



# SPANDAN

## SATKĀMA & BODH

Sahaj Seva Samsthan Educational Newsletter

### Student Editorial

K. C. Vasudha, VIII Class

This is the first issue of this academic year. This issue has many interesting puzzles, stories and members from MSRCM hospital have also contributed and have given us some tips. They have given their valuable time for contributing to our newsletter. I suggest all of you read these articles. I heartily welcome back all the students, teachers and staff for the academic year 2013 - 2014.

Recently we have been witnessing bunds, protesting against fee hikes in schools. I agree with the thought that education (vidhya) is something that should be given as a gift (Dana). Our school implements this in its full spirit and we should be proud to be part of it. The lesson in values in addition to our regular school makes us better equipped for the coming years. In this direction our newsletter publishes puzzles, articles, poems quarterly and all the students are encouraged to derive maximum benefit out of it.

We thank everyone for their contributions to the newsletter. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to

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

### MESSAGE FROM SAHAJ SEVA SAMSTHAN

Sri M. Narayana Murthy, Secretary

I am very happy to see the 3<sup>rd</sup> Volume's 3<sup>rd</sup> issue of the newsletter Spandan. The school is sincerely trying to impart the spiritual values of unity, cooperation, sharing, and service & sacrifice as taught by the Great Master Sri Ramchandraj Maharaj. I am happy to see that Bodh School has seen a good response this year and there are a fair number of new students who are admitted who need help with their learning difficulties.

The articles of the students reveal that the Divine qualities are being educed in the children through value based education. The articles on cooperation, kindness, social equality, brotherhood etc... , and other stories are indicative that the children are understanding values in their true perspective. Their creative skills are truly revealed in their paintings and puzzles. I feel happy to note that they are attracted to the stories of the Masters and great people of India.

I congratulate master G Srikrishna for his science exhibit of energy generating exercise bike which was selected for AP State Science fair.

I am very happy to see that sincere efforts are yielding good results. I congratulate the principal, teachers, and students for their wonderful effort and wish them success in their endeavour of Divine Resource Development integrated with academic excellence.

### GUEST EDITORIAL

Sri T. R. Ramanathan, Architect

I am thankful and happy for this opportunity to pen a few lines for the loving children of Satkama. This being the Janmashtami issue – the birthday of Bhagwan Sri Krishna, I start with a few words about Him. Krishna means unending Bliss, unending Love. Everything He did in His life was only based on love. In true love, the concern for others is only predominant and not oneself.

Once when Krishna was suffering from stomach pain and no medicine could help Him, He Himself said that only the dust of the feet of one who has true love for Him can help Him. Nobody near Him was willing to give the dust from their feet. They feared that they will go to hell if the dust is applied on the Holy Body of Sri Krishna. It was only Radha who whole heartedly offered it. She never bothered about going to hell if her act could relieve Krishna from the pain.

This Love or this spirit is in all and gets expressed in different degrees in different people. At times it gets awakened and expands in oneself due to chaotic circumstances. To give an example, about a hundred years ago, a man saw in the obituary column of that day's newspaper, his own death reported by mistake. He was shocked to see it reported with headlines that "The Dynamite King dies" and also "The Merchant of Death dies". He was sad to find that he will be remembered only like this. Suddenly he found in his feelings that true love started flowing and from that day onwards he started working for peace. He was none other than Alfred Nobel, the inventor of Dynamite who is remembered today by the great "Nobel Prize".

We need not do great things. It is enough if we do things in a great way i.e. based on love. Life has meaning or purpose only with love. Spirituality truly means radiating Divine Love which is our True Nature. Remembrance develops love and vice versa. "Love Him who loves all and thereby all are loved" said Pujya Babuji Maharaj. We feel very happy to find this Divine Resource, the True Love growing in the students of Satkama along with their academic development, thanks to the selfless service and guidance from the teachers and other staff members of the school.

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

Compiled by T. Tarun, VIII Class



Pujya Dr. K. C. Varadachari was born on 14th August 1902. His father was Pujya Sri K. C. Krishnamachari, a senior Police Officer in the Madras Presidency. He was very dear to his mother Kuppacchi. He had two sisters Rajamma and Sulochana.

He was known for his belief in God and innocence from his childhood. His grandfather in order to pacify him due to various childish ways used to tell him to go out into open yard in the house and face the sky with closed eyes and open mouth, promising him that God would drop candy into his mouth. He, it is said would do so standing for quite long time before he was rewarded (by the grandfather) and the young believer used to jump with joy for having been rewarded by God.

He studied in Mahanth Hindu High School in Tirupati till his matriculation. He did F.A. (Maths, Physics, Chemistry) from the Christian College, Madras in 1921. His personality and principles he was observing were such that everyone in his hostel from the watchman to the cook paid special attention to him.

He participated in the Non-Cooperation movement from 1921 to 1923. During this period, he read much about Swami Vivekananda and Sri Aurobindo. He got married in 1926 to Sow. Rukmini (Rajamma). He participated actively in the Khadi movement and was a total Gandhian for a long time. He used to spin the charka and make his own paper through hand processing. Till the last day of his life he never wasted paper and used the reverse of wedding or invitation cards to make notes.

Pujya Dr. K. C. Varadachari was given an opportunity, by Sri. V. K. Narasimhan (his brother-in-law) to review books on Philosophy, Psychology and Religion that continued for over 3 decades. His reviews appeared almost on all the Sunday editions of The Hindu, the prestigious newspaper, and got him enormous reputation as a philosopher.

He was a Research Scholar of the Madras University from 1926 to 1929. In 1929 he joined as a Research Fellow of the Andhra University, then located at Guntur. During this period he developed very close friendship with Sri. S. Vedantam and Sri. S. Rajam of the Murray and Co. that lasted his entire life period. The admiration of the friends and the philosopher was mutual and their intimacy of friendship worth emulation. He got both of them later in touch with the Great Master, Pujya Sri Ramchandraj Maharaj of Shahjahanpur and did yeomen service to them.

He joined the Christian college as a Lecturer in Philosophy in 1930. He submitted a thesis 'Theory of Knowledge of Sri Ramanuja's Sri Bhashya' in a record time of 9 months to University in 1931. The Madras University awarded him Ph.D in 1932 and he became the first person to get a Doctorate in Visistadvaita from that University. This being a rare accomplishment Dr. Varadachari was later called only Doctor by all near and dear.

Later Sri Venkateswara Oriental Institute was started by the T.T.D and Dr. K. C. Varadachari was invited to join as a Professor of Comparative Religion and Philosophy. He worked there till his retirement in the S. V. University in 1962. In 1945 he was shifted to S.V. Arts College as Professor of Philosophy. During his tenure as Professor, he used to maintain a close empathetic attitude towards students who used to seek guidance and solace from him. Many students shared their problems personal and academic with him and received his help. He was dear to all those who came near him.

