



SPANDAN

Volume 2, Issue 4
Satpad - 140(Lalaji)

Student Editorial

- Abhishek Joshi, X Class

This is the second issue of Spandan for the academic year and the fourth issue of this volume. The quarterly exams have finished, and after enjoying the holidays we are all back to school, getting our results. I, on the behalf of the student editorial hope that all of you performed up to your level best in these exams. Speaking of exams, I have some tips for you that will help you perform better than before:

1. Start your preparation well before the exams. I do not ask you to over exert yourselves by studying the whole portion in a couple of days. Revise slowly, yet steadily and surely.
2. Read the lessons taught every day so that it won't be difficult to study before the exam. If you do so, whatever you revise the day before the examination will be very easy to study.
3. Be very strong with the concepts taught. If the concepts are not clear it will be very difficult to write an exam properly.
4. During the exam day, never become nervous or tense, otherwise you will forget whatever you have learnt. If you know that you have studied well for the exam, you will not be nervous. If you think you have not studied as good as you wanted to, don't worry. Just write what you know.

I hope these tips will be useful for you. In the meantime, since the exams are far away. Study as usual but remember to play a lot. There is no harm in playing moderately every day.

We are thankful to Dr. S. V. Raghavan garu for contributing to the science column and Chi. Aanya Mishra for her story.

We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to

spandan@sahajsevasamsthan.org

MESSAGE FROM

SAHAJ SEVA SAMSTHAN

It gives me immense pleasure on the occasion of the release of this Diwali issue of SPANDAN. After going through the articles of the children I am happy that the quality of articles emphasizes the fact that the divine qualities are being educed in the children through value based education. The reports of students about their meditational practice show their sensitivity and also the meditation sessions will be helping them in improving their concentration in studies. Through the articles on "Corruption" and "If I were the president" etc. the children revealed their inner feelings. The paintings and puzzles reveal their creative nature and the articles on Rani Laxmi Bai, Sarojini Naidu, Pujya Babuji Maharaj, Srimad Bhagavadgita etc. reflect the patriotism and spiritual values they are imbibing.

Satkama was started with purpose of providing free quality education to deserving children with an emphasis towards developing moral and Divine qualities. After having gone through the magazine it gives me immense pleasure to say that we are well on our way towards fulfilling our objective. It is also with satisfaction and pleasure I note that the activities of Bodh School and Vocational Wing are steadily happening as expected.

I congratulate the principal, teachers and volunteers for their effort to make the Divine values natural to the children and wish them success in their Endeavour of Divine resource development. I am also happy to inform that by the Grace of Pujya Sri Ramchandraj Maharaj, MSRCMH is continuing to provide quality and empathetic health care at an affordable cost.

Sri M. Narayana Murthy
Secretary Sahaj Seva Samsthan

GUEST EDITORIAL

Deepavali, the festival of lights, celebrates the victory of good over evil and light over darkness. We all know that it was along with the help of his wife Satyabhama that Lord Krishna was able to vanquish the asura Naraka. Narakasura is also known as Bhaumasura (meaning son of Bhoomi or Mother Earth). The earth is the testing plane of the spirit. It is only by following the path of Satya – truth or more precisely loving the truth that one can become plain and simple to be identical with the Mother Nature.

It is known that the measure of darkness is with relation to the amount of light present. We have both darkness and light in us – darkness in the form of envy, jealousy, unhappiness, ill-will towards others; light in the form of universal fraternity, kindness to all creatures, forbearance and contentment. Satkama is a School where the lights or rather a row of lights of values are lit up in the students loving the path of Satya (Satyakamis – lovers of truth). The beacons of truth lovers are leading the way proving to the world that there is something higher for which we have to live. This is evident from the positive feedback of the colleges where graduates of the School are studying. It is a matter of joy to see the methods of the Eternal Master Pujya Sri Ramchandraj Maharaj of Shahjahanpur, U.P, India being implemented by the School and other branches of the Sahaj Seva Samsthan. I pray that all become aware of this Light that lights everything.

Sri K. C. Srihari
Coordinator, Imperience

HAPPY DIWALI

Deepawali or Diwali is also known as festival of lights. On the day of Narakachaturdashi, Lord Krishna defeated the wicked Narakasura. The victory of Lord Krishna over Narakasura is celebrated on this day. In Northern India, Deepavali is also celebrated because Lord Rama came back to Ayodhya after defeating Ravana.

According to Hindu mythology, Lord Vishnu in his eighth incarnation as Krishna destroyed the demon Narakasura. The demon Narakasura was the evil king of Pragjyotishapura, near present day



Assam. Power made the demon king arrogant and he became dangerous to his subjects and even to the gods. He ruled with a reign of terror, abducted 16,000 daughters of the gods, and stole the earrings of Aditi, mother of the Gods. Narakasura also known as Bhaumasura was believed to be a demon of filth, covered in dirt. He was giant who was often good but at times, behaved very badly. The gods asked Lord Krishna for help. Here is the story on how Lord Krishna killed Narakasura.



Indra complained to Krishna saying that Narakasura had stolen Mother Aditi's earrings and Varuna's celestial Umbrella. As soon as Indra left, Krishna along with Sathyabhama set off on his vehicle, Garuda.

Before they could reach Narakasura's palace Krishna had to break mountains, which surrounded the city like a fortress, a wall of weapons, a moat filled with water and a well of fire. Krishna threw his mace() at the mountains, he took up his bow and destroyed the wall of weapons, and at last he hurled his chakra which destroyed the barriers of fire and water.



Mura, the five headed Asura who was sleeping under water woke up on hearing the noise. The noise was coming from Krishna who was blowing his Panchajanya Then with his bow he killed Mura. He also killed Mura's son who came to avenge their father's death.

Narakasura awoke on hearing all the noise; he was surprised to see Krishna there. He immediately gathered an army and marched out. Krishna saw the army and then killed them all leaving Narakasura alone. Narakasura was furious, he took his bow and fought with Krishna. When Krishna fell unconscious after being hit by an arrow of Narakasura,

Sathyabhama took the bow and aimed the arrow at Narakasura, killing him instantly.

Krishna rescued the 16,000 maidens, retrieved Mother Aditi's earrings and Varuna's Umbrella. Narakasura hoped that his death might bring joy to others. So, before being killed, he cried, "Let this day be celebrated as a day of feasting in the World!" Krishna granted his request and the women were freed.

After his victory Krishna returned very early in the morning and was bathed and massaged with scented oils. Taking an early morning bath with oil is still a Deepavali tradition. For Hindus, this Diwali story is a reminder that good can defeat evil.

