

VOL : 2

ISSUE : 3

VARADA - 140  
(Lalaji Era)

# SPANDAN

Sahaj Seva Samsthan Educational Newsletter

**SATKĀMA & BODH**



## Student Editorial

- P. Ramya Sai, IX Class

This is the first issue for this academic year. Everyone is back to school from the summer vacation. Our tenth class students made us proud with great results. Students passed in first class and K. Sai Meghana got the highest GPA 9.7. This issue has a special section on Lord Krishna with His story and Bhagavad Gita on the occasion of His birthday. I suggest you to read all the articles.

We are thankful to Smt. I. Madhavi for her guest editorial, Kum. K. Poojitha and Chi. Riya Shah for their contributions. We are also thankful to Smt. Dipti Joshi, Smt. Y. Shanti and Chi. G. Sriram for helping us with the newsletter. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to [spandan@sahajsevasamsthan.org](mailto:spandan@sahajsevasamsthan.org)

## MESSAGE FROM SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President

Welcome back to school after the summer recess. Now is the time to work hard to learn and become a good and happy person. Since this newsletter is being released on the occasion of Krishnasthmi it will be wisdom on our part to think and reflect on the teaching given to us by the Lord. He asked us to do our duty and dedicate our action and the fruits of our action to the Lord. This can only be possible if our mind is regulated and our mind can be regulated by following the methods given by our Master Sri Ramchandraj Maharaj. Sincerity which means doing any activity like studying or practicing meditation with total involvement is the attitude which we should learn and practise in our school. Learning to work hard (keeping laziness far away from us) and sincerely is the attitude we should develop. When I say working hard it does not mean that we have to do something extraordinary but do our duty like learning sincerely. Coming to school and learning what is being taught in the school should be a joyous activity.

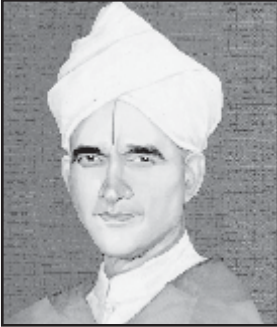
## GUEST EDITORIAL

I. Madhavi

Lecturer, St. Ann's Degree College, Malkajgiri, Hyderabad

I am extremely happy to be a part of yet another edition of our SSS educational newsletter Spandan. True to the name of the newsletter, the contents contributed by the students reflect the creative, educative, communicative, informative aspects of curriculum and spiritual development of the children, which indeed is the fruit of being in the blessing embrace of the benevolent Master - Sri Ramchandra Consciousness. I have been a curious reader of this newsletter since its inception and every edition is an improvement over the previous one which is only possible due to the dedicated efforts of the teachers and the enthusiastic participation of the students. Please keep it up. Spandan even like a natural spring needs to be fresh every time and at all times and this is verily possible through our orientation to the Great Eternal Spiritual Master Mahatma Sri Ramchandraj Maharaj of Shahjahanpur, U.P, India in whose service the organization SSS is working. I would like to reiterate for the benefit of the readers the unique underlying theme or goal of the school 'Divine Resource Development in the children through a structured educative process implemented with selfless intentions'. This is being achieved through designing of the academic schedules for the children while keeping pace with the need of the hour. The success of the school management in this daunting task is indeed commendable. The wide range of articles of the children in this newsletter ranging from curricular aspects, story telling, sharing of experiences on daily meditations done in the school amply reflect the overall development of the children as intended by the teachers and the management. All that is learnt in the schooling years by the children will undoubtedly reflect as the values of life and help them become beacons to others in the society in the days to come.

## STORY OF PUJYA DR. K. C. VARADACHARI



**BIRTH :** Pujya Dr. K. C. Varadachari was born at Munulapudi Agraharam a small village near Tiruchanoor, a temple town of Sri. Padmavathi Ammavaru on 14th August 1902. His father, Pujya K.C. Krishnamachari, a senior police officer in the Madras Presidency, was a resident of Tirupati Town and belonged to a traditional Sri Vaishnavite family. He was very dear to his mother Kuppacchi, as he was the only surviving male child born to her. He had two sisters Rajamma and Sulochana.

### CHILDHOOD:

He was known for his belief in God and innocence from his childhood. His grand father 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, it is said would do so standing for quite long time before he was rewarded (by the grand father) and the young believer used to jump with joy for having been rewarded by God. He was a pet for all in the family as he was the only son.



### INCIDENTS :

#### Patriotism:

He participated in the Non-Cooperation movement from 1921 to 1923. He burnt foreign articles and clothes and used to participate very actively in the Khadi movement and was total Gandhian for a long time to come. He used to spin the charka and make his own paper through hand processing. Till the last day of his life he never wasted paper and used reverse of the wedding/invitation cards and most of the notes he has taken from the various books he read were recorded by him on these cards only.



#### Empathy:

During his tenure as Professor in the S. V. Arts College, he used to maintain a close empathetic attitude towards students who used to seek guidance and solace from him. Many students shared their problems personal and academic with him and received his help. He was dear to all those who came near him. In the Arts College and later in the University College he always defended the students who might have erred and pleaded with the authorities to take the attitude of a parent. He was a much respected person by the staff of all cadres in the institutions in which he served and they used to volunteer to do personal service to him also. The sight of Mr. Ibrahim, watchman of the University College waiting at the portico of the college to carry his bag to his room and getting the bag back to the cart in the evening is some thing no student of the College would forget.



Once Pujya Dr. K. C. Varadachari reviewed the books written by Pujya Sri Ramchandrajji, Shahjahanpur, UP in The Hindu, a famous national daily. His reviews were very widely read and respected by all who read them. Pujya Sri Ramchandrajji 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. After a brief period of illness he attained Maha Samadhi on the auspicious day of Basanth Panchami on 30th Jan. 1971.

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

- Pujya Dr. K. C. Varadachari

At the very outset, I congratulate the students of 2011-12 batch who have done very well in the SSC exams and deserve full appreciation from us. I wish them all the best in their coming days. Commonly it is believed that education should be equated merely with the ability to work and earn i.e., having a purely materialistic objective. Our Masters have defined education as something beyond that. Pujya Dr. K. C Varadachari has stated that education is central to our entire development and is basically a program for peace. He further states that the kind of education to be encouraged should be integral wherein the secular must be subordinated to the spiritual and the spiritual must be made to express itself through the secular. Secular here needs to be understood as something that is materialistic. I understand that if children can be made to imbibe this suggestion in their formative years that all knowledge and work is to serve the Divine in one's endowed capacity, the permeation between secular and spiritual education would happen without inhibiting the two and making the secular subservient to the spiritual. In fact they are not isolated but integral facets of education. With this basic idea in the background, we have formally introduced some vocation related activities in school for VI to X class students with a suggestion to them to remember this aspect that we do any work to express the Divine only. The activities introduced for now are, tailoring, biscuit making, candle making, growing wheat grass and gardening. This has been possible with the help of the vocational wing of SSS and volunteers. When children enter the world, whatever vocations they choose based on their competency, if they can live by this ideal of education, they are likely to lead a peaceful and happy life and spread such happiness and peace too.

