



SPANDAN

SATKĀMA & BODH

Sahaj Seva Samsthan Educational Newsletter

VOLUME 3

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ISSUE 2

Our present moral and religious degradation is due mostly to our environment and to our wrong training. Proper moulding of mind is altogether neglected in all phases of education and training. Every possible effort is made to provide for worldly training of the right type in order to enable a man to secure a decent and comfortable living, but the proper training required for the realisation of Self is totally neglected - Pujya Sri Ramchandraji Maharaj

MESSAGE FROM SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President

This year on April 30th we are celebrating the Birthday celebrations of our Beloved Master Pujya Sri Ramchandraji Maharaj whose influence in the lives of all who came in contact with Him is unforgettable and who are ever grateful to Him for showing us the way to lead a balanced life. The method of pranahuti which He has perfected has enabled so many of us to discover the presence of loving Divine Master as our friend who never leaves or forsakes us.

The School Satkama was started with the idea of Divine Resource Development in our children. After going through the portals of Satkama the students will feel, the reassuring presence of the Divine Master in their hearts whose fragrance they will feel in their lives and also enrich the lives of whoever they come in contact. On this auspicious occasion I pray to the Great Master for the success of this Divine Resource Development.

GUEST EDITORIAL

Dr. K. V. Dakshinamurthy,

*Former Professor and Head of Department of Nephrology,
Nizam's Institute of Medical Sciences, Hyderabad.*

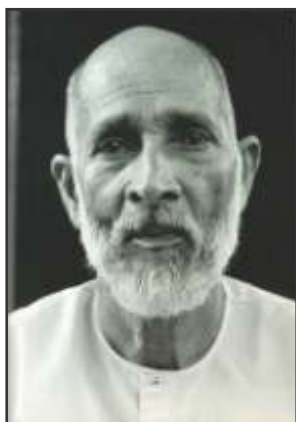
Consultant Nephrologist,

Mahatma Sri Ramchandra Centenary Memorial Hospital

We are seeing unrest and strife everywhere in the world. This is because man has forgotten that we are all from the same origin, One God. The 6th Commandment "Know all people as thy brethren and treat them as such" given by our beloved Master Sri Ramchandraji of Shahjahanpur (UP) is very apt in today's world. Brotherhood means participating in common good. But in today's world possessiveness and desire are controlling our minds and behaviour, and brotherhood is forgotten. This leads to conflicts and crimes. Treating everyone as brother or sister leads to peace in one's own heart and all around as well.

Good and evil are the two sides of the same coin. The two currents, good and evil, originated from the same origin. When you invert them, they go back and merge in the same origin. While the evil current leads to sensuality, the good current leads to remembrance of the God. When man is engaged in God's remembrance, the good current gets inverted and goes back to its origin and the same begins to effect the evil current. Thereby the sensuality gets influenced and loses its intensity and attraction. The 9 PM Prayer where in all abhyasis meditate thinking that "all the men and women in this world are one's brethren and true love, devotion and faith for the Master is developing in all" helps in the transformation of the humankind towards common good and Divinization.

Story of Puja Babuji Maharaj



The country Bharat (India) is a blessed land. It is the land where the great sages are born. This is land of peace, tolerance and harmony. Our Country came under the influence of many invaders from the West who were Muslims and Christians who were European in origin and had to suffer very much. The Europeans used cunning, deceit and came with the purpose of looting and plundering our countrymen who were brought up in an atmosphere where guests were treated as Gods.



Fortune of our country took a turn for the better and our Motherland was blessed with personalities like Swami Vivekananda and Puja Sri Ramchandraji of Fatehgarh. Swami Vivekananda by his stupendous work restored the feeling of pride and self-confidence in the Indian masses and the world started looking towards India with more respect for its Spiritual Knowledge.

On 2nd February, 1873 on the auspicious Basant Panchami, Puja Sri Ramchandraji of Fatehgarh, the Samarth Guru was born. He revolutionalized Spiritual training using the technique of Pranahuti. Puja Sri Lalaji Maharaj of Fatehgarh was also the Guru of Puja Sri Ramchandraji Maharaj of Shahjahanpur.



Puja Sri Ramchandraji was born to Sri Rai Bahadur Badri Prasad and Smt Yashoda Kunwar on 30th April, 1899. He was affectionately known as Puja Babuji Maharaj. His Viveka was well developed since childhood. He could understand what is right and what is wrong. Puja Sri Ramchandraji wanted to reach God. He asked a priest and practiced Rama Nama Japa for many days but could not feel any change in his thoughts. He thought



there must be some other way of reaching God.

Puja Sri Ramchandraji was poor in maths. Once in order to avoid punishment for not doing maths home work he put his finger in a wasp hive. He understood that he should always tell the truth rather than telling lies or trying to get away by doing something. He was so simple and innocent. Puja Sri Ramchandraji was very honest. Once in school he found a rupee coin (which was a big amount those days). He handed over the same to the Head Master who praised him and suggested others to emulate him.

Puja Sri Ramchandraji was very sensitive. Even though other people behaved wrongly with him he never caused inconvenience or unhappiness to them. One day when his uncle refused to teach him unless he does personal service like pressing his feet and cleaning utensils etc., as was customary those days, he still did not get angry.



As days rolled on in his school, his craving to experience God increased. He started thinking, 'My desire for knowledge is not getting satisfied. Deep thinking and reading is unable to satisfy me. Only God can help by showing me a Guru, who can quench my thirst for knowledge. I do not know how long I have to remain in this ignorance.' As he was growing up he developed love for literature, English, Urdu and Persian. Geography was his hobby and he read volumes on that subject. After passing Metric and SSLC exam he joined services in the Judge court at Shajahanpur on 12 Jan 1925.

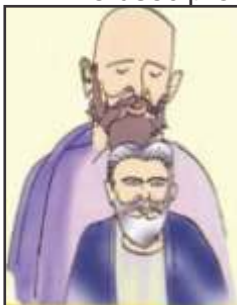
At the age of 19 years he got married to Smt. Bhagavathi. He was an ideal grihastha - one who leads a family life. After marriage he reached the feet of his Guru on 3rd June 1922. The bond between Disciple and Master got strengthened with each passing day and he became the apple of the eye of the Divine Master Puja Sri Ramchandraji of Fatehgarh. The Samarth Guru Puja Sri Ramchandraji of Fatehgarh moulded Puja Sri Ramchandraji of Shahjahanpur to a state of near total



spiritual perfection unprecedented in the spiritual history of mankind. Even as he progressed rapidly in his spiritual life, he was facing difficulties in his office life. Tiwari and Panditji were two clerks of the same caste working in his office. Puja Sri Ramchandraji did not belong to the same caste of the other clerks. He was teased by the other clerks when they were asked for help in office work. Unable to bear the teasing he decided to resign from services. With encouragement of the Muncif, he continued service and with hard work learned to do his job nicely. Puja Sri Ramchandraji did not change his behavior towards Panditji and was always respectful towards him.

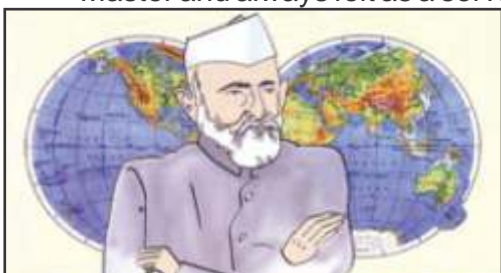
Story of Pujya Babuji Maharaj

When Panditji died, Pujya SriRamchandrajaji supported his son. That was his divine nature. He was very honest and always used to give more importance to justice than self-advantage. He was known to have refused promotion when offered by his senior saying that the other clerk was senior to him.