But this Diwali legend is known only in the Western and Southern India, it is not known in the north and east. In Western and Southern India Hindus smash a bitter fruit (called Kaarita) with their big toe on Naraka-chaturdashi day. This is done after having a ceremonial bath in which sandalwood paste and sweet smelling essences are used to re-enact the slaying of the demon Narakasura by Lord Sri Krishna. This Narakachaturdashi day, therefore is dedicated to lights and prayers heralding a future full of joy and laughter.



STORY OF MASTER – IDOL WORSHIP

Reference Book : Spirituality



Once on my visit to Shahjahanpur, some abhyasis had also come from Rajamundry. One of them showed to me a photo stand with the picture of Pujya Babuji that could be kept on a table. While I was thinking that it is a good idea, Pujya Babuji came out from his room.

We immediately showed him this photo stand. I was thinking that he was looking at it fondly. He said to me, "Previously these people wanted to put my figure inside a ring. I refused. Now they have prepared this. In the future, these people might prepare an

idol of me and start worshipping it. Natural Path might look easy but it is not so. It is your responsibility to explain the system to them correctly". Saying this, he went back smilingly towards his chair.

Service to fellow beings is service to God in the real sense, if it is not done out of any selfish motive. (BWS 253)

- Pujya Sri Ramchandraj Maharaj

విశిష్టమూర్తిమత్వము - భగవత్కార్యము

(సత్యపథము : తీర్థావళి సంఘిక 1977:5-1)



నరకాసురుడు భూమాత తనయుడు. మానవుడిగా జన్మించి దైవత్వం పొందడం అర్హతలన్నీగలిగియున్నా ఐచ్ఛికంగా అనురుడయ్యాడు. అహింస, అసత్యము, అపరిగ్రహము, వ్యభిచారము మరియు ఉన్నతము విడనాడిననాడే జీవి మానవుడవుతాడు. మానవుడు ఇంద్రియ నిగ్రహము కలిగి, దుష్టచింతన విడనాడిననాడు, బ్రహ్మగతి పొందుతాడు. మానవ జీవితమునకు గమ్యము కనీసము బ్రహ్మగతియని మన పూజ్య బాబూజీగారు తన పుస్తకము 'సత్యోదయము'లో చెప్పియున్నారు. అట్టి అవకాశముగలిగియున్నా తను అధోగతిపాలయిన దురదృష్టజీవి నరకాసురుడు. స్వాభిమానము, అతిశయము ప్రజ్ఞ కలవారికి కలగడము ఆధ్యాత్మిక జీవితములో ఒక విశేషమైన

పరీక్ష. ప్రజ్ఞ కలవారు సర్వ సాధారణముగా అణకువ కలిగియుండరు. అణకువ లేనిదే కైవల్యమబ్బదు. మన పూజ్య బాబూజీగారు దీనినే 'yielding' అనే భావాన్ని గురించి ప్రస్తావించినప్పుడల్లా వివరిస్తుండేవారు. అణకువ అలవరచుకొనడం చాలా అవసరము. ఇది తప్పు, ఇది ఒప్పు అనే నిర్ణయం భగవంతుడు తన ప్రేరేపణవలన మహాత్ముల ద్వారా తెలియపరచినప్పటికీ, భగవంతుని సమక్షంలో ధర్మాధర్మ నిర్ణయం సరికాదు. 'సర్వధర్మాన్ పరిత్యజ మామేకం శరణం ప్రజ...' అన్నదానికి ఆధ్యాత్మిక తాత్పర్యం యిదే. దైవాంశగలిగియున్నా జయ, విజయుల ఓటమికి, నరకాసుర ఓటమికి, యిదే కారణం. భగవంతుని జోక్యము లేనిదే వారిని నిర్ణించటము వీలుకాదు. స్వయంగా భగవంతుడు వచ్చి ధర్మము ఇదియని చెప్పినా వీలుపడనీయని అణకువలేని తనము వీరిది. అంతమాత్రాన ప్రజ్ఞయుండరాదనేది వక్రభాష్యము. ప్రజ్ఞకూడా భగవత్కృపయే. ప్రజ్ఞ పరోపకారార్థముగా యుండవలె. మానవ సహజీవనమునకు తోడ్పడవలె. పరాస్పృభుక్కులు, స్వార్థపరులు, పరపీడా క్రీడాభిలాషులు, వెనుకటి కాలంలో కూడా వున్నారనడానికి నరకాసురాదులు నిదర్శనము. అట్టివారు ఇప్పుడు ఇంకా ఎక్కువైనారు. అసుర సంపత్తి అన్నిచోట్లా ఆరని చిచ్చులావుంటూ యున్నది. శ్రీ కృష్ణావతారం వరకూ కూడా అవతరణ ముఖ్యోద్దేశము ఏదో కొంతమంది అసుర సంహారణయే. అట్టి చికిత్సకు సమస్త మానవాళికి ఇవ్వడం వీలుపడని పరిస్థితి మానవుడు కల్పించినాడు. మానవ నైజంలోనే మార్పురావలసియున్న ఇట్టి సమయంలో, సృష్టికర్త పంపగా వచ్చిన విశిష్టమూర్తిమత్వము మన పూజ్య బాబూజీగారు. వీరు సమస్త గురు పరంపరా సంపత్తియును కల్గి, భగవత్కార్యమగు మానవ నైజములో మౌలిక మార్పును తెచ్చి మానవ మనస్సును నిస్వార్థముగాను, భగవదకింతముగాను చేయుచున్న ప్రయత్నములో, మనందరికీ పాల్గొను అవకాశము కల్పించియున్నారు. అట్లు పాల్గొనడము విజ్ఞత. అది అందరికీ యుండనీ, ఇంకా కలగాలనీ ప్రార్థించడము మన కనీస ధర్మము.

అసతోమా సద్గమయ, తమసోమాద్యోతిర్గమయ, మృత్యోర్మా అమృతంగమయ, సర్వేజనా: సుఖినోభవంతు.

ఓం శాంతి:,శాంతి:,శాంతి:.

(The english version of the above article can be referred in the book Spirituality - Article Supreme Personality - Divine Work.)

SATKAMA SCHOOL

PRINCIPAL'S MESSAGE

Sri Vidyadhar Joshi

Deepavali, the festival of lights is here. It brings with it a feeling of happiness and joy. Though it is a daily practice in most Hindu houses to light a 'Deep' i.e. a lamp at the place of worship, on Deepavali day, the same is lit in and around the house. This can be taken to mean that we intend to share the happiness and joy with others. We understand that Divine Light is not a physical light, yet it is the Light that is the source of the calmness and happiness. Meditation on Divine Light makes us aware of the Godly calm & happiness that is within us. So when we do the Universal Prayer Graciously given by Pujya Sri Ramchandraji Maharaj that all the people in the world are our brethren and they are developing true love and devotion towards God, we are not only willing for the happiness of others, I feel, we are in a way sharing the Godly calm and happiness we ourselves feel, a sort of Deepavali celebration every day.