Once Pujya Dr. K. C. Varadachari reviewed the books written by Pujya Sri Ramchandraj Maharaj, Shahjahanpur, U.P in The Hindu. The comprehensive and well-written reviews of these books drew attention of seekers, philosophers, yogis to Sri Ramchandra's Raja Yoga and lead them to follow the system. Pujya Sri Ramchandraj Maharaj after reading the reviews met Pujya Dr. K. C. Varadachari at Tirupati in 1955. From 1955 till his last days he was fully engaged in the spread of the system of Rajayoga of Sri Ramchandra. He delivered many talks and wrote many books on the system during this period.

He was suffering from Diabetes since 1961 and though he had the best medication available in those days, the disease over took him and after about one and half month sickness he attained his Maha Samadhi on 31st Jan. 1971 on the day of Basanth Panchami, the most memorable day of birth of Pujya Sri Ramchandraj Maharaj of Fategarh, U.P. India.



Illustrator : G. B. Setti



## BIRTH OF LORD SRIKRISHNA

Long ago there lived a Yadava King Ugrasena. He was a pious devotee of Lord Vishnu. He had a son named Kamsa. Kamsa was a demon. He tortured the devotees of Vishnu. He destroyed their houses. He made sages drag his chariot. Ugrasena, his father punished him for what he did. So, Kamsa seized the throne. He put his father in the prison. He then crowned himself the king.



Illustration : Uday Kumar, Class IX

Mother Earth, with tears rolling down her cheeks, approached Lord Brahma. She asked him to stop Kamsa's cruelties. Lord Brahma along with Mother Earth went to Lord Vishnu. They asked for His help. The Lord consoled her. He said he will be born as Krishna to save the good and destroy bad. Lord Brahma and

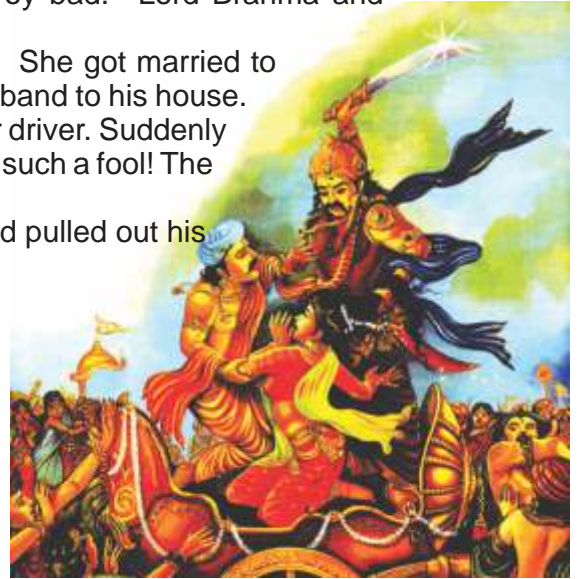
Mother Earth left happily.

Devaki was sister of Kamsa. She got married to Vasudeva. After marriage, Devaki was leaving with her husband to his house. Kamsa went along to leave them. He rode the chariot as their driver. Suddenly on the way they heard a voice from the sky. "Kamsa! You are such a fool! The eight child of your sister is going to kill you."

Kamsa got very angry. He dragged his sister by her hair and pulled out his sword to kill her. Vasudeva stopped him. He said, "Please stop, Kamsa. How can you kill your own sister? I promise that I will give you all the children born to us." Kamsa then agreed to spare the life of Devaki. But he kept them in a closely guarded prison. Soon a baby boy was born to Devaki. As promised, Vasudeva handed over the baby to Kamsa. But Kamsa returned the baby to Vasudeva. He knew that danger to him would come from the eighth child, not the first.

Soon after, Narada Muni visited Kamsa. He told him that in his previous birth he was a demon named Kalanemi. Kalanemi was killed by Lord Vishnu. He also told him that

Lord Vishnu was going to take birth soon as the son of Devaki and Vasudeva and would kill him again. This made Kamsa so angry that he killed every child born to them thereafter.



When Devaki was pregnant the seventh time, it was Balarama. He was none other than Anantha Sesha. So Lord Vishnu transferred the baby from the womb of Devaki to the womb of Rohini. Rohini is another wife of Vasudeva who lived with Nanda Maharaja and Yashoda in Brindavan.

When Devaki was pregnant eighth time, Kamsa was nervous. He doubled the guard. At midnight, on Ashtami day and Rohini star, the Divine baby was born in the prison. The earth and the heavens were filled with joy. Lord Krishna appeared for a moment and said, "Fear not! Take me to Nandagopala's house in Gokul. His wife Yasoda has given birth to a girl. Leave me there and bring the girl here in exchange".

Vasudeva wondered how he could do so as he was in chains. But soon, the chains fell from his limbs. The gates opened and all the guards were in deep sleep snoring heavily. When

Vasudeva reached the bank of the Yamuna, it began to rain heavily. He plunged into the flooded Yamuna but his heart sank as the waters rose and came up to his chin. But Seshanaga spread his hood over the baby to protect it from rain. The water in Yamuna subsided giving a safe passage to Vasudeva. Reaching Gokulam, he found everyone asleep. He quickly placed baby Krishna by the side of Yasoda and took the baby girl with him.

As soon as he reentered the prison cell, the gates closed and his chains once again were on him. The baby cried, and the guards woke up. They informed Kamsa about the eighth child.

**This time of midnight on the eighth day of the Shravan is celebrated as Janmashtami, the birth of Lord Krishna.**





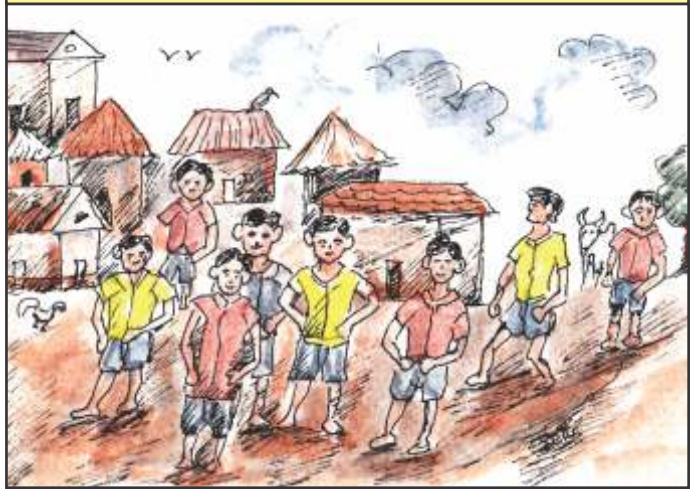
## COOPERATION

Puja Sri K. C. Narayana, - Excerpt from Liberal Exposition of PAM (Way of Living)

