



SPANDAN

GUEST EDITORIAL

Dr. Kesava Reddy Mannur, Member, SSS.

Education and Values

Education is not just about gaining knowledge from books; it is about shaping your character and values. Value based education teaches honesty, respect, compassion, and responsibility - qualities that help you grow into good human beings and responsible citizens. Knowledge without values can be misused, but when guided by integrity and empathy, it becomes a force for positive change. By practicing kindness, respecting parents, teachers and others, and standing up for what is right, you build a strong foundation for your future. Remember, success is not measured only by grades or achievements, but also by how you treat others and contribute to society.

Value based education at Satkama ensures that you not only excel academically but also live with purpose, dignity and respect for all.

Sri Ramchandrajī stressed that values such as truthfulness, humility, respect and compassion are the real foundation of life. He would like you to balance academic learning with inner development through meditation, self-reflection and service to others. His vision was of a world united by love and understanding. He would like us to see ourselves as part of a larger human family where cooperation and empathy matter more than competition. Education must nurture both the intellect and the heart. Knowledge makes you capable but values make you noble. Together, they prepare you not just for a career but for a meaningful life.

Lord Krishna presents a model of education that transcends the mere accumulation of information. True education is a true transformative process aimed at self-realization, ethical action, mental mastery and holistic human development. It has to teach us critical inquiry and healthy questioning rather than blind dogma. It should instil in us service and dedication. It should equip us to remain calm in failure and humble in success.

Student Editorial

The Key to Moderation and Balance in Life

K. Sanjana, Class X

Life today is full of rush. We want to do everything, like studying, playing, working, and scrolling, but we often forget one thing: moderation and balance. Too much of anything becomes a problem. Studying too much without rest makes us tired. Eating too much can make us sick. Working too much can make us lose our peace. Even happiness derived from pleasures becomes stressful.

Balance is not about doing less; it is about doing things right. Our elders always tell us to follow the middle path: neither too much nor too little. Just like a plant needs both water and sunlight in required amounts, we need both effort and rest, ambition and calmness, work and family time.

During exams, we say, "just 5 more minutes," and end up staying awake all night. But if we don't take care of ourselves first, we can't do well later. Moderation teaches us to pause, breathe, and come back strong.

One of the most important things Pujya Sri Ramchandrajī Maharaj taught was, "Be plain and simple to be identical in nature." When we live with balance, we can lead a happy and contented life. Meditation is one of the best ways to achieve balance. "Meditation creates balance. Balance leads to moderation, and moderation protects balance." Everyone should spend at least 20 minutes meditating every day. It doesn't matter where you are or how busy you are. Small steps like getting timely sleep, eating good food, limiting mobile use, and taking time to meditate can bring peace. They may seem small, but they are really powerful steps towards a better life 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

STORY OF MASTER - PRAYER

It was the time after the mahasamadhi of my Rev. father who is equivalent to God for me, when I was undergoing extreme internal turmoil. I used to feel that my prayers, anguish were not being understood by anyone. It was then (1973) a journey to Shahjahanpur happened.

Speaking to Pujya Babuji, I said "My prayers are not succeeding". His reply was that only praying is our part, expecting results is not useful for sadhana! That (prayer becoming successful) is also of no use without knowing the consequences. I kept quiet without understanding what he meant. Afterwards, seeing his grand daughter going to school, turning towards me, he said laughingly, "If God were to fulfil all prayers, there will not be any schools. Which child would want to go to school?"



(Spirituality - 29)

At bed time, feeling the presence of God, repent for the wrongs committed unknowingly. Beg forgiveness in a supplicant mood, resolving not to allow repetition of the same - Pujya Sri Ramchandraji Maharaj

WORDS OF WISDOM

The most important and unfailing means of success is the prayer. It connects our link with God to whom we surrender ourselves with love and devotion. In prayer we stand before Him as a humble supplicant presenting to Him our true state and completely resigning ourselves to His will. This is the true form of prayer and as true devotees we must also feel satisfied with the Will of the Master. It is a folly to pray to God for petty worldly ends except in most exceptional cases when peace of mind is greatly disturbed for want of bare necessities. We should always pray to the Supreme Master, the Omnipotent and the Omniscient alone with a mind totally absorbed in love and submission to Him forgetting even ourselves altogether. This is the proper way of offering prayer which in such a state seldom goes unrewarded.

(DR - 41,42)

SRIMAD BHAGAVAD GITA

युक्तः कर्मफलं त्यक्त्वा शान्तिमाप्नोति नैष्ठिकीम् ।
अयुक्तः कामकारेण फले सक्तो निबध्यते ॥ १२ ॥

One intent on union with Master abjures (gives up) the fruit of action and wins peace eternal; while one not intent on union with Master, because actuated (in his actions) by desires, is attached to the fruit, and falls into fetters. (5-12)

Queen Ahilyabai Holkar once decided to build a beautiful temple by a sacred river so that people could pray peacefully. Some ministers warned her, "Maharani, this will take a lot of money and effort. What if people don't come? What if it is not appreciated?" Ahilyabai smiled gently and said, "It is my duty to serve people and honor God. I will do this work with sincerity. Whether people praise it or not is not important." She carefully planned the temple, ensured good materials were used, and treated the workers with kindness. She would often visit the site, not to check for praise, but to make sure the work was done well. Months later, the temple was completed. Many people came and found peace there. But Ahilyabai did not celebrate for recognition. She quietly offered her gratitude and moved on to her next duty. One of her ministers asked, "Maharani, are you not happy that people admire your work?" She replied, "Happiness comes from doing what is right, not from what people say about it."