I feel happy that students are participating in such an endeavour sincerely. It is a joyous feeling to see some students here also attempt to pen their thoughts on Prayer. I wish all children, teachers and readers of Spandan a very happy Deepavali. Let us keep darkness at bay by remembering the Light in us and keep sharing the same in the spirit of togetherness and cooperation.

PRAYER

"O, Master!
Thou art the Real Goal of human life.
We are yet but slaves of wishes
Putting bar to our advancement.
Thou art the only God and Power,
To bring us up to that stage."

My thoughts on Prayer

J. Maneesha, VIII class: O God, there are so many ambitions in human life and also so many wishes like buying a car and buying a beautiful house etc. And some time the wishes are not possible. So these wishes keep our mind disturbed. This results in being angry etc. So only God has the power to make our mind calm.

M. Shirisha, VIII class: We are praying to the God. We have to fix the real goal – "oneness with God". We should be truthful and simple. We should think that God is the only power, and then God will bring us up to that stage.

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.

30.8.12 - During meditation I did not have any thoughts. After meditation I felt very unique and different.

11.9.12 - Before meditation I was feeling happy and joyful. After meditation I felt calm.

30.10.12 - Before meditation I felt tense. During meditation I saw purple and blue colours. After meditation I was feeling happy.

G. SriKrishna, X Class

1-8-12 - Before meditation I was calm and peaceful. After meditation I was calm.

29.8.12 - Before meditation I felt very tense. During meditation I felt peace and was doing prayer. After meditation I felt very calm.

11.9.12 - Before meditation I was little tired. During meditation I was calm and doing meditation.

Bala NagaSai, X Class

17.7.12 - Before meditation I felt calm. After meditation I felt happy.

29.8.12 - During meditation I felt I was thinking about my future. After meditation I felt calm.

29-10-12 - During meditation I had previous days thoughts. After meditation I felt calm and peace.

Pavan, X Class

7.10.12 - During meditation I sat silently. After meditation I felt fresh.

5.11.12 - During meditation I sat silently and focused on Divine light. After meditation I felt peace and confidence.

9-11-12 - During meditation I sat silently. After meditation I felt calm.

G. Jyothi, X Class

OUR PAGES

SERVICE

In Hyderabad there is one park. In that park there is one mango tree. The parents take the children and come to that park. The mango tree bore fruits. Some people came and sat under that tree. After some days it was Diwali. Some people came and plucked the leaves and put those leaves at their doors. One day the mango tree died. People came and cut the branches of the mango tree. They used the branches to make a lot of things like books, houses, tables, chairs, doors, windows etc.

MORAL: Trees give many things but never take anything in return.

MY FIRST DAY OF SCHOOL

Well, since I am from USA, I had no idea how Satkama School was like. I felt a little shy to go into the classroom. When you are in a new country and a new school don't you feel a little shy going to the school? Thousands of questions were in my head. What am I doing here? What am I supposed to do? How are my friends going to be like? I felt shy when I was in front of the classroom for the first time. Being in Satkama made me feel different. Like I am starting a new life in India. All my friends were nice. So friendly, kind and helpful. They explained us everything. Everything I needed to know.

**Satkama School
Is so cool
I am having fun
With so many friends
I love the games
I love the school's name
With pride and happiness
And with joy
All friends are my brothers and sisters
Treating me nicely
And treating me fairly
I play with them all.**



M. Anjani
III Class



B. Jahnavi
V Class

RANI LAXMIBAI

**I Prize entry in
Independence day Essay contest**

Rani Laxmi bai' was popularly known as 'Rani of Jhansi'. She was born on November 19th, 1835 at Poona in a wealthy Brahmin family. She got married to Raja Gangadhar Rao, The maharaja of Jhansi. In 1851, Rani gave birth to a child who died just four months after his birth. Being highly affected with the death of his child Raja adopted Damodar Rao as his son. Even after that he was unable to come out of the sad event of losing his son and died. Rani faced great tragedies in life; she lost her mother at a very young age and her husband at the age of eighteen. Still she bravely took over all her responsibilities. After the death of Raja, the British did not accept Damodar Rao as the legal heir of Jhansi. In 1854 Rani was ordered to leave the fort. Being a patriotic woman, Rani was not willing to give up the city of Jhansi to the British and made an army. She got a big army of men and women and was supported by many freedom fighters. In 1858, the British attacked Jhansi forcing Rani Laxmi Bai's army to fight for the defense of the city. The war continued for two weeks. Unfortunately the British were successful at the end. Under the cover of darkness, Rani along with her son and some of the soldiers rode to Gwalior. Again a battle was fought. The second day of the battle turned to be the last day of Rani's life. She bravely fought for Jhansi's freedom and died.

From this story I learnt that we should be brave and not fear anyone.

SAROJINI NAIDU

**II Prize entry in
Independence day Essay contest**

Mrs Sarojini Naidu (1897 A.D. - 1948 A.D.) holds place of pride among women freedom fighters of India.

She played significant roles in each and every arrangement of Gandhiji, and was always in the lead with men. She is also known as Nightingale of India. As a child she wrote beautiful verses, which impressed her British mentors. She was the first women President of the Indian National Congress in 1925 at the Kanpur session. She was educated at Cambridge, England. Feather of the Dawn, The song of India, Broken wings are some of her well-known collection of poems.



