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SAMAVARTI-140
(Lalaji Era)

SPANDAN

Sahaj Seva Samsthan Educational Newsletter

SATKĀMA & BODH



WE WISH ALL READERS A VERY HAPPY NEW YEAR

The blissful time ushered in by His advent introduced a new era of spiritual awakening which promises a practical solution of the human problem of existence.

Message From Sahaj Seva Samsthan

Sri C. V. Koteswara Rao, Vice President

It gives me immense pleasure to send you all a message on the release of the Second Volume of SPANDAN as it coincides with the Basanth Panchami celebrations of our Adiguru, the Great Lalaji Maharaj's Birthday and also of Swami Vivekananda's birthday which is being celebrated in the same month. I am also very happy to know that our school children are contributing very good articles, paintings and other works for SPANDAN reflecting their true inner feelings after practice of meditation as prescribed for them with heart full of love. I feel it is indeed very fortunate for our children to be in such a nice environment which enables and inculcates good morals and spiritual values right from their formative years.

The article "Trees" clearly indicates that trees are useful to all of us in very many different ways specially to the society at large and it makes us also understand that we have to be useful to all, which makes ourselves happy and others also happy. Written by a second class student makes us understand the spirit in the fourth commandment in its true sense. It is our duty to have the right environment to grow and nurture moral and spiritual values and with that purpose, Satkama was started. It is our message to all students, parents and the general public that with our personal experience we started the school for imbibing the values and spread the message of the Master so that parents and students after attaining the age of 18 years can also undergo the training program so as to be aware of The Master within us and maintain and strive to improve the said values all through the life.

GUEST EDITORIAL

Pujya Sri K. C. Narayana

I am immensely happy to see yet another issue of SPANDAN being released this month. The issue has many new features and gives an overall picture of the activities of Sahaj Seva Samsthan. However I find that activities relating to Nutrition Program are not prominently shown. Children's nutritional needs are to be kept always as a priority item. The Bodh wing of SSS which attends to this has not also mentioned anything of their work except their participation in some workshops etc., Education of the slow learners is a tough task and needs more than 100% attention. The articles of the students are very informative and show their capacity of good articulation. It is a good feature of this issue that persons qualified in various progressive and advanced areas contributed their articles for students to understand what they normally do not find in their books. I wish the News letter makes greater strides and becomes a pioneer in the area of spiritual dimensions of education.

OBJECTIVE OF EDUCATION

Sri Vidyadhar Joshi, Satkama School

Pujya Dr. K. C. Varadachari elucidates on purpose of education thus. **“There is no doubt that mystical knowing – a knowing or grasping of the unity in diversity without annihilating the diversity but granting a more secure reality to the diversity in the Unity – is what can be a fundamental educable ability in each individual”**.

When diversity is viewed just as it is, ignoring the Unity that binds it, it is a recipe for conflict, because individuals view themselves as independent. Consequently exploitation, dominance, greed, competitiveness and such ills result in conflict in mankind. Much of the world history is replete with such conflicts. Each individual must realize and feel within himself the Unity that exists and binds us all. Then alone there is peace, concord or harmony felt by the individual with the diversity or the world he faces. Cohesion is felt in the whole system of the individual because of the Unity. Diversity is thus granted a more secure reality because of the Unity or Oneness that is felt in the core of one's being. Education should be able

to draw this out in an individual. As a result of such education, the individual will live with a feeling of concord, integration and mutual dependence rather than strife, separation and independence. Schools should give an environment where cooperation and fraternity are encouraged as a norm instead of competitiveness and independence.

If each body part lives in this awareness that it is not isolated but inseparable part of the whole and that the whole grants it, its place and it exists for the whole, then it secures harmony and concord amidst the apparent diversity of different parts. Seeds of fraternity must be watered by education. Then one can start moving towards universalism which grants individualism its rightful place without annihilating it.

Prayer, Meditation and the Universal Prayer as given by Pujya Sri Ramchandraj Maharaj are part of our school curriculum. Through meditation, one intuitively feels the Divine Oneness within and through the Universal Prayer the bond of fraternity is strengthened. It must become natural for students to live in that consciousness as they grow.

Editorial

Wish you a very happy and prosperous New Year. With all your support, SPANDAN has entered into its second year. We heartily congratulate our student editorial team for their hardwork and enthusiasm. In this issue, we are happy to publish the stories of our Masters, creative work of children such as stories, poems and drawings, festivals page, amazing art and many more.

This edition of Spandan is the last issue with which K. Meghana and J. Kalyan of X class will be involved. We thank them for their passionate participation and also welcome our new team members. Our best wishes to X Class students for their board exams and wherever they go, they may continue to hold onto the values learnt here and inspire others.

We are continuously improving the newsletter with new ideas and thoughts and there is constant help from all its well wishers. From this issue, we are allocating space for SSS members and their children for their articles. We heartily invite their articles, stories and poems. We are very pleased with an immediate response shown by Chi. K. C. Sriya for sharing her article. We are thankful to Smt. Shilpi Mishra, Dr. N. B. T. Sundari and Dr. G. Vijay Kumar for their contributions.

We thank Sri C. V. Koteswara Rao for his message and Pujya Sri K. C. Narayana for the guest column. We will improve on the suggestions given therein in upcoming issues. We always welcome your feedback and suggestions to improve our newsletter SPANDAN. Please feel free to write to

spandan@sahajsevasamsthan.org.

TEACHER'S CORNER

एन. लीलावती, एम. ए. हिन्दी, हेच. पी. टी.