Personality Development

Summary report on Meditation by Class X students held from 22 June to 27 June, 2026

22/06/2026: Meditated by closing my eyes and giving no work to the brain. Felt nothing specific during meditation until the end, when eye strain caused me to open my eyes briefly. Felt the duration was moderate and appropriate. Felt peaceful, non-bothered, and had a blank mind afterwards.

24/06/2026: Meditated by suggesting divine light in my heart. Felt a little distracted initially but settled into meditation. Heard external noises, but experienced a moment of total calm and silence. Felt the duration was appropriate, though slightly long due to numbness in my left leg. Felt calm and totally relaxed.

27/06/2026: Meditated by suggesting divine light in my heart while ignoring a mind full of incoming thoughts. Felt my mind was completely blank with no thoughts about daily activities or God. Felt the duration was a little short compared to previous days. Felt calm, pleasant, peaceful, and free of bothersome thoughts afterwards.

K. Lohitha

23/06/2026: Meditated with eyes closed, thinking of divine light in the heart and disregarding personal thoughts. Heard surrounding sounds clearly and felt internal vibrations. Felt the session was long (though not too long) due to experiencing leg pain from sitting. Felt calm and refreshed after meditation.

25/06/2026: Meditated by slowly closing my eyes, holding the thought of divine light in my heart, and allowing thoughts to come and go without bothering me. Experienced relief from stress as there were no thoughts or tensions. Did not care about or track time. Mind entered a relaxed state afterwards, making me feel very calm and gentle.

27/06/2026: Meditated by focusing on divine light in the heart while ignoring thoughts and external noise. Felt lost and went blank during the session, losing sense of where I was. Did not know how much time passed until the teacher concluded the session. Felt very calm and pleasant that felt like staying silent for a few minutes; didn't have any stress, with all tensions vanished.

J. Sai Vinay

22/06/2026: Meditated by taking a deep breath, slowly closing my eyes, holding the thought of divine light in the heart, and refusing to act on thoughts that entered my head. Felt concentrated and truly part of the meditation. Felt the duration was just appropriate as I focused on knowing my inner self rather than checking the time. Experienced a unique level of peace, calmness, positivity, and pleasantness afterwards.

23/06/2026: Meditated by slowly closing my eyes with the thought of divine light in the heart, without expecting or imagining any specific picture. Felt very involved, focused, and sat in silence for peace. Felt the duration was just appropriate. Felt very relaxed, refreshed, calm, happy, and much better after the session.

27/06/2026: Meditated by slowly closing eyes, not acting on thoughts, and holding the feeling of divine light in the heart. Felt very concentrated, calm, and confident. Felt the duration was just appropriate. Felt very peaceful and balanced afterwards by consistently ignoring thoughts.

G. Sahasra Varshi

22/06/2026: Closed eyes, slowly ignored all surrounding noises, and disregarded thoughts as if they were never there to empty the mind. Gradually lost grasp of senses with inputs becoming faint, saw random patterns emerge and disappear, and tried to ignore them. Felt the time flew by quickly and felt surprisingly short. Felt as though the mind is completely reset, emerging from a different level of consciousness, feeling refreshed without sleepiness, and able to focus much better.

24/06/2026: Closed eyes, meditated on the heart thinking divine light was present, and let go of all other thoughts. Felt separated from the physical mind, entering a higher and purer state of mind while gradually losing sensory inputs. Felt the session was shorter than its actual duration. Felt the mind settled down, became clearer, calmer, and less noisy with thoughts, allowing clearer focus.

27/06/2026: Closed eyes, meditated on the heart thinking divine light was present, and let go of all other thoughts that came to mind. Felt briefly like entering a deeper state of mind that was hard to describe. Felt the session was shorter than it actually was. Felt refreshed, calm, pure, devoid of random thoughts, and found it much easier to focus.

B. Sahith Varma

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

My Journey from School to Life

My name is T. Mounika, and I was a student of Satkama High School - "Be Truthful". I would like to share a few things about my school and how it has helped shape my life.

I belong to the 2017-2018 batch, and my school is much more than a place where I studied. It taught me truthfulness, discipline, respect, responsibility and, most importantly, how to stay positive in life.

I was not a very good student academically and was sometimes considered a dull student. I faced many struggles in my studies, but my teachers always encouraged and believed in me. Their support helped me understand how to study the right way.