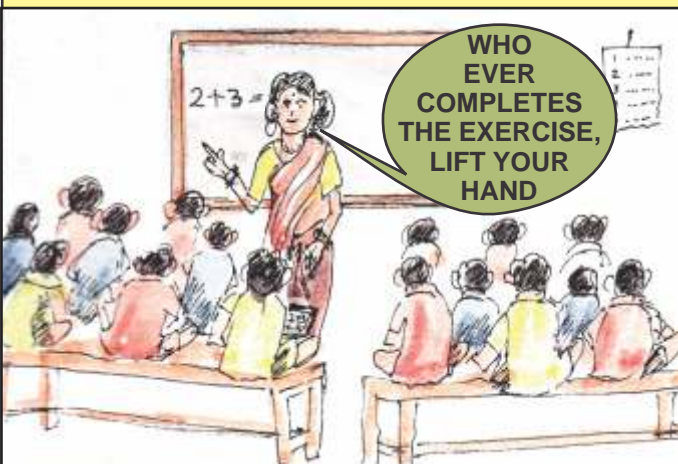
IN SOUTH NEWZEALAND, THERE IS A COMMUNITY CALLED MUNDAGMAR WHO LIVE IN MOUNTAINS.



THERE IS ALSO ANOTHER COMMUNITY CALLED ARABISH WHO LIVE IN PLAINS.



ONE DAY THE STUDENTS OF BOTH THE COMMUNITIES WERE GIVEN AN EXERCISE OF MATHEMATICS.



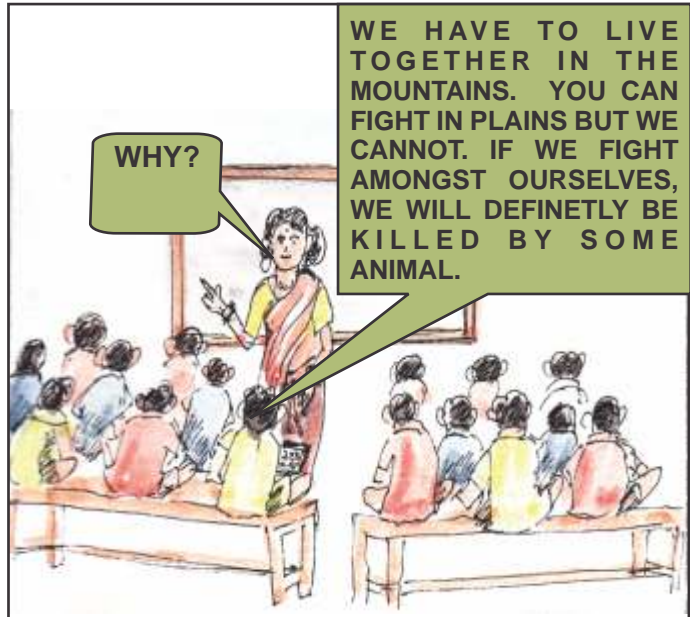
AN ARABISH STUDENT FINISHED VERY FAST.



A STUDENT FROM MUNDAGMAR COMMUNITY DID NOT LIFT HIS HAND EVEN THOUGH HE FINISHED.



Illustrator : G. B. Setti



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.

God has created the world so that every flower may grow in its right standard.  
- Puja Sri Ramchandraji Maharaj

## STORY OF MASTER - DUTY OF A WISE MAN

Reference Book : Spirituality



Once when I had been to Shahjahanpur, as always after 9:00 PM, Pujya Babuji was sitting in his chair with the hookah. There were a few abhyasis sitting around him just waiting to hear if he had to say something. As a person who had just graduated from college and joined a job, I was wondering why he was telling about Satyapad Marg to people who did not know much about philosophy. Also I was wondering if these abhyasis were actually listening or just keeping quiet since they did not know anything and what Babuji explaining to these deaf and dumb.

Pujya Babuji turned towards me and said, "It is the duty of a wise man to tell everyone irrespective of whether they are learned, ignorant or intelligent. A pot filled with water not only percolates water into the pot but also gives cool water to others. Likewise, whom you are thinking as stupid will be of use in future" and started whiffing his hukkah.

Our dealings must be moulded, with due regard to proper needs and fair right of everyone, and bring them in close conformity with those of Nature. (BWS 166)

- Pujya Sri Ramchandraji Maharaj

## SRIMAD BHAGAVAD GITA

मयि सर्वाणि कर्माणि सन्न्यस्याध्यात्मचेतसा ।  
निराशीर्निर्ममो भूत्वा युध्यस्व विगतज्वरः ॥

With your thought directed towards higher self, dedicate all your actions unto Me; rid yourself of all desire and all sense of 'my'-ness, and engage in the combat, free of your turmoil. (3-30)

कर्मण्यकर्म यः पश्येदकर्मणि च कर्म यः ।  
स बुद्धिमान्मनुष्येषु स युक्तः कृत्स्नकर्मकृत् ॥

He who sees inaction in action, and action in inaction, is wise among men; he is a yogi who has performed all actions. (4-18)

Everything belongs to the Divine. This does not mean that we should not do any action where there is need for action. The proper attitude is to discharge the duties as the command of the Master. That is the state of King Janaka. King Janaka was the great king of Mithila. He readily walked away from his kingdom when Astavakra asked him because he knew that everything belongs to God. A king has to do lot of work but Janaka used to perform his duties of a king dedicating it to God. During the period of Ramayana, people have gone to Janaka for knowledge. Saints' children were sent for training. Saints themselves went to him for clarifications.

### Prayer

"O, Master!