K. C. Prajna
IV Class



M. Arpana
II Class

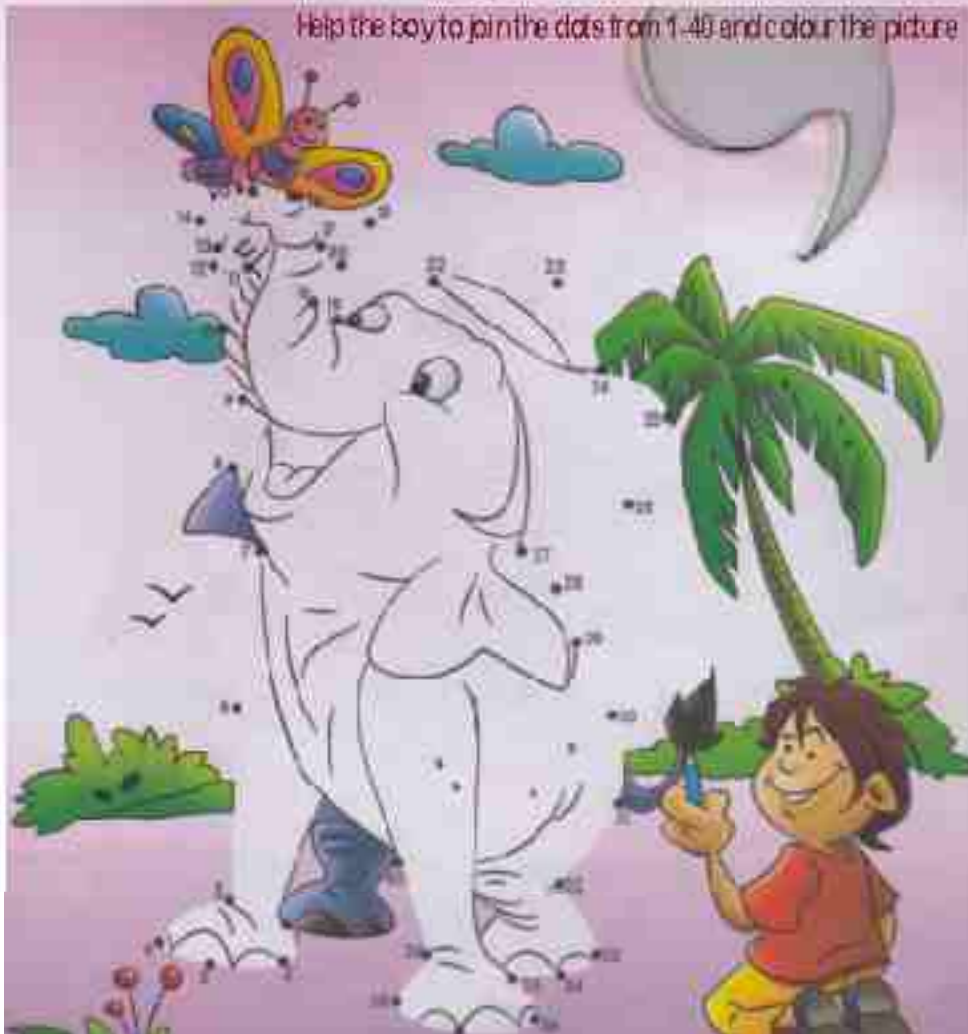
RIDDLE : One month of the year, February has 28 or 29 days. How many months have 30 days?

JUST FOR FUN

Spot the difference There are 9 differences between these pictures - can you find them all?



Help the boy to join the dots from 1-40 and colour the picture



Unscramble

each of the words using the clues below

LIADIW -----
(Festival of lights)

NSHIKRA -----
Eight incarnation of Lord Vishnu.

AGURAD -----
Vehicle of Lord Vishnu

HAODYAY -----
Lord Rama ruled this city

PLMSA -----
People light these on Diwali

TEURONFE -----
Number of years Lord Rama spent in exile.

IIDAT -----
She is the mother of Gods.

MAUR -----
Guard of Pragjyothisapura.

BASHAYAATM -----
Lord Krishna's wife who accompanied him to the battlefield.

HBIVDUE -----
Mother of Narakasura.

RIDDLE : Sita's mother has three daughters. The eldest is Gita. Preeti is the second one. Who is the third?

CORRUPTION

Best Essay

Independence day Essay contest

Corruption means a deviation from an ideal due to spiritual and moral impurity. Man has always been trying to acquire more wealth for better living. Some men are lazy and do not want to put in any hard work. So they turn to dishonest and immoral means to acquire wealth with little effort. Once a man has realized that he can get lots of wealth this way, he doesn't stop. His greed envelopes his pure, spiritual heart and wrecks havoc on his life. He doesn't realize the damage he has inflicted on himself or on others. Yet he still accumulates wealth until he becomes like a thief, only worse.

Corruption is a big problem in the society in every respect besides being morally wrong. There are people who are so corrupt that they are insensitive to the cries of the poor and needy. I am talking about the corrupt politicians of our country who have drained us of our wealth. The people pay their taxes which are supposed to be used to help them through proper social and infrastructural schemes. Alas! Such schemes are proposed but aren't implemented. Most of the money allocated for these schemes goes into the pockets of corrupt officials. Very little money is left for the scheme and even if the scheme is implemented, it is of a very poor quality.

The money that these officials take, without the government's knowledge, is called black money. This black money is a huge factor in corruption. Some people have so much black money that a huge economic gap exists between the poor and the corrupt. This corruption must end. Strict punishments must be meted out to corrupt people. The corrupt must realize their mistakes and repent. They will realize one day. But not every person is corrupt. There are some people who are honest, truthfully working and living happily, free from guilt.

The horrible consequences of corruption are now seen by all and people are sick of being cheated. They have started to protest and demand that the people responsible should be brought to justice. A bill has been introduced in Lok Sabha, the Lokpal Bill. It states that there will be a non-corrupt, transparent body to bring quick justice to the corrupt people. This is a start but to truly fight corruption, WE must become honest from inside. By not accepting and giving bribes, by helping anti-corruption organizations and most importantly, not even cheating in the smallest way, we can curb corruption. People must become so pure that the thought of cheating mustn't cross their minds. This is the extent of purity that is required for achieving a non-corrupt society, nothing less; because if there is a slightest trace of greed remaining, it will make the individuals corrupt again.

So, for corruption to end each one of us must change. Not tomorrow, not later, but now. We must strive for it and win. Only then, our world will be governed by truth, honesty and spirituality.



Abhishek Joshi
X Class

If I were the President

Best Essay

Independence day Essay contest

If I ever am lucky enough to become the President of India, I shall bring out far-reaching changes in various fields.

1) First of all, I shall try my level best to make my country a strong and self respecting nation. India will be a great power and no country will dare try to attack it.

2) I would give my fullest and genuine attention to the poorest and lowliest. I shall endeavor to give full employment to at least one member of each family. It would be my attempt to keep the prices under control. I shall try to streamline the public distribution system further and supply the essential commodities to the poor at subsidized rates, and I shall supply electricity, water, roads, and buildings for the poor and I shall see all people as one.

3) I shall devote my energy towards the education system. I shall raise its standards and make it based on merit and for all. The examination system will be over-hauled so that there is no copying. If the student copies, he/she will be dismissed. Much more attention will be given to the admissions to professional colleges on the basis of merit. I shall also try to keep the environment in good conditions. I will give good payments to the poor and I shall make one strict decision on the caste system. No one shall talk about caste. All shall be equal.

4) I would give my full attention to the population control. Without it, our country will be ruined. Then I shall also take care of important and productive fields like agriculture, industry, oil production, mining, increase in exports, etc. I will take care of traffic systems that all should follow the road rules. I shall put ATM centers in all colonies. I shall also provide hospitals, banks, ration cards, pan cards and hall tickets to people.