Today, I am pursuing M.Sc. Microbiology, and I score good marks, sometimes even around 9 points. For me, these marks are not just numbers; they show how much I have grown with the encouragement, patience and support of my teachers.

Meditation has also changed my life. It improved my concentration and helped me stay calm during difficult situations. The Bhagavad Gita, especially the first sloka, "Dharmakshetre Kurukshetre", makes me feel that life also has its own Kurukshetra - times when we face struggles, confusion and difficult choices. Its teachings often feel visible in my own life.

I have faced many struggles, but the moral values taught by my school have helped me face them positively. "Be Truthful" is not just the motto of my school, it has become a value that I try to carry in my life.

One of my most memorable moments was in 6th class. With my teachers' encouragement, I was given the opportunity to do the ribbon-cutting for our Science and Art Exhibition. Unfortunately, I missed it because of my friends. It was one of the saddest moments of my school life, but today I feel that it taught me something too; not every opportunity in life has to become a special moment. Some moments are missed, but life still gives us new chances. Even today, sometimes I wish I could be a student in this School again because there is so much to learn not only about studies, but about life itself.

My school gave me the foundation, my teachers gave me encouragement, my struggles made me stronger, and meditation and the Bhagavad Gita taught me to look at life with peace and positivity. I will always be grateful to Satkama High School for helping me become the person I am today. Thank you.

Famous patriotic slogans

Vedharyan, Class II

First Prize, Category 1, Essay Writing Contest

Inquilab zindabad is given by Bhagat Singh. The meaning of this slogan is - Long live the revolution.

Jai Hind is given by Netaji Subhas Chandra Bose. The meaning of this slogan is - Victory to India.

Vande Mataram is given by Bankim Chandra Chatterji. The meaning of this slogan is - I bow to Mother India.

Bharat Mata Ki Jai is given by Kiran Chandra Banerji. The meaning of this slogan is - Victory to Mother India.

Do or Die is given by Mahatma Gandhi. The meaning of this slogan is - Karo ya Maro.

How slogans help us today: Today, we use slogans in Schools, Sports, Army Parades, and Independence Day functions. Slogans teach children discipline, unity in diversity and love for the flag.

Patriotism means love and respect for our country. Slogans are short, powerful sentences that fill us with pride and motivate us to serve our nation. During freedom struggles and even today, patriotic slogans unite people. Slogans remind us of our duties towards our country. They create unity, courage, and self-respect.

Our Country

K. Sudheeksha, Class III

Second Prize, Category 1, Essay Writing Contest

India is my country. It is a beautiful and diverse country located in South Asia. India is known for its rich culture, tradition and history. India is the seventh-largest country and has a population of more than 1 billion people. India is a diverse country with people of different religions, languages and traditions living together happily. India is famous for its historical places like the Taj Mahal, Red Fort, and Qutub Minar. India has so many festivals like Diwali, Holi, Eid and Christmas. These festivals bring people together. India has so many spices. India is making great progress in education, technology, science and space research. I am proud of my country because it teaches me diversity and unity. I love my country because it is friendly and hardworking.

OUR PAGES

If I were a freedom fighter

B. Ishanvi Reddy, Class V
First Prize, Category 2, Essay Writing Contest

Every child dreams of doing something for the country. If I were a freedom fighter, I would feel proud to protect my motherland and work for the freedom and happiness of my people. I would keep my country's needs before my own.

If I were a freedom fighter, I would be brave, honest and fearless. I would encourage people to stay united and never lose hope. I would fight against injustice using courage and truth. I would be ready to make sacrifices so that everyone can live in peace and freedom. My only goal would be to see my country happy, strong and independent.

Although I was not born during the freedom struggle, I can still learn from the great freedom fighters. I would respect my country and obey the rules. If I were a freedom fighter, I would proudly serve my nation with all my heart and always say "Jai Hind."

If I were a freedom fighter

Bhanu Karthikeya, Class IV
Second Prize, Category 2, Essay Writing Contest

If I were a freedom fighter for one day, I would dedicate my life to serving my country with honesty, courage and determination. I would inspire people to stay united regardless of their religion, language or background because unity is the strength of a nation.

I would encourage everyone to stand against injustice and fight peacefully for truth and equality. I would spread awareness about the importance of education, discipline and patriotism so that every citizen understands their duty towards our country.

Even though India is independent now, I believe we should continue the spirit of our freedom fighters by protecting our environment, respecting our national symbols, following the law, and helping those in need. Every act of kindness and responsibility makes our nation stronger.

If I had the chance to be a freedom fighter, I would responsibly take care of my country.

బలమైన దేశ నిర్మాణంలో విద్యార్థుల పాత్ర

జి. శరణ్య, 6వ తరగతి
మొదటి బహుమతి, వర్గం 2

“నేటి విద్యార్థులే రేపటి భారతదేశ నిర్మాతలు” ఈ వాక్యంలోనే మన భారతదేశ భవిష్యత్ దాగి ఉంది. ఒక దేశం బలపడాలంటే విద్యార్థులు మంచి పౌరులుగా ఎదగాలి. వారు పుస్తకాలు చదవడంతో పాటు నీతి, నిజాయితీ, క్రమశిక్షణ వంటి మంచి విలువలను కూడా పెంపొందించుకోవాలి.