भाषा के सफल शिक्षण में विद्यार्थी और अध्यापक दोनों की भूमिका महत्वपूर्ण होती है। अपने शिक्षण पद्धति में बच्चों को बोलने, सुनने, पढ़ने - लिखने में ही सहयोग नहीं करते, बल्कि उनके सोचने, समझने में भी तथा उनकी प्रतिभा को प्रोत्साहित करते हैं। हम अपने पाठन में पाठ के साथ-साथ मूल्यों को भी कविताओं, कहानियों, वार्तालाप, क्रियाकलापों और नाटक तथा खेलों से समझकर लाभ प्राप्त कर रहे हैं। जैसे :-

▲ 'एक और अनेक' पाठ को पढ़ते समय वचनों के साथ-साथ एकता, सहायता, मदद, मिलजुलकर रहना जैसे मूल्यों को क्रियाकलापों और खेलों से समझाना।

▲ 'कबूतर और शिकारी', 'शरीर के अंगों' आदि कहानियाँ सुनाकर, बच्चों से लकड़ियों का बंडल तोड़ने को कहना।

▲ एक बड़े पत्थर को उठवाना।

▲ खो-खो और कबड्डी खेल के द्वारा यह बताना की 'एक जब अनेक' हो जाये तो कोई भी काम आसानी से, एकता के साथ हिम्मत से कर सकते हैं। इसलिए हमें हर समय एकता के साथ मिलजुलकर रहना चाहिए।

इसे बच्चों ने अलग-अलग उदाहरण जैसे : फूल, मधुमक्खियाँ, उँगलियाँ आदि के द्वारा देकर तथा कहानियाँ लिखकर प्रस्तुत किया।

उसी प्रकार बच्चों से 'बसंत ऋतु' के महत्व, उससे मिलने वाली खुशियों को महसूस कराने के लिए, उन्हें बगीचे में ले जाया गया। वहाँ की प्रकृति में खिले फूल, नये पत्ते, हरियाली आदि का अनुभव करने को कहा। वहाँ उन्होंने कैसा महसूस किया, इसको एक कविता के रूप में लिखने को कहा। बच्चों ने कविताएँ लिखी। मुझे इसमें सफलता मिली। साथ-साथ उन वस्तुओं को देखकर, वचन, लिंग, विलोम तथा वाक्य बनवाये।

बच्चों ने जाना कि खुशी मन से होती है ना कि बाहरी वस्तुओं से। बच्चों को खुशी का अनुभव हुआ।

मैंने भी इन छः सालों में बहुत कुछ अनुभव किया और सीखा है।

STORY OF MASTER – LOVE AND CONCERN



A group of abhyasis from South India visited Shahjahanpur during the end of spring and early summer season. The abhyasis after finishing their morning meditation went and sat with the Master.

Master was attending to the mails and letters from various abhyasis from different parts of India and also from abroad. Suddenly he turned to his group of abhyasis from South India and said, “Do you remember today is Ugadi, the New Year beginning for some people of South India.” The abhyasis nodded excitedly and said, “Yes, Babuji Maharaj, it is true, today is Ugadi”.

Master immediately called one of his family members and asked him to prepare sweet dishes

for lunch. All were quite surprised by this act of the Master and did not know why the Master was so particular.

Later after a few days, they realized the humane nature of the Master and His unbounded Love for them who taught through his actions in an unassuming manner, how to respect and have concern to the sentiments of others who love us.

Lesson: Master is an epitome of Love and Concern

ప్రార్థన - అనుభవము

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



Illustration
Ch. Sambhavi, III Class

28-11-2011
 Before meditation :- I sat silently for meditation
 During meditation :- In my mind one word appeared in peace
 After meditation :- I got concentration in studies
 29-11-2011
 Before meditation :- I felt ungrateful
 During meditation :- In my mind clear black colour appeared
 After meditation :- I felt fresh

K. Mounika, X Class

30-11-2011
 Before meditation :-
 During meditation :- I was suffering from severe head ache then I sat silently.
 After meditation :-
 After meditation I feel relaxed
 01-12-2011
 Before meditation :-
 During meditation :- I sat silently and thought that 'divine light is there in my heart'
 After meditation :-
 After meditation I felt fresh, calm and peaceful.

B. Charitha, X Class

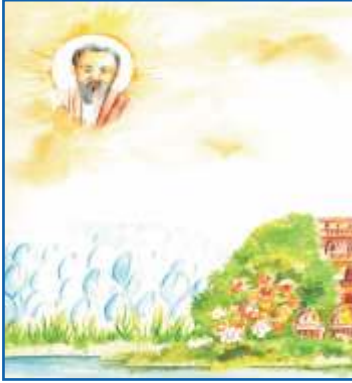
02-12-11
 Before Meditation: My Mind was unquieted
 During meditation, I am thinking about Divine Light
 After Meditation, I feel very calm.
 03-12-11
 Before Meditation: Different thoughts came on My Mind
 During Meditation, I sat very quietly
 After Meditation, I feel peace.

Vamshi Krishna, X Class

1) Kept calm and silent during meditation
 After meditation the calmness continued for some time.
 2) get many thoughts but I kept silent and felt happy.
 3) kept silent during meditation I get worry about exam
 After meditation the worry towards exam is absent in my mind and felt calm.

T. Dinesh, X Class

Story of Puja Lalaji Maharaj



The power of Nature descended in human form as Samarth guru Mahatma Ramchandraji Maharaj, Fategarh; lovingly called as **Lalaji**. With the Advent in 1873 the New Era started, which is known as **The Lalaji Era**. He was born on the Basant Panchami day in the month of Magha in the year 4974 after the beginning of Kali yuga. (Indian Calender) 2nd Feb. 1873 A.D. at Fategarh in the state of U.P. in India. (Gregorian Calender) His father Sri Harbux Rai belonged to a very distinguished family of kayasths and his mother was a saintly lady with a heart full of devotion.

Sri Lalaji grew up into a perfect specimen of graceful manhood with perfect build and average height. His outward gracefulness is just an expression of the inner harmony he enjoyed. He had a wheatish complexion. He sported a small beautiful beard and a mustache. His broad and high forehead was indicative of the vast store of intellect which he used not as one used a lamp for his own seeing but like a light house to guide those on the sea. Most remarkable were his eyes which were like two bright stars which appeared to see through everyone and every thing. The clothes he wore were simple and clean. Kurtas, shirts, pyjamas and dhotis were his usual wear.



Sometimes he wore a waistcoat over his kurta and a buttoned up coat reaching down to his knees. He



wore a colored cap and wrapped a shawl around his shoulders in the winter. He wore no ornaments. His smile announced goodness and sweetness, and brightened others with its spiritual vivacity.