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

### My thoughts on Prayer

Happiness is the real goal of human life. Our wishes makes us unhappy. We should move beyond our wishes. We should not think about wishes, we should think about our God. God always gives us happiness. Wishes give us unhappiness.- **D. Vaishnavi, VII Class**

O,Master! you are our goal. But because of wishes we are forgetting you. We must progress everyday every minute remembering you. You have the power to bring us up to our goal. We must pray daily. In school we maintain Silence for 15 minutes. We can pray anytime of the day if we feel to pray. Prayer must be done with devotion and love in the heart. We have many goals. If the goals are not reached, we must not be sad. We must accept what ever comes to us. But we must not pray for wishes.- **Y. Daya Sagar, VII Class**



Pujya Dr. K.C Varadachari says "Science set up for destruction and conquest for secular purposes is moving inevitably (as the materialists of the dialectical variety say). Our spiritual education alone can rectify the situation and make real peace possible in this world. It is agreed that peace is indivisible, and so one should promote peace all round and at every point of life. Individuals as well as communities and nations have to learn the bitter lesson that the inordinate pursuit of power through science will tend to reduce men to the level of monsters. Education is thus central to our entire development and basic as a programme for peace." (Complete works of Dr. KCV, Vol X, pg 71)

The power of science in the hands of men if not subordinated to highest morality of universal good is bound to be terribly self-destructing for humanity. I vaguely recall that when I was in primary school, a documentary was shown on whether science has done any good to the world. I vividly recall that it concluded with terrible scenes of destruction of cities with atom bombs (probably Hiroshima & Nagasaki) and left the viewers to decide what science has wrought under men wielding power or seeking it. Albert Einstein is said to have famously remarked thus. "I know not with what weapons

World War III will be fought, but World War IV will be fought with sticks and stones." The solution as we see in Puya Dr KCV's writing is to promote peace at individual level in and around oneself. Pujya Sri Ramchandrajaji Maharaj has clearly stated the relation between individual peace and world peace. He says, "World peace is closely related with the peace of the individual for which one has to take into account the inner state of one's mind. If man's mind is brought to the state of peace and order, everything in the outside world will get into order in the same colour." If Education is truly directed towards individual peace, it will serve as the foundation for universal peace. Education should promote this objective in children right from their formative years instead of looking at it narrowly to only promote knowledge acquisition in sciences for material pursuits. The means can only be spiritual. It is to be noted that the Prayer for Universal Peace and Harmony as given by Pujya Sri Ramchandrajaji Maharaj can be done by all including children. Parents and teaching fraternity should develop conviction in the noble cause of promoting peace in themselves and universe by taking to the methods of practice given by the Great Master so we develop courage to share the same with children.

**ప్రార్థన - 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.

30.7.13 – My mind is cool and fresh.  
6.8.13 – I feel very happy and calm. My mind is very peaceful. I like doing meditation very much.  
13.8.13 - I feel very happy, calm and peaceful.

J. Anu, VII Class

23.7.13 – I feel more happy and silent.  
30.7.13 - I feel free from tensions.  
20.8.13 – I feel freshness and calm.

P. Rajini, VII Class

16.7.13 – During meditation I felt peace. After meditation I felt fresh and cool.  
20.8.13 – During meditation I felt calm. After meditation I felt fresh and peace.

S. B. V. Krishna, X Class

20.7.13 – I feel very happy and calm.  
3.8.13 – I feel some relief and happy.  
14.8.13 - I feel happy, peaceful and relief.

Md. Sameera, X Class

**LOVE FOR GOD**

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)

"I shall write a famous verse of Surdas which he has uttered in the love of Krishna: 'You are getting out of the grip of my hand, thinking me to be weak; but I shall consider you really a man if you can get out of my heart'. He said this when he had fallen into a well as he was blind, and Krishnaji Maharaj had got him out. Then he had gripped the hand of Krishna saying that he would not let him go. But Krishna ran away, getting out of his grip."  
Pujya Sri Ramchandrajaji Maharaj

**KINDNESS**

**Sambhavi, V Class**



Once upon a time there lived a girl named Vani. One day she went to school. It was break time. She did not bring her lunch and snack box. She brought only a banana. She was hungry and ate the banana. Soon it was lunch time. She was feeling very hungry. Vani was getting stomach pain. There was a girl sitting behind her named Devi. She saw Vani crying and felt sad looking at her. She got her box and gave it to Vani. Vani ate her food and said thank you to Devi.

**Illustration : Jahnvi, VI Class**



**RAVI'S STEALING HABIT**

**Illustration : Jahnvi, VI Class**

**K. C. Prajna, V Class**

Once upon a time there lived a boy called Ravi. He was very naughty. He used to steal things in school but no one knew about it. They used to think that Raghu, an innocent boy used to steal them. Once a teacher saw Ravi stealing. When she told the other teachers they thought that she was telling lies. The teacher wanted to teach Ravi a lesson so she kept some money in her pouch and left it on Ravi's desk purposely. When Ravi saw it and was about to pick it the teacher came in the class room and called all the other teachers and showed Raghu's innocence. When the teacher was about to take Ravi to the principal, Raghu told to forgive him. Ravi realized his mistake and from that day onwards the teachers liked Ravi and Raghu



**Moral: Be truthful. Do not steal others' things.**

**దేశం! దేశం!**

**పి. చిన్నయి, ఐదవ తరగతి**



దేశం! దేశం! ఇది మన దేశం భారత దేశం  
స్వాతంత్ర్యం కోసం ఎందరో పౌరులు ప్రాణ  
త్యాగం చేసిన దేశం

దేశం! దేశం! ఇది మన దేశం భారత దేశం  
ప్రాణాలు లెక్కచేయకుండా ఐకమత్యంతో  
పోరాడిన దేశం

దేశం! దేశం! ఇది మన దేశం భారత దేశం  
సంస్కృతి సాంప్రదాయములకు నిలయం మన దేశం  
త్రివర్ణ పతాకంతో దేశ గౌరవమును ప్రపంచానికి చాటి చెప్పిన  
దేశం

దేశం! దేశం! ఇది మన దేశం భారత దేశం  
దేశం! దేశం! ఇది మన దేశం



**SOCIAL EQUALITY**

**M. Anjani, IV Class**



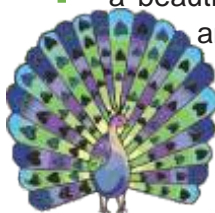
In olden days in the family and society, family members did not see girls equally as boys. They did not send girls to school. They married girls much earlier than boys. Girls used to cook and sit at home. Now there are so many changes in the society. Now girls get education, job, property etc. Girls are equal to boys.

**PEACOCK**

**D. Laxmi Prasanna, III Class**



Peacock is our national bird. It is a beautiful bird. It has a long and beautiful tail. When rain falls, it opens its feathers and dances.



**LOTUS**

**K. Kavya Bai, III Class**



Lotus is a beautiful flower. I like lotus flower. It is our national flower. They are of different colours like pink and white. They live only in water.



**Lotus is associated with Divinity and is graceful.**

**BROTHERHOOD**

**P. Lokesh, III Class**



Raju and Ramu are brothers. One day they went to the market and bought two balloons. They were coming back home. Ramu's balloon broke. He was feeling sad. So sad that Raju came and gave his balloon to Ramu. Ramu thanked his brother.