మన మాజీ రాష్ట్రపతి ఎ.పి.జె అబ్దుల్ కలాం గారు ఒక చిన్న గ్రామంలోని సాధారణమైన కుటుంబంలో జన్మించారు. కానీ ఆయన కష్టపడి చదివి ప్రపంచ వ్యాప్తం ప్రసిద్ధి పొందిన శాస్త్రవేత్తగా పేరు పొందారు. ఆయన జీవితం ప్రతీ విద్యార్థికి గొప్ప స్ఫూర్తి. విద్యార్థులు చెట్లను నాటడం, నీటిని పొదుపు చేయడం, పరిసరాలను పరిశుభ్రంగా ఉంచడం వంటి మంచి పనులు మన దేశ అభివృద్ధికి పెద్ద అడుగులు అవుతాయి. సాంకేతికతను వాడి సమాజానికి ఉపయోగపడే ఆలోచనలు ఆలోచించాలి.

మనం మారితే మన కుటుంబాలు మారుతాయి. మన కుటుంబాలు మారితే మన సమాజం మారుతుంది. మన సమాజం మారితే మన దేశం అభివృద్ధి చెందుతుంది అనే భావంతో ప్రతీ విద్యార్థి ముందుకు సాగాలి.

విద్యార్థులు బాగా చదువుకోవాలి. తల్లిదండ్రులను మరియు ఉపాధ్యాయులను గౌరవించాలి. సమయాన్ని సద్వినియోగించుకోవాలి, జ్ఞానాన్ని పెంపొందించుకోవాలి. దేశ చట్టాలను గౌరవిస్తూ అందరితోనూ కలిసిమెలసి ఉండాలి. దేశ భక్తిని పెంపొందించుకోవడం ప్రతీ విద్యార్థి యొక్క బాధ్యత. నేటి విద్యార్థులే రేపటి శాస్త్రవేత్తలు, వైద్యులు, నాయకులు, సైనికులు అవుతారు.

“దేశాన్ని మార్చే శక్తి ఆయుధాల్లో లేదు..... విద్యార్థుల ఆలోచనల్లో ఉంది”.

కాబట్టి ప్రతీ విద్యార్థి బాధ్యతాయుతంగా ప్రవర్తించాలి. రండి.... మనం మన భారతదేశ నిర్మాణానికి మనవంతు కృషి చేద్దాం. అప్పుడు మన దేశం బలమైన, అభివృద్ధి చెందిన, ఆదర్శ దేశంగా ప్రపంచంలో వెలుగుతుంది.

జై హింద్! జై భారత్!

OUR PAGES

Be the change you want to see in the world

A.N. Kaarthik, Class X

First Prize, Category 3, Essay Writing Contest

These inspiring words by Mahatma Gandhi remind us that every great transformation begins with an individual. India is a nation rich in culture, diversity and talent. We proudly celebrate our freedom because countless brave men and women sacrificed their lives for our country. Today, it is our responsibility to preserve their legacy by becoming responsible citizens. A better India cannot be built by the government alone; it requires the active participation of every citizen. Therefore, to build a better India, we must first bring the change in ourselves.

India has made remarkable progress in science, technology, education, sports, health and space exploration. However, our nation still faces challenges such as pollution, corruption, poverty, illiteracy, misuse of technology, and environmental degradation. Instead of blaming others, we must remember that "Actions speak louder than words". Every citizen has a role to play in nation-building. A small act of following traffic rules, keeping our surroundings clean, respecting public property, and helping someone in need may seem small and insignificant, but millions of such actions together can transform the nation. Positive changes begin when each of us accepts responsibility instead of waiting for someone else to act.

As students, we are the future of India, and our role is especially important in nation building. The classroom is a place where tomorrow's doctors, scientists, engineers, teachers, soldiers and leaders are also shaped. We should hit the books with honesty, curiosity, and dedication, not merely to score marks, but to gain knowledge and build a good character.

We should respect our parents, teachers and all elders, protect nature by planting trees, avoid wasting resources, and use social media wisely and responsibly. Rome wasn't built in a single day; similarly, building a better India is not an overnight process. We need to create our India with the elements of patience, discipline, perseverance and continuous hard work.

Dr AP J Abdul Kalam rightly said, "Dream, Dream, Dream. Dreams transform into thoughts. Thoughts result in actions." His words inspire the youth of India to think big and work hard. The youth of today are not just the leaders of tomorrow, but the changemakers of today. Where there is a will, there is a way. If every student studies honestly, speaks the truth, respects all people regardless of their background and contributes to the society through acts of kindness and responsibility, we can build new India. Real patriotism is not only shown through waving a flag on Independence Day, but by serving the nation with honesty, discipline and compassion every day.