## PERSONALITY DEVELOPMENT PROGRAM

Imperience, Hyderabad conducts a personality development program for children between 15 -17 years of age. The following is a report on the program conducted at Satkama High School for seven days. Six children attended the program and three students were from Satkama.

**The objectives of this course :** To assist in developing a proper goal of life, to achieve stress free living, to assist in developing optimal performance in all walks of life, to develop proper attitudes and values in life.

**Topics covered in the course** were

- Life and its meaning
- Goal of life
- Role of Meditation in achieving our goal
- Activities for improving focus
- Time management
- Health Management

The children were taught to meditate on the supposition of Divine Light in the heart and there was a 30 minutes meditation session on each day. Trataka was introduced as tool for developing focus.

During the course, children wrote a report on each day articulating their reflection on the topic that was explained. Based on the reports received, all children articulated correctly their understanding of topics like Goal of life, Happiness, Contentment, Moderation and Balance and Peer Pressure. In their reports they have also articulated how they would apply the understanding in their own lives. It is satisfying to note that they were very receptive and sensitive to these topics. They also reported their feelings after meditation on Divine Light. The reports indicate that they have correctly learnt the technique of meditation on supposition of Divine Light. For successful completion of the course, the children were awarded a participation certificate.

**Following is the feedback of two students from Satkama.**

**T. Dinesh :** This course of seven days helped me a lot. I learnt about the values in school and in these seven days I learnt how to implement these in our daily life. The way of teaching is also well. I learnt a lot in these seven days. I wish the course would be for some more days and some activities can be introduced. If I would get a chance, I would like to attend this course once again and learn more.

**K. Meghana :** I have learnt many things in these classes. I learnt how to develop patience, tolerance towards others. I also got tips to have proper health. I learnt about time management. Character building was very helpful. I came to know about many things and I also want to follow the many values told.

Imperience will be conducting this programme regularly for children between 15 and 17 years of age and requests abhyasis to inform interested parents about this. Interested parents can contact Imperience at 27731223 to know more about the program. The next program is scheduled during the Sankranti holidays.

## STORY OF MASTER - REVENGELESSNESS

Reference Book : Spirituality

**E**xplaining the rationality of commandment No. 7 of the Natural Path the Master related a Puranic legend as following:



Once Lord Krishna was at play with his spouse Rukmini. Suddenly his eyebrows contracted and his forehead registered wrinkles expressing anger. The very next moment He smiled, and resumed the play. Rukmini asked as to what the matter was, to this query Lord Krishna simply replied, "Nothing serious because two washer men were quarrelling". Dazed Rukmini sought further clarification, and the Lord responded with fuller story. At a riverside an austere saint was offering prayer. Just then a washer man started thrashing clothes in such a way as to drench him out of the prayer. This was the moment when wrinkles

appeared on the Lord's forehead. The next moment the saint left the prayer and entered into an altercation with the washer man. That was the moment which brought the smile on the Lord's face.

Making the moral more rational, the Master continued, "As the entire course of Nature is constituted, there is a reaction to every action. An act of revenge localizes the reaction leaving the rest of the course of Nature free. But if the aspirant (the point of action) is vacuumized, the reaction returns from the whole course of Nature, keeping the aspirant free. Thus revengelessness is in the interest of the spiritual condition of the aspirant, and even in favour of the distribution of real justice to the evil-doer".



**Lesson: Be not revengeful for the wrongs done by the others. Take them with gratitude as heavenly gifts.**

## ప్రార్థన - అనుభవము



Illustration  
Ch. Sambhavi, IV Class

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

27.6.12 - I felt very calm and peaceful.

30.6.12 - I felt as if I was the only one in the class.

02.7.12 - I was so happy but I myself did not know why.

18.7.12 - I started thinking about various things then I slowly calmed down and then became peaceful.

K. C. Vasudha, VII Class

05.7.12 - Before meditation I was so worried as I did not do Maths work. After meditation it was so calm. I felt very happy.

19.7.12 - Before meditation I was very sad as my parents scolded. After meditation I felt very happy and peaceful.

L. Sri Ramya, VII Class

19.6.12 - Before meditation I felt very uncomfortable and irritated because when we enter the class, there is lot of noise. After the meditation I felt peaceful, calm and happy because of meditation.

20.6.12 - Before meditation I was feeling uncomfortable and after meditation I felt calm.

G. Sravani, VII Class

13.7.12 - I felt very calm.

16.7.12 - I felt good when I forgot my thoughts

17.7.12 - I felt silent.

19.7.12 - I felt very special.

20.7.12 - I felt nothing.

K. Pavan Kalyan, VII Class



**Abhishek Joshi**  
X Class

### TRUTH

I will try to explain about the fifth commandment i.e. **“Be truthful. Take miseries as Divine Blessings for your own good and be thankful”**.

Truth basically means to speak things the way they are without making any tweaks or changes

to it. Truth can be spoken pleasantly, but if it can't be spoken so, one shouldn't change the fact. In this world there have been a few, exceptional people who told the truth and stuck to righteousness no matter what the condition. An example for this could be Yudhistira, son of Kunti and foremost of the Pandavas. He stuck to dharma no matter what situation came across them. It is very difficult to do so.

One would rather lie and get away from being punished than tell the truth and get the deserved treatment. But those who lie can't escape either. I heard one day in the school, somebody quoting the Master, “There are three things that one cannot hide for long; the sun, the moon and the truth.” One day the truth will come out. When we get our deserved consequence for our actions, repent for forgiveness and do not do it again.

So, telling the truth may not be the easier path, but it is the correct path and the correct path, we must follow no matter what the consequence. As Satkama's name itself means 'Be Truthful', it wouldn't deem fit if one of the students would lie rather than speak truthfully. Therefore, I conclude by urging all to speak the truth, always.

### మార్కండేయుడు



**కె. కళ్యాణి**

ఎనిమిదవ తరగతి

ఈ భూమి మీద పుట్టినవాడు ఎవరైనా మరణించక తప్పదు. ఎంతటివారైనా మరణం ముందు తలవంచాల్సిందే. కాని మార్కండేయుడు బాలునిగానే యమునిని జయించి, శివుని ఆశీస్సులతో చిరంజీవత్వాన్ని పొందాడు.

మృకండు మహర్షి గొప్ప తపస్కారు.

