



# SPANDAN

Sahaj Seva Samsthan Educational Newsletter

**SATKĀMA & BODH**

**WE WISH EVERYONE A VERY HAPPY NEW YEAR**

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

- Pujya Sri Ramchandraji Maharaj

## MESSAGE FROM SAHAJ SEVA SAMSTHAN

*Sri C. V. Koteswara Rao, Vice President*

**S**atkama and Bodh Schools were started by Sahaj Seva Samsthan with the main objective of developing the 'Divine Resource' in children. I am extremely happy to note the contents of our newsletter SPANDAN. By the Grace of our Master Pujya Babuji Maharaj and the dedication of our teachers and volunteers, we feel we are making great strides in this direction. The parents too are cooperating with us in this endeavour and we are thankful to them.

It is inspiring to note that this issue contains the story of Pujya Lalaji Maharaj whose birthday we celebrate on Basanth Panchami. This year is the 150th Birth anniversary of Swami Vivekananda and it is our duty to remember him and talk about him. It is a very thoughtful idea of the editorial board of SPANDAN to have included articles on Swami Vivekananda. The series of articles on science that are being published are motivating. I wish we have articles on other fields too in the future issues of SPANDAN so that the students have a basic understanding of various fields and are well equipped to choose and pursue a selected field of their interest when the time comes.

The activity centre containing puzzles about morals is a brilliant way of teaching. The 'field trip for everyone' is a commendable concept which every student enjoys and also observes and learns practically.

The articles written by our little students based on spiritual values and morals are excellent. The little hearts of our school are surely carrying the Divine Light and I sincerely pray that it spreads far and wide through them, always.

## A NOBLE THOUGHT

*Pujya Sri K. C. Narayana*

**W**hen brother Vidhyadhar Joshi asked me to write something for the school magazine, I was wondering as to what to write. Then I thought I may as well quote a great person. I then remembered Albert Einstein's advice on training. To quote "Sometimes one sees in the school simply the instrument for transferring a certain maximum quantity of knowledge to the growing generation. But that is not right. Knowledge is dead; the school, however serves the living. It should develop in the young individual those qualities and capabilities which are of value for the welfare of the commonwealth. But that does not mean that individuality should be destroyed and the individual becomes a mere tool of the community, like a bee or an ant. For a community of standardized individuals without personal originality and personal aims would be a poor community without possibilities for development. On the contrary, the aim must be the training of independently acting and thinking individuals, who, however, see in the service of the community, their highest life problem."

"But how shall one try to attain this ideal? Should one perhaps try to realize this aim by moralizing? Not at all. Words are and remain an empty sound and the road to perdition has ever been accomplished by lip service to an ideal. But personalities are not formed by what is heard and said but by labor and activity." --Albert Einstein, 1936

I do hope the teachers and students are provoked by this message from a great man of all times.

## STORY OF PUJYA LALAJI MAHARAJ

**Great men are not accidentally born; they are born when the world waits for them in eager expectation.....**

**Such is the phenomenon of Nature.**

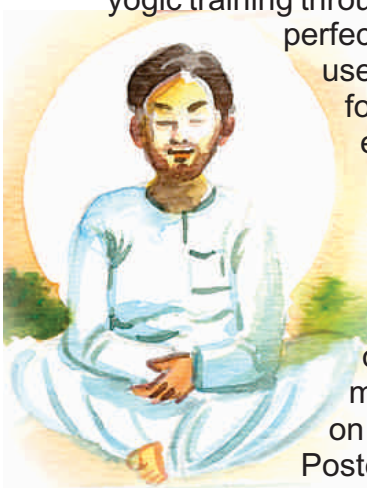
**I**ndia, the home of spirituality, was groping in darkness and had totally forgotten the age old system of yoga. Solid materialism had taken the place of fine spiritualism. Dark clouds of ignorance were hovering all over. Yogic transmission had become quite foreign to the Hindus. At this stage, when spirituality was tottering helplessly, some great personality was urgently needed to set things right, for the upliftment of mankind. It was the auspicious day of Basant Panchami, February 2, 1873, on which the power



of Nature descended to earth in the human form of Samarth Guru Mahatma Sri Ramchandraj Maharaj at Fatehgarh in district Farukhabad (U.P.). He was affectionately called as Lalaji. The happy day so beautifully co-ordinated with the most pleasant season of the year breathed into every heart the blooming freshness of the spring. The blissful time ushered in by his advent introduced a new era (Lalaji Era) of spiritual awakening which promises a practical solution of the human problem of existence. We are struck with a revered joyful awe when we recall to our mind the grand renaissance brought about by him in the spiritual field. He offers an easy solution of the problem of existence, which has ever been confounding even the greatest of sages.

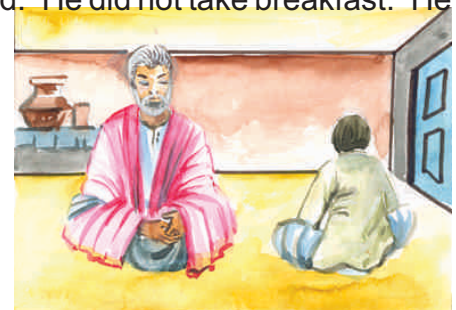
This Divine personality was born in a respectable Kayastha family. His childhood was influenced by his mother, a noble-minded simple lady, who spent most of her time in devotion and worship. It was due to her influence, that he received inspiration at a very early age. The incident goes, that one day while he was playing with his mates, some Divine force aroused in him the feeling that he had not come for the purpose he was engaged in. He had to realise himself and to equip himself for the greater task ahead. The soul was awakened and he set to it in right earnest. He attained perfection only in seven months – really an unparalleled example. Since then he devoted the whole of his life for the cause of spirituality. He is the Adi Guru of our Mission.

He was an embodiment of moderation, toleration and devotion. With him dawned the new era of yogic training through transmission, of which he was the master. He showed a way to bring a man to perfection in one life only, and even leading a family life in the grihastha ashram. He used to say that troubles and miseries of grihastha life are penances and sacrifices for spiritual attainments. He had simplified the method of spiritual training to a great extent and adjusted it to suit the requirements of our time. With a high calibre and spiritual dignity, our great Master, the Divine Light, devoted every moment of his life to the upliftment of humanity. He was in fact the Nature's prodigy and his work in the spiritual field is beyond common conception. His wonderful researches in this science have made human approach up to the highest limit, in the least possible time, quite possible and practicable. He introduced an improved system of raja yoga which later came to be known as 'Natural Path'. After serving the masses for about 36 years this spiritual genius left his material form at the age of 58 on the 14<sup>th</sup> of August 1931. The work he did during his lifetime is beyond conception. Posterity will know his merits in due course.



Pujya Lalaji Maharaj did not like luxury of any kind. He wore simple and clean clothes. He kept his eyes mostly down. He did not laugh aloud but simply smiled. He did not take breakfast. He took few rotis, dal and chutney for morning meal and rotis, vegetables and pickle for evening meal. He said, "Eat less and earn a honest living". That was the simplicity of his life.

He never slept after sunrise. He put on clean clothes after bath. He took early dinner and went for a walk at 8 PM. Before going to office and after coming back, he used to give spiritual training to his disciples. Sometimes he took them for a walk along the banks of river Ganga and to fairs.



## STORY OF PUJYA LALAJI MAHARAJ

He was a great scholar of Urdu, Persian and Arabic, and had a sound knowledge of Hindi and Sanskrit. Sometimes he sang and played on harmonium.

By nature he was always calm but was easily moved by the pains and pleasures of others. He spoke as little as possible. He respected his elders, showed humility with those of his own age and loved those who were younger than himself. His servants were like members of his own family and were paid on due dates.



Pujya Lalaji Maharaj's personality, mode of living and general behaviour impressed his neighbours greatly. They loved him dearly and respected him highly. He never talked about anyone's faults. In the beginning, some teachers came to him and were transformed in no time. Finding a great change in them, those teachers brought some students to Pujya Lalaji Maharaj, and they also got transformed likewise.

He always advised reduction of wants. He would say "Do not purchase a new thing if you can manage to carry on with your old belongings." He was not against earning money by honest means, but insisted on spending it on others.

Pujya Lalaji Maharaj thought that the world is suffering for the want of a method and a Guide who can help the persons realize the goal of their life. The greatest gift of Pujya Lalaji Maharaj to whole of mankind is His 'Marvel Find',

Sri Ramchandraji Maharaj of Shahjahanpur (U.P), affectionately known as Pujya Babuji Maharaj. He took the job of structuring Sri Ramchandraji Maharaj of Shahjahanpur, U.P., India, as Special Personality to help mankind. Pujya Babuji Maharaj is ablest disciple of the Adi-Guru. He adhered completely to the discipline enforced by his Master.

Pujya Lalaji Maharaj had all the qualities of a truly great and perfect man, being as he is next to God. Pujya Lalaji Maharaj used to say that "God has hidden himself inside our hearts and exposed us. Hide yourselves and expose God."