He always had a tight program.



He worked hard all day long.

He never slept after the sunrise.

After attending to natural calls he put on clean clothes and devoted himself to spiritual sadhana imparting training to others. After that he went to office. On return from office he again imparted spiritual training. He took early dinner and went for a walk around 8 P. M. and went to bed by 10 P. M. But without going to sleep he used to attend to the aspirants till 2:00 A.M. in the morning.

- ✦ By nature he was always calm but was easily moved by the pains and pleasures of others.
- ✦ He possessed a melodious voice and was an adept at using sweet language for communicating his thoughts and captivating the hearts of his audience. Rarely could he be angered.
- ✦ He spoke as little as possible avoiding frivolous talk.
- ✦ With a view to train his fellow brothers and disciples he performed the duties of a householder (family man) exceedingly well.
- ✦ He respected his elders and exercised humility with those of his own age without resorting to humiliation, and loved those who were younger than him.
- ✦ He was the source from which the yearning masses could draw the nectar.

Great men are not accidentally born, they are born when the world waits for them in eager expectation - Swami Vivekananda

OUR PAGES



J. Anu
V Class

RANA PRATAP SINGH

Illustration by : N. Mahendar, Satkama Employee

There are great heroes in Indian history who sacrificed every thing to defend their mother land. Rana Pratap Singh, the ruler of Mewar, was one such hero. He was born in Rajasthan in 1540. He stood as the best example for the pride and self respect of our Indian heroes. For Rana Pratap, freedom was very precious. Winning back his ancestral Chittor fort from Akbar was his dream.



This spirit of freedom and heroism led to fierce battle near a valley at Haldighar. Man Singh from Akbar's court on June 18, 1586, came with a huge army to fight against Rana Pratap. There were only 20,000 men on Pratap's side, when Man Singh attacked him with a huge army of 80,000 soldiers. Rana Singh was a lovable and a noble human being. When he was fighting with his enemy many of them were killed, there were only few men with him. Rana Pratap refused to kill the enemy in helpless state because, it was below his dignity. This great king died on January 29, 1597. Such great heroes always live in our hearts.



Ch. Jahnvi
II Class

TREES

Trees are friends to us.
Trees are part of nature.
Trees give fresh air.

Trees give shelter.
Trees are beautiful.
Trees give



Illustration by
K. Mounika, X Class

us beautiful flowers.
Trees give us fruits and vegetables.
Trees give us many things like toys, furniture and playthings.

OUR SURROUNDINGS

Surroundings are God's gift.

I don't throw rubbish on road.
I throw rubbish in dustbin.
I keep my house neat and clean.

I don't throw water on floor.
We should keep our surroundings neat and clean.
We should not throw plastic bags because they do not get mixed in the soil like paper bag.



K. Shiva Sai
Bodh Student



Illustration by : Md. Afroze, VIII Class

THINK BEFORE YOU ACT

Once upon a time, in a forest there lived a cunning snake and a kind monkey. While roaming in the forest, the snake saw a monkey. The snake went to the monkey and said,

Snake : "I do not have food to eat. Can you please give me some food?"

Monkey : "Oh! Please come to my house. I will give you some food."

The monkey took the snake to his house and gave some food. After eating the food, the snake asked the monkey to provide some shelter to which he agreed. Every day the monkey went to the forest to bring some fruits for his children. The monkey told his friend, rabbit about the snake living in his house.



Rabbit : "Go home soon and send the snake out of your house."

But the monkey did not listen to his friend. Soon the snake ate monkeys' children and went away. The monkey became very sad.

Rabbit : "What happened? Why are you sad?"

Monkey : "Snake ate my children"

Rabbit : "You did not listen to me. You should think before you act."

Moral: Be natural and think before you act.



J. Manisha
VII Class

POETS CORNER



G. Surekha
IX Class

I LIKE TO BE

I like to be a flower but bees
suck my nectar.
I like to be a butterfly but
children catch me.
I like to be a bird but I will be
shot by a hunter.
I like to be a tree but people
cut me.
I like to be a star but I can't
be seen during the day.
So I like to be teacher to teach the little angels
all day.



పి. రమ్య శ్రీ సాయి
ఎనిమిదవ తరగతి

సందేశం

స్నేహితుడికి కావలసినది స్నేహం కాని
శత్రుత్వం కాదు.
మనసుకి కావలసినది ప్రేమ కాని
స్వార్థం కాదు.
మనిషికి కావలసినది శాంతం కాని
క్రోధం కాదు.
పక్షులకి కావలసినది స్వేచ్ఛ కాని

బందిఖానా కాదు.

ప్రకృతికి కావలసినది పచ్చని చెట్లు కాని కాలువ్యం కాదు.

దేశానికి కావలసినది మంచి పౌరులు కాని తీవ్రవాదులు కాదు.



ఆ. హరికా
సాతవీ కక్షా

बसंत ऋतु

ऋतु का राजा बसंत है।
मौसम सुहावना होता है॥
अलग रंगों के फूल
कितने अच्छे लगते है॥
खुशबू फूलों से अच्छी आती है।
पेड़ के पत्ते झड़ जाते है॥
नये पत्ते आने लगते है।

तितलियाँ फूलों पर मंडराती है॥

कोयल कूह-कूह कर गाती है।

मोर झूम-झूम कर नाचता है॥

बसंत ऋतु का मौसम सबको पसंद है।

बूढ़ों में भी स्फूर्ती आ जाती है॥

बच्चों का मन खुशी से खिलता है।

इसलिए बसंत ऋतु का मौसम

सभी में खुशियाँ लाती है॥

MOTHER

She is the light.
She is the way.
She is the truth.
She is the faith.
She is the idol of love.
She is the spirit of care.
She is the soul of patience.
She is the support of our life.
She is the shadow of God.
And she is none other than our MOTHER.