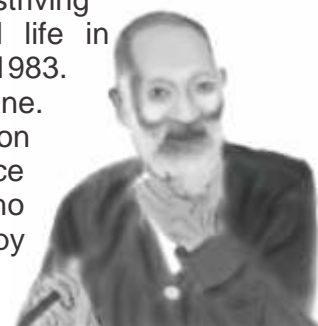
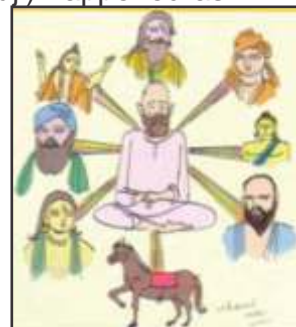


His spiritual life was a saga of unparalleled success. He experienced spiritual conditions, which many saints only dream of. He was in regular touch with his Guru and used to send his spiritual diary to him regularly. Pujya Sri Lalaji Maharaj transmitted his total spiritual condition in two spells, which resulted in Pujya Sri Ramchandrajaji feeling his heart overflow with his Guru's presence. Usually only disciples merge in their Guru. In this case - the rarest events in the Spiritual history - the Guru(Lalaji) merging in disciple(Babuji) happened as never before earlier.

In the beginning of 1945 his spiritual development reached a state of a perfect vacuum. Vacuum cannot exist. Therefore Nature filled him with all the powers that are there. All Saints of different traditions and prophets of different religions merged in him. Thus the Special Personality was born. The role of the Special Personality is to overhaul the entire Nature and bring order. He can direct, co-ordinate, monitor and order all the powers of Nature. Pujya Babuji Maharaj in spite of his status of Special Personality was a personification of simplicity and humility. He never forgot his Master and always felt as a servant.



Pujya Sri Babuji Maharaj spent his entire life striving restlessly to better the quality of spiritual life in humanity. He left his mortal coil on 19th April 1983. He still guides humanity from the Astral plane. Because of his efforts a new world order based on co-operation, compassion, service and sacrifice is emerging. He continues to help all those who follow his method of Rajayoga to lead a happy and contented life.



Love Him who loves all - Pujya Sri Ramchandrajaji Maharaj

Illustration By
Deeksha Raina, Class VIII,
Hopkins Middle school, CA, USA

Srimad Bhagavad Gita

मन्मना भव मद्भक्तो मद्याजी मां नमस्कुरु ।

मामेवैष्यसि सत्यं ते प्रतिजाने प्रियोऽसि मे ॥

Know that you are dear to Me. Infix your mind in Me, be devoted to Me, offer service unto Me, render homage unto Me: You assuredly will come right to Me. (18-65)

सर्वधर्मान्परित्यज्य मामेकं शरणं व्रज ।

अहं त्वा सर्वपापेभ्यो मोक्षयिष्यामि मा शुचः ॥

Relinquish all duties, surrender to Me alone: I shall release you from all sins whatsoever. (18-66)

In the epic Ramayana, Lord Rama promised Queen Kaikeyi to spend fourteen years of exile in the forest. He was accompanied by his wife Sita and brother Lakshmana into the forest. In Ayodhya, King Dasaratha unable to bear the separation of Rama died uttering his name. After he died, Rama's brother Bharatha was called back from his uncle's place. Bharatha shocked and pained by the events, thought to bring back his brother Rama from the forest and make him the king as per his father's wish. All the ministers, the sages and the people of Ayodhya also joined Bharatha. In the forest, Rama lovingly hugged Bharatha and asked him if all was well. Bharatha told his brother about their father's death. Rama in deep pain went to river Mandakini and offered prayers to his father. Later in the forest, everyone gathered around Rama's hut. They pleaded Rama to return to Ayodhya and rule the kingdom. Rama gravely replied that he would come back if Bharatha asked him to do so. Bharatha calmly replied that he can only follow and not command the Lord.

Pujya Babuji Maharaj quotes this incident as below:

"When we surrender ourselves to the great Master we begin to attract a constant flow of the highest Divine force from Him. In this state a man thinks or does only that which is his Master's will. He feels nothing in the world to be his belonging but everything as a sacred trust from the Master and he does everything, thinking it to be his Master's bidding. His will becomes completely subservient to the will of the Master. A beautiful example of surrender is presented to us by Bharata, the son of Dasharatha, when he went to the forest along with the people of Ayodhya to induce his brother Rama to return. In reply to the entreaties of the people Rama gravely replied that he would be quite willing to return to the capital provided Bharata asked him to do so. All eyes were turned towards Bharata, who was himself there to induce him to return. But he calmly replied, "It is not for me to command but only to follow." (Reference : Basic Writings of Sri Ramchandra - Pages 258 - 259)

ప్రార్థన - అనుభవము



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

21.2.13 – Before meditation my thoughts disturbed me a lot. After meditation I felt calm.

2.3.13 – I felt fresh after meditation.

1.4.13 - I was sad before meditation. I felt happy after meditation.

18.2.13 – Before mediation I was tensed. After meditation I felt peace and calm.

26.3.13 – While I was meditating I felt somewhat disturbed but I kept still. Later I felt calm and peace.

2.4.13 - I felt confident in myself and peaceful.

Illustration

Md. Hakeem, V Class

K. Sashi Vardhan Reddy, IX Class

D. Rajitha, IX Class

2.3.13 – After meditation my mind became refresh.

1.4.13 – Before meditation I was disturbed. After meditation I was at peace.

4.4.13 – Today I felt very happy and peaceful.

J. Poojitha, IX Class

11.3.13 – Today I am very tensed because of exams. After meditation I felt fresh and remembered what I have read.

14.3.13 – Today I felt calm and peace.

16.3.13 - Today I felt calm and peace and my mind was relaxed.

P. Ramya Sri Sal, IX Class

Satkama School

Principal's Message

Sri Vidyadhar Joshi

I feel happy to share a few thoughts with our dear children in this issue of Spandan. This issue has a short story on the life of our Beloved Master, Pujya Sri Ramchandraj Maharaj whom we also know lovingly as Babuji Maharaj. It shows many virtues of His personality, which are worth following. We see from this short story how He displayed in His life, honesty, craving for God, sincerity, hard working attitude, Love for others and above all forgiveness. Someone has famously remarked that to commit mistakes is human, but to forgive is Divine. Indeed it was the Divine nature of Pujya Babuji Maharaj that he not only forgave the clerk, Panditji, who used to tease him in office, but also did good to him by supporting his son after the death of Panditji. There are so many times that we are hurt by others. We feel so bad that we do not even think of forgiving or letting go, let alone doing good to those who hurt us. At such times if we remember the above life incident of Pujya Babuji Maharaj, it will motivate us to improve our behaviour and to move towards becoming a more loving and forgiving person. For that to happen, such anecdotes of Master must be etched in our hearts and hence the need to sincerely read it again and again. I hope we all become better human beings by following our Beloved Master.

Dr. M. S. Swaminathan

If you travel by land from any Asian city, it doesn't take long to hit a timeless landscape carpeted with fields of rice, wheat, millet or maize. Beneath the soil of those seemingly unaltered scenes is a high-tech invention that changed not only Asia but the world. The seeds planted today by farmers are nothing like those used by their ancestors. If they were, the entire continent would either be starving or enslaved to the outside world for food or financing. That turn of history, one of the truly astonishing transformations of the century, is now known as the Green Revolution. It relied heavily on the work of a Indian geneticist named Monkombu Sambasivan Swaminathan.