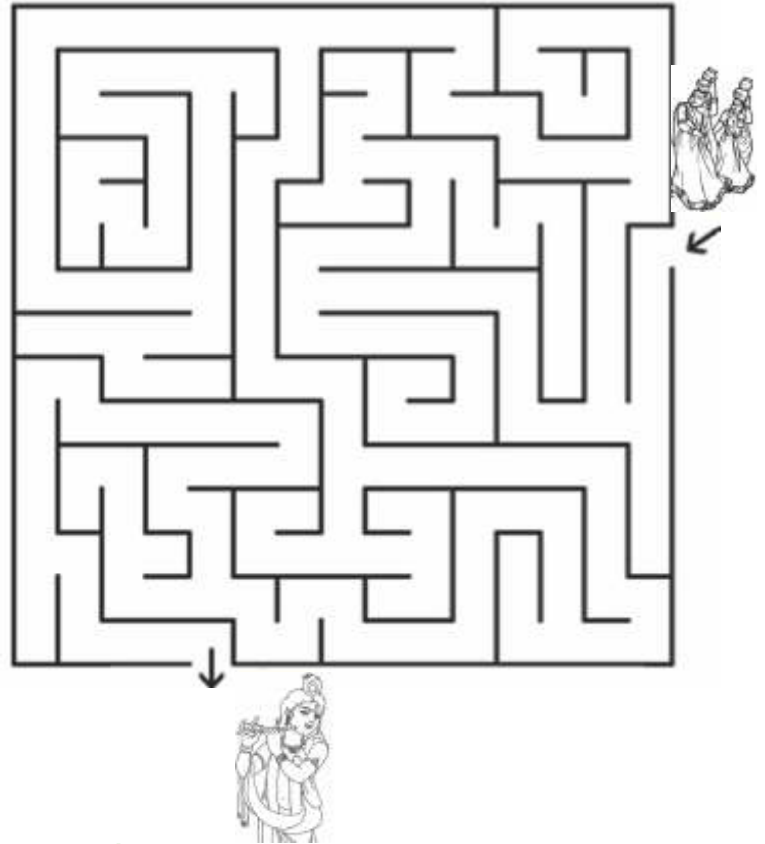
Know all people as thy brethren and treat them as such. - Commandment 6  
- Pujya Sri Ramchandrajaji Maharaj

# ACTIVITY CENTER

Colour the picture

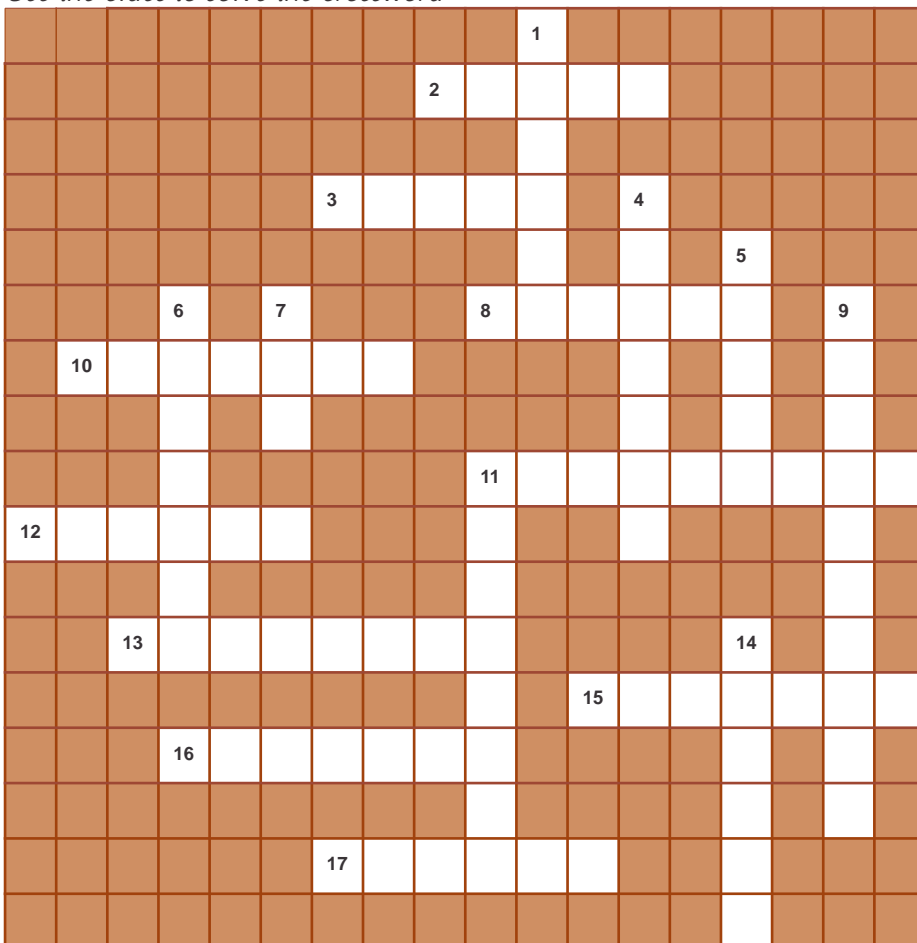


Help Gopikas in finding Lord Krishna



Use the clues to solve the crossword

## Crossword



### ACROSS

- 2. Musical instrument made of bamboo
- 3. Lord Krishna's father in Brindavan
- 8. Lord Krishna danced on this snake
- 10. Lord Krishna wears this bird's feather
- 11. Place where Lord Krishna grew up
- 12. Lord Krishna played on the banks of this river
- 13 and 17. Lord Krishna's father and mother
- 15. Lord Krishna was here in this place as a baby
- 16. Lord Krishna's mother in Brindavan

### DOWN

- 1. The demoness who tried to kill all babies
- 4. An incarnation of Lord Vishnu
- 5. Lord Krishna's maternal uncle
- 6. The birth place of Lord Krishna
- 7. Lord Krishna and his friends used to take this animal to graze
- 9. Lord Krishna lifted this hill to protect his people from Indra's rainstorm
- 11. Name of Lord Krishna's brother
- 14. Lord Krishna used to steal this from the hanging pots