B. Priyanka Raju
X Class

ఆశయం

నీ ఆశయాన్ని మరువకు
నిన్ను లాగే నేడు
నేటి లాగే రేపు అని
నిరాశ చెందబోకు.
రేపన్నది లేదనకు
నేటితోనే సరి అనకు
మనిషికి ఆశ లేకపోతే
రేపన్నది లేదు.
రేపన్నది మనిషిని బ్రతికిస్తుంది.
రేపు లేకపోతే నీవు లేవు, నేను లేను, సర్వస్వం లేదులే.



జి. ఆదిత్య
పదవ తరగతి

कन्या - मिनु

అబద్ధం కన్నా నిజం మిన్ను.
కీడు కన్నా మేలు మిన్ను.
డబ్బు కన్నా కీర్తి మిన్ను.
చెడు కన్నా మంచి మిన్ను.
కోపం కన్నా శాంతం మిన్ను.
శత్రుత్వం కన్నా స్నేహం మిన్ను.
దుర్భావం కన్నా సద్భావం మిన్ను.
మూర్ఖత్వం కన్నా దయాగుణం మిన్ను.
మాంసాహారం కన్నా శాఖాహారం మిన్ను.
అపకారం కన్నా ఉపకారం మిన్ను.



డి. రజత
ఎనిమిదవ తరగతి

God has hidden himself inside our hearts and
exposed us. Hide yourselves and expose God!

- Pujya Lalaji Maharaj



పి. శ్రావణి
నాలుగవ తరగతి

ఋతువులు

చిత్రాలు : కె. సి. ప్రజ్ఞ , కె. కైఫ్

ఋతువు అనేది సంవత్సరంలో ఒక భాగం. ఇది వాతావరణం, మరియు పగటి సమయాల్లో వ్యత్యాసాలచే సూచించబడుతుంది. ఋతువులు ఆరు రకాలు.



వసంత ఋతువు: చెట్లు చిగిర్చి, పూలు పూస్తాయి. శ్రీరామనవమి, ఉగాది పండుగలు చేసుకుంటాం.



గ్రీష్మ ఋతువు: మండే ఎండలూ, చల్లదనాన్ని ఇచ్చే ఖర్బూజా పండ్లు, పుచ్చకాయలు, తాటిముంజెలు, మామిడి పండ్లు ఎండాకాలపు ప్రత్యేకతలు.

వర్ష ఋతువు: వరదలైపోయే నదులు, నిండుగా కనిపించే చెరువులు, పచ్చని పొలాలు, వానాకాలంలో కనబడే దృశ్యాలు. స్వాతంత్ర్య దినం, వినాయకచవితి, పండుగలు జరుపుకుంటాం.



శరదృతువు: అందమైన వెన్నెల రాత్రులు, దసరా, దీపావళి పండుగలు ఈ ఋతువును మనకు గుర్తుండేలా చేస్తాయి.

ఘోషాంత ఋతువు: వణికించే చలితో బాటు, మంచుకూడా కురుస్తుంది. బంతులు, చేమంతులు విరబూసే కాలం.



శిశిర ఋతువు: చెట్లు ఆకులు రాలడం జరుగుతుంది. పొగమంచు కనిపిస్తుంది. చలితీవ్రత తగ్గుతుంది.

ఈ ఋతువులతో మనకి ఎన్నో లాభాలు. వాటిలో కొన్ని మనకి ఆరోగ్యాన్ని ఇస్తాయి మరి కొన్ని మనకి సంతోషాన్ని ఇస్తాయి.

FIND THE MONTHS

P	R	X	Z	G	F	V	K	I	J	A	R
R	L	Q	G	U	A	K	H	T	I	N	C
A	H	Y	M	R	X	A	O	H	E	A	B
B	C	A	A	S	M	T	T	S	K	R	S
H	K	D	K	U	Y	R	C	I	L	P	U
U	A	R	H	E	A	I	D	R	A	G	O
U	D	B	I	V	V	S	R	D	E	P	E
P	W	K	A	S	G	I	Y	A	G	O	I
Q	Q	M	C	W	H	U	V	M	D	F	N
D	A	P	T	A	S	N	H	A	Q	H	M
S	I	S	W	A	R	M	A	S	M	F	A
B	H	A	N	W	A	R	U	W	M	V	I

Search for the month names of Lalaji Era. They run in all directions - horizontal, vertical and diagonally. The month names are Samavarthi, Prana, Bhuma, Prabhu, Bhanwar, Iswar, Varada, Krishna, Samadrishti, Satpad, Radha, Viveka.

Solutions on page 15

కనిపెట్టండి

కూర్పు కె. కళ్యాణి, ఏడవ తరగతి

క్రింద ఇచ్చిన పేర్లను వాటి పక్కన ఇచ్చిన ఆధారంగా గడుల్లో నింపండి. రంగు గడుల్లో అక్షరాలను చదివితే ఒక పేరు వస్తుంది.

అయోధ్యకి రాజు	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
లంకా నగరానికి రాజు	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
శ్రీ కృష్ణుని భార్య	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
గణపతిని చూచి నవ్విసవాడు	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
మేఘనాధుని మరో పేరు	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
హైదరాబాదులోని ఫిల్మ్ సిటీ	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
మీనాక్షి వెలసిన చోటు	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
లేడికి మరో పేరు	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
రాజు భార్య	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
ఆగ్రాలోని చారిత్రాత్మక కట్టడం	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCHOOL NEWS



On November 14, Children's day, students went on a field trip to Sri S. Nagesh's farm in Kanukunta. They enjoyed the farm immensely amidst the paddy fields and mango grove. The children experienced silence and were very happy away from the hustle-bustle of city life. Children climbed trees, drew pictures and played games. Teachers had their

share of fun playing Kabaddi. We are thankful to Sri S. Nagesh for all the arrangements.



On December 22, National Mathematics day was celebrated on the occasion of 125th birth anniversary of great Mathematician Srinivasa Ramanujam. Children and students participated enthusiastically. Students explained about Ramanujam and Bhaskaracharya, introduction of Trigonometry, evolution of numbers and Zero, displayed few puzzles like Magic Square, Isolated Islands, prepared charts and concluded with Quiz and Fun Math.

On December 24th, Parent-Teacher meeting was held for primary classes.

On January 7th, a contest was conducted for primary classes on Moral Stories for Children Volume I - IV. Children prepared for the event and showed tremendous response.