## SAHAJ SEVA SAMSTHAN

**Dr. K. Madhava, President, Sahaj Seva Samsthan**

**S**ahaj Seva Samsthan was started in the year 1991 by the disciples of Sri Ramchandraji Maharaj of Shahjahanpur, U.P., who is responsible for ushering in a new era in spiritual enlightenment. His modified Raja Yoga- where in with the help of 'Pranahuti' one can successfully and easily regulate one's mind- is a boon to the suffering humanity.

Following the 'Natural Path' which he propounded, many of us feel immense relief from the torments, miseries and tensions which are inherent in the modern life.

Yoga – basically means linking ourselves with the Divine Consciousness and Pranahuti successfully brings about this link, strengthens it and finally helps in achieving harmony with our real nature which is divine. Since leading a divine life also implies leading a life liberated from selfishness- anyone practicing Natural Path is naturally attracted to helping and serving fellow brethren in whatever way it is possible.

Thus was born Sahaj Seva Samsthan to provide a platform for its members to express divinity which is nothing but Love.

Samsthan started working in the field of education and is successfully running the school BODH which was first of its kind in India to help children with Special Educational Needs. (Information about the work in the special school BODH is available on the Net on our website- [www.sahajsevasamsthan.org](http://www.sahajsevasamsthan.org))

Since five years, it is running Satkama School where the Divine Resource in the children is being nurtured. By the dedicated efforts of the teachers and the enthusiasm of its students we are meeting our objectives of nurturing children to become successful in lives by developing a happy attitude.

SSS is also running a hospital named "Mahatma Sri Ramchandra Centenary Memorial Hospital" since 1999- the year we celebrated the Centenary of the birth of the Special Personality.

The hospital is running in Vijayanagar Colony in modest premises and is serving the local community by providing medical, surgical, paediatrics and ENT services at one third of the prevailing market rates. Here also Samsthan is trying to live with the attitude that serving patients is a service to the divine and we are privileged to be given the opportunity to serve.

As the activities of Samsthan increase in its scope and spread and its services are recognized by the society, the Values of service, cooperation and coexistence which are spiritual in nature and which can be easily imbibed by seeking the blessings of Sri Ramchandraji Maharaj and following his Natural Path will become the new normal mode of functioning in future as dreamt and envisaged by the sages like Sri Aurobindo.



## STORY OF MASTER - VIRTUOUS CONDUCT




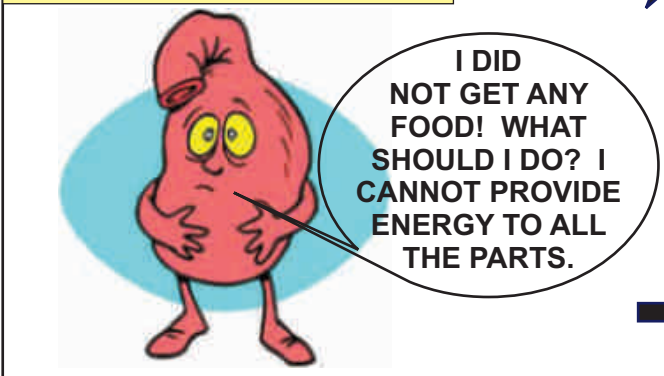
Reference Book : Spirituality

An enquirer asked the Master, "What do you mean by virtuous conduct? Is virtuous conduct necessary in spirituality?"

Master patiently answer thus, "Virtuous conduct is quite essential for spirituality. Virtuous Conduct does not mean that we should only mould external life so as to rouse sympathy and love in others, but it is a wide term which includes all our actions, Virtuous Conduct means that our life should be one with Nature which is always peaceful and maintains equilibrium."

Be plain and simple to be identical with Nature - Commandment 4

### CO-OPERATION

<b>ONCE THE PARTS OF THE BODY WERE ANGRY WITH THE STOMACH.</b>	<b>THE BODY PARTS DECIDED NOT TO WORK FROM THEN ON.</b>
	
<b>THEY THOUGHT THE STOMACH DOES NOTHING AND IT JUST EATS FOOD WHILE OTHERS EARN.</b>	<b>AS A RESULT STOMACH DID NOT GET ANY FOOD.</b>
<b>THE STOMACH THOUGHT...</b>	
	<b>THE BODY PARTS REALISED THAT NO ONE CAN SEE THE STOMACH, BUT IT IS THE CENTRE AND PROVIDES ENERGY. IT IS DOING THE WORK IT HAS TO DO. THE CENTRE IS IMPORTANT AND IT IS NECESSARY THAT ALL PARTS CO-OPERATE WITH IT OTHERWISE NOTHING WILL WORK. SIMILARLY EVERYTHING HAS A CENTRE. A NATION MAY HAVE DIFFERENT STATES BUT THERE IS STILL SOMETHING THAT IS THE CENTRE WE CALL AS "MOTHERLAND".</b>

God is the Centre where from the energy starts. - Pujya Sri Ramchandraji Maharaj



## PRINCIPAL'S MESSAGE

Sri Vidyadhar Joshi

**A**s you know that Satkama High School has a value theme every week for each of the 44 academic weeks that the school functions. As I write this message, the theme for the week and the next happens to be "Gratitude" and "Reverence". It has pleasantly coincided with Basant Panchami. Gratitude as I understand is not mere thankfulness. It is a sublime feeling in the heart making us conscious of our indebtedness that affirms the Grace and Love of the giver. When we think of Pujya Lalaji Maharaj, our hearts swell with such gratitude for the gift He has given to humanity in the form of Pujya Babuji Maharaj. The life stories of Masters always put us in the states of Gratitude and Reverence. In the modern day life, it is easy to lose sight of gratitude and count our blessings. Gratitude is an attitude we can consciously cultivate in our hearts and encourage in children also.

With a glance on the surroundings during this time, we see the freshness of nature in the blooming flowers and fresh leaves. These examples are easy for children to understand. Children have expressed their joy in their drawings in the handmade greeting cards for the 141<sup>st</sup> year of the Lalaji Era. These have been posted to as many as we could. I express my gratitude to the children for the love they have shared with these cards wishing us all, Happy New Year of the Lalaji Era.

## Student Editorial

G. Srikrishna, X Class

**T**his issue of Spandan is going to be the first issue of this year. We have finished our Half Yearly exams in January and I, on the behalf of student editorial team hope that all students have got good grades.

Recently Personality Development Program for children through meditation was conducted by Imperience for class X. What is the goal of life?, What are the means to achieve?, Contentment, How to handle peer pressure?, Time management, Health management etc., were some of the topics that were covered during the program. We the students of class X felt that the program was very useful. We also learnt many things and values that should be adhered to live a happy and contented life.

I feel happy at the release of Spandan in the month of Prana that coincides with the birthday of Pujya Lalaji Maharaj and I thank all students, guest contributors for their contributions to the newsletter. We are proud to publish this newsletter and hope all the readers enjoy reading it!

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

[spandan@sahajsevasamsthan.org](mailto:spandan@sahajsevasamsthan.org)

## వార్త - అనుభవము



Illustration  
Md. Hakeem, V 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.

7.12.12 – During meditation I got many thoughts about my studies. After meditation I felt calm and fresh.

2.1.13 – Before meditation I had tension due to exam. After meditation I felt calm and peace.

1.2.13 – After meditation I felt calm and peace. I felt fresh in my mind.

V. Vineetha, X Class

8.1.13 – I sat silently for meditation. After meditation I felt happy, nice and fresh.

30.1.13 – Before meditation I was angry. After meditation I felt calm and peace.

1.2.13 – During meditation I felt calm and peaceful. I saw green colour. After meditation I felt fresh and peaceful.

G. Surekha, X Class

18.1.13 – Before meditation I was in tension. After meditation I felt fresh and happy.

21.1.13 – Before meditation my mind was full of thoughts. After meditation I felt fresh and happy.

1.2.13 – During meditation I felt calm and ignored the thoughts which came. After meditation I felt fresh and peaceful.

A. Sai Kiran, X Class

1.2.13 – During meditation I was in a trance like state feeling very light. After meditation I felt balanced, calm and happy.

4.2.13 – During meditation I felt sleepy so I got a little distracted.

5.2.13 - During meditation I paid attention to my heart and just sat still. The time passed very quickly. After meditation I felt very quiet.

Abhishek Joshi, X Class

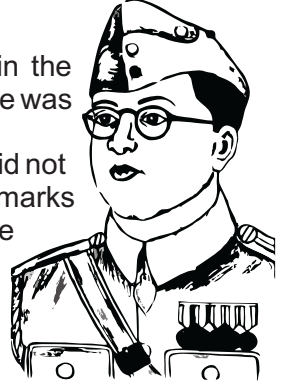
## OUR PAGES



### Rishikesh Joshi, IV Class SUBHASH CHANDRA BOSE

Subhash Chandra Bose was one of the leaders who sacrificed his life in the freedom movement of India. He was a role model for people at that time. He was born in Cuttack, Odissa in 1897.