In conclusion, if every citizen of India takes a small step filled with sincerity, it pushes the progress of the nation. Let us not ask, "What has India done for me?" Instead, let us ask, "What can I do for my nation?" Let us live with unity, integrity and discipline and start building the better India of our dreams. Jai Hind.

Role of students to make a strong nation

L. Navya, Class VI

First Prize, Category 2, Essay Writing Contest

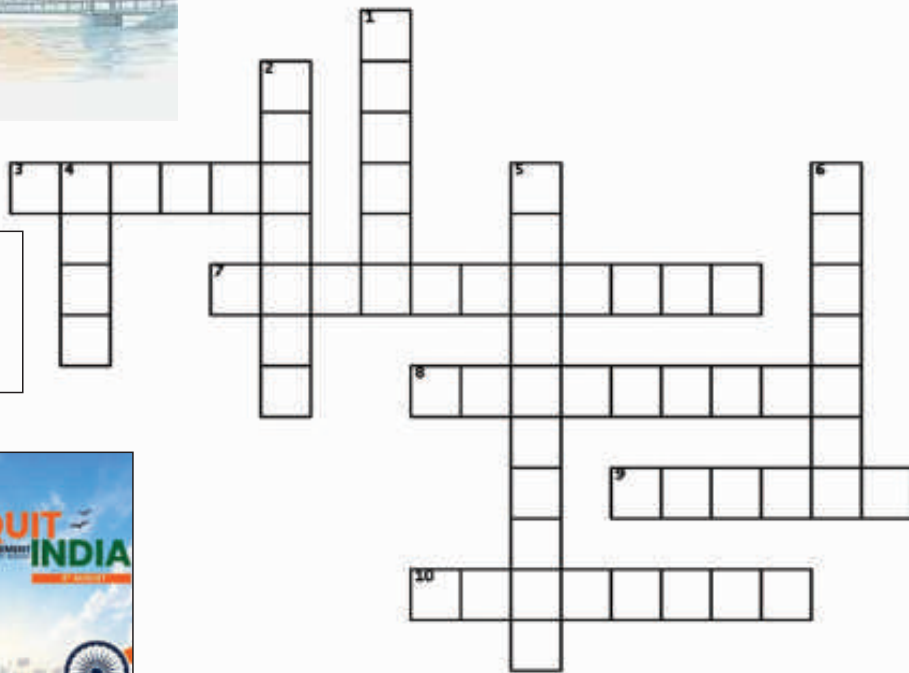
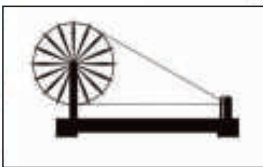
Students are the future of our country. Their strong young minds will become doctors, teachers, engineers, scientists and responsible citizens. The main goal of students should be to study well and gain knowledge. These days education, knowledge is the most important thing for students. Students should maintain harmony and spread kindness and respect elders. Students should be studying well to become our nation's future leaders and also stay fit and healthy.

The second role of students is they should maintain discipline wherever they go, then only our country can be pure and positive. In addition, students should also stay mentally and physically strong, so that they can bear all the consequences and the struggles in their future. Students should maintain cleanliness around their surroundings and places they go, that is how our nation can be clean and healthy.

We should encourage students to participate in more activities, so that our nation can be filled with lots of courageous leaders and citizens. Students should always be ready to fight for our nation. They should maintain patriotism, responsibility and kindness towards others. A nation will become strong when the citizens are responsible. They should practice moral values and learn not to be selfish. A student should always know that success has commas(,) and not full stops (.). Students should study well, gain knowledge and be successful, responsible and great citizens. Then only our country would have successful and responsible students. Students are the backbone of our nation's future; they should practice more values like kindness, honesty, respect, discipline, patriotism, and service. The main thing a student or a citizen should do is to be honest. Students should always maintain all values every time, and in any place they go so that they can be the best example for others!

ACTIVITY PAGE

HISTORY QUEST



ACROSS

- 3. Ibrahim Lodi was defeated at Panipat by
- 7. Founder of the Ramakrishna mission.
- 8. Freedom movement that began in 1942.
- 9. City in which the First Session of the Indian National Congress was hosted.
- 10. Movement that opposed the Partition of Bengal. .