Swami Vivekananda's 150th Jayanthi was celebrated by the school with fervour on 12th January. Story of Swami Vivekananda was read by a student. Some messages from the book, "To the brave youth", were read. Contest on Moral Stories for students of VI to X class to emphasize character development, recitation of Vemana and Sumati

satakams and Bhagavad Gita Sloka recitation contest were held to mark the event.



PERSONAL ACHIEVEMENTS - CONGRATULATIONS



K. Pavan Kalyan, VI Class was awarded Brown Belt by the Tigers Kung-Fu Academy during the 13th All India Martial Arts Championship.



B. Chanakya, I Class participated in District Level Skating Contest.



K. C. Vasudha, VI Class won II prize in the drawing contest 'Bright Sparks' held by IDBL FEDERAL Bank LTD., on the occasion of Childrens Day.



Y. Daya Sagar, V Class won Silver medal in District Level Skating Contest.



Y. Kirti, II Class won Silver in Quad Skating organised by School Games Federation and Gold in District Level playing for Nalgonda District.

ART GALLERY



B. Lahari, VI



Anoop Reddy, I



K. Kaivalya, V



S. Pavani, VIII



K. C. Sri Sthuthi, IV



K. Nirmala, IV



Ch. Jahnvi, II



B. Rani, IV



Ch. Loukya, II

God has created the world so that every flower may grow in its right standard.

- Pujya Sri Ramchandraji Maharaj

NEW YEAR GREETING CARDS BY CHILDREN FOR LALAJI ERA



K. L. Prasanna, III



K. C. Vasudha, VI



S. Prasanna, VII



S. B. Krishna, VIII



G. Jyothi, IX



K. Uday Kumar, VII



M. Arpana, I



G. Swapna, II



Ch. Hari Priya, VI



P. Rajini, V



G. Sri Krishna, IX



K. Shiva Sai
Bodh Student



Y. DayaSagar, V



T. Anunya, II



V. Vineeta, IX



K. C. Sriram, VII

A VISIT TO THE FARM

On November 14, Children's day, students of Satkama went to Kanukunta, a village near Medchal. Children enjoyed visiting the farm, paddy fields and the mango grove. They meditated for few minutes. Later they were asked to sit in silence under a tree, appreciate nature and contemplate on Commandment 4.

ABHISHEK JOSHI, IX CLASS

To me, this above Commandment means that one should be as simple as possible, to be just like nature. Nature is the biggest and most complex creation of God. It is incomprehensible to us, humans. But underlying this apparent complexity, its simplicity is the greatest. Who are we to be able to understand it? Who are we to say what action of it is right or wrong?

Under this tree shade, in the cool winter, ones mind can't think very much. By this, I mean to say that excessive thoughts do not come to us in the Lap of Nature. As the mind cannot burden us by the constant train of thoughts, meditating on the divine light is much easier. Nature is a very peaceful presence which is observed and absorbed by the mind. That is why; being simple like nature would help us to reach the Goal of Life.

Under these mango leaves, one does not feel afraid of anything. One doesn't worry about what is to be done, or what will happen but just is in a peaceful state of mind, without any thoughts.

After this blissful absence of thoughts and the touch of the peaceful presence of nature, one doesn't worry about anything even afterwards. This experience is truly helpful and beneficial towards our Goal of Life. As I go back, away from here, I won't forget this experience nor will I ever be the same as before.

RISHIKESH JOSHI, III CLASS

The nature was so silent. I saw so many plants. Nature is the Gift of God. We get fruits and vegetables and I understood that we should not waste food.

N. PAVAN SAI PRASAD, X CLASS

On November 14, our school planned a field trip to a place near Kanukunta. That place consists of a mango grove, paddy fields etc. There is no sound pollution or disturbance. It is peaceful, calm, silent and undisturbed. We meditated for few minutes. After meditation we felt very happy, peaceful, calm, silent, quiet etc. After seeing that place, I realized that nature is very important in our life. I sat under a tree in the mango grove silently and felt it for five minutes.

I realized that it is nature which gives us fresh air, cool breeze, peace and anything. Our relatives come once in three or four months but nature is the only relative which will be with us throughout our life. I conclude by saying that we cannot live without nature.

What is nature? We actually think that nature is not very important to us. Nature is the gift given to us by God. We should feel nature but not just see it. We should be friendly with nature. We should treat nature as our loved one. One who does not like nature, should sit under a tree in the nature and just feel it with silence. They can then know its importance. Nature is the only one which lives with us throughout our life. So do not dislike nature. Do not say what is nature.



K. C. SRIRAM, VII CLASS

मैंने अपने जीवन में अब तक सब से ज्यादा खुशी और शांति सिर्फ एक ही जगह पर महसूस किया। वहाँ मैंने न ज्यादा गर्मी महसूस की न सर्दी। वहाँ पर एक जगह शांति से बैठने से बहुत सी खुशी महसूस हुई। वहाँ एक खेत का वातावरण है। वहाँ पर बहुत से आम के पेड़ थे। मुझे तो एक पेड़ के नीचे बैठ कर सोने का मन किया। वहाँ थोड़ी सी घास थी। वहाँ बैठने से बहुत सी ठंडक और खुशी महसूस हुई।

Simplicity is the very essence of Nature.

- Pujya Sri Ramchandraji Maharaj

THE GREATEST HINDU MONK



SWAMI VIVEKANANDA

Swami Vivekananda was born on January 12th, 1863 in Calcutta. Vivekananda was the name he took after he became a monk and preacher. His early name was Narendranath and was lovingly called 'Biley'. Once the teacher in the geography class asked Biley a question. He answered it. But the teacher said that the answer was wrong. Biley said that the answer was right. The teacher became very angry. He scolded him and gave him a slap! Biley went home and told his mother. He felt very sad about it. His mother said: "Well, Biley, do not mind what the teacher did. You must always tell the truth. As long as you know you are right, you need not worry about anything."

Later, the teacher went to their home. He found that the answer Biley gave was quite correct! So he went to say he was sorry. He told Biley: 'My boy, I am very

sorry for what I said and did. I was wrong'. All his life, Biley always told the truth.

