recently, two girls from class IX made a mini hand drill using a simple DC motor, a switch, a small piece of water pipe and connecting wires. It can drill holes in wood, walls or on metal sheets to fit screws. The students repair their classroom benches, windows and chairs. Now they can repair household items without depending on others.



Bhavishya, III



Keerthana, VIII



# Bodh School

**D**hruvan has joined Bodh school in September, 2023. He was 9 years old when he joined the school. His IQ was 89. He had borderline intelligence. He had behavioral issues and was unable to pay attention in the class when he joined. He has made below improvements after joining Bodh School.

## Academic Improvements

- Overall, Dhruvan made good improvement in reading, writing, speaking and listening skills during his tenure at Bodh school.
- He is able to write exams on his own without taking the teacher's help.
- He can write a short essay on any topic.
- His comprehension skills have improved.
- He shows interest to learn new lessons.
- He actively participates in the group learning activities every Friday. He has presented stories and poems in English and Telugu and mathematics activities.
- He has also actively participated in annual science fair and mathematics day and presented projects.

## Behavior Improvements

- His attention span improved compared to the time when he joined school
- He shows a lot of interest in playing games.
- He is neat, hygienic and maintains his belongings with care.
- He feels happy and comfortable with teachers.
- He is a polite and obedient student and maintains positive attitude.
- He is able to tell twelve Bhagawat Gita slokas and around ten sataka padyalu.
- He loves sports and plays Kho-Kho game well.

## Achievements

- He has participated in Kho-Kho game conducted during sports day celebrations, His team won the finals.
- He has received runners certificate in dodge ball conducted as part of sports day celebrations.
- He has received certificate for highest attendance in Bodh school.
- He gave speech on Independence day celebrations at school.

Dhruvan's social skills improved a lot after joining in Bodh school. Now he mingles with everyone and shares his things with his friends. We at Bodh school feel happy that Dhruvan made good improvement both academic and behavior wise. We wish Dhruvan a happy and healthy life ahead. Masters blessings to him.

## Helping at Home

**K. Yasasri**

**M**y name is Yasasri. One day I saw my mother looking very tired. There was lot of work at home. Clothes were not folded and books were not arranged properly. I thought I should help my mother. I said "Amma, can I help you?" She smiled and said "yes." I folded the clothes and kept my books neatly. I also helped in the kitchen and brought water. My mother felt happy and said "Thank you." I felt very happy and learnt that helping at home is good.

**Moral: We should always help our family and be responsible.**



## Good Friends

**Y. Dhruvan Sai**

**M**y name is Dhruvan Sai. My friend Dishanth and I are best friends. We studied in the same class. We always sat together and shared our talks. One day I spilled my lunch without knowing. I felt very sad. He saw and smiled, he said "Don't worry we will share my lunch." I felt so happy. We both ate together and laughed. Later in class he did not understand a lesson. I helped him and explained it slowly. The teacher saw us and said "Good friends always help each other". We both smiled. We knew that we are true friends.

**Moral: A good friend always helps and shares.**



## IMPORTANCE OF BREAKFAST IN SCHOOL GOING CHILDREN

### *Why breakfast is the best way to start the day?*

Breakfast literally means "breaking the fast." Since children sleep for 8 to 12 hours, their bodies need "fuel" as soon as they wake up. Eating a healthy meal within 2 to 3 hours of waking up helps kids stay active and smart all day.

### Three Big Reasons to Eat Breakfast



**Brain Power:** It helps children focus, remember lessons, and do better in school.

**Better Mood:** It keeps blood sugar steady. This means kids are less "grumpy" and more patient in class.

**Healthy Growth:** Breakfast foods are usually full of protein and iron, which help children grow strong and stay healthy.

**When kids skip breakfast, they get hungry by mid-morning. This often leads to eating unhealthy snacks or overeating at lunch.**

### Easy Tips for Busy Mornings

Getting kids to eat on time can be hard when everyone is rushing for school.

Here is the secret: Involve them!

Let them pick the toppings for their toast.

Ask them which vegetables to put in their poha.

When kids help choose the food, they are much more likely to eat it.



**A good breakfast should have a mix of energy (carbs), strength (protein), and fiber.**

### Here are some great Indian breakfast ideas:

**Idli or Dosa:** Great for the stomach. Try adding Ragi or Jowar for extra calcium.

**Poha or Upma:** Load these with colorful veggies like carrots and peas.

**Protein Hits:** Moong Dal Chilla, Paneer Paratha, or Peanut Butter Toast.

**The "Hidden" Trick:** Grate carrots, spinach, or bottle gourd (lauki) into paratha dough or pancake batter.

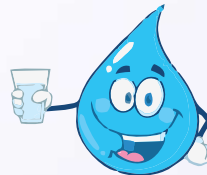


**Fresh Sides:** A bowl of curd, a banana, or a quick fruit smoothie.

**Drinking water** is just as important as eating.

It helps the body use the nutrients from food.