Subhash Chandra Bose was very courageous. He was brilliant at studies and did not like anyone talking bad about India. One day his teacher was giving bad remarks about Indians in the classroom. Subhash Chandra Bose called for a strike demanding an apology from the teacher. Bose was thrown out of the college for calling a strike and demanding an apology from a teacher. After the completion of his studies, he joined the NCC and became a soldier to fight against the British. Subhash Chandra Bose went to jail many times but he escaped and continued his freedom struggle.



## RAJU'S MISCHIEF

K. C. Prajna, IV Class

Once there was a boy called Raju. He had a best friend called Rajesh. They were studying in fourth class. One day, they met a boy called Ramu. Now, Ramu too became a good friend of Raju and Rajesh. They all had fun playing together. After



Illustration by K. C. Prajna, IV Class

some days Ramu and Rajesh started avoiding Raju. Raju was thinking of a plan to separate them. He went to Ramu and said, 'Rajesh told me that you were very bossy'. Ramu thought Raju was telling the truth and was hurt hearing it. So he stopped playing with Rajesh. Rajesh understood this would be Raju's plan. So he went to Raju and said, 'why did you tell Ramu lies?' Raju said that he was feeling lonely as they were not playing with him. Then Rajesh said if he would have told him that he was feeling lonely, they would have joined him. Raju realized his mistake. He went to Ramu and said sorry for not telling the truth. Ramu forgave him. From that day they all became lifelong friends.



**Moral: Do not be jealous. Be happy and play with everyone.**

## HARMONY

Ch. V. Krishna, IV Class

Once upon a time there were two boys. Their names were Ramu and Somu. The two boys met in the park and became best friends. Once they were playing in the park when a boy came. They played together but Somu was angry. Then Ramu came and told him, "you should not be angry with others. You should be in harmony with others". When the boy heard this, he understood that we should be friendly with others. The boy was happy and was in harmony with others as well as his friends.

**Moral: We should be in harmony with others.**



## గర్వం పనికి రాదు

చంద్రశేఖర్, ఐదవ తరగతి

ఒక అబ్బాయి చదరంగం ఆడడంలో గొప్పవాడనుకుంటే తన కంటే గొప్పవాళ్ళు కూడ ఉంటారు. మామిడిపండు అందరికీ నేనే ఇష్టం అనుకుంటే శీతాకాలంలో మామిడిపండుని అందరు మరచిపోతారు. అలాగే సీతాఫలం అందరికీ నేనే ఇష్టం అనుకుంటే వేసవికాలంలో అందరు దానిని మరచిపోతారు. ఒక అబ్బాయి తనకే మంచి ర్యాంకు వచ్చిందనుకుంటే తన కంటే మంచి ర్యాంకు చాలా మందికి రావచ్చు. అందరికన్న నేనే బలవంతుడనుకుంటే తనకంటే బలవంతులు చాలా మంది ఉంటారు. ఆటలలో నేనే ఎప్పుడు మంచిగా ఆడతాను అనుకుంటే తనకన్న గొప్పవాళ్ళు ఒక్కరైన ఉంటారు. ఎప్పుడు గర్వపడకూడదు. తాను గొప్ప అనుకోకూడదు.

**సీత : గర్వం పనికిరాదు.**



Somebody takes it on his mind that he excels someone else in some particular way; that assumes various forms; and we strengthen egoism for nothing, without getting anything in return. We blow our own trumpet in our own thoughts, and lose a lot in the process.

- Pujya Sri Ramchandraji Maharaj



## TRIP TO POCHAMPALLI

**P**ochampally is also known as Bhoodan Pochampally because the Bhoodan Movement started in this place. It is famous for silk sarees or Ikkat sarees. Almost all the people in Pochampally are weavers. Vinoba Bhave started Bhoodanodhyamam here. A person called Vedere Ramachandra Reddy donated 250 acres of land.

We first went to an ashram. They explained how yarn, fibre, cloth and clothes are made. We also saw a hand loom. They get raw material from Bangalore. They take the yarn and place rubbers on it for design. The yarn is then dipped in coloured water. The place which is not covered gets colour. The place which is covered with rubber does not get colour. The rubbers are carefully arranged according to the design. The coloured yarns are placed on the looms.

Before sending the yarn to the loom they first place it in cold colour water for some time and then keep it in hot water and the colour will be fixed to it. They will not use any die fixers. After dyeing they take the yarn and tie it tightly to a thing and divide each thread. Then they use the thread to make sarees. While working on looms there are two types of threads called warp and weft. Warp are the threads which go from top to bottom. Weft are the threads which go side words.

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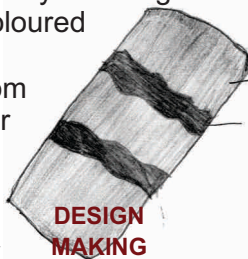
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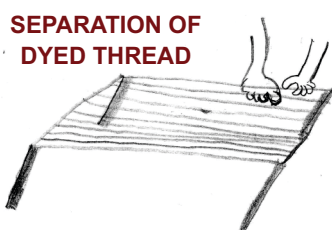
**RAW MATERIAL**



**WARPING**



**DESIGN MAKING**



**SEPARATION OF DYED THREAD**

silk sarees like Banaras, Kanchipuram, Dharmavaram, Kalamkari, Pochampally, Pochampally sico. Sico means combination of silk and cotton.

We went to a weaver's house, Jagathaiya. We have his story in our textbooks. All the work in tie and die is done here. They use power machine to make thread. They give thread design and start working on the loom. The saree is given to the committee. That saree changes four hands to reach the customers. It takes 1 week for making a saree and getting the money. On each saree they get nearly Rs. 3000. For past 18 years they have been doing this. **-T. Tarun, VII Class**



We went to a place where they showed us how to weave. We went into about five rooms. The first room showed the process of weaving. The second room showed a detailed process of weaving. The third and fourth rooms showed samples of sarees and baskets of bamboo. The fifth room showed the loom.

**-K.C.Vasudha, VII Class**

To make the saree they have to start one week before. They make one saree in 5 days if they work for 10 hours.

**-N. Sowjanya, VII Class**

Weavers take five to six days to make a saree. We noticed that they do not get sufficient money for food, education fee and their family needs in return for all their hardwork. We feel sad that they do not get sufficient money as salaries from middle men.

**-J. Poornachander, VII Class**

Pochampally is also called as "Bhoodan Pochampally". It is very nice and has a beautiful lake. We can feel fresh air, green trees, mud houses etc.

**-G. Sravani, VII Class**

## GOLCONDA

III - V Class

**W**e went to Golkonda Fort. Shah Ali Qutub Shah built Golkonda Fort. We went up and saw the whole city. We saw a spot where if we clap, people on top of the fort can hear. We also saw Braille script when we left the fort and we could touch and feel it. We saw Akkanna - Madanna office. We also saw Jagadhamba temple.

Then we went to park named Q u t u b m i n a r . There was no entry for Ramdas jail. There we ate lunch and played. We saw the tombs of the kings.

**-K. Sankruthi, IV Class**



Photo by K. C. Prajna, IV

## గులాబిపువ్వు

**కె. కైవల్య, ఆరవ తరగతి**

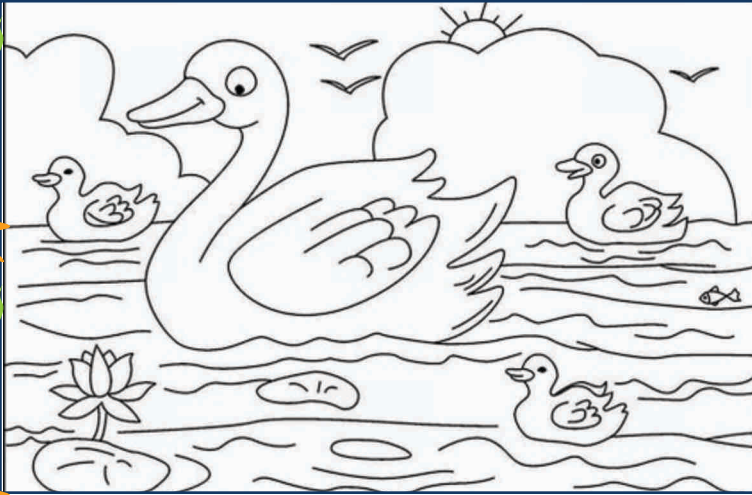
నాకు గులాబిపువ్వు అంటే చాలా ఇష్టం. ఎందుకంటే దాని పరిమళం, రెక్కల కోమలత్వం, రంగు నన్ను ఆకట్టుకున్నాయి. దీనిలో ఒక నీతి ఉంది. మనం ఉన్నత శిఖరం చేరుకునేటప్పుడు గులాబి చెట్టుకు ఉన్న ముళ్ళలాగే ఎన్నో కష్టాలు ఎదురవుతాయి. కాని వాటిని తట్టుకుని ఉన్నత శిఖరం చేరుకున్న వాళ్ళే గులాబిపువ్వులాగే అందరి మనసును దోచుకుంటారు. అప్పుడు వారి కీర్తిప్రతిష్టలు గులాబిపువ్వు పరిమళంలా నలుదిశలా వ్యాపిస్తాయి. గులాబీలు ప్రేమకు చిహ్నం. శుభకార్యానికి వెళ్ళిన వారికి ఈ గులాబిపువ్వు ఇచ్చి స్వాగతం పలుకుతారు. ఉపాధ్యాయ దినోత్సవంనాడు విద్యార్థులు తమ గురువులకు గులాబీ ఇచ్చి గురుభక్తి చూపుతారు. అందుకే నాకు గులాబిపువ్వు అంటే చాలా ఇష్టం.