మరుద్వృత్తి ఆయన భార్య. ఆ దంపతులిద్దరూ సంతానం కోసం చాలా కాలం తపస్సు చేసారు. ఒక రోజు శివుడు ప్రత్యక్షమై, వారికి పదహారు సంవత్సరములు మాత్రమే బ్రతికే సద్గుణుడు కావాలో లేక జీవితాంతం బ్రతికే దుర్గుణుడు కావాలో కోరుకోమన్నాడు. ఆ దంపతులు పదహారు సంవత్సరములు బ్రతికే సద్గుణుడు కావాలని కోరుకున్నారు. కొంత కాలానికి వారికి ఒక పుత్రుడు జన్మించాడు. అతనికి మార్కండేయుడు అని పేరు పెట్టారు. అతను చిన్నతనమునుండే భక్తి శ్రద్ధలతో ఉండేవాడు. మార్కండేయుని పదహారవయేట అతని తల్లిదండ్రులు కంటతడి పెట్టుకొని అతనికి విషయమంతా వివరించారు. అది విని అతను ఏ మాత్రం కలత చెందలేదు.

అతను తల్లిదండ్రుల దగ్గర అనుమతి తీసుకొని, అడవికి వెళ్ళి, దగ్గరగా ఉన్న నదిలో స్నానం చేసి, మట్టితో శివలింగం చేసి, రోజూ దానిని పూజించేవాడు. శివుని భక్తుడు కావడం వల్ల, అతని ప్రాణాలు తీయడానికి సాక్షాత్తు యముడే వచ్చాడు. యమపాశం విసిరాడు. మార్కండేయుడు యముడి వాహనం యొక్క రంకె వినిపించి కళ్ళు తెరిచాడు. భయంతో శివలింగాన్ని గట్టిగా కౌగలించుకున్నాడు. మార్కండేయుడితో పాటు శివలింగాన్ని కూడా ఆ పాశం లాగింది. గట్టి శబ్దంతో శివలింగం విచ్చుకుంది. అందులోంచి శివుడు వచ్చి కోపంతో యముడిపైకి వచ్చాడు. దీన్ని చూసి యముడు భయపడి, ‘శివా క్షమించు’ అని కరుణించమంటాడు. శివుడు యమునిని క్షమించి, మార్కండేయుడిని చిరంజీవిగా ఉండమని ఆశీర్వదించాడు.

**K. Sushma, VIII Class**

### CHANGES IN HUMAN

Once upon a time there was a village named Varshapuram. In that village there was a big house in which a rich couple lived. They had a son named Harish who was lazy and showed no interest in studies. He used to play with his friends all the time. While playing he used to cheat all the time. If he was free he used to go to his friend's house and scold them and take their things away. One day all the parents of Harish's friends talked about his rude behavior with his mother. Then his mother told him to stop scolding, beating and cheating others. But he did not care for his mother's words. His mother always asked him to change his behavior. After few days he thought about his mom's advice and decided to change his behavior. He became very nice. He made a time table by his own and also followed it. He also studied well. From that day he got many prizes in school. All the parents of his friends and colony members praised him. So, his mother felt very happy.

**Moral: If you will listen to good advices you will become a good person in your life.**



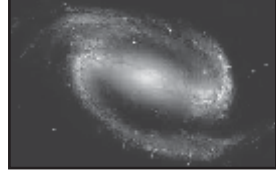
## INTRODUCTION TO SPACE



G. Jyoti & P. Hema  
X Class

Space is the emptiness which consists of heavenly bodies such as Earth. It has absolutely no air. Hence we have to carry oxygen cylinders to space.

**UNIVERSE :** The universe consists of many galaxies, planets, stars, solar systems, asteroids, comets etc.



**GALAXY :** A group of stars is known as a galaxy. There are many billions of galaxies. The galaxy in which we live is MILKY WAY. These galaxies consist of solar systems.

**SOLAR SYSTEM :** A solar system consists of a star and planets revolving round the star. Our solar system consists of eight planets and their moons.



**PLANETS :** A heavenly mass which revolves around a star is known as a Planet. The 8 planets in our solar system are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune.

**COMETS & ASTEROIDS :** A very huge mass of ice or rock which revolves around the sun in elliptical orbit is known as a comet. A rock which falls from outer space is known as an asteroid.

The first satellite to outer space was Sputnik –I which was sent by Russians. Yuri Gagarin was the first man who went to space.



K. కైతల్య  
ఆరవ తరగతి

## గురువులకు వందనం

గురువులకు వందనం

చదువు నేర్చే గురువులకిదే అభివందనం  
మీ విశాల హృదయ దేవాలయాలకు  
వందనం

మా పలుకులతో తోరణాలు కట్టి  
మా మనసులతో ముగ్గులు పెట్టి  
మా చూపులతో ఆనందపు దీపాలు పెట్టి

పలుకుతున్నాము మీకు అభివందన మాల

## ORGANIC FARMING



K. C. Vasudha  
VII Class

Solitude means a state of being alone, or withdrawn from society. SOLITUDE FARM in Auroville, Tamil Nadu is anything but alone.

Krishna who farms six acres of land at Solitude farm has become an example of natural farming in India. He uses non-digging methods, mulching, inter-cropping and green manures and other techniques associated with natural farming.

**Mulching :** Mulch is any type of material that is spread or laid over the surface of the soil as a covering

The five benefits of mulching are

- ✦Decomposing into organic matter, so there is no need for fertilizers.
- ✦Reduces temperature of soil, keeping the soil cool in summer.
- ✦Suppresses weeds so plants do not have to compete for nutrients.
- ✦Retains moisture so plants need less water.
- ✦Reduces evaporation of water as the soil is covered with mulch.

Thus the soil becomes fertile and many crops can be grown easily. Since there is no digging or adding fertilizer/pesticide, the farmer does less work and enjoys watching the growing crops.

One of the techniques is RELAY CROPPING. In relay cropping, we start with long beans. Just before the beans finish producing, tomatoes are planted. Just before the tomatoes finish producing, Moong Dal is planted. Thus like a relay race, plants are grown.

I had so much fun talking to Krishna and learning from him about natural farming. His farm looked green and fresh even though summer is still there in Chennai.



## TRUTH

We should always speak the truth.

I always speak the truth.

It is very hard to speak the truth.

Truth is very bitter.



K. C. Prajna  
IV Class

## INDEPENDENCE DAY SPECIAL



**B. Jagruti**  
V Class

### NATIONAL SYMBOLS

**O**ur country India has some symbols which are specific to our heritage. They give us a sense of pride and patriotism. We must always respect and protect these symbols.

#### NATIONAL FLOWER: LOTUS

The lotus flower symbolizes Divinity, fertility, wealth, knowledge and enlightenment. It is also regarded as a symbol of triumph as it can survive to re-germinate for 1000 years. Lotus represents long life, honor and good fortune, purity of mind and heart.



#### NATIONAL ANIMAL: TIGER

The tiger was chosen for grace, strength, agility and enormous power. It symbolizes the power, strength, elegance, alertness, intelligence and endurance of the nation.



#### NATIONAL BIRD: PEACOCK

The peacock is the national bird, emblematic of qualities such as beauty, grace, pride and mysticism. In India, people believe that whenever the cock spreads its tails in an ornamental fashion, it indicates that rain is imminent.