Above all I shall try to raise the moral standards of the people and make them more patriotic. I shall also try to uproot evils like terrorism, dowry, drinking, communalism, drug trafficking, etc.

President is the head of the state and the nominal Executive of India. Council of Ministers with the Prime Minister as its head is the real Executive. President is called the Rashtrapathi and is head of the country. He is the first citizen of the country. The president is elected indirectly by the electoral college consisting of the elected members of the parliament.



J. Poojitha
IX Class

Quiz : What is the minimum age required to be a presidential candidate and how many years does he serve?

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

- Pujya Sri Ramchandraj Maharaj

SCHOOL NEWS



On August 11th Dr. S. V. Raghavan visited the school. He gave a lecture on attitudes for learning science. He interacted with the students on various scientific topics.



Independence Day was celebrated with full enthusiasm by students. Sri K. C. Srihari hoisted the flag. Students of IX class presented a skit in Hindi and English showing the greatness of Indian Culture. Students of VI and VII class presented 'Burra katha', a skit in telugu depicting the life of Alluri Sitaramaraju, the great freedom fighter from Andhra Pradesh. T. Tarun of VII class received special applauds for his wonderful characterising of Alluri Sitaramaraju. Students also presented songs and speeches. Dr. K. Madhava, Sri M. Narayanamurthy, Sri J. M. Sarma and Sri K. C. Srihari, distributed the prizes for Essay writing contest and painting contest.



Doordarshan created a documentary on the educational philosophy of samsthan. The team visited the school on September 1st and covered Satkama and Bodh School. The documentary covered how SSS is integrating value based education in contemporary society. Dr. K. Madhava spoke on Divine Resource Development as the way to promote happiness and make children well adjusted in the society. Sri K. C. Srihari spoke on the values that need to be educed as part of education. The documentary was aired on DD Saptagiri channel on Sept 8th 2012 at 3:00 PM as part of the programme 'Vikasapadam'.

Teacher's Day was celebrated with enthusiasm on September 5th. Students donned the role of teachers.



Hindi Diwas is celebrated on September 14. On that day in 1949 when the Constitution-makers of the country decided to accord the status of Official Language of the Union to Hindi. To commemorate this, Hindi Diwas was observed in school. Importance of Hindi was read out in the assembly followed by recitation of kabir ke dohe.

१४ सितंबर को हिंदी दिवस पर बच्चों द्वारा छोटा सा कार्यक्रम किया गया। जिसमें हिंदी दिवस के महत्व बताये गये।

१४ सितंबर, १९४९ को संविधान में हिंदी राजभाषा और राष्ट्रभाषा के रूप में अंगीकृत की गयी। इस भाषा की यह विशेषता है कि, इसमें जैसे लिखा जाता है वैसे ही पढ़ा जाता है। हिंदी सीखो, हिंदी बोलो, हिंदी को अंगीकारो, आओ सब मिलकर गाओ, हिंदी दिवस मनाओ।

१. हिंदी विविधता में एकता का प्रतीक है।

२. मरु हिंदी भाषा आसानी से बोली और समझी जा सकती है।

३. हिंदी भारत में अमोल्य संस्कृत भाषा के रूप के कार्य करती है।

किताबों पर एक कविता सुनाई गई। जिसमें बताया गया कि किताब हमारे पास रहकर हमें हर तरह का ज्ञान देती है। कबीरजी का परिचय देते हुए उनके कुछ दोहे और भावार्थ सुनाया। अंत में पहली कक्षा के बच्चों ने अक्षरे पर कविता सुनाई।



Independence Day Drawing Entries



J. Satvika, I Class



Ch. Jahnvi, III Class



T. Mounika, V Class



Abhishek Joshi, X Class

ART GALLERY



Vineetha, X Class



M. Esha, V Class



K. C. Vasudha, VII Class



G. SriKrishna, X Class



N. Venugopal Reddy, VIII Class



K. Sushma, VIII Class

Happy living is natural to all species of animals including human. But the process of lop sided education has made many an young man forget the basic skill God has endowed all of us with-‘to be happy’. It is this prejudice in favour of what is thought of as professional or vocational education that inhibits the natural expression of joy and happiness in human life.

---Excerpt from Address to teachers and parents of the BODH school on the occasion of the Independence Day Celebrations - 2004 by **Pujya Sri K.C. Narayana Garu.**

మా ఊరు



పచ్చని చెట్లు
రంగురంగుల
పూలు
ఎగిరే పక్షులు
వీచే గాలుల
కూసే కోకిలలు
పారే వంకలు
ఎత్తైన కొండలు



ఎస్. సాయి శ్రీ

ఎనిమిదవ తరగతి

ఎన్నో జంతువులు

కొండల మీద గుళ్ళు

కాచే వెన్నెలలు

మెరిసే నక్షత్రాలు

చిటపట చినుకులు

నాలుగు మాటలలో ఇదే 'మా ఊరు'

ప్రకృతి పరవశాలతో నిండిన పచ్చని 'ఊరు'

Raju's Prayer

Once there were some friends. Their names were Raju, Ravi, Ram, Rivik and Ramu. One day they went to the forest for a tour. They enjoyed the tour and were returning from the forest. Some kidnappers came and took all of them. However, Raju escaped. The kidnapper had a fire dragon that spewed fire. Raju was very scared but he wanted to help his friends. He prayed to God. God appeared and asked, "What do you want?" Raju told, "Please help my friends." God told that you have to help yourself. Raju said that he is very scared of dragons. God said, "If you do the work in remembrance of me, then you can be a friend to yourself and fear will go away." With this, Raju got courage. He went to save his friends. He killed the fire dragon and handed the kidnapper to the police.



Sai Durga Prasad
VII Class

Moral: Self is its own friend if it remembers God.



Rangoli by Sirisha, VII Class

Money or Character

Money can give you bread
But not hunger
Money can give you bed
But not sleep
Money can give you medicine
But not health
Money can give you comfort
But not peace
Money can give you degree
But not knowledge
Money can give you security
But not freedom



Contributed by K. L. Prasanna, IV Class

Quiz on months of Lalaji Era

_____ is the first day of the new year of the Lalaji Era.

It is during this month (Magha Suddha Panchami according to the Indian calendar)

_____ descended on earth. We know that He is most Just and Benevolent and it is therefore proper to call this month _____.

It gives hope to us that all that happens during this year will be just and God ordained and we with absolute faith in the Master continue our sadhana. The second month is _____.

The third month is _____.

The fourth month is _____ named after our beloved Master Pujya Babuji Maharaj whose birth day falls on _____ in this month. He is the guiding principle in all respects and in all aspects of our life and is enabling us to reach the status of being a Real Man.