S. Sai Sree, VIII

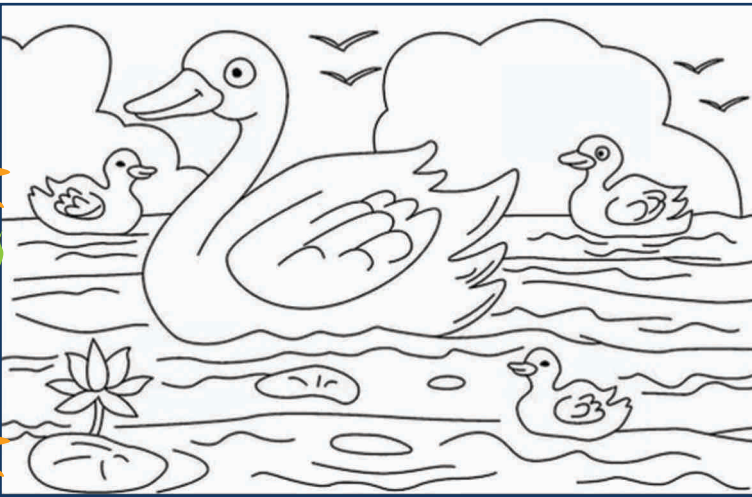


# ACTIVITY CENTER



## Spot the difference and Colour

There are 10 differences between these pictures - can you find them all?



## Spring Maze

Help the bumble bee find the flower.



## What's the Value?

Find the value expressed in the sentence from the words given below.

1. A boy saved the swan by pulling out the arrow and helped the wound heal.



2. A pigeon flew for hours looking for twigs to make a nest.

3. Doves worked together and took away the hunter's net and thus saved their lives.



4. A poor old woman gave a large part of her savings to Pujya Babuji Maharaj for helping His mission.

5. A girl returned the hundred rupee note found in the playground to the principal.



6. The little squirrel lifted stones to help Lord Rama build the bridge to Lanka.

7. A boy held the hand of an old woman while crossing the busy road.



8. We are always thankful to God for His blessings.

9. A dove dropped a leaf in to the water to help the struggling ant.



10. Satyakama told Sage Gautama about his parents (lineage) plainly.

**Words : Truthful, Service, Honesty, Caring, Kindness, Gratitude, Sharing, Patience, Helpful, Teamwork.**

# ACTIVITY CENTER

## What's the good word?

Fill in the letters for the sentences on Pujya Lalaji Maharaj's story given below.

✦ Samarth Guru Mahatma Sri Ramchandraji Maharaj was born on \_\_\_\_\_ day.

**B** □ □ □ □ □ **T** **P** □ □ □ □ □ □ □ □ □ **I**

✦ He was born in this city in the State of U.P. **F** □ □ □ □ □ □ □ □ □ **H**

✦ Pujya Sri Ramchandraji Maharaj was affectionately called as **L** □ □ □ □ □ **I**

✦ He never slept after **S** □ □ □ □ □ □ □ **E**

✦ His servants were like members of his own **F** □ □ □ □ □ **Y**

✦ Pujya Lalaji Maharaj said, "Do not purchase a **N** □ □ **W** **T** □ □ □ □ □ **G** if

you can manage to carry on with your **O** □ □ **D** **B** □ □ □ □ □ □ □ □ □ □ □ **S**

✦ He wore **S** □ □ □ □ □ **E** and clean clothes.

✦ He said, "Eat less & earn an **H** □ □ □ □ □ **T** living".

✦ Pujya Lalaji Maharaj **R** □ □ □ □ □ □ □ □ □ **D** his elders, exercised

**H** □ □ □ □ □ □ □ **Y** with those of his own age and **L** □ □ □ □ □ **D**

those who were younger than himself.

✦ The ablest disciple of the Adi Guru is Pujya Sri **B** □ □ □ □ □ **I** Maharaj

✦ Pujya Lalaji Maharaj used to say that "**G** □ □ **D** has hidden himself inside our

**H** □ □ □ □ □ **S** and exposed us. **H** □ □ □ **E** yourselves and **E** □ □ □ □ □ **E**

God."

✦ He never talked about anyone's **F** □ □ □ □ □ **S**

✦ Pujya Lalaji Maharaj's personality, mode of **L** □ □ □ □ □ **G** and general

**B** □ □ □ □ □ □ □ □ □ **R** impressed his neighbours greatly.

✦ By nature he was always **C** □ □ □ **M** but was easily moved by the pains and pleasures of others.



# SCHOOL EVENTS

## Field Trip For Everyone

November - December children from all classes went on educational field trips. Classes III to V visited Golconda fort. Classes VI and VII enjoyed their trip to Pochampally interacting with the weavers. Classes VIII to X visited Nagarjuna Sagar dam.



## Personality Development



Imperience organized a five day **Personality Development Program for children through meditation** for students of X class from Jan 21<sup>st</sup> to 25<sup>th</sup>. Its objective is to assist in developing proper goal of life through development of right attitudes and values.

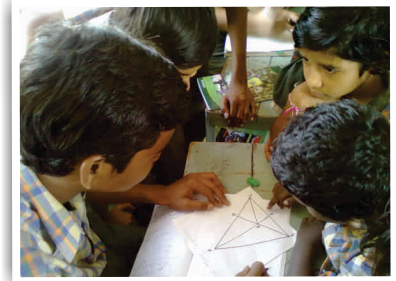
## Moral Stories Contest

On the occasion of 150<sup>th</sup> birth anniversary of Swami Vivekananda, moral stories contest was conducted. The main objective was to make the students read and educe values from them. Students participated enthusiastically.



## Mathematics Day

Srinivasa Ramanujan's birthday was marked as **Mathematics Day**. Students of IX and X class explained mathematical concepts to other classes. They also conducted puzzle contests for students of VI to VIII.



K. Sony, X

## Republic Day

On the occasion of 64<sup>th</sup> Republic Day, **celebrations were conducted in the school**. The flag was hoisted by the honourable chief guest Pujya Sri K. C. Narayana garu. Prizes for Moral Stories contest were given by Sri M. Narayana Murthy garu, Secretary, SSS and Sri C. V. Koteswara Rao garu, Vice President, SSS. Events like speeches, songs and dances were performed by the students.





# NEW YEAR GREETING CARDS BY CHILDREN FOR LALAJI ERA

It was he (Puja Lalaji Maharaj) who made it possible that a man could attain perfection in one life - rather a part of it - leading a just normal family life.  
- Puja Sri Ramchandraj Maharaj