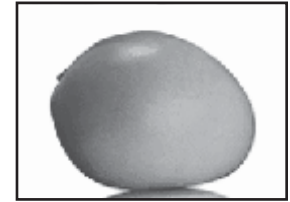
#### NATIONAL TREE: BANYAN TREE

The national tree of India has a very large structure, long and deep roots and branches symbolizing the country's unity. Even today the village council meets under the shades of this tree.



#### NATIONAL FRUIT: MANGO

The famous poet Kalidasa is known to have sung its praises. Ancient Greek king Alexander, the Great and Chinese pilgrim Hsuen Tsang have savored its taste. Mango is liked for its sweet juice and bright colors all around the world. Mangoes are known to be rich in vitamins A, C, D.



#### NATIONAL EMBLEM:

It tells that India is a peace loving country. The motto 'Satyameva Jayate' inscribed below the emblem in Devanagari script means 'truth alone triumphs'. The emblem also has four lions, an elephant, a bull, a horse and a lion along with the wheel of law (Dharma Chakra).



These symbols remind us to be free and always speak the truth and follow the law. The tiger teaches us to be strong. The lotus teaches us to be pure. The banyan tree teaches us to protect others. The peacock teaches us to be graceful. We must learn to be like the tiger, lotus, banyan and the peacock – strong, pure, protect the weak, be graceful and speak the truth always.

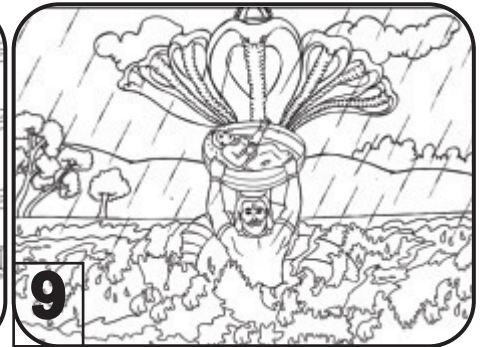
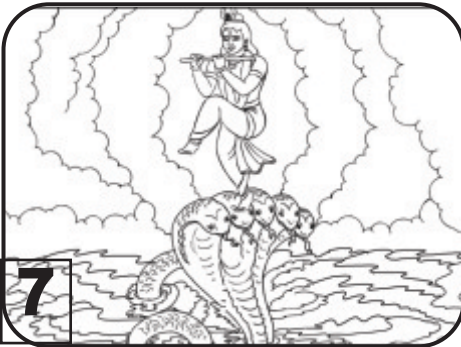
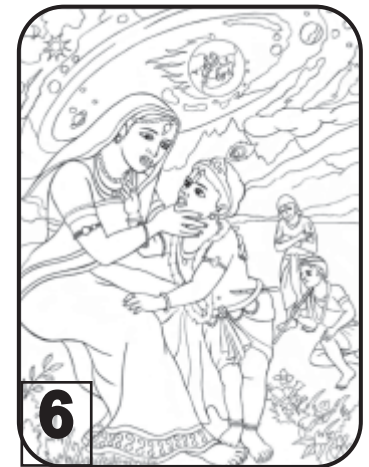
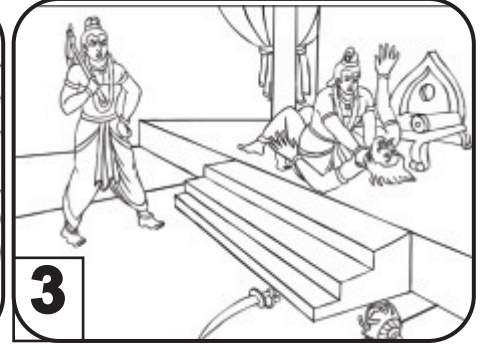
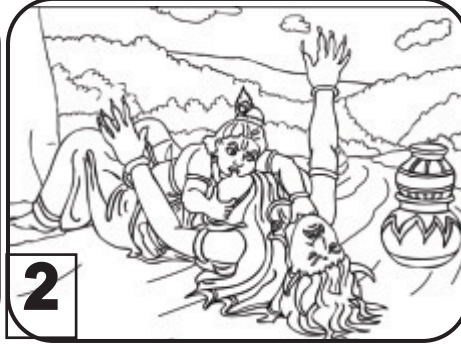
## SCHOOL NEWS

**C**ongratulations to the tenth class students for their excellent performance in SSC board exams. Our tenth standard students have performed exceedingly well and K. Sai Meghana topped the results with 9.7 GPA and three students got 9 GPA and 4 students got GPA above 8. B Naveen secured 285 rank in state polytechnic entrance exam and is now pursuing diploma in electronics engineering at Govt. Polytechnic college, East Marredpally, Secunderabad.

**APPEAL:** Those who are interested in volunteering for teaching regular subjects or interested in contributing to activities like resource planning for teachers, teaching of arts & crafts, Sanskrit, music or any vocational skills appropriate at middle and high school level, may kindly contact the office of Satkama High School or Bodh School.

## LORD SRI KRISHNA

Sequence the pictures of Lord Sri Krishna's story and Colour



### LORD KRISHNA STORY JUMBLE

Rearrange the words to make the correct sentence about Lord Krishna's story.

- + in Mathura at midnight Krishna was born.
- + in wonder baby Krishna Devaki and Vasudev watched.
- + butter stole houses from neighbours' Krishna.
- + a rope Krishna Yashoda with Mother tied.
- + on the hoods | a lesson | Krishna | to teach him | danced | of Kaliya.
- + His little finger the Govardhan Hill with Krishna lifted.
- + Gita Arjuna the Bhagavad spoke Krishna to.
- + as our friend | lives in | Krishna | our heart.
- + very loves Krishna much us.

Solutions on page 14



ध्यायतो विषयान् पुंसः सङ्गस्तेषूपजायते ।  
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥

In a person constantly thinking about objects of sense, there is born an attachment for them; from attachment springs passion; from passion arises wrath;



K. Kaivalya  
VI Class

### TV PASSION

Once there was a boy named Venu. He always watched TV. One day, his mother told him that only if he gets good marks she would allow him to watch TV. She removed the TV cable. But Venu's mind was still on TV.

He was thinking about cartoons and other programs. He was imagining everything as a cartoon and couldn't study well. In the exam, the question paper asked who had invented the telescope. Venu answered about a cartoon character instead. His mind was filled only with TV. He got less marks in all subjects so his mother scolded him. She gave away the TV to their relatives. So Venu used to go to the neighbour's house to watch TV but sometimes the neighbours didn't allow him into their house and closed the door. When that happened, Venu tried to watch their TV through the holes of the closed doors. The neighbors saw this and complained to Venu's mother. From that day onwards his mother didn't allow him to go outside the house. His mind was disturbed. He became agitated

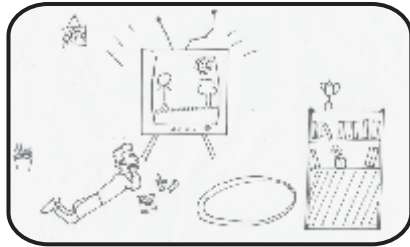


Illustration by  
G. Sri Krishna, X Class

and used to scold his mother and other family members. So, his mother took him to the meditation centre and after some days his mind became peaceful and calm with the help of meditation. He understood about his bad habit of watching TV. He henceforth never showed interest in watching TV. He began to play with his friends and started talking politely. He studied well and secured good marks in studies. Now, everybody liked him a lot and he was very happy with everybody.