Dr. M. S. Swaminathan was born 7 August 1925. He is known as the "Father of the Green Revolution in India", for his leadership and success in introducing and further developing high-yielding varieties of wheat in India.

There is no such word as impossible, Dr. M. S. Swaminathan's father used to say; it exists within the mind of the person who has decided it to be the case. This is the philosophy that has governed Dr. Swaminathan's life. Though a promising academic career awaited him in the U.S.A., Dr. Swaminathan resisted the temptation. He had studied genetics for a reason--to help the poor, to make it possible for India to produce enough grain to feed its people. In the 1960s, working with farmers under the hot sun, he developed new varieties of wheat and rice that produced tremendous yields. His research is believed to have saved at least 70 million people from starvation in India alone. The multitudes of Asia were saved from hunger by his work, in what is now known as the Green Revolution. Professor Swaminathan has been acclaimed by the TIME magazine as one of the twenty most influential Asians of the 20th century and one of the only three from India, the other two being Mahatma Gandhi and Rabindranath Tagore.



J. Poorna Chander,
VII Class



Our Pages



B. Jahnvi, V Class

Devotion to God

Illustration By K. Uday Kumar, VIII Class

Devotion means sincere commitment to a goal. Devotion is something which is like fire of aspiration.

There was a boy named Krishna who was scared about everything. Spiders, heights, insects, buildings, everything! His friends tried to comfort him. But nothing changed. One day, they went to a sage. The sage asked, "What happened, young one"? The boy explained that he was scared of everything. The sage said, 'I will recite a prayer for you. You memorize this prayer and say it day and night. Here is the 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."**



Krishna memorized and said this prayer day and night. He prayed before doing meditation. Each day, he lost some of his fear. The last day all his fear went away. He said, "Thank you O' God!"

Moral: God will help us in some way. With devotion to God you can overcome fear.



K. శ్రావణి,

ఐదవ తరగతి

సహాయకులు

ఒక విద్యార్థి గురువు అయితే, ఆ గురువు చిన్న పిల్లలకు చదువు చెప్తాడు. ఒక మనిషి వైద్యుడు అయితే, అతను అనారోగ్యులకు వైద్యం చేస్తాడు. ఒక మంచి మనసుగల వ్యక్తి ధనవంతుడు అయితే, అతను పేదవాళ్ళకు సహాయం చేస్తాడు.

ప్రతి మనిషికి తన జీవితంలో ఎంతో కొంత సహాయం కావాలి. ఆ సహాయం అందించే వాళ్ళు సహాయకులు.



Akash and the Pen

Once in a village there lived a boy named Akash. His tenth standard exams were starting on Monday. Akash studied very hard and knew that he would get good marks. On the exam day, he sat on the chair and waited for the teacher to distribute the papers. After she gave the question paper, he started writing. One hour passed. Two hours passed. Just as Akash was about to finish the last question, his pen ran out of ink. He looked into his box for extra pens. There weren't any! He had forgotten to pack extra pens! His friend noticed Akash's face of terror and realized that Akash's pen was not working. He remembered keeping an extra pen and gave it to Akash. Akash was shocked. "How did he know?" Akash suddenly felt the feeling of gratitude. He thought, "He gave his pen just for me. I am so thankful to God for you being my best friend". Akash finished the exam and gave the papers to his teacher. After few days, the newspaper printed that Akash got first in overall rank. Akash immediately went to his friend's house and said, "Without you, I couldn't have gotten first rank." He hugged his friend.

B. Jagruti

V Class



Illustration By
S. Bala Krishna, IX Class

Be Thankful

Once there lived two boys named Somu and Ramu. One day when they were going home, Ramu fell down and got hurt. He was crying. His leg was bleeding. Then Somu opened his water bottle and washed the wound. He covered the wound with his handkerchief. Ramu felt better and they soon reached home. Ramu told his mother what had happened. His mother felt very happy. Once when Somu got fever, their parents were not at home. Then Ramu told his mother about it. Ramu's mother brought some medicines and called Somu's parents. Somu's parents came home and took him to the hospital.

Moral : Be thankful towards somebody for something received.



Illustration By
Y. DayaSagar, VI Class

ACTIVITY CENTER

What's the Value?

Find the value expressed in the sentence and choose the value words given below.

B. Jagruti, V Class

You are walking on the road and you see a huge pond. A small girl is trying to cross but the pond is wide and deep for her. You hold the hand of the little girl and cross the pond.



Helpful Sharing Friendship

B. Jahnvi, V Class

One day, you were walking on the road. One blind old lady was crossing the road. You help her cross the road.



Harmony Helpful Sacrifice

M. Anjani, III Class

One day it was raining. I did not get my umbrella. My friend had an umbrella and we went together.



Devotion, Sharing, Service



In our school there was annual day. We all friends maintained silence during the program.

Discipline Patience Love

Y. Kirti, III Class

Indu and Bindu were studying in same class. One day Bindu shared some sweets with Indu. Next day Indu shared grapes with Bindu. Indu and Bindu help each other. Their parents were very happy to see them like that.



Harmony Gratitude Friendship



Y. Kirti, III Class

We should always pray to God. Prahlad faced many difficulties but never stopped praying to Lord Vishnu. Like Prahlad we should believe in God.

Devotion Friendship Manners

Solution : Helpful, Friendship, Devotion, Sharing, Discipline, Friendship, Devotion

Creative Arts

Ice cream sticks Pen Stand



Materials required:

Sticks 1 cm width, Acrylic paints and brushes, Glitter, Fevicol, Rectangular shape cardboard box (3 inches wide by

4 inches length)



Steps:

- Paint each ice cream stick with the color combination of your choice.
- Apply fevicol to the cardboard box on one side.



● Stick the painted sticks to the cardboard box, aligning the sticks to the bottom of the box (see picture).

● After the fevicol dries, draw a design on the sticks and fill with glitter.

● Now your pen stand is ready to use or gift anyone.



Plastic spoon Lotus flower

Please have an adult with you at all times while working on this craft



Materials Required:

12 small plastic spoons and 1 big spoon, Acrylic paints and Brushes, glitter, Candle and match box

Steps:

- Light the candle and place the spoon over the candle (to melt the plastic). (Do not place the spoon over the candle for a long time.)
- Break the handle where the spoon joins the handle.
- Break all the spoons one by one except the large spoon.



● Next attach the six spoons as shown in the picture.

● The remaining 6 spoons need to be attached below the first 6 spoons to make a flower.



● Now bend the big spoon placing it over the candle as it melts slightly, which will be the leaf.

● Paint them with your choice of colors and glitter.



● Paint them with your choice of colors and glitter.



The above two craft items were done by students and displayed in the Arts and Crafts fair.

ACTIVITY CENTER

What's the good word?

Compiled By
K. C. Vasudha, VII Class

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

✦ Our country India is the land of **P** **E** **T** **R** **E**
and **H** **Y**

✦ Pujya Sri Ramchandraji Maharaj was affectionately known as **B** **I**

✦ He was born in this city in the State of U.P. **S** **H** **A** **R**

✦ His Viveka (wisdom) was well developed since childhood. He could understand what is **R** **T** and what is **W** **G**

✦ He was **S** **P** **E** and **I** **C** **T**

✦ Pujya Sri Ramchandraji Maharaj was very **H** **T**. Once in school he found a rupee coin but returned the same to the Head Master.