Reference: 'The story of Vivekanada' published by the Advaita Ashrama

CONTRIBUTIONS

SCHOOL IS A TEMPLE OF LEARNING



K. C. Sriya

VIII Class
NASR School

Schools are primarily places wherein students come to gain expertise in various subjects which would help them in living their lives well.

The purpose of any school is to impart Education. Let us first understand the meaning of the word "Education". Education is made up of two Latin words: 'E' and 'Ducate', i.e., 'E' is 'to' and 'Ducate' meaning 'draw out'.

So, schools are supposed to draw out the capacities of a student so that he can perform upto his maximum potential. In order to do this, any school will have to and does provide teachers and implements to facilitate the same.

Earlier in the olden days, in the Indian scenario, we used to have Gurukuls wherein students used to go and live there for a minimum period as specified by the Guru and he would perform duties as instructed by him. There would not be any prescribed curriculum and the Education would end as and when the Guru said so. The primacy of the Guru was paramount.

In the modern day education, there are specified subjects and syllabuses so as to help the teacher in teaching any subject. Still, the importance of the teacher has not been minimized and teachers and schools do have importance.

The present day trend of Open schools and Home

schools wherein a student can appear for School Level Certificates as well as at the graduate level, gives the student the freedom to approach a subject at his own level and appear for examinations at his convenience. In order to do this, he has at his disposal various gadgets like computers, Laptops, Ipads etc.

This type of learning does give the student a feeling of freedom. But schools have another role to play. They help the students in terms of socializing, sports, extra curricular activities as well as personal development. This aspect would be lacking in students who opt for study on their own.

Another argument which is put forward in the present day context is the fact that One does not need to have a regular working hour. All modern day schools have been structured to have timings which are similar to the working environment and is a fallout of the industrial revolution. At present while one can say the aspect of timings can be done away with, I would argue that this helps in a student developing discipline and a sense of the value of time. This would not be possible for a student who studies on his own.

In conclusion, I would like to state that the importance of schools cannot be under estimated even in the present day. They are 'Temples of Learning' and will continue to be so.

SSS Members and their children are invited to send in articles to spandan@sahajsevasamthan.org

FESTIVALS



డి. తరుణ
छटी कक्षा

होली

होली उत्तर भारत का मुख्य त्योहार है। वसन्त पंचमी से ही यह शुरू हो जाता है। यह एक ऐसा पर्व है जिसमें आयु, जाति, शिक्षा, वर्ग आदि को भुलाकर सब लोग परस्पर प्रेम से गले मिलते हैं। होली के पीछे जो पौराणिक कथा है उससे हमें यह पता चलता है कि एक छोटा सा बालक भी

अपनी आत्मा की आवाज पर किस प्रकार राजसत्ता को चुनौती देता है। होली शब्द का सम्बन्ध होलिका से है। बालक प्रह्लाद असुर राजा हिरण्यकश्यप का पुत्र था। हिरण्यकश्यप चाहता था कि संसार भगवान के रूप में उसकी पूजा करे। प्रह्लाद ने अपने पिता की इस बात को नहीं माना। पिता के मना करने पर भी प्रह्लाद भगवान विष्णु की ही पूजा करता था। हिरण्यकश्यप को इससे बहुत गुस्सा आया। उसने प्रह्लाद को तरह-तरह की यातनाएँ दीं। लेकिन प्रह्लाद अपनी बात पर अडिग रहा। प्रह्लाद की बुआ का नाम होलिका था। उसे यह वरदान प्राप्त था, कि आग उसे जला नहीं सकती थी। हिरण्यकश्यप की आज्ञा पर होलिका प्रह्लाद को गोदी में लेकर, जलती हुई चिता पर बैठ गई। सब लोग इस बात को देखकर दंग रह गए कि होलिका तो आग में जल गई, लेकिन प्रह्लाद बच गया।



इस कथा के पीछे जो मर्म छिपा है, वह यह है कि वरदान आत्मरक्षा के लिए होता है। जब मनुष्य दूसरे को हानि पहुँचाने के लिए उस वरदान का उपयोग करता है, तो वरदान की शक्ति समाप्त हो जाती है। इस कथा से हमें यह भी पता चलता है कि जो भगवान को समर्पित हो जाते हैं वे नष्ट नहीं होते।

Illustration by : Ch. Krishna, III Class

ఉగాది

ఉగాది పండుగను మన దేశంలో మహారాష్ట్ర, కర్ణాటక, ఆంధ్రప్రదేశ్ మొదలైన రాష్ట్రాలలో జరుపుకుంటారు. ఉగాది అనే పేరు యుగ + ఆది అనే పదములో నుంచి వచ్చింది. దాని అర్థము యుగము ఆరంభము అని. ఉగాది కొత్త వెలుగులతో, కొత్త అందాలతో, కోకిల



వి. పి. ఎస్. తేజస్వినీ
నాలుగవ తరగతి



వై. కీర్తి

రెండవ తరగతి

కిలకీల రాగాలతో, మావి చెట్టు తొలి కాయలతో, వేప పూవు పూతతో, కొత్త చింతకాయ పులుపుతో, మిరపకాయ ఘాటుతో, కొత్త బెల్లం తీయడంతో కొత్త సంవత్సరానికి స్వాగతం పలుకుతూ, పాడ్యమి రోజు చంద్రుని నెలపొడుపు దర్శనంతో, చంద్రునిలోని మార్పులను తెలియజేస్తూ ఆరంభం అవుతుంది.