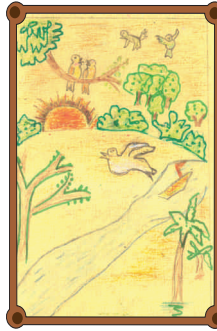
A. Sai Kiran, X



D. Rajitha, IX



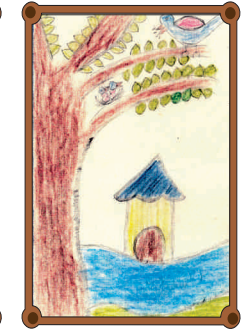
G. Jyothi, X



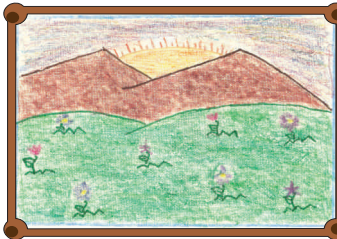
J. Poorna Chander, VII



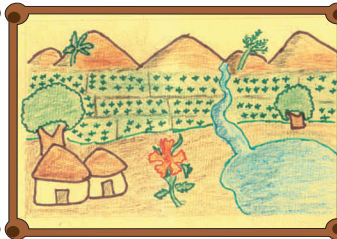
K. Bhavya, III



V. Chinmayee, IV



B. Jagruti, V



B. Sai Durga Prasad, VII



C. Vishnu Vardhan, I



A. Vijay Sree, V



K. Sankruthi, IV



M. D. Arshiya, VI



S. Pavani, IX



E. Triveni, VIII



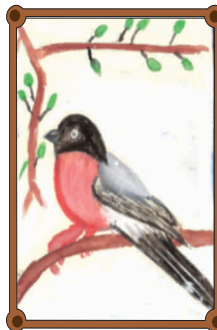
M. Sirisha, VIII



K. Sravani, III



K. Uday Kumar, VIII



Md. Afroze, IX



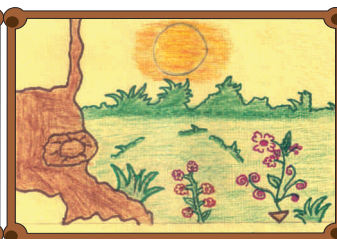
M. Bala Kalyan, X



T. Tarun, VII



Ch. Sambhavi, IV



N. Sowjanya, VII



K. Kavya Bai, II



M. Pranay Kumar, VII



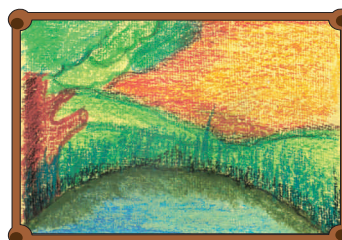
V. Vineeta, X



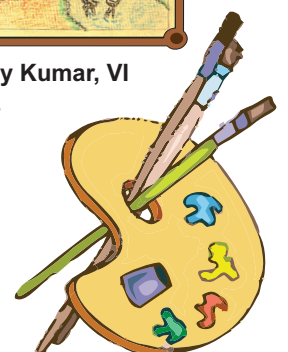
C. Surya, VI



T. Mounika, V



K. C. Vasudha, VII







## INSPIRATIONS FROM NATURE

D. Rajitha, IX Class

**N**ature is the God of sacrifice and a pure hearted one. It never takes anything from us. Nature inspires us in many ways and it has many things to share. It has been making endless efforts from millions and billions of years. It satisfies many of our wants.

In Nature we observe many things like trees, birds, animals, air, water, sun, flowers and fruits etc. Each of them share something with us. Trees, from the stage of seeds, make a lot of effort to come out, germinate, to grow and to give flowers and fruits. Trees do a lot of hard work and sacrifice to give us fruits, flowers, leaves, stem, roots, seeds and medicines.

The sweet song of cuckoo, the punctuality of the hen, the buzz of bees, whispers of magpie, the scenery of water makes our mind pleasant and happy. The early sunrise, the laughs and beauties of flowers, the taste of fruits teach us many values.

In my opinion nature is like the God of Heaven of Happiness. Water always overcomes a rock in its way. This gives inspiration in our lives to overcome problems in life.



## PROBLEM OF PLASTIC BAGS

Bala Naga Sai, X Class

I read a story that was published in the Andhra Jyothi newspaper. In the city of Hyderabad there were six cows that did not have grass or food to eat. They were daily eating papers, plastic bags and all the garbage from the city dustbins. Once a kind man saw those cows, felt sad and took them to his house. He looked after them well but soon, the cows died one after another. The veterinary doctor examined the cows and found forty five kilograms of plastic inside them.

After reading this, I felt that plastic bags are a true menace to our ecosystems and our waste diversion goals. Barely recyclable, almost all of the 400 plastic bags used per second in the state are discarded. Once discarded, they either enter our landfills or our marine ecosystem. People think of plastic bags as being free. Instead, they actually cost taxpayers millions of rupees every year. Plastic bags that enter our marine environment eventually break down into small fragments. Numerous recent international, national, state and local reports have called for the banning or drastic reduction of plastic bags due to their environmental damage. **Do not use plastic bags.**



## बसंत ऋतु

ज. मनीषा, आठवीं कक्षा

आती - आती बसंत ऋतु

लाती - लाती नव क्रांती

आते नये - नये पत्ते

खिल - खिलते हुए फूल



बसंत ऋतु मे तितली घूमती

तो अच्छा लगता।

फूलो पर मधुमक्खी का मंड्राना

तो अच्छा लगता।

अच्छे फूल भिन्न - भिन्न रंगो मे आते

तो अच्छा लगता।

बसंत ऋतु प्रकृती का

अनुभव कराता है।

खुशियाँ सब में बाँटता है



यह सब अनुभव करना

अच्छा लगता है।

चित्र - बि. रानी

पाँचवी कक्षा

## NAGARJUNA SAGAR

S. B. V. Krishna, IX Class

**O**ur trip to Nagarjuna Sagar dam in the APTDC bus was a successful one. We went to APGENCO (Andhra Pradesh Power Generation Corporation). Of all the eight turbines seen inside, the one which is larger in size is made by BHEL (Bharat Heavy Electronics Limited), India. It has the capacity to generate 15,000 volts of electricity. The other seven turbines are made in Japan and each turbine produces about 11000 volts of electricity. This is converted into 250 voltage electricity and used as a source in nearly two or three districts. Each turbine has a receiver outside which receives the electricity produced by it. Nagarjuna Sagar dam produces electricity and to control it, there are cadmium rods. There are aluminum towers to send the electricity for use.



I am thankful to the teachers who took care of us and the uncle who shared his experience and knowledge with us. After seeing the dam, we went to see Ethipothala water falls. It took 30 minutes for us to reach there. We played and enjoyed nature there. We saw water falls and felt peace.



# SWAMI VIVEKANANDA

Story compiled by K. C. Vasudha, VII Class



Swami Vivekananda's childhood name was Narendranath. He was the first son born in famous Datta family who lived in the Simla section of Calcutta. His father, Sri Vishwanath Datta was a lawyer. He studied many things and was respected by everyone. His wife Bhuvaneshwari Devi was like a queen in appearance as well as behavior. Everyone loved and respected her.



Naren was a naughty child. Sometimes his mother found it very hard to control him but he would quiet down if cold water was poured on his head while chanting the name of Shiva. Naren loved to hear stories of Mahabharata and Ramayana. Most of all he loved to hear the story of Sri Rama. One day he had stayed in a banana grove a long time hoping to see Sri Hanuman for he had heard that it was a favourite place of Hanuman.

Naren was very happy when sadhus visited his house. He sometimes gave away very valuable things. When he was locked up in his room, he gave away his mother's saree out of the window to the sadhus.

Young Naren was very puzzled about the caste system. He used to think, 'why was a member of one caste not allowed to eat with another caste? Why were there different tobacco pipes for different religions?' He thought he would try all the pipes and see if atleast one was different. To his enormous surprise all the pipes were same. When his father asked him, what he was doing, he was surprised to hear him say that he was testing whether the taste of one pipe is different from the other. His father laughed at him and went away.



When he was six years old, Naren began his studies. He was a bright pupil. He was also interested in games. Sometimes he would invent new games. One of his favourite game was King and Court. He also had excellent concentration.

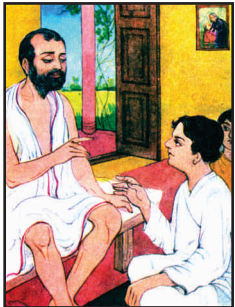


Naren had lot of courage and was very brave. Once when they had to set up a trapeze, a sailor helped them but the trapeze slipped and injured the sailor. Everyone thought that the sailor died and ran away but Naren and two of his friends

stayed back to help him.

When he grew older, he started reading books and did not play so much. He passed F.A. in 1881 and obtained his B.A degree in 1884. Naren also studied music for four years.

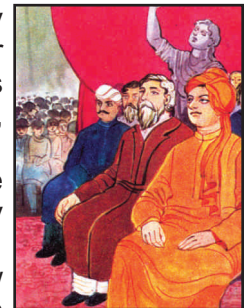
At this time Naren became interested in the problems of religion. He had a question which troubled him a lot. It was, "Is God there or not? Has anyone seen God?" He put this question to many people but never got a straight answer. Naren then went to meet Sri Ramakrishna. Naren felt that Sri Ramakrishna loved him but he felt it difficult to accept his views. He would always argue until he understood it for himself. One day Ramakrishna said, "if you do not accept my views, why do you come to me?" Then Naren said, "I come to you because I love you but that does not mean I will accept your words without thinking for myself." Instead of being angry, Sri Ramakrishna was very happy. After the passing away of Sri Ramakrishna, Naren went to many places to obtain knowledge.



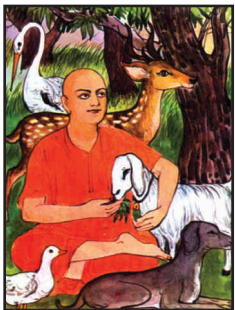
After some years Swami Vivekananda sailed from Bombay on May 31, 1893 to attend the World Parliament of Religions at Chicago, USA. When Swamiji before starting the speech said, "Sisters and brothers of America", everyone were tremendously moved. Though he became famous, he never stopped thinking about the poor people of India. Even though he was given a comfortable room to sleep, he was

not able to sleep on the bed, instead he slept on the floor. When Swamiji came back to India, people rushed near him and the king himself pulled his cart.

Swamiji returned to Belur Math. The condition of his health was not good in those days, but he received many visitors and gave them spiritual guidance. He loved animals. There were many in Belur Math. A baby goat called Matru followed him everywhere.



An interesting thing happened while he was at Belur Math. There was a new Encyclopedia Britannica of 25 huge volumes. Swamiji began reading them. As he had lot of concentration, he had no difficulty finishing ten volumes. As he was reading the eleventh volume, one of the disciples saw the 25 volumes and said, "it would be hard to understand these volumes even if we read our whole life." Swamiji said, "How's that possible? I have read ten volumes and understood every part of it". The disciple then took the 10 volumes and began asking most difficult questions and Swamiji answered them all correctly.