✦ Pujya Sri Ramchandraji Maharaj was very **S** **I** **E**. Even though other people behaved wrongly with him, he never caused inconvenience or unhappiness to them.

✦ As the days rolled on in his school, his craving to experience **G** **D** increased.

✦ He was an ideal **G** **A** **A** - one who leads a family life.

✦ Though he was teased in the office, Pujya Sri Ramchandraji did not change his **B** **V** **R** towards Panditji and was always **R** **P** **T** **L** towards him.

✦ When Panditji died, Pujya Sri Ramchandraji **S** **P** **R** **D** his son. That was his **D** **E** nature.

✦ He always used to give more importance to **J** **T** **E** than self-advantage.

✦ Pujya Babuji Maharaj inspite of his status of Special Personality, was a personification of **S** **P** **C** **Y** and **H** **M** **L** **Y**

SOLUTION : 1) Peace, Tolerance, Harmony 2) Babuji 3) Shahjahanpur 4) Right, Wrong 5) Simple, Innocent 6) Honest 7) Sensitive 8) God 9) Grihastha 10) Behaviour, Respectful 11) Supported, Divine 12) Justice 14) Simplicity, Humility

SCHOOL EVENTS

Sloka Recitation Contest

Students from I to IX class participated in Srimad Bhagvad Gita Sloka Recitation contest held in the school on Feb 2nd & 4th. The 50 participants were invited to the Basant Panchami celebrations of ISRC held on Feb 15th for prize distribution. They enthralled the august gathering with their recitation of all the slokas from the book "Srimad Bhagavad Gita in the light of Natural Path".

Respected Smt. K. C. Santha garu awarded the prizes. Prizes were awarded in 3 categories in the name of Pujya Dr. K. C. Varadachari. Cash awards were given to all participants by Pujya Sri K. C. Narayana garu as an appreciation for their recitation.



Sports Day

School conducted annual sports events on Feb 21st. Students enthusiastically participated in different events. Running race, Rope Pulling, Kho-kho, Lemon and spoon were held for primary classes. Running race, Volley ball, Throw ball and Kho-kho were the events held for higher classes.



Satakam Recitation



Students from I to V participated in Vemana & Sumati Satakam recitation contest held on Feb 22nd. Certificates for the winners were awarded on School Annual Day on Feb 23rd.

Science Day



Students of VI to X class marked National Science Day on Feb. 28th. This is the day Sir C.V Raman was awarded Nobel Prize for his discovery of 'Raman effect'. Students explained scientific concepts to other students through models, charts and presentations. Some of the concepts presented were Working of Radio Broadcasting & Reception, Alternate sources of energy, Bio-diversity, protection of life species & ecological balance of nature.



Annual Day

School celebrated its Annual Day on Feb 23rd. Students presented skits and songs. The skit on Prahlada was very well done by students and appreciated by all parents and guests.

Sri K.C. Srihari presided over the function and awarded sports medals and other certificates. Student-made arts & crafts were also put on display and sale.



Farewell

Students of class IX bid 'Adieu' to X class. They gave a farewell speech, performed skits and conducted games for them. X class students were given handicraft items such as pouch, pencil stand, wall hangings, lamps, etc made by IX class students as gifts.

School Visit

Dr. Rameswar Rao Jupally, Chairman, My Home Group visited the school along with Dr. K. Madhava, President, Sahaj Seva Samsthan. He liked the Samsthan activities and extended an invitation to the school students to visit his factory units on an educational tour.



Field trip to Shilparamam: Students of I & II classes were taken to Shiparamam for a visit to village arts and crafts fair which they thoroughly enjoyed.



Stock Net Flowers

Knitted Flowers



Hand made bags

Decorative boxes



Greeting Cards

Fluffy toys

Pots



हस्तकलाएँ

एन. लीलावती

सत्कामा स्कूल में हम, बच्चों की, हस्तकलाओं में, सृजनात्मक अभिव्यक्ति तथा उनकी भावनाओं को उभारने का प्रयत्न करते हैं।

हमने देखा कि बच्चों ने सभी वस्तुएँ बड़ी ही लगन से मिल-जुलकर, सहनशीलता, मेहनत तथा एकता के साथ सीखी हैं। उन्होंने अपनी कुछ सृजनात्मक अभिव्यक्ति को दिखाते हुए, अच्छी - अच्छी वस्तुओं को तैयार किया, जिसके द्वारा उन्हें आनन्द मिला तथा मानसिक और हाथ की माँसपेशियों का विकास भी हुआ।

मैंने देखा की छठी कक्षा के सभी बच्चों ने बड़ी ही मेहनत और सहनशीलता के साथ sponge कागज़ को ध्यान से मोड़ते हुए उसके फूल बनाये। उसी को ध्यान में रखते हुए सेटीन रीबन से भी अलग-अलग रंग के फूल बनाकर उनको गुलदस्तों के रूप में पेश किया।

सातवीं कक्षा के सभी बच्चों ने मिलकर stock net कपड़े से फूल बनाये। कुछ ने तार को मोड़कर बाँधा, कुछ ने अपनी सोच से अलग-अलग फूल के पत्तों का आकार देकर उन्हें फूलों में पिरोया। इससे उनके मिल-जुलकर काम करने की भावना दिखाई पड़ी।

इसी प्रकार आठवीं कक्षा के लड़कों ने प्लास्टिक चमच्चों से उन्हें जलाकर मोड़कर कमल के फूल के पत्ते का आकार देकर कमल के फूल बनाये। लड़कियों ने कपड़ों का उपयोगकर छोटे छोटे थैले बनाये और अपने - अपने ढंग से उनको सजाया। इससे इनकी सहनशीलता, सृजनात्मकता का पता चला।

क्विलिंग ग्रेटिंग कार्ड्स नौवीं कक्षा के बच्चों ने अपनी सृजनात्मक अभिव्यक्ति के द्वारा अलग - अलग डिजाईन में बनाये। इसको बनाने में कुछ लोगों ने औज़ारों का उपयोग किया। लेकिन एक दो बच्चों ने औज़ार के बदले हाथ और Toothpick का उपयोग किया। कुछ कोमल कपड़ों के खिलौने बनाये जिसे बच्चों ने बड़ी सुंदरता से सीला। यह सब बच्चों के विकास और सोचने की शक्ति को बढ़ाती है।

हस्तकला से बच्चों की कौशल, कलाकारी, निपुणता तथा सोचने की शक्ति का विकास होता है। बच्चों ने इसमें बहुत अधिक रुचि दिखाई। लोगों द्वारा प्रशंसा पाई। इसलिए हस्तकला को हमें और अधिक प्रोत्साहित करना चाहिए और बच्चों की सोचने की शक्ति का विकास करना चाहिए।