ఉగాది రోజు షడ్రుచులతో ఉగాది పచ్చడి చేస్తారు. తీపి-బెల్లం, చేదు - వేప పూవు, వగరు - మామిడికాయ, పులుపు - చింతపండు, కారం - మిరపపొడి, ఉప్పు. ఈ ఆరు కలిపి పచ్చడి చేసి దేవుడికి నివేదన చేసిన తరువాత అందరు తింటారు. మన జీవితం సంతోషం, దుఃఖం, చిరాకు ఇలా అన్ని వర్ణాల మేళవింపుకు నిదర్శనంగా అన్నీ అనుభవించాలి అన్న భావంతో ఉగాది రోజు ఈ పచ్చడి చేస్తారు. ఉగాదికి పచ్చటి పంట పొలాలు, ఎటు చూసినా పచ్చని కలకలలాడే చెట్లు, కొత్తటి రంగు రంగు బట్టలతో, పిండి వంటల ఘుమఘుమలతో, బంధువులతో, ఇల్లంతా కళకళలాడుతూ గ్రామాలు, ఊళ్ళు సంతోషాలతో తేలుతుంటారు. ఉగాది హిందువుల పండుగలలో మొదటిది, పవిత్రమైనదిగా భావించి, అత్యంత శ్రద్ధాభక్తి భావాలతో జరుపుకుంటారు.

HOW TO MAKE NATURAL HOLI COLOURS

Red Colour: Powder dry red hibiscus flowers and mix it with any flour. For wet Colour, mix turmeric powder in water and add few drops of lemon juice.

Yellow Colour: Mix two spoons of turmeric powder with four spoons of Besan flour. For wet Colour mix two spoons of turmeric in four liters of water and stir well. Use Marigold and Chrysanthemums for different shades of yellow.

Green Colour: Mix mehndi powder with any flour. For wet colour mix four spoons of henna with two liters water.

Wet Magenta Colour: Grate beetroot and soak in one liter water.

Wet Brown Colour: Boil tea or coffee in water and cool it.



SRIMAD BHAGAVAD GITA

तमेव शरणं गच्छ सर्वभावेन भारत।
तत्प्रसादात्परां शान्तिं स्थानं प्राप्स्यसि शाश्वतम्॥

Unto Him alone, therefore, you surrender,
O Scion of Bharata, with your very being;
through His grace you shall attain to the
Supreme Peace and the Absolute.



K. Kalyani
VII Class

KING AND PEACE

Once there lived a king who wanted peace. He visited many places, but he did not get peace anywhere. He once went to a sea shore and sat calmly. But the next minute he felt disturbed by

the sound of the waves of the sea. He got angry and went away to a place where there were water falls. A bird came, disturbed him by sitting on his shoulder and chirping in his ear. He hurt the bird by hitting it with a stone. The bird died in pain. All this was seen by a muni. The muni came to the king and asked him why he hurt the bird with a stone. The king said, "I want peace. I visited many places but I did not get peace. Now, when I was sitting here calmly, the bird was chirping in my ear. Hence I hit it with a stone." The muni said, "If you want peace, you have to surrender to God. It may be any place but you have to surrender to God." The king realized his mistake and felt sorry for the bird. He sat under a tree and surrendered to God. From then he got supreme peace.



Illustration by
G. Sri Krishna, IX Class

Moral: If you want peace you have to surrender to God. Then only you will get supreme peace.



K. Sushma
VII Class

PRAYER

We feel happy, peace and the Absolute only when we surrender to God. By His attention we should pray to God and feel God, then we will have Supreme peace.

Once upon a time, there lived a boy named Sumanth. He and his parents lived in a small village called Varshapuram. He used to be always angry. One day while he was going to school, he saw a beggar. The beggar was asking a man for money, but the man didn't give him anything and went away. After sometime, that beggar came to Sumanth and asked him for water. He was not clean and wore torn clothes. On seeing him, Sumanth got angry and pushed him away. The beggar suddenly got hurt by a stone and slowly got up seeing Sumanth angry. But when Sumanth saw him, he ran away from there.



Illustration by
Md. Afroze, VIII Class

In the evening, after he came home from school, he did not remove his shoes, threw his bag aside, did not wash his face and went for playing. While playing with his friends, he cheated them and said he was the winner. All his friends scolded him and went away. Angrily, he went home. His mother asked him, 'What happened to you my boy? Why are you so angry?'. Sumanth said angrily, 'Why do you want to know? Go away from here!' His mother said, "My boy, don't be always angry." She told him many nice words and also said to be always surrendered to God.

After listening to those words daily, one day, he thought for a moment and thought to change his behaviour. From the next day, he was totally changed and became a very good boy. He surrendered to God and started to feel God. He did prayer daily in the morning and at bed time. He became very nice and he felt very peaceful. Then supreme peace entered him. His mother also felt very happy by his nice behaviour.

Moral: Always be surrendered to God, then you will be very happy and peaceful.

HEALTH TIPS

- From Dr. N. Bala Tripura Sundari, M.B.B.S., A.B.P.(USA)
Pediatrics, MSRCM Hospital

Dear children

Have you seen a small plant growing into a big tree? Have you seen a small baby becoming a child and growing into an adult? Did you notice that growth is common for the baby plant and the baby?

For this growth to occur, our food plays a major role. Food is necessary for us to live as well as grow and remain healthy and happy. The food that we eat first gets digested, absorbed and then gives us energy.

What kind of food should we eat?

The food that we eat should consist of carbohydrates (energy giving), protein (body building and repair), fats, vitamins, minerals and fibre.

How should we cook food and how should we eat it?

Be happy to eat in constant Divine thought whatever you get, with due regard to honest and pious earnings.

We should cook food hygienically in the thought of divine. Wash the vegetables thoroughly. They have

to be cut and cooked. We can eat simple foods and still remain healthy. They are Ragi, Pulses, Til with jaggery, groundnuts with jaggery, Rice gruel (those who cook rice in an open vessel and not in a pressure cooker) green leafy vegetables, green peas, sprouts, seasonal fruits, milk, etc. These are affordable by common people.

Personal hygiene has to be maintained like washing hands (before cooking, before eating, after visiting toilets, etc.) nails have to be trimmed, covering our mouth and nose during cold, cough are very important. We must wash our hands before eating.

Children should not buy and eat out side food which is not wrapped up and is open to the flies, insects and dust; we should not buy and eat cut fruit pieces, etc.

We should pray to God and thank Him every day for whatever is given to us.

No complaints about food. Let us not watch TV while eating.

Eat well, grow well and be happy.

Health is wealth.