Swamiji spent the last months of his life at Belur Math. He loved people and wanted to help them as much as he could. Though he knew that his end was near, he was cheerful. He even told his disciples about it. He attained Mahasamadhi on July 4, 1902. His life was finished but his work

goes on. His call is, "Arise! Awake and stop not till the goal is reached". His countrymen did hear his call. Men and women began working selflessly for the poor. Many people trace India's independence directly to the great moment that began after Swami Vivekananda.



# TEACHINGS OF SWAMI VIVEKANANDA

## SELF-CONFIDENCE



Illustration  
Uday Kumar, VIII Class

Compiled by K. Shashivardhan Reddy, IX Class

Anyone should not lose faith. You can do anything in this world. If you lose faith in yourself, you cannot do anything. We can do marvelous things in the world and should not be afraid of anything.

Swami Vivekananda says, "Strength is life, weakness is death."

He says, "Three things are necessary to make every man great, every nation great: 1) Conviction of the powers of goodness 2) Absence of jealousy and suspicion 3) Helping all who are trying to be and do good."

"Feel that you are great and you become great. ....we all have the same glorious soul, let us believe in it"



"Never say, 'No', never say 'I cannot', for you are infinite. Even time and space are nothing compared with your nature. You can do anything and everything, you are almighty"

"Whatever you think, that you will be. If you think yourselves weak, weak you will be; if you think yourselves strong, strong you will be."

## JAGADISH CHANDRA BOSE



Jagadish Chandra Bose is considered to be one of the greatest Indian scientists of all time. He was born in Bikrampur, Bengal on 30 November 1858. His father, Bhagawan Chandra Bose, was a Brahmo and leader of the Brahmo Samaj and worked as a

deputy magistrate/ assistant commissioner in various places.

Bose studied in a vernacular school and after passing the entrance exam of the University of Calcutta in 1875 he joined the St. Xavier's College, Calcutta. Later, he earned his bachelor's in 1879. After studying in the Christ's College, Cambridge, Bose came back to India and became a professor of physics in the Presidency College in 1885. There, he lacked proper facilities to do research. Despite these problems, he created his own equipment and did his research. Thus in the Presidency College, he pioneered the investigation of radio and microwave optics, made very significant contributions to plant science, and laid the foundations of experimental science in the Indian subcontinent.

His main contribution in Radio research was to produce millimeter level electromagnetic waves. During a public demonstration Bose ignited gunpowder and rang a bell at a distance using millimetre range wavelength microwaves. Bose wrote in an essay, "The invisible light can easily pass through almost anything. Therefore, messages can be transmitted by means of it without the mediation of wires." This is the principle of radio communication. As the inventor of wireless telecommunication, Bose didn't want to patent his information so that he could get royalty from companies to use it. He wanted the people to be

Contributed by Abhishek Joshi, X Class

benefited by his invention. Such was his greatness.

His major contribution in the field of biophysics was the demonstration of the electrical nature of the conduction of various stimuli (e.g., wounds, chemical agents) in plants.

These claims were later proven experimentally. He also invented the crescograph, a device which helps to observe and note the growth of plants.

He also wrote a little science fiction. He wrote the first Bengali science fiction book called Niruddesh Kahini.

He died on 23 November 1937 in Giridih, Bengal.

Thus, J.C. Bose was one of the most hardworking, determined and brilliant Indian scientists of all time and his character must be an ideal for all of us.

Recently, the Government of India introduced J.C. Bose national fellowships. The fellowship is meant to recognize active scientists and engineers for their outstanding performance and contributions. The Department of Science & Technology administers this scheme.



## SOLUTIONS

Page 8 - Spot the difference - 1) A baby duck is in reverse direction 2) An extra wing on a duckling 3) Closed beak for another duckling 4) Bird in the sky 5) Extra feather on the Duck 6) Duck's eye 7) Sun 8) Lotus 9) Lotus leaf 10) Fish  
Suggested Values - 1) Caring 2) Patience 3) Teamwork 4) Sacrifice 5) Honesty 6) Service 7) Helpful 8) Gratitude 9) Kindness 10) Truthful  
Page 9 - What's the good word? 1) Basant Panchami 2) Fatehgarh 3) Lalaji 4) Sunrise 5) Family 6) New thing, Old belongings 7) Simple 8) Honest 9) Respected, Humility, Loved 10) Babuji 11) God, Hides, Hide, Expose 12) Faults 13) Living, Behaviour 14) Calm

## SRIMAD BHAGAVAD GITA

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।  
ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥

His own self dwelling within all beings,  
and all beings dwelling within his own  
self; so does the man see who has self  
steadied in Yoga, and who looks upon  
everything with an even eye. (6-29)

मत्तः परतरं नान्यत्किञ्चिदस्ति धनञ्जय ।  
मयि सर्वमिदं प्रोतं सूत्रे मणिगणा इव ॥

There exists nothing else other than Me,  
O Dhananjaya. All are dependent upon  
Me even as the multitude of beads on a  
string. (7-7)

It is said that Samarth Ramdas entered a garden of sugar-cane along with his disciples. One of his disciples ate a sugar-cane without asking the owner. The owner came and gave a good slap on Ramdas's cheeks. The cheeks were swollen. Ramdas did not speak a word. He left the garden quietly. He knew this was Gods' will. Sivaji asked Ramdas, "Guru Maharaj, what is this? I see much swelling on thy face. Kindly tell me the cause." Ramdas refused to tell. Sivaji began to insist several times. Ramdas narrated the story to him and asked Sivaji to give some land free to the owner of the sugar-cane garden and not to punish him in any way. Sivaji obeyed the commands of Ramdas. Saint Ramdas we see was not only a man of equal vision (Samadrishti) but a man who treated everybody alike (Samavarti) and considered that everything was of God.

**Moral : For sincere and conscientious seekers God / Master is always Samavarti and Sama-darshi.**

## SCIENCE AND ITS METHOD

**Dr. S. V. Raghvan**

### SCIENTIFIC METHOD

I had introduced the method of science in the previous article and had illustrated it with the life and work of Galileo considered as the forefather of physics. I would like to take up the principal components of scientific investigation in this segment.

Every enquiry is driven and sustained by curiosity and wonder which each one of us has felt as a child. Number of questions arise in our minds while witnessing phenomena and in particular those which occur regularly such as the rising and setting of the sun, the cyclic seasons, the myriad stars in the sky which display intriguing patterns called constellations, the periodic oscillations of a pendulum or the regular ticking of the time piece. The questions uppermost in our minds are why, how, what causes it all, what conditions are necessary for its occurrence/re-occurrence and so on. Most importantly we wish to discover any underlying law which when discovered would help us to predict the nature and other details of the phenomenon so that we may have a control over it ensuring our safety, ability to exploit it in our day to day lives for our benefit.

**The important features of the scientific method are:**

**1) Observation 2)Collection of data through measurement 3)Identifying the independent and dependent variables 4)Determining the factors influencing the phenomenon, the nature and degree of such influence 5) Analysis of the data through graphical/mathematical methods 6) Determining the relationship between the independent and dependent variables through graphical methods 7) Check possibility of**

**deriving simple mathematical equations using plausible assumptions or derive empirical formulae for prediction purposes.**

The process is repeated many times for getting consistent data at different times, by different observers and varying the influencing factors in magnitude or even suppressing some of them. The latter method helps a great deal in isolating the factors which are of critical importance in producing the outcome and others of marginal significance.

This helps in arriving at simplifying the mathematical form of the relationships and also in controlling the influence of the disturbing factors.

The next stage is hypothesis generation which is the generalization process. The investigator looks for analogous phenomena which are characterized by similar behaviour or obey similar laws mathematically. For instance, the oscillatory behaviour of a simple pendulum belongs to the general class of linear harmonic oscillators characterized by a second order ordinary differential equation where the restoring force is proportional to the displacement from equilibrium, the force acting in such a way as to restore the equilibrium. The hypothesis is like an educated guess so to speak which tries to establish a cause effect relationship relevant to the phenomena under some assumptions. This is also called the theory seeking to explain the observed behaviour using systematic mathematical formulation providing the basis for predicting future behaviour under stipulated conditions. Every theory formulated in the field of pure and applied sciences ought to be verifiable through experiments devised for the purpose starting from those employed by the first proposers of such theory.

**Continued on page 16...**

### Continued from previous page

Every theory rests on some fundamental or even axiomatic assumptions which are accepted widely across the scientific community and have not yet been challenged by contradictory observations.

I will provide an example for such central beliefs: every object possesses mass, it has inertia or resistance to motion, time flows absolutely totally independent of every occurrence, likewise space is like a stage in phenomena are played out, it is absolute and unaltered by things which are placed in it. These are the assumptions under which Newton formulated his famous laws which are in fact some intuitional insights he had about the nature of motion. His proposal of the inertial mass as the constant of proportionality in the force- acceleration law was quite accidental but it was eventually supported by experimental observation. It is one of those very fortunate turn of events in physics for Newton to have stumbled upon a set of universal laws without ever doing a single experiment! He did not as per available information follow the detailed method I have described above!