Sponge Flowers

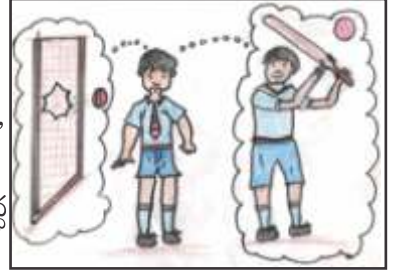


కె. కళ్యాణి, ఎనిమిదవ తరగతి

పశ్చాత్తాపం

చిత్రం : ఎమ్. అశ్రాఫ్, తొమ్మిదవ తరగతి

ఒక పాఠశాలలో రవి అనే విద్యార్థి చదువుతుండేవాడు. అతడు తరగతిలో ముందుండేవాడు. ఒక రోజు అతడు పాఠశాలలో క్రికెట్ ఆడుతుండగా బంతి వెళ్ళి పాఠశాల కిటికీ అద్దానికి తగిలింది. అద్దం పగిలింది. అందరూ పారిపోయారు. రవి పారిపోయాడు. ఆ రాత్రి అతనికి నిద్ర పట్టలేదు. బాగా భయం వేసింది. ఆ రాత్రి అంతా పగిలిన అద్దం గురించే ఆలోచిస్తూ గడిపాడు. మరుసటి రోజు పాఠశాలలో ప్రధానోపాధ్యాయులుగారు, 'ఎవరు అద్దం పగలగొట్టారు?' అని అడిగితే ఎవ్వరూ సమాధానము ఇవ్వలేదు. వారు కోపంతో లోపలికి వెళ్ళిపోయారు. రవిలో భయం పెరిగింది. ఆ రోజు తరగతిలో చదువుపట్ల సరిగ్గా శ్రద్ధ చూపలేదు. చివరికి ధైర్యంతో ప్రధానోపాధ్యాయుని వద్దకు వెళ్ళి నిజం చెప్పి క్షమాపణ అడిగాడు. ప్రధానోపాధ్యాయులు ముందు మందలించినా ఆ తరువాత ఇలాంటి తప్పు చేయవద్దని చెప్పారు. రవి మనసులోనుండి పెద్ద భారం దిగినట్లు అనిపించింది. ఆ రోజునుండి తరగతిలో ఎప్పటిలాగే చురుకుగా ఉండగలిగాడు.



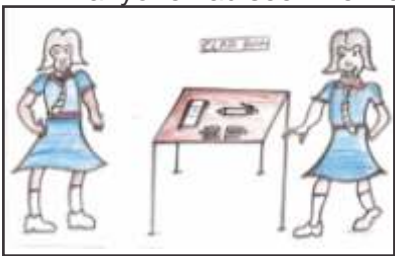
సీత : తప్పను ధైర్యంగా ఒప్పుకోవడంలో కూడా సంతృప్తి లభిస్తుంది.

Truth is Best



**K. Lahari
VI Class**

Once upon a time there were two friends. Their names were Rekha and Sravani. Once Rekha had got a beautiful, pink glitter pen to school. She showed it to all her friends and to Sravani. Sravani liked the pen very much and wanted to write with it. She asked Rekha to give her a chance to write with the pen. Rekha did not want to share the pen with anyone, even with Sravani. Rekha shouted at Sravani and said no. Sravani was very hurt by Rekha's harsh words. When no one was watching Sravani took the glitter pen from Rekha's bag and hid it in her bag. During art class Rekha wanted to use her glitter pen and draw something pretty. She searched in her bag, under her desk and on the floor but did not find the pen. She felt like crying and went to the teacher and complained that her new glitter pen was lost. Teacher announced in the class if anyone had seen Rekha's pen and if they have it by mistake then return it to her immediately. No one responded in the class, children were just looking at each other. Teacher started to get angry and said that she will search all the bags if the pen is not found and returned. Sravani felt bad that other children were being punished and that Rekha was also crying. So Sravani in front of the class gave the glitter pen to teacher and said "Teacher I only took the pen, I am very sorry, I will not do this again". Teacher was very happy with Sravani for being so brave and honest to accept her mistake. Teacher got her a new glitter pen for her honesty.



**Illustration By
Md. Afroze, IX Class**

Moral : When you always speak the truth then only you will be a good person.

Light - Year



**Sameera
IX Class**

A light-year is a measurement of distance and not of time. A light-year is how astronomers measure distance in space. It refers to the distance light travels in a vacuum in one year. Some interesting facts on light-year:

- ☞ Light travels about 300,000 km/s. One light-year is roughly equal to 5.9 trillion miles (9.5 trillion kilometers).
- ☞ It takes light about 51/2 hours to travel across the solar system.
- ☞ The nearest star to Earth is Proxima Centauri, which is about 4.35 light-years away.
- ☞ The Milky Way galaxy measures about 100,000 light-years in diameter and 1000 light-years thick.
- ☞ Light travels at the speed of about 670 million miles per hour. At that speed, one would encircle the globe of the Earth almost eight times in one second.
- ☞ A light beam needs only 8 minutes to travel 150 million km from the Sun to the Earth.
- ☞ Andromeda galaxy, our nearest galactic neighbour is over 2 million light-years from the Earth. Light from the Sun takes eight minutes to get to us, then we're actually seeing the sun as it was eight minutes ago. We're looking into the past! If you've ever seen fireworks, for example, you know that you see the explosion and then a few seconds later you hear it. If you close your eyes during the fireworks show, you'd only have your ears to know when things were happening. Since it takes some time for the sound to get to you, you'd always be hearing things a few seconds after they happened. The same happens with light: we only see something once the light from that event actually gets to our eyes. When we're looking across a room, the time delay is only a few billionths of a second. But when we start looking across large enough distances, the light becomes noticeably delayed like the sounds are from exploding fireworks.

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

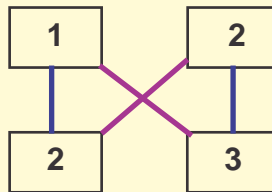
- Pujya Sri Ramchandrajaji Maharaj

Fun with Mathematics

Vedic Mathematics is the name given to the system of mathematics derived from the ancient treasure of knowledge called 'Veda'. 'Veda' means knowledge. Vedic Mathematics is believed to be a part of 'Atharva Veda'. It is a unique technique of calculations based on simple rules and principles, using which, any mathematical problem related to arithmetic, algebra, geometry or trigonometry can be solved quickly and possibly orally (once you master it).

One example is multiplication of two digit numbers using **ऊर्ध्वतिर्यग्भ्याम् सूत्र** (vertically and crosswise sutra). This is the general formula which is applicable to all cases of multiplication. The numbers are written from left to right.

For multiplying 12×23 , Now multiply
 1) vertically the first digit numbers - $1 \times 2 = 2$
 2) crosswise in both the directions and add -
 $1 \times 3 + 2 \times 2 = 3 + 4 = 7$
 3) vertically last digit numbers - $2 \times 3 = 6$



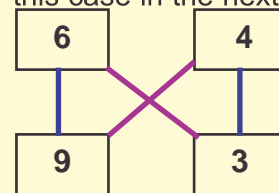
$$1 \times 2 \mid (1 \times 3) + (2 \times 2) \mid (2 \times 3)$$

VERTICAL | CROSS | VERTICAL

The answer has the form $2 \mid 7 \mid 6 = 276$
 Hence $12 \times 23 = 276$

The previous example involved no carry figures. So let us consider this case in the next example. For multiplying numbers 64×93 using the above sutra we get,