The fifth month is _____.

The sixth month of the year is _____.

The seventh month is named _____.

The eighth month is _____.

The ninth month is _____.

The tenth month _____.

The eleventh month is _____.

The twelfth month is _____.

SOLUTIONS

Page 5 - Riddle - All except February
Page 6 - Spot the difference - 1) bird 2) parrot
3) orange (fruit below the tree) 4) hair on the
elephant 5) elephant tusks 6) Giraffe's ear 7) Lion's
tail 8) Butterfly 9) Tree behind Giraffe
Unscramble - 1) diwali 2) Krishna 3) fireworks
4) ayodhya 5) lamp 6) fourteen 7) aditi 8) mura
9) satyabhama 10) bhudev
Riddle - Sit, Page 7 - 35 years, 5 years
Quiz on months of Lalaji Era - 14th of January, Pujya
Lalaji Maharaj, Samavati, Prana, Bhuma, Parabhu,
Baisnaka Badi Panchami, Bhanwar, Ishwar, Varada,
Krishna, Samadristi, Satpad, Radha, Viveka

సంక్రాంతి

SRIMAD BHAGAVAD GITA



ఆంధ్రులకు పెద్ద పండుగ సంక్రాంతి. ఇది జనవరి మాసంలో వస్తుంది. మకర సంక్రాంతి రోజున సూర్యుడు ఉత్తరాయణంలో



వై. కీర్తి
మూడవ తరగతి

అడుగుపెడతాడు. ఇది మూడు రోజుల పండుగ. మొదటి రోజు భోగి. రెండవ రోజు సంక్రాంతి. మూడవ రోజు కనుమ.



సంక్రాంతి పంటల పండుగ. రైతులు పండించిన పంటలు ఇంటికి చేరి, ప్రతి ఇల్లు ధాన్యలక్ష్మితో కళకళలాడుతూ



ఉంటుంది. ధనుర్మాసం మొదలయినప్పటి నుంచి పండుగ సనాహాలు మొదలవుతాయి. స్త్రీలు ఉదయానే లేచి ఆవు పేడతో కల్లాపు చల్లి, రంగురంగుల ముగ్గులు పెట్టి, మధ్యలో గొబ్బెమ్మలు పెడతారు.

భోగి: ఇది జనవరి 14న వస్తుంది. పొద్దున లేచి, సానాలు చేసి, అందరు ఒక చోట చేరి, భోగి మంటలు వేసుకుని చలి కాచుకుంటారు. సాయంత్రం చిన పిల్లలకు భోగిపండ్లు పోస్తారు.



ఈ భోగిపండ్లు పొయ్యిడం వలన పిల్లలకు ఉన కీడు పోయి మంచి జరుగుతుందని పెద్దలు అంటారు.



సంక్రాంతి: ఈ రోజు పిల్లలు, పెద్దలు అందరు ప్రొద్దునే లేచి సానాలు చేసి, దేవాలయానికి వెళ్ళి క్రొత్త

పంటలు సమర్పించి నమస్కరిస్తారు. ఈ రోజు పాలు పొంగించి, దానితో మిఠాయి తయారు చేస్తారు. గంగిరెద్దులను అలంకరించి, ఇంటింటికీ తిప్పుతూ,



డోలూ సనాయి రాగాలతో వాటి చేత ఆడిస్తారు. గ్రామాలలో హరిదాసులు పాడుతూ కనిపిస్తారు.



కనుమ: మూడవ రోజు పశువులకు సంబంధించిన పండుగ. పాడి పంటలను సమకూర్చే పశువులను కడిగి, కొమ్ములకు రంగులు వేస్తారు.

మెడలో గంటలు కట్టి, బొట్టు పెట్టి పూజిస్తారు.

उद्धरेदात्म॥ऽत्मा॥ ॥॥॥
आत्मैव ह्यात्म॥ी ब॥॥॥
रात्मैव रि॥॥॥
रात्म॥ः॥॥

By his own self should he raise his self; he should not cause his self to sink low. For, the self alone is the self's help-mate, and the self alone is the self's enemy. (Pujya SriRamchandraj Maharaj uses the word mind instead of self in this regard)(6-5)

ब॥॥॥
रात्मात्म॥स्तस्य ये॥॥॥
आत्मैवात्म॥॥ जितः॥
अ॥॥॥
आत्म॥स्तु शत्रुत्वे वर्तेतात्मैव शत्रुवत्॥॥

The lower self becomes the helpmate of that higher self who has by his own higher self conquered his very lower self, but towards one that has not mastered his own lower self, his very lower self would, act inimically, as would an actual enemy.(6-6)

We have both good tendencies in us and bad tendencies in us. The good tendencies in us are the ability to be truthful, be non-violent, be non possessive, be non-desiring and seeking to be in company of God always. All these tendencies lead to the well being and happiness of everyone. That means these tendencies lead us to a life of simplicity, sharing, service and sacrifice. Anyone who lives by these values is a friend to himself otherwise he is his own enemy. Meditation helps us to become aware of the good and bad tendencies in us. It is wisdom to choose the good and thus become our own friend.

We have the example of Ravana, who was driven by possessiveness and gets destroyed by Lord Rama whereas Vibhishana, Ravana's brother, though living in the company of his evil brother who abducts Sita, opposes it and advises his brother to return back Sita to Lord Rama. Ravana refuses. This makes Vibhishana leave Ravana and join the side of Lord Rama. After Ravana is killed, Vibhishana is crowned the king of Lanka. Vibhishana acts as his own friend because he listens to the good in him by opposing the evil act of Ravana whereas Ravana acts as his own enemy because he was driven by the evil tendency of possessiveness in him.



Dr. S. V. Raghavan

SCIENCE AND ITS METHOD

Science and its method will be a regular science column featuring in Spandan giving information on fundamental concepts, new discoveries, clarifications etc. This column features introduction of basic concepts related to doing science.

General:

Mankind has made enormous progress in the field of the pure and applied sciences over the last three centuries in particular leading to a very good understanding of the varied natural phenomena and a phenomenal progress in the fields of generation and transmission of electricity, transport on the ground, in the air and in space, telecommunications, computers and their applications in daily life popularly known as information technology, medicine and health care, industrial production of a wide variety of goods too long to list. The impact of science and the views of the scientific community have become so powerful that science has become the new 'gospel' and a religion by itself shaping the world view, in particular, of the younger generation who have seen and experienced the benefits of the various scientific and technological inventions in their daily life. One of the important aspects of such thinking is to seek explanations for all phenomena in natural causes and not to prefer supernatural causes for the same. Logical deductive reasoning should underlie such explanations and all the rest are deemed to be blind beliefs or superstitions or grandma's tales!