All of us know how Einstein's relativity theory challenged Newton's assumptions making radically different propositions regarding the relative nature of space and time, the coupling between space and time once considered independent absolutes and the constancy of the speed of light independent of the motion of the observer. While it is a great success and absolutely necessary for explaining and predicting the behaviour of objects moving with speeds close to that of light and astronomical phenomena involving huge stellar/galactic masses, it has not displaced Newton's theories which are quite valid for every day phenomena on the earth including the launching of rockets, space travel and the sending of probes to mars.

Another test for any valid theory is that it should be capable of falsification, that is there must be a practical way in which its negation or denial is feasible. For instance supposing one says that there is a god with infinite powers who has created this entire world and is monitoring every aspect of it all the time; such a proposition cannot be falsified by earthly means! Hence the scientist says helplessly it is up to anyone to believe in it or not.. As far as he is concerned, he will say that such things do not belong to the realm of scientific investigation.

I will illustrate the method we are discussing through a simple example. Let us say one wants to discover the law defining the period of a simple pendulum. We may list out the factors which may influence the period such as the length of the string, mass of the bob, the tension in the string, air friction and so on. The quantity desired to be studied is, say, the time period of the oscillation; this becomes the dependent variable and independently variable quantities will be the mass of the bob, length of the string and so on and the object is to study the

relationship between the time period and the other variables. Now the experiments have to be planned so as to determine the same. We need some simple equipment such as the stand with fixing arrangement for the string at one end the other end having the bob, a stop watch to time the period. We may need to ensure that there are no strong wind currents which may disturb the smooth oscillations of the bob which must stay in the same vertical plane containing the suspended bob.

Also the amplitude of the oscillations are to be within reasonable limits; otherwise the swing will not be in the same plane. The experiment is repeated for different length-mass combinations and the collected data is plotted in graph form. Fortunately this is a problem already studied in depth and we have a simple relationship between the time period and the length based upon the theory of simple harmonic motions already referred to. We find that the result does not depend on the mass for reasonably small values of it. It depends only on the length or rather its square root. The mathematical equation holds for some restricting assumptions such as point mass i.e the whole mass concentrated at a point, meaning that the mass should not be like a base ball club (the motion becomes quite complex then and it is a case of the compound pendulum!); there must be sufficient tension in the string, air drag is to be near zero and so on.

We may note that there will be departures in the plotted graph between the length and the time from expected shape; this is due not only due to possible deviations in the actual experimental situation and the proposed controlling assumptions but also due to measurement errors traceable to the observer himself, the measuring instrumentation used such as the measuring scale for length and the stop watch for time measurement, the synchronization between the eye watching the swing going through its cycle and the coordination of the eye with the hand stopping the watch. It will be nice if we can use some electronic transducers which may automatically trigger the clock based upon light signals made to emanate at the terminal points of the swing. However every interface man/machine creates its own errors which need to be quantified for proper explanations for the departure from expectations. Error analysis, determination of contributing factors thereof and arriving at confidence intervals through statistical methods are of crucial importance in modern scientific investigations which are exceedingly intricate and complex such as proving/disproving Einstein's predictions regarding length contraction and time dilation involving subatomic particles at 99.9% of the velocity of light. In a recent experiment the particles were made to execute a round trip of nearly 800km in an underground tunnel the experiment being conducted by CERN at Geneva. **(continues....)**

**More about the interesting investigation on Higgs Boson or the so called God-particle in the April issue of Spandan...**



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

Students of Bodh have drawn drawings and made greeting cards on the occasion of New Year of Lalaji Era. They were taken to the historic



Uday

Golconda Fort for field trip along with Satkama School students. It was a learning ground of practical things like how to behave in new places and how one should be disciplined and co-operate with others. They participated in Republic Day celebrations and

sang songs along with other students.

Students are regularly given homeo medicine free of cost by Dr. K. Madhava garu in our MSRCM hospital.

**Prayer :** Students do prayer daily during opening and closing time of school. They expressed that they find happiness in praying. They are able to sit quietly for some time. Some of the feelings as expressed by them are -

- 1) I feel happy and I want everyone to be happy.
- 2) I feel peaceful when I sit for prayer.
- 3) I feel like doing good things and become a good person. I feel not to beat others and not to use foul language.

One of the students Chi. Umar tells that he feels he should become better and he says during prayer he gets remembrance of all his day acts and feels he should be corrected. He also feels the he can overcome fear of bad dreams by doing prayer at night.

Another student Chi. Uday says that prayer makes him feel happy and peaceful. He feels and says that when we close our eyes and pray, God will be there and so, we should sit quietly.

**Character Development:** Apart from education of reading, writing and learning mathematics, development of right behaviour is one of the goals taken up in education plan for Bodh students.

Parents of Bodh School students felt happy about this additional goal of development of 'right behavior' for their children as they observe their children roam around just like that, don't obey elders, don't spend time for study at home and always want to wander all around.

Currently, after 6 months, the parents of Bodh students, are observing that there are significant changes in their children. They could make out that their children are now staying at home, stopped

fighting with other children, and developed confidence in themselves.

Bodh students are taught stories of Master and moral stories and Vemana Satakam regularly.

**Remedial Education:** Each student in Bodh School is taught separately in all aspects according to their needs. The heaviness of regular curriculum is not imposed on them.

Development of Language skills and basic arithmetic skills are main goals taken up in their Individual Education Plan (IEP). Their positive skills and educational levels are measured through standard tests as well as teacher made check lists based on regular school text books. They are appropriately graded for their language development. Their initial level, middle level and final level are taken up every year. After proper development, the student will be sent to next grade if his age permits, without waiting for them to join into next class in their coming academic year.

Students are given milk and biscuits by Samsthan under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme which helps them to enhance their memory. Trataka has been used regularly to improve attention and concentration. Through activities of Vocational wing, students are taught concepts of maths and science.

After one year of training in their regular reading, writing and mathematical skills and also based on student ability and continuous ongoing assessments of the student, parents will be suggested as to which class the student can be placed in normal school. Also, it will be suggested whether the student should continue in Bodh for some more time or not.

*Students with frequent failures in one or more subjects in normal schools because of learning difficulties in reading, writing and mathematics are taught one on one in Bodh. Students who lag behind their peers due to health problems, specific physical disability, learning difficulty, etc are considered for the admission in Bodh. Parents who would like to take help for their children in identifying problem / cause of their slow learning and also for remediation can contact Bodh School.*



Jahangir



Umar

**Education may be thought of, from one of point of view as the process of attaining basic skills such as those involved in reading, writing, speaking and computation. It may be thought of as acquiring knowledge of geography, history, science and other subjects. It may be conceived more generally as 'learning to think'. However there is more to education than all these, if individual development is the meaning we give for it. Thus 'education' is a multidimensional in nature. Not only the intellectual aspect of development and social and emotional adjustment is the task of education but more than all this essentially making a person 'human' is the real task of education. Human perfection lies in 'man' becoming 'real man' according to the Great Master of the day Sri Ramchandraji Maharaj of Shahjahanpur, U.P. India. - Pujya Sri K.C.Narayana**

## SSS VOCATIONAL WING NEWS

Through activities of vocational wing, students of Satkama High school are given an opportunity to learn Tailoring, Gardening and Biscuit making. These are basically practical courses through which one gains skill and experience. In addition to developing individual skills, SUPW aims to help develop among the students the habit to work as a community, encourage community thinking, co-operation, sharing, helping each other.



Children from class 6th to 10th participated and learnt with great enthusiasm. "I felt very happy making biscuits" said N. Venu Gopal of VIII and while learning to make biscuits he also learnt team work and co-operation. Children have learnt how to mix dough, fill mould tray with dough, baking

and packing. The sweet smell of biscuits while baking makes Uday of VIII class happy.

Growing plants and working with soil create a positive influence in children. With this in mind gardening was started at Satkama. Children learnt to plant seeds and raise seedlings, dig up soil, transplant seedlings, build support structure for climbers, watering plants and identification of pests.

According to K. Shashi of IX class "Nature is the Gift of God". He has learnt that different types of plants and trees are to be grown in different ways. Sameera of VIII class can explain how to make compost or amirith mitti with cow dung and dried leaves. Children were also made to understand how some plants do not grow as expected due to some problems. Both



Children love to water plants and to take care of them. Due to excess rain during monsoons leafy vegetables like palak and gongura did not grow well. Tailoring is being taught by Mrs. Rama Devi, who is a Setwin Certified tailoring teacher. Children have learnt from basic threading of needle to stitching their own dress. They learnt many basic and decorative

stitches, drafting of a pant and stitching the same to fit. Ramya Sree of class IX and Harika of class VIII feel that by learning stitching they can mend their torn clothes or stitch lost buttons/hooks to their dress and help their mother.