$54 \mid 18 + 36 \mid 12$
 $= 54 \mid 54 \mid 12$
 $= 54 \mid (54 + 1) \mid 2$ (carry over the 1 of the last number)
 $= 54 \mid 55 \mid 2 = (54 + 5) \mid 5 \mid 2$ (Carry over the 5 of the middle number)
 $= 59 \mid 5 \mid 2 = 5952$
 Hence $64 \times 93 = 5952$



$$6 \times 9 \mid (6 \times 3) + (4 \times 9) \mid (4 \times 3)$$

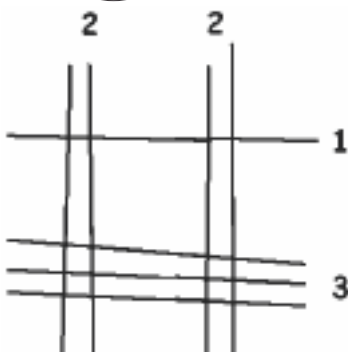
MULTIPLICATION USING LINES

A. Sai Kiran, X Class



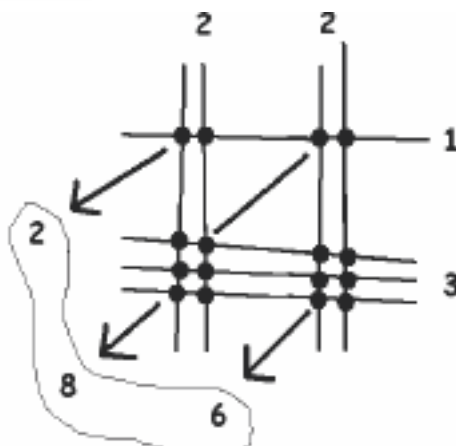
Here's another means for performing long multiplication.

To compute 22×13 , for example, draw two sets of vertical lines, the left set containing two lines and the right set two lines (for the digits in 22) and two sets of horizontal lines, the upper set containing one line and the lower set three (for the digits in 13). There are four sets of intersection points. Count the number of intersections in each and add the results diagonally as



shown:

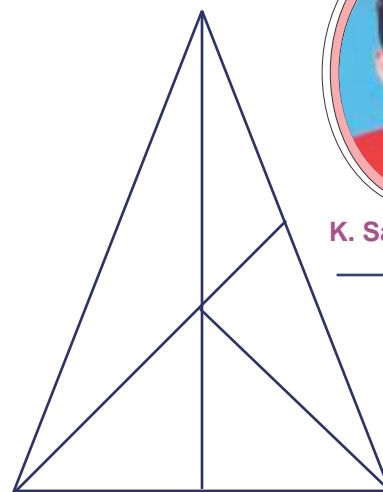
The answer 286 appears. If there are double digits while adding the intersections, the tens digit is carried on to the next intersection and added. In our example, we have
 $22 \times 13 = 286$



HOW MANY TRIANGLES?



K. SashiVardhan
IX Class



Answer : 12 triangles

Maths! Maths! Maths!

Maths! Maths! Maths!

Why are you so tough for us

We are not that rough

You confuse me a lot and too much

I cannot get as such

Whenever I try to get full marks

I "get only zero"



L. Sri Ramya
VII Class

Gopal, the friend

Illustrations : N. Mahendar
Satkama Staff



There was once a child called Gopal who lived with his mother in a village. His father died when he was quite young. Gopal's mother was a devotee of Lord Krishna. As Gopal grew up, his mother sowed this love of God in him as well. When Gopal was five years old, his mother felt that it was time he went to school.

Gopal had to cross the forest to go to school. At first Gopal enjoyed the walk through the forest. But as he went deeper, he felt frightened but at last came to the end of the forest. He had a good day learning and playing with his friends. In the evening when he set out to go home, it was almost dark. It grew darker and darker, and he could hear the roars of wild beasts. At last he was so frightened that he did not know what to do, and so he began to run and never stopped till he reached his home. Next morning he did not want to go to school.

Mother: "But, Why do you not want to go to school today?"

Gopal: "I am afraid to go alone through the forest."

Mother (to herself): "What shall I do? I cannot go with him every day leaving all the work. Who do we have? Of course! We have Lord Krishna"

At the thought of Lord Krishna her worry had vanished.

Mother: "You know, my child, there lives in these woods your brother who is also called Gopal. He herds cows in the forest. If you call out to him, he will come and take care of you, and then you will not be scared."

Gopal: "Oh! I have a brother. Will he come and take care of me?"

Mother: "Yes, it is true — just as true as it is that you are God's child, and that He loves you."

So Gopal set out bravely enough, but a little way down the forest path it was rather dark, and he began to feel afraid. So he called out, "O Gopal, my brother. Brother Gopal, Where are you?"

The bushes first began to rustle, and then parted, and out came a boy's head, with a little gold crown on it, and a peacock's feather in the crown. The big boy jumped out and took the child's hand, and they played all the way to school. From that day onwards Gopal lost fear of the forest. His friendship with the cowherd brought a glow of happiness into his life.

One day his teacher announced that he was giving a feast. All the children were planning to give a gift to the teacher.

Gopal: "Mother, I want to take a gift for the feast".

Mother: "I cannot give anything to take to your teacher, but ask your brother Gopal in the forest. He will help you".

Next day when Gopal met Lord Krishna,

Gopal: "Brother, My teacher is giving a feast today. Can you give a gift to take for him?"

Lord Krishna: "What can I give you? I am only a cowherd. Oh but wait, I have an idea."

He ran in to the bushes and came back with a pot of curd. It was a humble gift but Gopal with full of confidence in his brother took it to school. At school, children had got varied things for the teacher. And nobody paid much attention to Gopal and his gift. Tears welled up in Gopal's eyes, when his teacher chanced to look at him. He took the tiny pot from his hands, and went to empty it into a larger vessel, but, to his wonder, the pot filled up again. Again he poured; again the little pot was full. And so he went on, while it filled faster than he could empty it. Everybody ate their fill. Still the little pot was full.

Teacher: "Where did you get this pot of curd?"

Gopal: "I got it in the forest, from my brother Gopal"

Teacher: "Who is this brother Gopal?"

Gopal: "One who comes and plays with me on my way to school in the forest. He wears a crown on His head, with a peacock's feather in it, and carries a flute in His hand. When I reach school He goes back and tends His cows, and when I am going home He comes again to play with me."

Teacher: "Can you show me your Brother in the forest?"

Gopal: "If you come with me, I can call."

Gopal took his teacher into the forest. Gopal called but Lord Krishna did not appear. Gopal called out to him "Brother Gopal! Won't you come?". He called out as loud as he could, again and again. Echo only answered. The boy began to cry. He was afraid, his teacher would think that he was lying. The teacher pacified him. Suddenly there was a voice: "I am here Gopal. I am visible only to the pure and the faithful; to those who love me well."

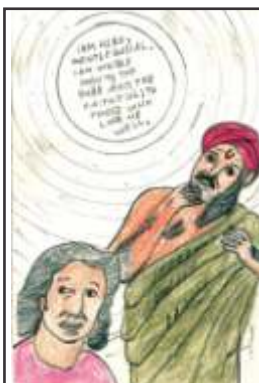
That moment Gopal understood who his brother was.

Moral : God is the real friend. He never leaves our company.

God is a constant friend of ours. He doesn't go away from us.

He maintains his friendship with us

- Pujya Sri K. C. Narayana, Bodhayanati Paraspam, Volume 1



Science and its method

Continued from the previous issue of Spandan

Dr. S. V. Raghavan

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.

The departure from the prediction was a very small fraction of a nano second while the correct round trip time was itself was of the order of milliseconds. The experiments were repeated by two independent group of physicists some of whom were nobel laureates. It turned out that the deviation observed could not be repeated and the change was within the experimental error limits which obviously have to be less than 0.5% of the observed value. Now you can have an idea about the enormous complexity in modern computerized instrumentation, the extraordinary precisions involved in determination of the observables and more than anything else the care which needs to be exercised in error estimations, their analysis and the proper accounting of the errors in the final outcome.