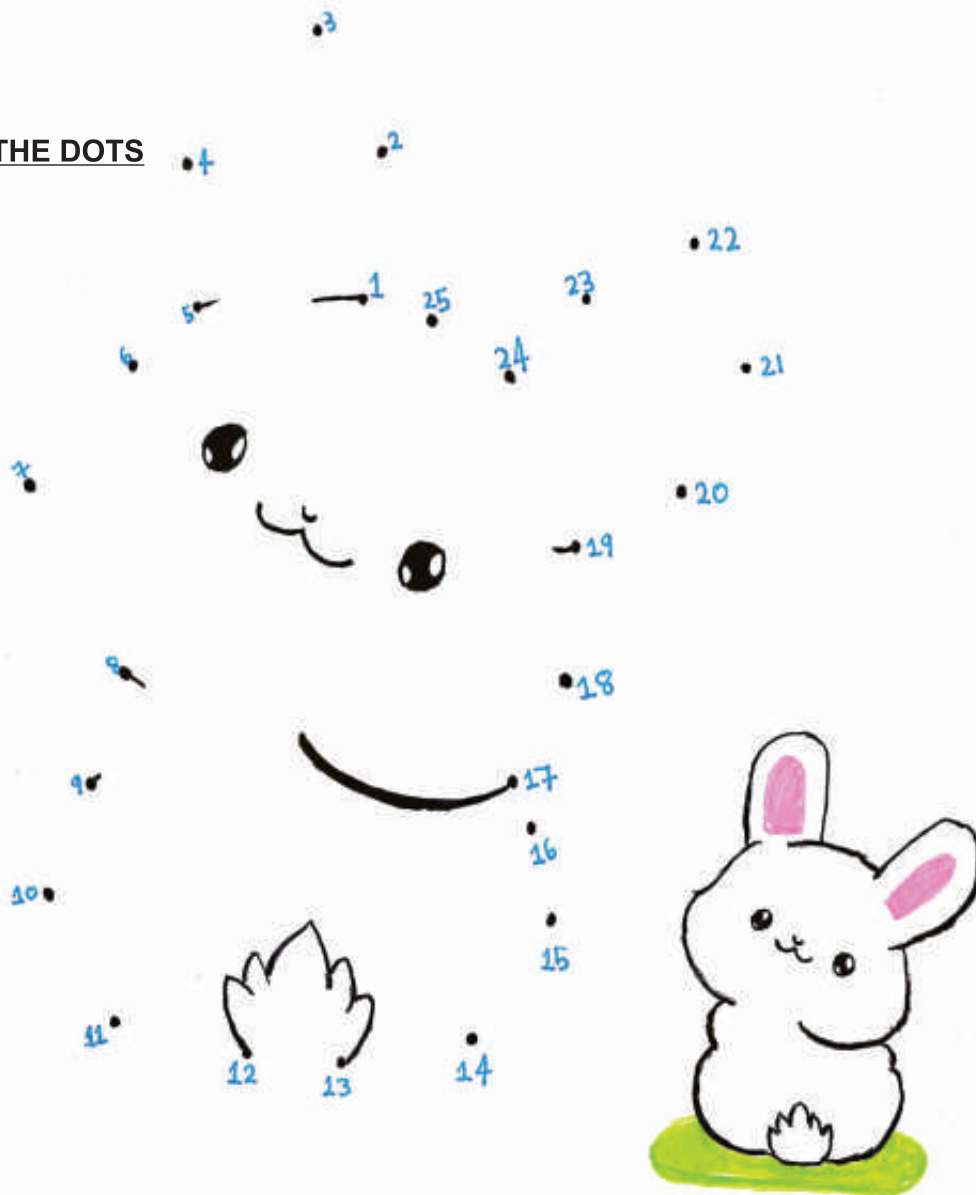
DOWN

- 1. Court that sentenced Bhagat Singh to death.
- 2. Language widely spoken during the Mughal period.
- 4. Capital city of the Mughal Empire under Akbar' rule.
- 5. Archaeological society of India was started by
- 6. Capital of British India until 1911.



ACTIVITY PAGE

JOIN THE DOTS



Fascinating Facts About Shri Krishna

1. **Mastery in Record Time:** Krishna and his brother Balarama learned all 64 traditional arts, the Vedas under Guru Sandipani Muni in just 64 days.
2. **The Planned City of Dwarka:** He established the magnificent coastal capital of Dwarka, which was architected by Vishwakarma and later submerged into the sea according to legend.
3. **Refusal to Bear Weapons in War:** During the Kurukshetra War, Krishna acted solely as Arjuna's charioteer and took a vow not to pick up or use any weapons during the conflict.
4. **The Healing Conch:** Krishna possessed a powerful conch shell named Panchajanya, which he won after defeating the demon Panchajana; its thunderous blast could instantly terrify his enemies and boost the morale of his allies.

SCHOOL EVENTS

Independence Day

Independence Day was celebrated at Satkama High School on 15th August, 2026 with great enthusiasm and patriotism. Our esteemed Chief Guest, Sri V. S. R. Avadhani Garu, hoisted the National Flag and encouraged the children to nurture the spirit of patriotism in their hearts, through his valuable message. Skits, songs, speeches, prize distribution, and the presence of parents and ex-students, were the highlights of the day.



As part of 80th Independence Day Celebrations various competitions were conducted by Satkama School.

Drawing Contest was organised on August 6th. Students showcased their artistic talents through colourful and creative drawings based on different themes. The event provided a platform for them to express their imagination and love for the nation. The beautiful artwork reflected the creativity and talent of the young artists.

Essay Writing Contest was held on 3rd August. Students explored various topics and expressed their ideas and thoughts through well-written essays. The activity encouraged them to think creatively and present their views effectively. The students showed keen interest and made the contest a successful event.