MEDICINAL PLANT - BRAHMI

- From Dr. G. Vijay Kumar, B.A.M.S., M.S(Psychotherapy and Counselling)
Ayurvedic Doctor, MSRCM Hospital



Brahmi is a popular ayurvedic herb with an ancient history. This herb is one of the ingredients in Sahaj Sakthi milk and biscuits which is being given to students and staff of Satkama and Bodh under Dr. K. C. V. Nutritive Supplement scheme.

Names: Sanskrit - Saraswathi, Telugu - Saraswathiaaku, English - Indian Pennywort

Description - Brahmi is a small creeping annual herb. Grows to a height of 2 to 3 ft. It has small tubular five petaled flowers in white or purple colour.

Location - Brahmi is found in marshy area near streams and ponds throughout India. Widely grown in Bandhavgarh National Park, India.

Medicinal Uses :Brahmi is used in traditional Ayurvedic medicine for centuries as rejuvenating herb for the nerves and brains cells. It is used in treating skin problems like Eczema, Psoriasis etc. It is rich in Vitamin C. It also treats Cold, Chronic cough, Bronchitis, Asthma etc. It is a good blood purifier. It is useful in enhancing Memory, Mental concentration, Intelligence and Mind alertness. It is used in curing Epilepsy, Insomnia, Mental depression, Physical fatigue, Digestive disorder, Constipation, Blood Pressure, Menstrual disorders etc. It has anti-stress and anti-anxiety properties.

To mould others on unique lines as we seek to do in the education of the children, with success, without distortion, imposition and impregnation, can only be achieved by sympathy, intellectual, aesthetic, and ethical and social. - Pujya Dr. K. C. Varadachari

HOSPITAL NEWS

SSS VOCATIONAL WING NEWS

We would like to express our sincere thanks to all sponsors of Pujya Dr.K.C.Varadachari Nutritive Supplement Scheme. We are happy to inform following details of sponsors during 1st August, 2011 to 25th December, 2011.

- + Life Sponsorship – 3 sponsors
 - + One day sponsorship – 19 sponsors
- We have started adding ginger juice while making our Sahaj Sakthi Biscuits from last month onwards. From now onwards, Sahaj sakthi biscuits will be available with ginger.

BODH SCHOOL

Bodh School Staff attended the following programs

1. “Empowering students with accessible technology that enables personalized learning”- One day workshop conducted by Barrier Break Technologies along with Microsoft in December 2011
2. “Application of science and Technology in Vocational Training “ – 5 day short term course conducted by NIMH from 2nd to 6th January 2012.

SOLUTIONS

ഗുണമേന്മയുള്ള
ജീവനോടുകൂടി
-നല്ല
‘വൃദ്ധപരിപാലം’
‘സമാ ‘സമാഹാരം’
‘ദൈവസേവ’
‘സമാഹാരം’
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FIND THE MONTHS:



Mahatma Sri Ramchandra Centenary Memorial Hospital was started in 1999, the Birth Centenary Year of Pujya Babuji Maharaj of Shahjahanpur, U.P.

The hospital has completed 11 years of service to the people in the spirit of fraternal duty. Every beneficiary has felt and some of them expressed the Grace and presence of the Master in our hospital.

To keep pace with changing times and the needs of the patients, renovation and refurbishing of the hospital has been carried out. The work was started in June 2011 and completed by September 2011. Mr. David Raj and an Interior decorator undertook the task and did justice to it. Spacious

o u t p a t i e n t
 consultation rooms
 with pleasing
 interiors, patients
 waiting hall with a
 good ambience and
 5 independent air-
 conditioned, single
 rooms for the In-
 Patients on the first floor



have been provided. Nursing quarters with kitchen was also modernized with excellent interiors and modern amenities.

The old cots, beds, furniture, doors and windows etc., were donated to VIVEKANANDA OLD AGE HOME and new beds and furniture were procured.

Operation Theatre was refurbished with new centralised Oxygen and Nitrogen Gas supply lines for enhanced services. Some of the old Laproscopic instruments and equipments were replaced.

It was decided to provide all these comforts and facilities at no extra charge to the patients. After the renovation, the happiness of the patients is visible and every one remarked that the hospital aesthetics and facilities are on par with the corporate hospitals.

Following are remarks of some of the patients:
 “Good hospitality and service. Thanks for showing path to the next generation” - Sri P. Bhavanarayana, W. Venkatapuram, Hyd.

“ It is like a temple. We never felt that we were in a hospital. Namaskarams to Guruji. Good service, minimum medicines. No words to describe.Great” - Sri. K. Srinivas, Nallakunta, Hyd.

The hospital has offered free consultation services to 397 patients from Apr to Nov 2011. In-Patient services were offered to 50 patients. 1726 patients were offered laboratory services.

The way of life should be pregnant with high morals.

- Pujya Sri Ramchandraj Maharaj

MSRCM Hospital,
10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad.
Tel: +91-40-23341380

వేమన శతకము

చిత్త శుద్ధి కలిగి చేసిన పుణ్యంబు
కొంచమైన నదియు కొడువ కాదు.
విత్తనంబు మఱి వృక్షంబునకునెంత
విశ్వదాభిరామ వినురవేమ.

తాత్పర్యము

ఓ వేమా! మంచి మనసుతో చేసిన పుణ్యము కొంచమైనను, అది తక్కువగా భావింపరాదు. అట్టిది విశేష ఫలితమునిచ్చును. మఱి చెట్టు యొక్క విత్తనము చాలా చిన్నది అయినను చెట్టు పెద్దది కదా.

THANK YOU

SSS acknowledges with gratitude the contributions of following people in services and kind.

Satkama School: Sri B. L. K. V. Raju (Parents of Priyanka Raju, X class), Sri Ravi Yelluripati, Sri S. Nagesh, Smt. Shilpi Mishra, Sri Ramakrishna Vemireddy.

MSRCM Hospital : Sri K. Srinivas, Sri G. Vijaya Kumar, Dr. Varsha Batra, Sri Shiva Rama Reddy, Ms. Ahmedi Begum, Sri Hari Prasad Reddy, Sri N. D. Batra.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

Training Programme

Imperiance 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.



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