In this context it will be appropriate to present some details concerning the most exciting investigation in the field of fundamental physics. You would have been aware of the enormous publicity associated with the possible discovery of the so called God-particle or Higgs Boson which is of crucial importance for validating the standard model of particle physics and it is supposed to explain how matter has come to possess 'mass'. Hundreds of fundamental particles have been identified but there is no equation in physics which starting from first principles will predict their mass which seems so intuitively obvious to all whether one be illiterate or a top notch physicist. The students of the X standard may take it as a project assignment to look into the internet and other resources and write an account of the incredibly complex LHC (large hadron collider), its design, its huge structure in the design of which thousands of engineers of all specializations obviously including computer software and hardware specialists and highranking nuclear and particle physicists drawn from the world over- all of us may be proud of the participation of our country in the project in which more than a hundred reputed Indian scientists have played a significant role in the investigations and the fact that our nation has supplied some key equipment as well- the time taken for it to be designed and built and the enormous expenditure incurred by a consortium of advanced nations and thousands of scientists and engineers involved in maintaining and the running of the machine.

More importantly, the results were monitored by thousands of networked computers the world over with online verification and analysis of the observations as they were made. The most astonishing part of it is though the claim of the discovery of the famous particle is supported by two independent group of investigators final confirmation can be made with a universally accepted level of certainty can be made only after the full scale analysis of the collected data through ultrafast computers expected to take at least five years. In the meantime another run of the experiment is to be made in the next year as the collider is under annual maintenance! I gave some details of this project of huge importance to theoretical physics and our understanding of the physical universe just to indicate to the readers the complexity, intricacy, top-level expertise in every field associated with investigations in the very frontiers of fundamental physics. Hope all of you enjoyed reading this piece and it helped you in getting to know some aspects of the scientific method.

Contributions

Scientific Discoveries 2012



G. Pranati
IX Class
SVIS, Hyd

Ancient Antarctic life 60 feet below the surface

Lake Vida is located in Antarctica. But there is something unusual about this lake. It is located deep beneath a 60-foot-thick slab of ice. This has been cut off from the surface world for 2,800 years, untouched by outside oxygen or light. Now after years of drilling, scientists have discovered samples of previously unknown species of bacteria



swimming around in it, suggesting that life can exist in conditions previously regarded unfit.

Biggest Black Hole ever : A black hole is not necessarily a hole which is empty, but it is an area where gravity is so strong that even light cannot escape from it. It is filled with a lot of material crammed into a very small space. This is what gives the black hole so much of force. So think...it can grab just about anything! There is a black hole which is about 250 million light years away from Earth and possesses 7 billion times the mass of our Sun. This black hole is at the heart of the galaxy NGC 1277, and it doesn't gobble up nearby stars which other black holes tend to do.



Y. Lakshitha, UKG
The Happy Scholars School,
Hyd



G. Nikhila,
Class VIII, SVIS, Hyd

The real spiritual training is that which makes our mind disciplined and regulated, restores moderation in senses and faculties and creates lightness of spirit. - Pujya Sri Ramchandraji Maharaj

Bodh School

Special School for Slow Learners (Children with Learning Difficulties)



School is running with three students by the grace of the Master. Students actively participated in all school functions along with Satkama High School. Awareness about Bodh School was given to visitors during Satkama High School admission time; Parents who were benefited earlier also referred few children for admission into Bodh. Parents are showing interest to admit their slow learning children in Bodh. Around 8 parents approached Bodh for availing services during March and April 2013.

The students of Bodh developed self confidence and interest in studies. Students have improved in computer skills along with language and arithmetic skills. Their math skills have improved with the help of computer and strengthening some of their basic skills. They have learnt measurement skills practically in our Vocational wing. They have actively participated in gardening. They improved in painting and drawing skills and painted pots. The pots were kept in craft exhibition of Satkama High school and visitors appreciated them.

One of the Bodh Student, Chi. Jahangir learnt few slokas of Srimad Bhagvad Geetha and participated along with Satkama High School students in Sloka Recitation during the Basant Panchami Celebrations. He was given consolation prize for encouragement.

Parents are very happy after seeing the improvement of their children. One of the parents Sri A.L. Prasad expressed in his own words that

మా అబ్బాయి ఎ. ఉదయ్ నాలుగవ తరగతి చదువుతున్నాడు. కొంచెం బాగా చదవటంలేదని బోధ్ స్కూల్లో వేశాము. ఆ స్కూల్లో వేశాక మా అబ్బాయి తెలుగు చదవటం మొదలు పెట్టాడు. తెలుగు వ్రాయగలుగుతున్నాడు. ఇంగ్లీష్ కూడా చదువుతున్నాడు. లెక్కలు కూడా ఇప్పుడు బాగా చేస్తాడు. హిందీ బాగా చదవగలుగుతున్నాడు. మా అబ్బాయి బోధ్ స్కూల్లో చేరాక చాలా బాగా చదవగలుగుతున్నాడు. క్రమశిక్షణగా ఉండగలుగుతున్నాడు.

Two students who were trained in Bodh during 2010-11 and 2011-12 were admitted to our Satkama High School after considerable improvement. These students Kum.Arshiya in 6th class and Chi.SivaSai in 4th class are performing well. Chi. Siva Sai wrote small article on Sense Organs studied as lesson in his Science subject.

Sense Organs

Chi Siva Sai, Studied in Bodh 2011-12 and presently studying in Satkama

We have five sense organs. These are eyes, ears, nose, tongue and skin. Our eyes are very important and is a sensitive organ. They are useful to us to see all the plants, animals and things around us. We can listen to sounds through our ears. We have two ears. We should hear the truth we should not hear lies. We smell through nose. We breathe in and breathe out air through our nose. We must clean our nose every day. Our tongue helps us to swallow our food. It also helps us to speak. It tells us about different tastes like bitter, sweet, salt etc. We should always speak truth and use sweet words. Skin is an important organ. The skin spreads all along our body and is useful for the sense of touch. Therefore skin is called sense organ.



SSS Vocational Wing News

Vocational Wing regularly makes biscuits and Ready Mix and gives to students and Staff of Satkama School and Bodh School every day under Pujya Dr. K.C.V. Nutritive Supplement Scheme. Apart from the above products, Vocational Wing also produces Sahaj Jyothi candles and Diyas with citronella oil (mosquito repellent). Wheat Grass has been grown in a small quantity to teach children. The grass was bought by volunteers. Vocational Wing has been giving practical exposure to students of Satkama as well Bodh in the areas of Gardening, candle-making, tailoring, biscuits making and wheat grass growing.



Children took part and enjoyed each and every activity during the entire year 2012-13. With vocational program, learning can be enormous; we can teach science, maths, social, nutrition/health, art, ecology and values of patience, kindness, sharing, cooperation, discipline etc. As a year-end project, students of classes VI to IX made posters to depict what they learnt and understood. Outcome was beautiful posters (on chart

paper) with colourful drawings, writing, stitching and embroidery work. Children of VI class were able to understand that growing our own food (preferably organic) will help in protecting the environment (from pesticides/fertilizers) and help in eating healthy food. Class VII children could explain the importance of water by displaying posture, how we have to "Watch the water", so that we do not waste it and were able to give various suggestions to conserve water. They also made a second poster about "Saving the Earth" by growing more trees, walking to nearby places by walk instead of using vehicles, so that natural resources are not wasted. Class VIII students felt that learning to stitch and mending our own clothes is a noble act. They showed us through a poster all the beautiful embroidery stitches and clothes that they can make. Children of IX class have explained wonderfully through their drawing, the process of biscuit making including the ingredients, additional items like ginger, Shanka pushpi, Brahmi, machine's involved in the making process and about Pujya Dr. K.C.V. Nutritive Supplement Scheme.