Debate Contest was conducted on 7th August. Students actively took part in the event and shared their views on a variety of topics. They presented their arguments with confidence and responded thoughtfully to different opinions. The contest helped students develop logical thinking, effective communication, and public-speaking skills.



Elocution Contest was held on 13th August. Students delivered speeches on various topics with clear expression and confidence. Their impressive performances reflected their preparation, talent, and speaking abilities. The event created a lively atmosphere and gave students a valuable opportunity to develop their communication skills and confidence.

Telangana Formation Day

Telangana Formation Day was observed with great enthusiasm and patriotic spirit on 2nd June 2026 at Satkama High School. The celebrations featured inspiring speeches, informative exhibits showcasing the rich heritage and culture of Telangana, and a lively procession by students and staff carrying colourful placards with slogans, that highlight the pride of Telangana. The various activities filled the day with pride and a deep sense of belonging to the state.

Teachers Orientation Program

Teachers Orientation program was held on Saturday, 22nd August for the staff of Satkama and Bodh school.

Dr Madhava garu and Dr Kesava Reddy garu took the session.

The following topics were discussed in detail. Divine Resource Development, Educational Philosophy of SSS, Spirituality and Spiritual Era, Integral Development.

SCHOOL EVENTS

International Yoga Day

International Yoga Day was observed on 21st June, 2026 at Satkama High School. Students from Classes I-X performed many Yogasanas and Suryanamakaras with a lot of energy and enthusiasm.



World Environment Day

World Environment Day was observed at Satkama High School on 5th June, 2026. Class X students and staff took part in a plantation program and pledged to protect the environment.



Prize winning Drawings



Saranya, VI, First Prize



Nandika, VII, Second Prize



Naga Reshmita, X, Second Prize



Vidhatri, III, First Prize

Role of students to make a strong nation

V. Nandika, Class VII
First Prize, Category 2, Essay Writing Contest

India is a land of rich culture, heritage and traditions. A strong nation is not only built by its leaders but also by its citizens. Children are the future citizens of a nation. If they study well and follow good values, they can shape India into a better country with their good habits.

Education is the greatest strength of a student. Education not only teaches us problems and theories but also core values like honesty, discipline, kindness, respect and responsibility. Every student should study well and develop the country. Just like a great river is formed with millions of tiny droplets, a strong nation is also built with many sincere, educated and responsible students. Every student's small efforts make the development of the country

Students should use science and technology wisely. They should be creative and solve problems. They should come up with ideas that solve society's problems. The inventions of today's children may become the achievements of tomorrow's India.

Students should also protect the environment. They should plant trees, save water and electricity, avoid plastic and keep their surroundings clean. A clean and neat environment is the foundation of innovated and developed India.

India is famous for 'Unity in Diversity.' Students should respect all religions, caste and cultures. They should never discriminate anyone against their caste, religion, gender or financial status. By spreading peace, love, affection, equality and brotherhood, students strengthen the unity of our country!

Technology is a powerful tool when used wisely. Students should use mobiles and internet to learn, gain knowledge and spread positive messages. They should avoid fake news and use technology responsibly.

A healthy student can serve the nation better. Therefore, they should exercise regularly, eat healthy food, participate in sports and maintain both physical and mental fitness.

I am proud to be a student of Satkama High School. My school not only teaches me academic subjects but also discipline, honesty, teamwork, kindness, leadership qualities and social responsibility. The values I learn at my school inspire me to be a good citizen and contribute to the nation's development.

In conclusion today's children are tomorrow's scientists, doctors, teachers, engineers, innovators. If every student studies well and follows good values, then India will become a strong, peaceful and developed country. Let us all remember that our future begins with students today.

Today's students are tomorrow's citizens.

”विद्या ददाति विनयं विनयाद्याति पात्रताम् । पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततः सुखम् ॥

Meaning: Education brings humility, humility makes a person worthy, worthiness brings success, success makes the person to follow the path of dharma, and right deeds makes the person happy.

The above sloka tells us that if we study, we will achieve success and live happy. Therefore, every student should study, be happy and contribute to the nation's development.

VOCATIONAL WING



BODH

By the grace of Master Pujya Sri Ramchandraj Maharaj, a total of four students availed the services of Bodh school in the year 2025-26. Please see the details below of these students.

1. K. Yasasri has joined Bodh school in June 2025 with difficulties related to reading, writing and low confidence. She has shown good improvement in academics and behavior. She completed 3rd grade in Bodh school and has been integrated with Satkama school in the 4th grade for the current academic year.
2. Y. Dhruvan Sai joined Bodh school in September 2023. He had behavioral issues and was unable to pay attention in class when he joined. He has shown good improvement in reading, writing, speaking and listening skills during his tenure at Bodh school. He completed 3rd grade during the academic year 2025-26. He has joined Pragathi Holistic school in Bowrampet, Hyderabad.
3. A. Bharat has joined Bodh school in June 2025. He did not have proper schooling before joining Bodh school. He was taught UKG concepts to build the basics in English, Maths and Telugu during the academic year 2025-26. We started teaching first grade concepts from June 2026.
4. K. Vednash has joined Bodh school in June 2025. He had behavioral and academic difficulties when he joined Bodh school. He was taught UKG concepts to build the basics in English, Maths and Telugu during the academic year 2025-26. We started teaching first grade concepts from June 2026.