क्रोधान्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।  
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥

From wrath ensues bewilderment; from bewilderment confusion in accumulated knowledge (smrti); from failure of accumulated knowledge, crash of discernment; with discernment crashed, he perishes outright.

### THE ATTRACTION OF A COOL DRINK

There was a boy named Sanju. He had throat problem. He liked cool drinks very much and wanted his mother to buy a cool drink. His mother told, "You have a throat problem. After your throat becomes better, you can have a cool drink." But Sanju was so attached to it, he was already thinking about it. He said to his mother that his throat was better and asked her to buy the cool drink. His mother took him to the doctor to get his throat checked. The doctor said that his throat was not good at all and told Sanju not to drink any cool drink. He was scolded by the doctor. Everyday from school when he was returning to home, he wanted to drink a cool drink. One day, he wanted to steal the cool drink. He went to a shop, stole the cool drink and kept it in his bag. The bottle was leaking and Sanju's bag became wet. When he reached home, his mother asked him why his bag was wet. Sanju said that water fell on it. His



D. Vaishnavi  
VI Class



Illustration by  
K. C. Prajna, IV Class

mother noticed that a cool drink was dripping from the bag and asked Sanju where he got the cool drink from. Sanju replied that he stole it from the cool drink shop. His mother took Sanju to the police station and told the officer that her son had stolen a cool drink from a shop. The police officer scolded him. Sanju was scared and he realized his mistake. After some days his mother took him to the doctor. The doctor said that his throat was now fine and he could drink cool drinks. His mother bought him a cool drink. But Sanju said that he didn't want cool drinks anymore.

**Moral: We shouldn't be so much attached to something and we shouldn't steal.**

## SRIMAD BHAGAVAD GITA

तस्मादसक्तः सततं कार्यं कर्म समाचर ।  
असक्ते ह्याचरन्कर्म परमाप्नोति पूरुषः ॥

Therefore, without attachment, ever do the act that has to be done. For, a person, doing the act without attachment, gains the highest goal.



T. Tarun  
VII Class

### ATTACHMENT TO FOOD

Once there was a boy. He liked to eat only roti without any curry. Everyday he used to eat nine rotis. He never listened to his parents about eating all types of food. One day he had stomach ache and got diseases. His stomach was upset because he was getting only Carbohydrates and no other food components. From that time he learnt to eat all curry and food items and was very healthy.

### ATTACHMENT TO SUBJECT



N. Sowjanya  
VII Class

Once there lived a girl named Ramya. She likes to study only few subjects like Maths, Social and English. She never opened her Telugu, Hindi and Science books to study. Her parents always scolded her to study all the subjects. In the school, she used to get bored during Telugu, Hindi and Science periods. After few months she took unit tests in all the subjects in the school. She got good marks in Maths, Social Science and English but her marks in other subjects were very less. She showed the test papers to her parents. Her parents scolded her. Next day, Ramya's mother told her, "You should study all the subjects whether you like or dislike them. You just study all the subjects without attachment and finally you will gain the highest goal." From then on, she studied all the subjects well and scored good marks in all subjects in her exams.

## SURDAS



Y. Daya Sagar  
VI Class

Surdas was born in 1478 A.D. to a poor brahman couple of Sihi village near Delhi. Soon his parents discovered that the baby was blind. By the time he was three years old, the neighbourhood and even his family members also forgot his real name and began to call him Soor which means blind. Not knowing what to do, he used to sit outside. One day some singers passed by singing bhajans. Swept up by the joy the music brought forth in him, he forgot for a moment that he was blind. He developed interest in singing.

One day he went indoors hearing his brothers chant slokas. He asked his father to teach but his father shouted at him. His brothers started to make fun of him. A few days later the same street singers passed his house singing and Surdas left with them singing their songs. That night when the singers camped near the lake they noticed Surdas. Surdas narrated his story to them and continued listening to their songs. However they left Surdas there as they thought he

will be a burden on them. Days passed by and Surdas learnt to sing very well. While he was singing devotional songs some of the villagers offered him food. Also, Surdas was gifted with a sixth sense. He could tell where the things were lost. He left his home and moved to different places singing.

Once he accidentally fell into a well. He prayed the Lord to save him. Lord Krishna himself came to save Surdas. Lord gave His hand to help Surdas come out of the well and then left him. This was written by Surdas in a poem in love of Lord Krishna, "You are getting out of the grip of my hand, thinking me to be weak; but I shall consider you really a man if you can get out of my heart'.

One night he saw Lord Krishna in his dream and wanted to just sing about his Lord. So early next morning he left that place taking only his ektara. Surdas roamed in the jungle singing songs praising Krishna. Soon songs of Surdas were so popular that Tansen, the famous singer in the court of Akbar sang his songs. Akbar ordered Surdas to come to his court and sing songs. But Surdas refused to come and said he will sing only at Krishna's court. Such was the devotion of Surdas for Lord Krishna.

**Source:** Amar Citra Katha, Balala Katha Manjari, Silence Speaks.



/// A true devotee is one who loves Him not for any favour or worldly interest  
but merely for love's sake. - Pujya Sri Ramchandrajaji Maharaj ///

**యోగి వేమన**

శ్రీమతి వై. ఉషారాణి, తెలుగు ఉపాధ్యాయురాలు



కడప జిల్లాలో నందననామ సంవత్సరం, అశ్వీయుజ శుద్ధపాడ్యమినాడు జన్మించాడని వేమన పాడిన పద్యం ద్వారా తెలుస్తుంది. వేమన బాల్యంనుండి నీతి విషయాలపట్ల ఆసక్తి చూపేవాడు. తల్లిదండ్రులపైన అపారమైన భక్తి, అన్నయందు

గౌరవ భావము చూపేవాడు. అన్నావదినెలు అతనినెంతో గారాబంగా చూచుకొనేవారు. విచ్చలవిడిగా తిరగడం మొదలుపెట్టాడు. వేమన వదినె విశ్వద అతనికి హితవు బోధించినది. మనిషి మరణించిన తరువాత కూడ నలుగురూ తలచుకొని సంతోషించేలా జీవించాలని, అలా జీవించాలంటే నీతి, నియమాలను పాటించవలసి ఉందని బోధించారు. వేమన మారడానికి మరొక ముఖ్య వ్యక్తి, అతని స్నేహితుడు, అభిరామయ్య. ఆయన ద్వారా ఒక యోగి వద్ద మంత్రోపదేశాన్ని పొందాడు. వేమన తన మార్పుకు కారణమైన విశ్వద, అభిరామను తన శతకాలకు మకుటంగా చేర్చి వారికి శాశ్వతమైన స్థానాన్ని ఇచ్చారని కొందరి వాదన. ప్రజలకు తమ జీవితంలో పనికివచ్చే మంచి మాటలను కమ్మని పద్యాలలో చెప్పాడు. భగవంతుడెక్కడో పరదేశంలో లేడని ప్రతి జీవిలోనూ ఉన్నాడని చెప్పాడు. లోకోపకారం కోసం దేశ సంచారం చేస్తూ, చాటు పద్యాలలో ఉపదేశాన్ని చేస్తూ, తాను తెలుసుకున్న త్రోవ ఇతరులకు పద్యాల ద్వారా తెలియజెప్పాడు. చివరకు కడప జిల్లా పామూరు వద్ద, కొండగుహలో సమాధి చెందాడు.