MSRCM Hospital News

Additional branches of medicine

Nephrology- Dr. K.V. Dakshinamurthy, MBBS, MD, DM(Nephrology), DNB (Nephrology) FISN, who worked as Professor and Head of Department of Nephrology in NIMS retired on 28th February 2013. He is presently offering his services through our Hospital. He is available from Monday to Friday between 9:00 am to 1:00pm. Patients can contact on 040-23344322 , 040-23341380 for prior appointment.

Ayurveda - Dr. G. Vijay kumar, BAMS, MS, a renowned Ayurvedic Consultant and surgeon has agreed to offer his services through our hospital. He was one of the pioneers of Ayurveda along with Pandit Yelchuri in twin cities. After graduating in BAMS, apprenticed with Kerala Ayurvedic Bhashaks and acquired expertise in treating chronic ailments. He is available twice a week at MSRCMH—Tuesdays and Thursdays from 3:00 p.m to 5:00 p.m. MSRCMH believes that every system of medicine has equal potential in giving relief to patients and give happiness.

Both the doctors are practitioners of SriRamchandra's Raja Yoga which helps a person to attain moderation, change their attitude towards selfless service and at the same time helps them to attain greater degree of perfection both spiritually and professionally.

MSRCMH during the year April 2012 to 31st March 2012- while offering Medical services at affordable costs to all sections of people also extended FREE Consultation, treatment, laboratory and Vaccinations to over 1000 patients and given discounts on surgical bills to many patients . The surgical charges which are primarily offered at highly subsidized costs were further reduced and the financial burden of the patients was bore by the hospital.

Ayurveda - Sunstroke prevention and treatment

Dr. G. Vijay Kumar, BAMS, MS, Ayurvedic Doctor, MSRCM Hospital

Ayurveda is the art of daily bringing in harmony with the laws of nature. It is a practical, medical science which promotes perfect health through prevention and cure health problems by recommending life style changes. Hygiene, life style and diet are crucial to good health. Ayurveda prescribes the daily routine and the seasonal regime. The daily routine is called 'Dinacharya'. 'Dina' means day and 'acharya' means to follow or to be close to the day. Dinacharya is one of the best things you can do to stay in balance, prevent disease and to treat almost any disease. The seasonal regime which is the 'Ritu charya' means the routine that is followed in different seasons. Ritucharya is important as it maintains the climatic homology in the form of dosha samya (equilibrium) in different seasons to promote "Swasthavritta" (social and preventive medicine) on which Ayurveda has laid a great stress since 'Prevention is better than cure'.

Grishma ritu (summer season): In this season, heat of the Sun increases and reduces the moisture in the atmosphere and thus increases the 'Ruksha guna' of 'Vata dosha' which causes 'Sanchay' of 'Vata dosha'. By this way Ahaar and Vihar that accentuate its Sanchay can be avoided. Common health problems in Summer are sunstroke, skin problems, burning urination, kidney stones, loose motions and vomitings.

Sunstroke (or) Heat stroke: In Ayurveda heat exhaustion is known as 'Aanshughata Jwara' and heat stroke is called as 'Aanshughata Sanniapta'. The main cause is high temperature in the climate and human body is unable to deal with the high heat in the body. As a result dehydration happens. Electrolytic imbalance happens. The following symptoms develop : rise in body temperature, severe headache, dizziness, fast pulse rate, difficulty in breathing, nausea and vomiting, loose motions, confusion, fatigue and loss of consciousness etc

Preventive measures and Home remedies: Heat stroke can be prevented by drinking plenty of water and fruit juices. Avoid usage of Katu, Amla and Lavana rasas and food products containing these rasas. Avoid tight fitting and Polyester clothes. Always use cotton

clothes. Take bath twice a day. Avoid going outside between 10:30 AM to 4:30 PM every day during summer.

- 1) Tamarind seeds are valuable in treating heat stroke. Grind some seeds of tamarind adding water. Sieve it and mix little sugar and drink the juice 2-3 times a day.
- 2) Take some dried fenugreek leaves (methi leaves). Soak them in cold water for some time. Crush the leaves with hand, sieve and add little honey. This liquid should be given after every two hours. It keeps body cool and away from heat stroke.
- 3) Take 10-20gms of Daniya powder and put it in ½ litre water. Keep it overnight in a copper vessel. Filter it and mix sugar. Take twice a day and body heat will subside.
- 4) Take lime juice with a pinch of salt 3-4 times a day.
- 5) Vativeru juice with sugar will keep body cool.
- 6) Coconut water also keeps our body cool and maintains electrolytic balance in the body.
- 7) For the patient suffering from sun stroke, apply onion paste on chest and forehead.

Skin care and skin rash:

- 1) Take Aloe vera gel and mix it with cucumber and water. Add half teaspoon of honey and curd. Make it as a paste and apply on the body. This pack will instantly give relief and heal the sunburns quickly.
- 2) Mix equal quantities of Neem tree leaves powder and mix turmeric powder and mix ½ quantity of chandan powder and make it into a paste. Apply all over the body. Itching will subside.
- 3) Mix equal quantities of Amla powder 2-3 gms and neem powder 2-3 gms and take it with honey orally.

Burning urination and kidney stones: In 1 litre of water, add 50-100 ml of lime juice with 3 teaspoons of sugar. This will take care of burning urination. Pashanabedi choornam (Roots of Kondapindi chettu) is best medicine to treat kidney stones.

Loose motions and vomiting: Take Pomogranate powder 2gms or 3 gms morning and evening with luke warm water. For Vomiting: Mix equal quantities of Jeera, Dhaniya powder (coriander), vamu powder and fry them. Make it into kashayam. Take 10-20ml kashayam 1 hour before food twice a day.

వేమన శతకము

అల్పదేవుడుబల్కునాడంబరముగాను

సజ్జనుండుబల్కు చల్లగాను

కంచుమ్రోగునట్లు కనకంబు మ్రోగునా?

విశ్వదాభిరామ వినురవేమ.

తాత్పర్యము : అల్పబుద్ధిగలవాడు లేనిపోని గొప్పలు చెప్పకొనుచు ఎక్కువగా మాటలాడును. సజ్జనుడైనవాడు తన గొప్పతనమును మరుగుపరచి అందలతోను మృదుమధురముగా కొత్తిగా మాటలాడును. లోకములో విలువ తక్కువైన కంచు పెద్దగా మ్రోగుటయు, విలువ ఎక్కువగల బంగారము తక్కువగా మ్రోగుటయు మనము చూచుచున్నాముగదా!

संत कबीर के दोहे

गुरु गोविन्द दोऊ खड़े, काके लागूं पांय ।

बलिहारी गुरु आपने, गोविन्द दियो बताये ॥

If Guru and God both are standing together, whom should you bow down to? It should be to the Guru for it is he who leads you to God.

दीन गरीबी बंदगी, साधुन सों आधीन ।

ताके संग मैं यौं रहूँ, ज्यों पानी संग मीन ॥

One who has humility, lowliness and faith in yielding to saints, may I live in his company just as fish lives in water.

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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