Science

Let us now try to understand what is generally meant by 'science'. Science is an activity, a process, a study and a way of thinking. It may be loosely defined as the intellectual and practical activity encompassing the systematic study of the structure and behavior of the physical (natural) world through observation and experiment. The purpose is to provide an explanation of such behavior and use it for the prediction of future trends in that behavior. Such explanations are called 'theories' and are usually expressed in compact form as 'laws'. It is indeed our good fortune that we live in a universe which exhibits a good deal of regularity and repeatability for really there is no rational basis to expect such a law abiding universe. It could have been easily otherwise.

Another important coincidence is that mathematics is the language of the universe as stated quite famously by Galileo, the Italian astronomer, mathematician, philosopher and physicist, "The universe cannot be read until we have learnt the language and become familiar with the characters in

which it is written. It is written in mathematical language and the letters are triangles, circles and other geometrical figures without which it is humanly impossible to comprehend a single world." All laws especially in physics are stated in terms of mathematical equations. The equations take quite a simple form as seen in Newton's laws governing force and acceleration, force of gravitational attraction between bodies, the one which relates the time period of a simple pendulum to its length and so on. The equations and the underlying mathematics become quite involved and complex in situations considered in general relativity, quantum mechanics and the like.

It will be instructive to review Galileo's chief contributions to modern science. Galileo was the first person to establish the scientific method comprising of formulation of a theory, design of experiment for its verification, systematic observation and correcting the theory based upon observation. He had to construct standards by himself for length and time which were needed for his experiments. He was instrumental in putting observational astronomy on a firm footing by the invention and construction of the optical telescope. The students will benefit a lot by reading the life story of Galileo and the other pioneers in astronomy such as Tycho Brahe, Johannes Kepler and Copernicus (see Wikipedia). That will tell us of the hard painstaking work involved in real science, years going by without any real breakthrough, the frustrations, the resistance



Galileo



Galileo's Telescope

from other workers in the field who do not agree with the thinking and methods of the scientist. The scientist has to persevere single handedly amidst all this till eventual success and the recognition and honours which follow it. Many scientists could not find this fulfillment in their

lifetimes; some of them died penniless, some went mad and some were imprisoned for their views or books they wrote. Their work was acknowledged much later even after the lapse of centuries.

Some of the early scientists had to encounter fierce opposition and even punishment from religious institutions such as the Roman church and the Pope

Continued on Page 13

SCIENCE AND ITS METHOD

Continued

if the conclusions went against the accepted theories of the church. Galileo was one such, lucky to survive while another scientist also an Italian, Bruno, was burnt at stake by church at the end of the infamous Inquisition proceedings. Luckily the civilization has matured and advanced since then

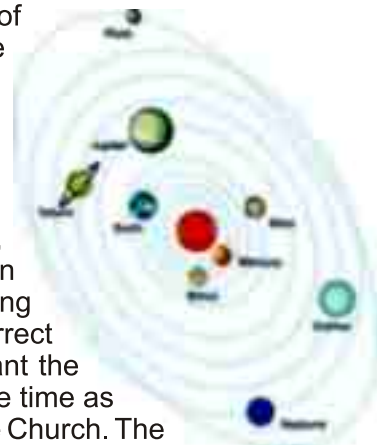


the scientist being held in good esteem by the society which looks up to him for a final opinion for anything happening under the sun.

Galileo's work created a major revolution in the view of the world. Earlier it

was widely held that the earth was the centre of the universe with the sun and all the planets going around it. This was the view supported by the Church which had a powerful say in every aspect of the ordinary person's life. Galileo was convinced by his observations that the Copernicus view, namely,

the helio (sun) centric view, of the world i.e the earth is one of the several planets going round the sun in regular orbits. Galileo published his views in a very famous book 'The dialogue concerning two chief world systems', discussing the earth and sun centric systems and showing how the latter view is the correct one. It is said he did not want the book published during his life time as it went against the view of the Church. The Church accused him of heresy (going against God's dictum as revealed through the Church) and threatened him with execution unless he retracted his belief as mistaken and offer a public apology to the Church (called recantation in Church language). He was held in house arrest till he passed away.



I gave some details on Galileo's work and life as he is regarded as the forefather of modern physics and his work reveals all the essential principles to be followed in scientific investigations. Hope you enjoyed reading it and benefitted by it. I will take up further aspects of scientific method in some detail in the installments to follow.

Dr. S. V. Raghavan completed his B.Tech in Electronics from IIT Madras and M.E and Ph.d in Electromagnetics from University of Roorkee. He taught at University of Roorkee for 4 years while pursuing Ph.d. He worked for over 30 years designing, developing and integrating antenna & communication systems at various reputed organizations like TIFR, ECIL etc. After retirement, he has been associated with Adhiyamaan Engineering College, Hosur as visiting Professor. He has been an ardent practican of Natural Path since 1970.

CONTRIBUTIONS



Aanya Mishra
VIII Class

Forgiveness is the way to happiness

One evening three friends Swati, Malini and Aarti were strolling in the park. After taking a few rounds Aarti stopped, and started looking for something. She said "My bracelet is lost! It was given to me by my grandmother and she would be very upset about it." All the three started looking for it when suddenly Swati saw something glittering in the bushes. She rummaged her hand through the bush and something pricked her hand. It was Aarti's bracelet! She was about to call her when she stopped and looked carefully at the bracelet. It was really beautiful and Swati decided to keep it for herself. All three went home. Swati was very happy and she ran home excited.

As soon as she entered the house she remembered that she had to go to her friend's birthday party. She was hesitating at first because Aarti and Malini would also be there but she went. Excited with her newly found bracelet, she chose to wear it to the party.

At the party, both Aarti and Malini were present. When Aarti saw her bracelet on Swati's hand she was sad but remained silent. Malini asked the reason for her silence but Aarti didn't reply. Then they moved towards the queue for food.

Swati was very hungry so she rushed towards the line. There was a long line for the buffet and Aarti was second in line. Aarti sensed Swati's hunger for food and let her stand in front of the line. Swati thanked her and stood in her place. Swati took the plate and had her food. As she was going to keep her plate she bumped into a girl holding a drink. The whole drink fell on Swati's dress and she started crying because it was a new dress. Aarti ran towards her with a tissue and wiped her dress.

Seeing her kindness Swati cried even more. Returning her bracelet she started to ask for forgiveness. Aarti forgave her and was happy to have her bracelet. She told Swati that "It is good you learnt that greed is not a good thing. One should be content with what one has". Both friends were happy again.