# ACTIVITY CENTER

## What's the good word?

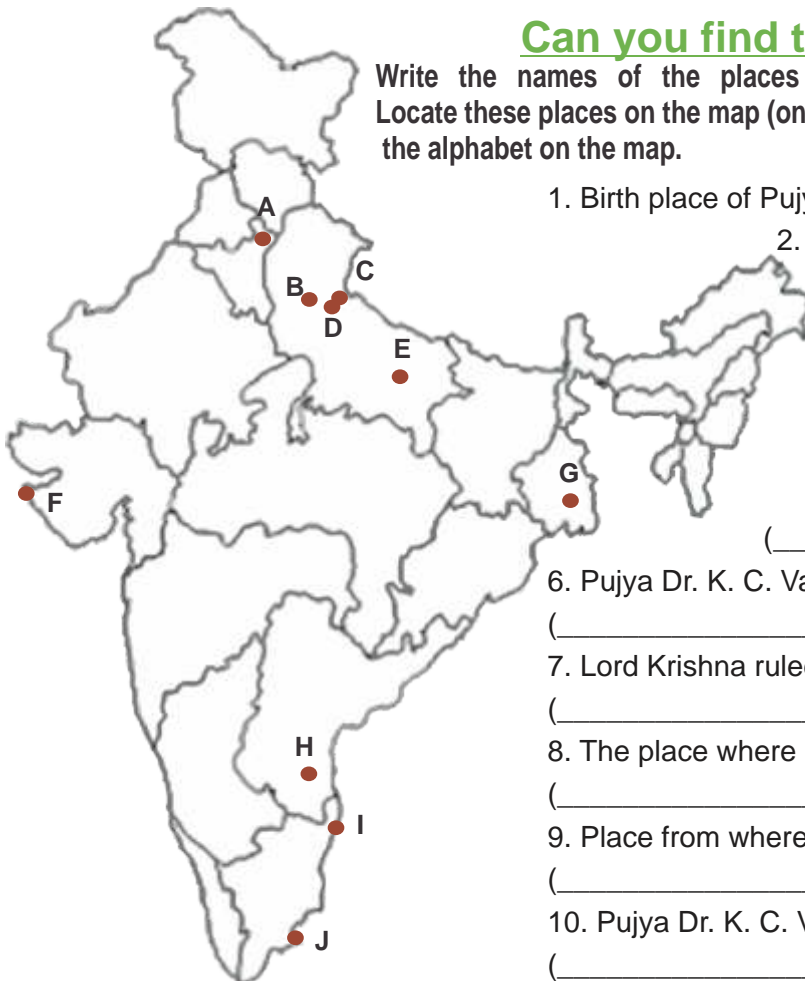
Fill in the blanks using the words given below

(Intimate, Rajayoga, Tirupati, Empathetic, Respected, Pujya Sri Ramchandraji, Ardent, Belief, Dear, Near, Compassion, Sri Ramchandra, Paper, Non-Cooperation, The Hindu, Khadi, Charkha, Paper)

- ★ Pujya Dr. K. C. Varadachari was known for his \_\_\_\_\_ in God.
- ★ He had his school education in \_\_\_\_\_.
- ★ He participated in the \_\_\_\_\_ movement and also in \_\_\_\_\_ movement.
- ★ His eyes were sharp and when he looked at others \_\_\_\_\_ used to overflow from them.
- ★ He never wasted \_\_\_\_\_.
- ★ He used to spin \_\_\_\_\_ and make his own \_\_\_\_\_ through hand processing.
- ★ He maintained close \_\_\_\_\_ attitude towards students.
- ★ He was \_\_\_\_\_ to all those who came \_\_\_\_\_ him.
- ★ He was a much \_\_\_\_\_ person by the staff of all cadres in the institution in which he served.
- ★ He was an \_\_\_\_\_ follower of system of Natural Path and is an \_\_\_\_\_ of Pujya Babuji Maharaj.
- ★ Pujya Dr. K. C. Varadachari reviewed the books written by Pujya Sri Ramchandraji Maharaj, Shahjahanpur, U.P in \_\_\_\_\_
- ★ \_\_\_\_\_ after reading the reviews met Pujya Dr. K. C. Varadachari at Tirupati in 1955.
- ★ From 1955 till his last days he was fully engaged in the spread of the system of \_\_\_\_\_ of \_\_\_\_\_.

## Can you find the places?

Write the names of the places (place, state) in the blanks given below. Locate these places on the map (one of the red dots) by matching the number and the alphabet on the map.



1. Birth place of Pujya Lalaji Maharaj (\_\_\_\_\_, \_\_\_\_)
2. Birth place of Pujya Babuji Maharaj (\_\_\_\_\_, \_\_\_\_)
3. Lord Rama's birth place (\_\_\_\_\_, \_\_\_\_)
4. Lord Krishna's birth place (\_\_\_\_\_, \_\_\_\_)
5. Birth place of Swami Vivekananda (\_\_\_\_\_, \_\_\_\_)
6. Pujya Dr. K. C. Varadachari's birth place (\_\_\_\_\_, \_\_\_\_)
7. Lord Krishna ruled this place (\_\_\_\_\_, \_\_\_\_)
8. The place where Srimad Bhagavad Gita was sung (\_\_\_\_\_, \_\_\_\_)
9. Place from where Lord Rama built the bridge to Lanka (\_\_\_\_\_, \_\_\_\_)
10. Pujya Dr. K. C. Varadachari got Doctorate from this university (\_\_\_\_\_, \_\_\_\_)

# SCHOOL EVENTS

**Congratulations** to the tenth standard students for their excellent performance in SSC board exams. Out of 10 students 1 student got 9.5 GPA, 4 students between 8 – 9 GPA, 4 students between 6 – 7 GPA and 1 student got 5 GPA.

## Solar Power



SSS has installed 7.5KW solar power unit. The unit was commissioned by Solarsis Integration Pvt. Ltd. The entire school's fans, tube lights, computers, PA systems are run on solar power now.

## Painting & Essay Contest



Painting and Essay Writing contest was held for students of all grades on the theme of Independence Day. Students enthusiastically prepared and participated in the events.

## Visit to INCOIS

Students of classes VI to X visited INCOIS (Indian National Centre for Ocean Information Services) on July 27<sup>th</sup> that happens to be their founding day. They were shown the Tsunami warning system and mechanism to obtain and disseminate ocean parameters to fishing communities.



Science Fair. Srikrishna was guided and assisted by Sri M. Ramesh, Maths & Physics Teacher in making this model.

## Inspire Award

G. Srikrishna was awarded Rs. 5000/- as part of Dept. of Science and Technology's Inspire award. Under the scheme, he has made Energy Generating Exercise Bike. It was demonstrated in District Science Fair conducted by Dept. of Education in Rainbow High School. He was one of the 25 students selected amongst 333 for State

## Independence Day

Independence Day was celebrated at school actively by the students. Students presented patriotic songs, dances and freedom movement struggle. Brigadier A. G. Krishnayya garu was the chief guest and hoisted the flag. The chief guest, Smt. A. Surya Kumari garu and Sri C. V. Koteswara Rao garu, Vice President, SSS distributed the prizes for essay writing and painting contest.



## S. B. V. Krishna, Class X

## SOLAR POWER

Our school has been running on Solar Power for the past two months. It generates up to 7.5 KW of power. It is enough to power all the computers and most of the fans and lights in the building required on a typical working day. The system has been commissioned by Solarsis Ltd. Solar energy is obtained from sunlight. It has been used by humans for a long time for uses such as heating, cooking food, removing salt from seawater and drying clothes. These days it is also used to create electricity.