These activities helped children understand their working environment, increase use of their creative side, help promote specialized motor skills for threading a needle, stitching intricate designs, building support structure for plants which included digging and tying rope knots, to neatly arrange biscuits in the packing.

### WHEAT GRASS

In the third class of SUPW we were taught how to grow wheat grass. Basically for growing wheat grass we need sprouted wheat grains, a plastic tray and cocopeat which is like soil for the grass to grow. The cocopeat absorbs the water. Later we spread wheat sprouts (by soaking the seeds over night and later keeping them in cloth for a day) in the tray and sprinkled water. The cocopeat absorbs the water and became moist. Later we spread sprouted wheat grains. This whole tray is cultivated under shade with right amount of exposure to sunlight. We used no artificial pesticides or manure. After that we sprinkled a little more water. Every day we checked the trays to see any growth of the grass. The second day after sowing seeds, they started growing into thin blades of grass. After two days the grass grew about 2 inches. When the grass reached about the height of 7 inches, we cut it. This grass is preferred by many people because it is a good dietary nutritive supplement and in digestive system problems like constipation, indigestion, flatulence, bloating, acidity, worms, ulcers in stomach etc. wheat grass therapy is very effective.

G. Srikrishna, X Class

## LIVE TOGETHER

Pujya Sri K. C. Narayana

- Excerpt from Liberal Exposition of PAM (Way of Living)

There is a community called Mundagmar in south New Zealand, one more is called Arabish. The Arabish fellows live in plains, the Mundagmar fellows live in mountains. The Arabish fellows in the classroom who were given an exercise of mathematics, now whoever had completed were asked to lift their hand, somebody did very fast and then lifted his hand, in Mundagmar community they refused. This fellow has completed his exercise but he did not lift his hand, when asked why, he said let everybody pass then I will lift, when asked why, he said because we have to live together in the forest, you can fight in the plains we cannot fight in the forest. If you fight in the forest amongst yourself you will definitely be killed by some animal, in the plains we can afford to fight. So the beginnings of this type of competition comes only when you are affluent and when certain other values take over.

**Moral : Competition is the beginning of all trouble. All of us are made by God and according to his design. The rose is as beautiful if not more than a lotus, let us not go on comparing them and then contrast and fight.**





## SOYA BEAN

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

**S**oya powder is one of the ingredients in **Sahaj Sakthi powder**, **Sahaj Sakthi biscuits** and **Sahaj Sakthi Ready Mix**. Regular intake of Sahaj Sakthi products keeps us healthy and away from diseases and is suitable for all age groups. Other ingredients in them are Sankhapushpi, Ginger and Brahmi. Sahaj Sakthi milk and biscuits are regularly given to the students and staff of Satkama and Bodh under Pujya Dr. K. C. Varadachari Nutritive Supplement scheme.

**Names** : Sanskrit - Raja Shimbi, Botanical - Glycine Max, Hindi - Soya fali, Tamil - Soya, Telugu - Soya Chikkullu

**Useful Facts** : Soya seed is the useful part of the plant. Soya Bean is a rich source of proteins. It also contains number of beneficial constituents such as Vitamin A, Thiamin, Niacin, Vitamin C, Calcium, Iron, Phosphorus, Potassium and Fats. Soya Bean also contains significant amount of Phytic acid, Alpha Linolenic acid, Isoflavons, Genistein etc.

**Health Benefits** : Regular intake of Soya reduces Vata and Pitta related disorders. It also increases Kapha. Soya contains Proteins and all Aminoacids. Soya based diets reduces Hypercholesterolemia – (serum level of cholesterol, LDL, triglycerides). Soya Beans are highly nutritious and very effective in the treatment of Malnutrition. Intake of regular Soya reduces urinary sugar levels and is observed the reduced risk of Type II Diabetes. Isoflavones in Soya have been found to improve systematic arterial complaints and is also helpful in Pre-menopause and post-menopausal stages in women. Soya may reduce hot flashes in menopausal women. It is good for brain and nerves because of high phosphorous content. Soya contains Isoflavones that prevents breast cancer, colon cancer. It possesses anti-carcinogenic properties. It reduces osteoporosis. It prevents gall stones in liver. It reduces skin and eye disorders and very useful in obesity and cardio vascular diseases. Soya contains Omega – 3 fatty acids that is essential for good body functions.

*Daily intake of 1 tsp of Sahaj Sakthi Powder containing Soya, Sankhapushpi and Brahmi in 100ml of Milk and 2 Sahaj Sakthi biscuits per day improves memory and vitality of brain in children. Apart from that it improves immunity against infections.*

*Daily intake of 1 tsp Sahaj Sakthi Powder containing Soya, Sankhapushpi and Brahmi in 100ml of milk at bedtime is good for sound sleep and reduces sleep disorders.*

## MSRSM HOSPITAL NEWS

### GENERIC MEDICINES

- G. Sriram, II year B. Pharmacy

Every medicine prescribed by the doctor has two names, brand name and generic name. Brand name is given by the respective pharmaceutical company as identification to their product. Whereas generic name, is the name of the active ingredient or drug present in the particular medicine. A single generic name has many brand names given by the respective manufacturer with different costs. Most of the times, we purchase medicines by their brand name which may be of higher price than the same medicine in other company. So if we know the generic name of a particular medicine, we can buy the medicine at a much cheaper rate in other company. For eg., ROSEDAY F is a brand name which consists of ROSUVASTATIN and FENOFIBRATE as the active ingredients (generic names) costing around Rs. 110/- whereas, LIPIKIND F is also a brand name which constitutes the same drugs but available at Rs. 38/- only. If we find out the generic names from the physician or doctor and if he suggests the same medicine from other brand which is available at cheaper rate we can almost save 60-70% of the money we spend on medicines.

This is a website which provides information about all the medicines in the market including their brand name, generic name, cost per strip and cost per tablet or syrup etc. Take a look at the website given below, compare your medicines and buy them at cheaper rate after consulting your physician.

WEBSITE: [www.medguideindia.com](http://www.medguideindia.com)

**I**t is our endeavour to serve the needy as a fraternal duty and in that small effort of ours, a patient, in appreciation, has remarked as under. We are extremely grateful for these kind words and gesture of encouragement.

*I have observed the sincere and dedicated hardwork put in by you, your colleagues and every member of your staff to serve with a smile the health needs of thousands of people. I admire and greatly appreciate your work.*

*Gandhiji is a symbol of service to millions. On his birthday, I am sending you snacks as a small gesture of appreciation and gratitude.*

*Kindly accept and arrange to distribute to all, including to your good self. Kindly keep my identity confidential.*

*Yours Sincerely*

*A Happy Patient*

*Pack contains 30 packs of laddu and 30 packs of mixture.*

### HOME REMEDIES FOR COUGH AND COLD

- Dr. G. Vijay Kumar

\* In 50ml water add 5gm Dhaniya powder, 3gm Sonthi powder(Dry ginger) and ½ tea spoon Haldi powder. Boil it to 20 ml kashayam and take it twice a day.

\* Take 5 - 10ml Tulasi leaves (swarasam) liquid with honey twice a day.

\* Take 2-3 gm sonti powder with jaggery twice a day

\* Take 3 gms of Trikatu churnam (pippali, miriyalu, sonti) with lukewarm water twice a day for cold.



# ADMISSION NOTICE

## SATKĀMA HIGH SCHOOL

**SATKĀMA High School, sponsored by Sahaj Seva Samsthan** is a regular school giving quality education to students by the Grace of Eternal Master Pujya SriRamchandraj Maharaj. The school is approved by Govt. of A.P. for classes from I to X (SSC Board). The school has full-fledged teaching staff, library and computer lab and science lab. The school emphasizes not just the intellectual, social and emotional development but also the spiritual development of the child through the virtues of gratitude, hope, satisfaction, friendship, sharing, service, non-violence, non-jealousy, non-envy, controlling the desires and urges etc. The school encourages creativity in children through drawings, poems, arts and dramatic activities. The school's curriculum includes vocational activities, field trips and group learning. The school strictly maintains a teacher student ratio of 1:15 for quality attention. The school has produced excellent SSC results in the 5 batches that have passed till date. **Enquiries for Admissions into classes I to X subject to availability will be taken from February 18<sup>th</sup>. Please contact office.**

### BODH

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

**Bodh - a special school** looks after the requirements of children with Special Educational Needs who are unable to study in normal schools, who are repeated failures in normal schools, and who are school drop-outs. One of the main objectives of Bodh School is to make the child realise that he/she carries the Divine Master in the heart and is loveable and useful in the society for that reason. School prepares them to appear for the examinations conducted by District Board/ National Institute of Open Schooling (NIOS). With the help of different educational assessments and also with the guidance of qualified doctors and psychologists, school identifies the problems of the children. School helps children in improving their reading, writing, mathematical skills and also in improving their behavior. School takes up each student as a separate case and helps in overall development of child keeping teacher pupil ratio at 1:5 to give individual attention. For admission please contact personally.

## 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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