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

BODH SCHOOL

Special School for Slow Learners (Children with Learning Difficulties)

From August to October around 10 enquiries have come through telephone and personal visits. Some calls are from out of state seeking guidance of vocational occupation for their grown up children. Few of them wanted to try in regular school for another year.

Bodh School children celebrated August 15th along with Satkama High School. Bro.Srihari garu, Dr. Madhava garu distributed prizes to children for their participation in painting and drawing.

Children also participated in Teachers day along with Satkama School.

Umar, one of the students have considerably improved in language expression. He tried to explain kite making at home with little support. Hope you all make your own kites after reading his article. Children also drew some paintings as a part of their activities. They are learning to prepare greeting cards for coming New Year Day of Lalaji Era.



Illustration by Jahangir



Illustration by Umar

Make your own kite

1. Take old colorful newspaper, gum tape, thread, sticks
2. Cut this paper into square shape
3. Take two sticks, one long and one short
4. Stick the long one from 1 to 3 and short one from 2 to 4



5. First hole the kite near 5 number, next hole the kite near 6 number

6. Put the thread into first hole and then second hole

7. Now fly the kite.



Illustration by Uday



SSS VOCATIONAL WING

Vocational Wing has been giving practical exposure to students of Satkama as well Bodh in the areas of gardening, candle-making, tailoring, biscuits making.

Preparation and required material for candle making and its uses

Wax crystals, Bee wax, citronella oil, colored crayons are material used in making candles. To make candle, take the ingredients in a bowl and boil the mixture till it becomes jelly like substance, add citronella oil. Remove from fire and cool it pour in moulds of different shapes, with a wick tied inside. The test for mixture to become cool is if we drop wax on a surface it becomes wax. It needs one day of time for the mixture to become a candle.

These candles are made up of citronella oil so these are used for repelling mosquitoes. In functions, and parent teacher meeting of our school many parents, teachers and guest will buy them. Because of these candles no mosquito enters into our house.

Continued on Page 15



SSS VOCATIONAL WING

Continued

Children are participating enthusiastically and feeling that they are immensely getting benefitted. Following are some of their feelings expressed in their own words.

"Biscuit making is very interesting activity and I felt very happy to do. Biscuits are done using shankapuspi, soybeans, brhami, sugar, ginger, milk powder. On eating biscuits memory power increases for students, we will always healthy and strong. It is also used for elders." - **S.Harika, VIII class**

"I like this tailoring class very much because I can learn many stitches like hemming, running stitch, chain stitch, back stitch, hooks, button. These are interesting. I like this class because it is useful in future." - **Arshiya Begum, VI class**

"I learnt many stitches. These stitches are useful for us lifelong. I thank for teaching tailoring. My tailoring teachers are doing hard work to teach us." - **D. Vaishnavi, VI class**

"As there is a saying 'a stitch in time saves nine', if we stitch our torn clothes in time, we can prevent them getting torn further. Other than studies, we have extracurricular activities like gardening, biscuit making, stitching etc in our school. Every week we have one period of stitching class. We learn different

Button Stitch stitches with great enthusiasm. Now I am confident that I can stitch my torn clothes, buttons without depending on my mother. Though I don't earn any money on my stitching, at least I can save money. Stitching helps in self-employment where I can employ few people in my garment industry. This activity is very good. We are very happy and feel encouraged to do great things." - **S. Saisree, VIII**

"In the vocational course for a few weeks, I did gardening in the school premises along with my group members. I have a lot of satisfaction in doing this. In spite of teaching, doing it practically

makes us to know more about it. It also includes immense satisfaction if the tree/plant bears fruits and in doing the work wholeheartedly. This I had experienced when I planted and within days, it grew up into a tender plant. We daily water the plants in our house I too do. But when I was gardening, I came to know that small plants should be watered carefully by sprinkling as their roots will be damaged if we water forcibly. We use different types of soils for gardening like red soil, black soil and vermicompost which is the best quality of soil used for growing small plants. We planted tomato coriander, methi, palak, to name a few. We also dug rainwater pit to make use of rainwater. We have connected pipes from terrace into the pit to increase the underground water levels. Not only gardening but I have learnt many values like sharing by trees, care, hard working, cooperation, kindness, teamwork, etc. I always am ready to contribute more for this. In telugu there is a proverb that "vruksho rakshathi rakshitah" it means that if we protect plants, they will protect us."

- **D.Rajitha,**



Salwar by S. Pavani, IX Class



Blanket Stitch, Kundan Stich Running Stich by G. Surekha, X Class

MSRCM HOSPITAL NEWS

HEALTH TIPS

- ✦ Can boost brain power.
- ✦ Helps who want to quit smoking.
- ✦ Relieves menstrual cramps.
- ✦ Reduce itchy mosquito bites.
- ✦ Prevents anaemia.
- ✦ Promotes healthy bones.
- ✦ Reduce depression.
- ✦ lowers risk of heart diseases and hypertension.
- ✦ regulates bowel moments.
- ✦ helps people with ulcer.

DID YOU KNOW

Full ripe banana with dark patches on yellow skin produces a substance called TNF (Tumor Necrosis Factor) which has the ability to combat abnormal cells. The more darker patches it has, the higher will be its immunity enhancement quality. Hence the riper the banana the better the anti-cancer quality.

WHITEN YOUR TEETH

Take a piece of the inside of the banana peel and gently rub around on your teeth for about two minutes. The amazing minerals in the peel like potassium, magnesium and manganese absorb into your teeth and whiten them.

వేమన శతకము

మేడిపండు చూడ మేలమై యుండును

పొట్ట విచ్చి చూడ పురుగులుండు

పిరికివాని మదిని బంకమీలాగురా

విశ్వదాభిరామ విసురవేమ.

తాత్పర్యము : మేడిపండు పైకి చూచుటకు చాలా బాగుగా కనపడును.

దాని పొట్ట చీల్చి చూచినచో పురుగులుండును. పనికివచ్చు గుంజు

ఏమియునుండదు. అట్లే పిరికివాడు పైకి మంచి శరీరపుష్టి కలిగి

చూడముచ్చటగానుండును. కాని ఏదైన అవసరమువచ్చినచో

నిలబడి ఎదిరించు దైత్యములేక నగుబాటునుండును.

संत कबीर के दोहे

दुख में सुमिर □ सब करे, सुख में करे □ कोय।

जो सुख में सुमिर □ करे, तो दुख काहे को होय ॥

Everyone remembers the Lord at times of miseries but not in happiness.

If He is remembered even in happiness, why would one ever feel miserable?

मेरा राम मुझे भजे, तब □ तबु बिसराम ॥

My mind can be at rest only when the Lord gets busy with the remembrance of me.

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