Three new students joined in Bodh school for the current academic year. One student joined in the 2nd grade.

Two students have joined in 1st grade, they are being taught UKG concepts as they do not yet have required academic standard for 1st grade.

Save Water

Ch. Chakrika

One day I was brushing my teeth. After brushing, I forgot to turn off the tap. My mother came and asked "who left the tap open?". I felt a little scared but I told her the truth. I said I did it mother. I forgot to turn it off. My mother smiled and said, "it is good that you told the truth but always remember to save water." I closed the tap and promised not to waste the water again.

Moral: Always speak truth.

Always tell the truth

K. Vedansh

One day, I was playing with my ball at home. I hit a glass bottle with the ball. The bottle broke. I was scared, but I told my mother the truth. She told me to be careful. I said sorry and promised not to play near glass items again.

Moral: Always tell the truth and be careful.



Ch. Chakrika, First Prize



Sangeeta, Second Prize

Improving Memory in School Children Through Ayurveda

Memory (Smriti) in Ayurveda is linked to Medha (intelligence), Dhi (comprehension), and Dhairya (mental stability). The focus is on strengthening body and mind for better concentration and learning.

Causes of Poor Memory

Irregular diet and junk food, excess screen time, poor sleep, stress and anxiety, weak digestion (agnimandya), lack of physical activity.

Ayurvedic Ways to Improve Memory

1. Medhya Diet

- ★ Fresh, warm home-cooked food
- ★ Ghee in moderation
- ★ Milk, nuts, fruits, and dates
- ★ Green vegetables and whole grains
- ★ Avoid junk and processed foods



2. Medhya Herbs (Under supervision)

- ★ Brahmi
- ★ Shankhapushpi
- ★ Mandukaparni
- ★ Sahaja Shakti biscuits and drink

3. Daily Routine

- ★ Early rising and fixed meal times
- ★ Regular sleep schedule
- ★ Adequate hydration
- ★ Daily physical activity



4. Study Habits

- ★ Short study sessions with breaks
- ★ Regular revision
- ★ Quiet, distraction-free space
- ★ Avoid multitasking

5. Yoga and Pranayama

- ★ Surya Namaskar
- ★ Simple asanas (Tadasana, Vrikshasana)
- ★ Bhramari and Nadi Shodhana
- ★ Short meditation



Importance of Sleep: Children need 9 – 11 hours of sleep for proper memory development. Avoid screens before bedtime.



Role of Parents

- ★ Supportive learning environment
- ★ Encourage effort, not just results
- ★ Limit screen time
- ★ Promote outdoor play
- ★ Provide healthy meals



Conclusion

Ayurveda improves memory through a balanced diet, good routine, proper sleep, exercise, and mental calmness. With consistent habits, children develop better focus, confidence, and learning ability.

అన్ని దానములను నన్నదానమే గొప్ప
కన్నతల్లికంటే ఘనము లేదు
ఎన్న గురునికన్న నెక్కువలేదయా
విశ్వదాభిరామ వినురవేమ

हरि से लागी रहो रे भाई,
तेरा बनत बनाय ।
औरन की चिंता छोड़ दे,
हरि अपने घर आय ।।

తాత్పర్యము : అన్ని దానములకంటే అన్నదానము గొప్పది.
కన్నతల్లికంటే మించినది లేదు. గురువుకంటే గొప్పది
లేదు.

Stay close to God, and let Him take
care of your life. Leave your worries
behind - He will make things right.

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 శిక్షణ తరగతులు ప్రతి నెల రెండవ శనివారము మరియు ఆదివారము వివిధ కేంద్రములలో నిర్వహించబడును. 18 నుండి 60 సంవత్సరముల మధ్య వయసున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

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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 Ramchandraj 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 Ramchandraj 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/
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BODH

SPECIAL SCHOOL FOR SLOW LEARNERS
(CHILDREN WITH LEARNING DIFFICULTIES)

Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs(Slow Learners) who are unable to study or who face repeated failures in normal schools and who are school drop-outs. Objectives of school are:

- To make the child realise that he/she carries the Divine Master in the heart and is loveable and useful in the society for that reason
- Initial assessment at the time of admission
- To develop goals individually for each child
- Individualized Education Plans
- Teacher pupil ratio 1:5 for individual attention

www.sahajseva.org/Bodh
email:bodh@sahajsevasamsthan.org



MSRCM HOSPITAL

HOLISTIC HEALTH CARE
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+91-40-23341380/9052341380
Timings for Appointment : 9AM - 4 PM

Services available in the hospital -

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- 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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STORY OF PUJYA DR. K. C. VARADACHARI

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

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

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

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

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

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

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

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

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

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

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

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