**Give them a water bottle:** Encourage kids to drink throughout the day, not just when they are thirsty.



**Avoid Soda:** Stay away from soft drinks and boxed juices. They have too much sugar.



**Better choice:** Fresh coconut water or homemade fruit juice are much healthier.



**By starting the day with a good meal and a glass of water, children stay happy, focused, and ready to learn.**

## వేమన శతకము

వేరుపురుగు చేరి వృక్షంబు జెఱచును  
చీడపురుగు చేరి చెట్టు చెఱచు  
కుత్తితుండు చేరి గుణవంతు చెఱచురా  
విశ్వదాభిరామ వినురవేమ

**తాత్పర్యము:** వేఱును నశింపజేయు పురుగు చేరి మొత్తము చెట్టునే పాడు చేయును. ఆకులు తినెడి చీడపురుగు పట్టి మొక్కలను నాశనము చేయును. అట్లే దుర్బుద్ధిగలవాడు దగ్గరకు చేరి గుణవంతుని పాడు చేయును.

## संत कबीर के दोहे

तन को जोगी सब करें, मन को विरला कोय।  
सहजे सहजे मन भजे, सो सिद्ध जन होय॥

शरीर से साधना कोई भी करे, पर मन से  
भजन करना बहुत कठिन है - जो मन से सरल  
भाव से भगवान को भजे, वही सच्चा सिद्ध है।

Anyone can do physical rituals, but very few  
can truly worship from the heart — whoever  
prays with a simple, sincere mind becomes  
truly blessed.

### INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

#### Training Programme

Imperience is conducting Free Training Programme for those who are interested in Pranahuti Aided Meditation for consecutive two days on Second Saturday and Sunday of every month at different training centres. Those who are interested and aged between 18 and 60 years may contact the telephone number (040) 27731223 for further details.

#### ధ్యాన శిక్షణా కార్యక్రమము

‘ఇంపీరియన్స్’ సంస్థ ద్వారా ప్రాణాహుతి సహిత ధ్యాన పరిచయము గురించి రెండు రోజుల ఉచిత ధ్యాన శిక్షణా తరగతులు ప్రతి నెల రెండవ శనివారము మరియు ఆదివారము వివిధ కేంద్రములలో నిర్వహించబడును. 18 నుండి 60 సంవత్సరముల మధ్య వయసున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

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

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



### SAHAJ SEVA SAMSTHAN

10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad, India – 500 057, Tel: +91-40-23341380

Sahaj Seva Samsthan (SSS) is dedicated to spread the message of Sri Ramchandraji Maharaj of Shahjahanpur, U.P. India through self-less service with a commitment towards a Homic (Holistic + Harmonious + Integral) approach to life. With the advent of Sri Ramchandraji Maharaj of Shahjahanpur as the Special Personality, a new Era in human life has started. The new Era initiated the process of divinization of man through a modified system of Rajayoga which has been closely knit into the Natural path. SSS following the message of the great Personality, who is governing the destinies of humanity, is committedly advocating His philosophy through practical means of service, co-operation and sacrifice. Love Him and thereby Love all is the motto. Samsthan offers opportunities for self-less service in the fields of Education, Vocation and Health Care.



### SATKAMA

SCHOOL FOR INTEGRATIVE DEVELOPMENT  
EDUCATION FOR A NEW SPIRITUAL ERA  
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Free Education from I to X class  
Dedicated to Divine Resource  
Development  
Teacher student ratio 1:15 for effective  
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Associative and Integral Approach to  
Value Based Education  
Recognised by State Govt. of  
Telangana, India

[www.sahajsevasa.org/satkama/](http://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](http://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,  
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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](http://www.sahajseva.org/Health/Health.htm)

email:msrcmh@sahajsevasamsthan.org

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

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

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## STORY OF PUJYA BABUJI MAHARAJ

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

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

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

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

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

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

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

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

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

After passing the examination, he joined the service in the Judge's Court at Shahjahanpur on the 12<sup>th</sup> January 1925. During his entire period of service his general behaviour with his colleagues was exemplary. Justice and honesty that he learnt from his mother in the childhood, continued throughout his life. At the time of promotion his superior officers wanted to promote him overlooking the seniority of his colleague on the pretext that he joined the promotion post later and therefore junior to him. But when they consulted Sri Ramchandraji, he told that his colleague is senior and therefore he should be promoted. This not only got appreciation from the superior officers but also helped his colleague develop regard for him. His friends and colleagues in office irrespective of their rank were highly helpful to him and held him in high regard and esteem.

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

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

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

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

Pujya Sri Babuji Maharaj (as he was being affectionately called by his associates) spent his entire life striving restlessly to better the quality of spiritual life in humanity. He left his mortal coil on 19<sup>th</sup> April 1983.

He still guides humanity from the Astral plane. Because of his efforts a new world order based on co-operation, compassion, service and sacrifice is emerging. He continues to help all those who follow his method of Rajyoga to lead a happy and contented life.