**ఇది ఏ వేమన పద్యము? కనుక్కోండి.**

1. ఆత్మశుద్ధి లేనపుడు ఆచారాలు పాటించి లాభమున్నదా?
2. సాధన కొనసాగిస్తూపోతే పనులు సమకూరుతాయి.
3. అందరూ ఇతరుల తప్పులు వేలెట్టి చూపడంలో సమర్థులేగాని తమ తప్పులు తెలుసుకోరు.
4. సజ్జనుడు బంగారంలా చల్లగా మాటలాడుతాడు.
5. మనసు విరిగితే మరి అతుక్కోదు.

సమాధానములు పేజీ 14

**SRINIVASA RAMANUJAM**

Sri M. Ramesh, Maths Teacher



Sri Srinivasa Ramanujan was born on December 22, 1887 in Erode, Tamilnadu. He used to do well in all his school subjects and was an able all round scholar. In 1900 he began to work on his own mathematics. Ramanujan was self taught and emerged from the extreme poverty to become the most influential mathematician of the 20<sup>th</sup> century. He cultivated his love for Mathematics single handedly. He had an enormous memory and went to find his own methods. In 1911, 'Journal of Indian Mathematical Society', gave recognition for his work. He was well known in Madras area as a Mathematical genius. In 1912 he joined as a clerk in the Madras Port Trust office. Ramanujan wrote a letter of 120 theorems to G. H Hardy, a famous mathematician at the Trinity College, Cambridge University. Hardy commented that, "the theorems of Ramanujan defeated me completely; I had never seen anything like them before, these theorems must be true because if they were not true, no one would have the imagination to invent them." On 8th February, 1913, Hardy wrote a letter to Ramanujan, expressing his interest for the work. Ramanujan was invited to the Trinity College. Ramanujan arrived in London on 14<sup>th</sup> April, 1914. He began his work with Hardy and Littlewood. Ramanujan published more than 30 research papers in three years. On 13<sup>th</sup> October, 1918, he became the first Indian to be elected as a Fellow of Trinity College, Cambridge. But, his health was worsened in England by the scarcity of vegetarian food. During the First World War, he was diagnosed with tuberculosis. Hardy came to Ramanujan's residence to see, in a cab numbered 1729. Hardy commented that the number 1729 seemed to be uninteresting. Ramanujan said on the spot that, "It is actually a very interesting number mathematically, being the smallest natural number representable in two different ways as a sum of two cubes  $1729 = 1^3 + 12^3$  and  $1729 = 9^3 + 10^3$ ." Generalization of this idea have created 'taxicab numbers'. Coincidentally 1729 is also a 'Carmichael number'. Ramanujan returned to Kumbakonam India in 1919. He died on April 26, 1920. In his 35 years of life span he achieved a lot of awards and invented many theorems. The prime minister of India Dr. Manmohan Singh has inaugurated the year long celebrations of the 125<sup>th</sup> birth anniversary of mathematician Srinivasa Ramanujan by declaring December 22, the National Mathematics day, and 2012 as the National Mathematics year.

## CONTRIBUTIONS

### MY EXPERIENCE WITH SATKAMA



**K. Poojitha**  
Ex Student

I joined Satkama in ninth grade. We were asked to greet the teachers saying 'NAMASTE' which was entirely new to me but the true Indian culture reflected from that single word. It was a greeting from the bottom of the heart. It was my first experience in the school.

I slowly got acquainted with the new atmosphere, teachers, friends and importantly the

values taught along with regular studies. Every week a new theme was introduced and Group Learning [GL] period was the best part. The main motto of GL period in my view was to make us understand the theme. We clearly understood and demonstrated them through various skits, songs, stories etc. This benefitted, both the audience and the participating students.

I learnt something unique when compared to other school students. Everyone lives their life but one who lives it wholeheartedly is the happiest person. Living 'wholeheartedly' is recognizing GOD hidden inside our heart which is possible only when we do things that benefit others. By following the Ten Commandments of Pujya Babuji Maharaj we can satisfy our inner heart.

Definitely there's a big difference between a student of Satkama and other schools. We not only learnt bookish knowledge but gained moral knowledge which plays a vital role when we face the world. A good thought can bring a great change. Thought is like a wave which travels, and when it resonates, it spreads even faster and brings a great change. So meditating for peace and well being of all the brothers and sisters around the world, as suggested by Pujya Babuji Maharaj is greatly useful.

After completing tenth, when I entered the so called competitive world, I was never disturbed because of such competition since in school, I was taught co-operation and fraternity which helped in facing cut-throat competition. I was satisfied with my performance and so were my parents and lecturers. As students of Satkama we didn't fight for positions which end up in anger and enmity. Instead we believed in co-operation which leaves no room for anger and jealousy.

Satkama is unique and so are its students in terms of behavior and the way they respond to situations positively. I am proud to be a student of Satkama which gave me moral and spiritual knowledge which made me complete.

The pleasure gained by being selfish will not last long. To get real happiness, one must adopt three divine

qualities - SACRIFICE, SHARING & SERVICE. By adopting these qualities the soul inside you where God resides will be satisfied giving you the true happiness.

Dear brothers and sisters, as an ex-student and elder sister, I shared all my views regarding the value education that I gained in our school which indeed is a great boon. Now it's your turn to learn and adopt them in your lives

Lastly, a person with great values is always strong and never feels isolated as the entire universe seems to be his brotherhood. So try to be humane imbibing the noble values taught in our great School - SATKAMA.

She is currently pursuing CAIPCC and B. Com II year.

### FAITH FOR GOD



**Riya Shah**, VI Class,  
Victorious Kidss Educares, Pune  
**K. C. Prajna**, IV Class  
Satkama, Hyderabad

Once upon a time there lived a boy called Raj. He didn't have faith in God. Once he met a girl called Sonia. She had faith in God. Then they started meeting every day. Their likings were also same. Like that they became best friends.

One day Sonia asked Raj, "Do you have faith in God?" Raj tells, "No". Sonia asked, "Why don't you have faith in God?" Raj told that he did not have faith in God because God did not perform any miracle till now. Then they passed by a magic show, so they decided to see it. In the magic show the Magician did a miracle. So, Raj asked Sonia "Is this God?" Sonia said, "No, he's just a magician. They remember some tricks and perform it. Even you can do that." Then they started going home.