Solar power is the conversion of sunlight into electricity, either directly using photovoltaic (PV), or indirectly using concentrated solar power (CSP). CSP systems use lenses or mirrors and tracking systems to focus a large area of sunlight into a small beam. Photovoltaic convert light into electric current using the photoelectric effect. Solar cells are also called photovoltaic cells. Large numbers of solar cells are put together to create solar panels. Solar electric panels are made up of silicon. Even though one can find silicon almost everywhere, making a solar panel is difficult and expensive. The silicon has to be heated to super high temperatures in a big factory, and then formed into very thin wafers. When sunlight hits a solar panel, it makes electrons in the silicon move around. The electrons flow through wires that were built into the solar panel and we have electricity. Solar panels are also called photovoltaic panels. "Photo" means light and "voltaic" means electricity. Electricity from a solar panel flows into attached batteries while the sun shines, and then the stored electricity in the batteries can be used at night, or when the sun is behind the clouds.







## Harischandra Prasad, IX Class **SATYAKAMA**

Satyakama was a small boy and he was the son of a woman named Jabali. He had a strong desire to study and left home in search of a guru. He reached the ashram of sage Gautama and requested him to make him his pupil. Gautama wanted to know about his family. This made Satyakama think deeply and he went to his mother. He asked her about Sage Gautama's question.

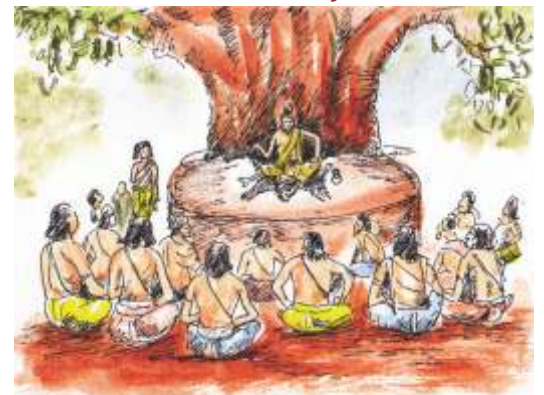
She said to him, "say that my name is Jabali and your name is Satyakama Jabali". Satyakama went to sage Gautama and told him what he knew. The sage was pleased with his love for truth and accepted him as his pupil.

One day Gautama told that before he could teach him, Satyakama should take a herd of 400 weak cows and return back to the ashram when they multiply to 1000. After that Gautama would impart him knowledge. Satyakama took the herd of 400 weak cows to the forest without uttering a single word. He looked after the cows with loving care.

After many years the 400 weak cows became strong and multiplied into 1000. All the gods and deities were happy with Satyakama's obedience and dedication to his guru. Along the way

he was blessed with knowledge by fire, a bull, a swan and a waterfowl. He took those cows to the ashram. Sage Gautama saw the glow of enlightenment on Satyakama's face. Sage Gautama blessed him with Brahmavidya (knowledge of the Divine) and became one of the best student.

**Moral: Be truthful and take every work seriously. Be courageous and do everything carefully. This will give us ultimate happiness.**



Illustrations by G. B. Setti



## **ENERGY GENERATING EXERCISE BIKE**



This was one of the 25 selected amongst 333 exhibits for the AP State Science Fair, to be held in the month of September 2013

People these days go to gym do exercise etc to reduce their weight. Consider the example of exercise bike. People use the mechanical energy from their muscles and pedal the cycle. As they cycle they lose some energy. This energy gets wasted. Why can't we make use of that energy and convert that mechanical energy into electrical energy and store it in a battery and make use of it later. So based on this idea this apparatus is built so that it can convert this mechanical energy into electrical energy and store it in a battery which can be used later. Here a dynamo is used to convert this mechanical energy into electrical energy and a battery is charged through a charging circuit. This electrical energy is stored in the battery which can be used later. This apparatus is also connected with a solar panel which will convert the light energy into electrical energy and this energy also charges the battery which can be used later, to light the bulbs etc. The product is useful in urban and rural environment. We also show calculations on how much energy is generated by a typical exercise routine.



G. SriKrishna

## **POSITIVE THINKING**

A. Kalvalya, Class VII



Once there was a girl named Niharika. She always thought negative. Once she was writing notes during lunch break. She saw her friends talking secretly. She thought negatively that her friends were talking about her. From that day onwards she stopped talking with her friends. She could not sleep peacefully and she became sick. She could not study properly. Her mother saw her and asked her to think positively. She joined her in meditation class. After some days she started thinking positively. Her friends were talking with her again. She was so happy and peaceful.

**Moral : Be Positive.**

## **MY MOTHER**

My mother is my best friend. She is an angel, and always keeps a smile. I always feel happy by seeing her smiley face. She tells me how to speak, She taught me how to play, She trained me how to respect elders, She is my best friend. She helps me when I am in problems, She is my first teacher, She is very kind, She looks after me carefully, She is my best friend, I love her very much.



N. Sowjanya, Class VIII

This is a regular column where in Dr. S. V. Raghavan, visiting professor, Adhiyamaan Engineering College, Hosur will be answering the questions posed by the students in the areas of Science and Technology. Interested readers can send questions to [spandan@sahajsevasamsthan.org](mailto:spandan@sahajsevasamsthan.org)

**Why do only parrots speak and no other bird species speak? T. Tarun, VIII Class**



The first answer it is the species capability; it is how the DNA is configured and set to work in differing species.

Birds (parrots, mynahs, parakeets)/ even animals (cow, horse or dog)- as recorded in some exceptional cases- do not 'talk' the way humans do. They merely mimic the sounds they hear repeatedly. There are various theories regarding the evolution of animal 'speech' behavior. There are mating songs, alarm calls and calls made by a bird/animal to communicate with the rest of the group regarding where they are relative to the others.

Human talk is made possible due to the interaction of several component subsystems, namely, the voice production mechanism, the neural networks and associated areas in the brain which act in a highly coordinated manner. It is not possible to go in detail here of all these systems and their combined working. The lungs, glottis, larynx, tongue, jaws and lips are all involved in the human vocalization system which is the most evolved such system in nature. The concerned cognitive areas of the brain actuate the musculature connected with the individual parts mentioned above in good coordination for the production of even the simplest of sound syllables. Conceptualization, selection from the memory of corresponding words in terms of meaning according to the choice of language used for articulation and vocalization of the words are the principal stages involved in human talk with which 'bird talk' cannot be compared at all.