While they were going home Raj asked, "Why do people think God is Great and believe or have faith in God?" Sonia said, "People think God is great and believe or have faith in God because, God loves everyone and if we do some good thing or pray a lot with love, he will help us." After listening he also started having faith in God. Then he liked that girl because she had good thoughts. Then they got married and lived happily ever after with having faith in God.

**Moral: 1. We should have faith in God.**

**2. The one who does miracle is not God.**

SSS Members and their children are invited to send in articles to [spandan@sahajsevasamthan.org](mailto:spandan@sahajsevasamthan.org)

**M**ahatma Sri Ramchandra Centenary Memorial Hospital entered its 12th year of service. Post renovation, the happiness reflected in the patients availing our services is greatly encouraging. The patients waiting in the Out Patients' waiting hall are experiencing the predominant feature of Calmness in the environment. Many spend their time in reading the Satyapatham periodicals and books of Pujya Babuji Maharaj, the inspiration and LIFE of our organisation. From April till end of July, a total number of 34 major surgeries were done in the hospital. Medicare was offered free of cost to about 200 out-patients during this period.

### WAYS TO SERVE

**A** 3 year old child with severe malnourishment and stunted growth, emotionally deprived due to loss of mother in infancy is being treated and provided with Sahaj Sakthi milk & biscuits, Vitamins & Iron and other nutrition supplements from the hospital under the supervision and care of Dr. N. B. T. Sundari.

At the time of 1st visit in the month of March 2012 the child was weighing 7.9kgs (as against 14kgs for normal condition) and her height was 79cms. Her Spine was bent and had bow legs. There was oedema (swelling) in her limbs and was looking like 1 1/2 years old. She was extremely withdrawn, unresponsive to even simple instructions of her step mother. Dr. C. Kamaraj, Chief Orthopedic Surgeon working in Kamineni Hospital was consulted regarding the child's condition to rule out Rickets. He has concurred that the deformities are due to Malnourishment after seeing the X-Rays of the child. After 3 months of supplements and administration, the child is weighing 8.2 kg. Her gait improved, the apparent bend in the spine straightened, the bow legs straightened to some extent. She is opening up and slowly becoming more social. Though there are variations in the weight gain, overall health improved vastly. The swelling has disappeared. Most importantly, there is brightness in her face and eyes and she is active.

Her step mother brings the child to the hospital every day for supplements and importantly for monitoring. As soon as the child enters hospital, she walks in to the Prayer room, folds her hands and prays to Pujya Babuji. After taking her supplements, she meets all the staff members and greets them without any prompting. She gives appropriate answers to the questions, though she still is way behind in social behavior and speech levels of her age. Her step mother is taking good care of the child in spite of her own children drawing constant attention.

One of our members noticed at a Dhaba in Jaggayyapeta that the daughter of the owner was having bouts of cough and appeared quite sick. Upon enquiry they came to know that due to reaction of drug the girl lost vision in one eye. It was a very rare and freak reaction to drug. The parents were advised to go to our hospital for treatment and proper guidance. Mother and

daughter came to the hospital and she was admitted and treated free of cost for acute respiratory tract infection. They were sent to Sarojini Devi Eye Institute for check up and proper treatment during their stay. There the doctors confirmed that the loss of vision is due to rare occurrence of reaction to the drug and the vision in the eye cannot be restored but prescribed medications for maintenance of vision in the second eye. In spite of the sad event in life, the girl and mother were happy for the help and support received in the hospital.

### HEALTH TIPS

**R**ainy Season started!!!

Great way to get Shower bath! Elders caution us from getting drenched, but yes -with due precautions, getting drenched in rain is good for health. Naturopathy even suggests Rain Bath as a mode of Therapy. Before that



ensure that there are no deficiencies of vitamins and proteins. If by chance you catch cold-

- ✦ Steam inhalation 4-5 times at the onset of Cold gives quick relief.
- ✦ Similarly gargling with lukewarm salt water and turmeric gives relief from throat irritations/ infections.
- ✦ These are first Aids only. Consult doctor for proper medications.
- ✦ Most importantly- do not eat road side food/ fruits/ chat.

See that there is no water stagnation in the house—empty pot/ pans/ lids etc., filled with water. Throw them away or empty them. However small the puddle may be, it is an excellent place for the mosquitoes to breed. Empty and put to dry the Air Coolers. If possible remove and throw away the grass padding. Always close the dust bins, waste baskets. This ensures less of mosquito menace and reduced chances of Malaria, Dengue & Typhoid- the spoil sports of wonderful rainy season.

## MSRCM HOSPITAL NEWS

### EAT RIGHT

**A**void high calorie fat rich dinners and go lean but you can have the same during day time. Important is maintain strict timings for food intake. Fasting once in a while is also healthy. "It's not what you eat but when you eat too" contributes to Obesity and other health hazards. A study showed that every 3rd child going to private school in New Delhi is Obese. Also it is high in poorer sections of children.



**Reason:** Irregular timings for eating and rich, loaded late night dinners. If the same is consumed during the day time at regular intervals the chances of Obesity is less. According to an article published in The Hindu daily dated 19th July- A research study conducted by Professor Satchidananda Panda and his team of Salk Institute, La jolla, California, USA. found that the mice fed with however much they wanted- high calorie, fats rich foods at all times in a 24 hour period without any time restrictions showed more weight gain and high cholesterol levels to the mice fed the same foods during their active periods i.e., night time. This group of mice is 40% leaner than the first group. He writes that for millions of years, we humans ate mostly during day time. So our genes and metabolism are hardwired for overnight of fasting. It is only in the last 40-50 years, we started changing our daily routines and eat non-rhythmically.

True, people have long held that eating less in the nights, skipping a meal every week and so on is healthy. What Professor Panda's paper offers is the molecular and physiological explanations for such practices.

### SSS VOCATIONAL WING

**S**tudents of Satkama are taught to make Sahaj Sakthi Biscuits and Sahaj Shakthi drink, growing of wheat grass, candle making, tailoring and gardening. Few students from classes six, seventh, eighth, ninth and tenth are



attending Vocational Wing one hour per day and learning the process of making the products practically. They

are getting involved in the process from the beginning to end in making the products.

### SOLUTIONS

Picture Sequence - 8, 9, 2, 4, 6, 1, 7, 3, 5  
 Jumble - 1) Krishna was born in Mathura at midnight  
 2) Devaki and Vasudev watched baby Krishna in wonder.  
 3) Krishna stole butter from neighbours' houses.  
 4) Mother Yashoda tied Krishna with a rope.  
 5) Krishna danced on the hoods of Kalya to teach him a lesson.  
 6) Krishna lifted the Govardhana Hill with His little finger.  
 7) Krishna spoke the Bhagavad Gita to Arjuna.  
 8) Krishna lives in our heart as our friend.  
 9) Krishna loves us very much.  
 1) కృష్ణుడు తన తల్లి దండ్రులను విడిచిపెట్టి యశోద దేవిని వివాహం చేసుకున్నాడు.  
 2) యశోద దేవి కృష్ణుని తన బిడ్డగా పెండ్లి చేసింది.  
 3) కృష్ణుడు తన బిడ్డగా పెండ్లి చేసింది.  
 4) కృష్ణుడు తన బిడ్డగా పెండ్లి చేసింది.  
 5) కృష్ణుడు తన బిడ్డగా పెండ్లి చేసింది.  
 6) కృష్ణుడు తన బిడ్డగా పెండ్లి చేసింది.  
 7) కృష్ణుడు తన బిడ్డగా పెండ్లి చేసింది.  
 8) కృష్ణుడు తన బిడ్డగా పెండ్లి చేసింది.  
 9) కృష్ణుడు తన బిడ్డగా పెండ్లి చేసింది.

Never offer advice unless invited, otherwise it is likely to yield bad results.  
 If you find any fault with anybody, pray for his freedom from it."

- Pujya Lalaji Maharaj

**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.**

**Special School for Slow Learners  
(Children with Learning Difficulties)**

1) Bodh school re-opened after summer vacation. This time around 20 enquiries have come and out of them 2 students were selected for the admission.

2) Everyday before starting any activity, students offer prayer to Master and sit calmly for few minutes. When students of Bodh are enquired regarding thoughts/feelings after prayer, they have told that they want to do good things.

3) Regularly students are taught moral stories, painting, computers etc., apart from regular lessons planned for them.

4) Parents of a student Chi. Uday Kumar, studying 4th class in Satkama school sought help from Bodh School for their son. His language level was assessed and he was found in 1st class level. Now, after remedial classes, he is improving well. Parents are happy with the services of Bodh for helping him.

5) One ex-student of Bodh, Kum. Arshia Begum, who is admitted in Satkama School after remedial course, has considerably improved her language skills. She has written a story which is published in this issue. Two years back though her spoken English was good, but her writing skills were not upto the mark. She started learning sentence writing at Bodh and now she has attempted even writing a story based on a theme given in her class. Presently she is studying in 6th class in Satkama High School.

6) One more ex-student of Bodh, Chi. Siva Sai who has studied in Bodh during 2011-12 has been admitted in 4th classes in Satkama School after remedial course in Bodh. Father of Chi. Siva Sai, Sri K. Veeresham has written his feelings about the improvement of his child.

బోధ్ స్కూలు వాతావరణం మాకు చాలా నచ్చింది. స్కూలు డిసిప్లిన బాగుంది. మా అబ్బాయి పాత స్కూల్లో కంటే అన్ని సబ్జెక్టులలో బాగా తీర్చిదిద్దినది బోధ్ స్కూల్ అని గర్వంగా చెప్పుకుంటున్నాము. మా శివసాయి ఇక్కడ చాలా ఇంప్రూవ్ అయ్యాడు. మా అబ్బాయి మంచిగా చదివి సత్కామ స్కూల్లో చేరాడు అంటే అది బోధ్ స్కూల్ వలన. సంస్థాన్ వారికి చాలా థాంక్స్.

**RAMU & CRICKET**



**Arshiya Begum**  
VI Class

Once there lived a boy named Ramu. He loved to play cricket very much. He used to play cricket with his friends. Once they were playing cricket on the ground and he fell down and fractured his leg. He couldn't walk and couldn't play games.

One day he was thinking about cricket in his classroom while his teacher was teaching a lesson in class. His teacher asked him a question and he said cricket. All his classmates laughed at him. His teacher got angry and called his parents and told them that their son was thinking something in class when teachers were teaching lesson. The next morning, Ramu's mother asked him to go to the shop. He replied cricket. He asked his mother whether he could play cricket now that he felt his leg was perfectly alright. His mother told him that they should go to the doctor and first check his leg. The doctor said that his leg was not well yet. But after some days, when Ramu went to the doctor, he said that Ramu's leg was fine and that Ramu could now play cricket. While going home, his mother saw the ground and told Ramu to go and play cricket. Ramu said that he would play tomorrow. He forgot about cricket and studied well and got good marks in his class.

**Moral: We should not have so much attachment with anything.**

{Written by an ex Bodh student, presently studying in Satkama High School in Class VI}



**Illustration by Umar**



**Illustration by Jahangir**

## వేమన శతకము

గండి గోవు పాలు 

భక్తిగలుగు కూడు పట్టెడైనను చాలు

విశ్వదాభిరామ విసురవేమ

తాత్పర్యము : మంచి ఆవు పాలు గలిపడైనను త్రాగుటకు

శ్రేష్ఠముగానుండును. గాడిద పాలు కుండతో ఇచ్చినను

త్రాగలేము కదా. అట్లే ప్రేమతో పెట్టిన భోజనము పిడికడైనను

సంతోషమే కదా.

## संत कबीर के दोहे

पाहन पूजे हरि मिले, तो पूजिये पहाड़ ।  
ताते यह चक्की भली, पीस खाय संसार ॥

If by worshipping stone one can reach God I shall be ready to worship a mountain. But for this purpose the grinding-stone which grinds the corn to feed the world may be better.

## 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.



**IMPERIENCE,**  
**Centre for Research and Training in Pranahuti Aided Meditation**  
5th Floor, Laxmi Plaza,  
Entrenchment Road, East Marredpally,  
Secunderabad - 500 026, Andhra Pradesh, India  
Phone: +(91)-40-27731223  
Email : imperiance@sriramchandra.org

#### EDITORIAL BOARD

**Students:** Abhishek Joshi, Class X, G. Sri Krishna, Class X,  
P. Ramya Sai, Class IX, K. C. Vasudha, Class VII  
**Editors:** J. R. Iswari, G. Padmaja

**Suggestions and Articles are invited to**  
**spandan@sahajsevasamsthan.org**



**SATKAMA**  
**SCHOOL FOR INTEGRATIVE DEVELOPMENT**  
**EDUCATION FOR A NEW SPIRITUAL ERA**  
Dedicated to Divine Resource Development  
Plot Number 1735, Pragathinagar - Kukatpally  
Hyderabad, INDIA, Phone: 91-40-64518979  
<http://www.sahajsevasamsthan.org/satkama/>  
email : satkama@sahajsevasamsthan.org

**BODH**  
**SPECIAL SCHOOL FOR SLOW LEARNERS**  
Plot Number 1735 ,Pragathinagar - Kukatpally  
Hyderabad, INDIA, Phone: 91-40-64518979  
<http://www.sahajsevasamsthan.org/bodh/>  
email : bodh@sahajsevasamsthan.org



**MSRCM HOSPITAL**  
10-3-783/254/3 RT, Vijaya Nagar Colony  
Hyderabad, India – 500 047  
Tel: +91-40-23341380, +91-40-23344322

**SAHAJ SEVA SAMSTHAN**  
10-3-783/254/3 RT, Vijaya Nagar Colony  
Hyderabad, India – 500 047  
Tel: +91-40-23341380, +91-40-23344322