Auditory feedback, that is, hearing the voiced sound plays a very important role in the mimicking of sounds

as it happens in small children who try to imitate the heard sound. Different species of birds come with differing levels of development of the above mentioned set of subsystems and there is no way of answering 'why it is so', the answer being only 'it is the way it is'.

It may be of interest to know that the 'syrinx' is the counterpart in birds for the larynx of humans playing an important role in voicing sounds. It is below the trachea in birds whereas the larynx is placed above the human trachea. Parrots, mynahs and parakeets are highly social animals who like to be in groups, like to interact with humans in particular and to be recognized as belonging to the group.

Thus when humans keep them as pets and talk to them with love, interest and attention they respond. It takes a long time even several years in fact to train birds to say some simple words such as hello, names etc. There have been however some exceptional performers, an African parakeet called Puck had a tested vocabulary of 1728 words; another Alex an African parrot had a vocabulary of only 300 words but had the ability to differentiate colours and concepts such as big and small, both the birds entering the Guinness book of records. Training involves reinforcements positive and negative mainly through food and the attention one gives to the bird. I would like to add that I heard an African yellow parrot sing three songs (3-4 lines) two love songs and one 'happy birthday to you' in Chinese, Spanish and English in the Jurong bird park in Singapore during a recent visit!

**Why are mosquitoes attracted to the red light in All Out and why do they die?**

**What chemical is released from it? - K. Pawan Kalyan, VIII Class**

All insects are attracted to light and mosquitoes are no exception. It could be any colour but the lamp producing the light should also be able to generate some warmth. The mosquitoes are guided to humans/animals mainly by tracking the exhaled breath containing CO<sub>2</sub> and the warmth and smells of animal sweat. ALL OUT is a brand name of a company product and we cannot access proprietary information as to the specific details of its design.



Only some general information as to the principles of operation of such devices can be given. The mosquito is attracted by the emission of CO<sub>2</sub> from propane (in one design) in the killer device and the emitted light. As it approaches the device it is sucked in by a vacuum mechanism created by a fan. Once inside the trap they are starved and dehydrated and thus die. A chemical called DEET (diethyl- meta- toulamide, its technical name) which is quite effective in repelling the insects and is the main ingredient in creams used

for external application on the skin.

It is an oil of light yellow colour with a smell highly repulsive to the mosquitoes. Even mosquitoes have smell preferences and they do have a right for it as created beings!

It will be of interest to note that the sense of smell in mosquitoes is 10,000 times more acute as compared to that of humans. There are some current designs in which the receptor neurons of the mosquito antennae connected with the olfactory sense (of smell) are influenced so that the insect is repelled by the smells associated with the animal/human sweat.



Neem and Tulasi leaves have special air purifying qualities. Fumigation {DHOOPAN kriya} with neem and tulasi leaves keeps away mosquitoes. Citronella oil is another natural mosquito repellent. SSS Vocational Wing produces Sahaj Jyothi candles made of Citronella oil.





**Nandi Vardhan Reddy, VIII Class**

Avul Pakir Jainulabdeen Abdul Kalam has come to personally represent to many of his countrymen the best aspects of Indian life. He was born on 15th October 1931 at Rameshwaram in Tamil Nadu. His father was not formally educated but was a man of great wisdom and kindness. His father used to avoid all inessential comforts and luxuries. However, all necessities were provided for, in terms of food, medicine or clothes. Abdul Kalam often assisted his brother Kasim Mohammed in his shop selling artifacts on their street. He studied at Schwartz high school, Ramanathapuram. He completed his higher education at St. Joseph's college and Madras Institute of Technology (MIT). After graduating from MIT, Kalam played a leading role in the development of India's missile and nuclear weapons programme. He planned a program that produced a large number of successful missiles, helping him earn the nickname "Missile Man". Beginning in the early 1950's he also served as a scientific adviser to the Government and his prominent role in India's 1998 Nuclear weapons tests established Kalam as a national hero. In 2002 he succeeded the outgoing president K R Narayan. He sought to use science and technology to transform India into a developed country. His focus is on transforming India into a developed nation by 2020. Dr. Kalam is one of the distinguished scientists of India with the unique honour of receiving honorary doctorates from thirty Universities and institutions. He has been awarded the coveted civilian awards – Padma Bhushan in 1981, Padma Vibhushan in 1990 and the highest civilian award Bharat Ratna in 1997. He is a recipient of several other awards and fellow of many professional universities.



SSS VOCATIONAL WING NEWS

**Growing Fresh Herb Ginger**

**Sai Sree, IX Class and D. Rajitha, X Class**



During October 2012, we Class 9th had planted ginger to see if we could grow this plant in our school garden. We used a large plastic tub and filled it with red soil, sand, cow dung and a lot of dried leaves. We dug and loosened the soil. Then we took 100 gm of store bought ginger and broke into small 1" strips and planted them in the tub, covered with soil and watered well. All of us were observing the tub for 1 month; we did not see any shoots. After a month we observed green shoots coming out and were very happy. We took care to water regularly and pull out weeds that were growing. Ginger is known as a long term crop and also a cash crop. So from October we waited until next year (2013) April to harvest the crop. The plant had grown well and then during summer the leaves dry and fall. This is an indicator that the crop is ready for harvest. We slowly dug up the soil, not to disturb the ginger root. We cleaned the ginger of soil and leaves, washed it and let it dry on a newspaper in the shade for a day. Now the ginger is ready to be used in Sahaj Shakti Biscuits. We had sown 100 gm of ginger and obtained 600 gm in return. We were excited about the harvest and had a good yield. Ginger is one of those plants, when grown at home it does not need much care, in terms of fertilizers or pesticides. Not many pests attack this crop. Cow dung added once a month is more than enough for a healthy harvest. If one can find a small sunny spot in the garden or in a large plastic tub placed in balcony, one can grow ginger at home. Although it takes 7-8 months for harvest it is worth when we smell fresh ginger grown by us. Similar are plants like turmeric, mango ginger, Chama gadda (colocasia). Do give it a try in your garden.

**Pots of Herbs**

**G. Sravani and N. Sowjanya, VIII Class**

This academic (2013-2014) year one of our gardening projects is to grow plants at our homes in small areas called as Kitchen Gardening. Some of the easiest plants to grow at homes are methi (fenugreek), dhania (coriander), palak (spinach), chukka Kura (garden sorrel). They all are leafy vegetables and good for health. These plants can be harvested as and when we need, so we will have fresh herbs in our house. This is better than buying from market and also very fresh with no pesticides added to them. Following is the way we can grow in small areas at our homes.

1. Take two 12 inch pots ( plastic, mud, or cement).
2. Fill with small gravel stones on the bottom for drainage making sure there is a hole for water to drain.
3. Fill with equal quantities of red soil, sand, dried cow dung, compost. Thoroughly wet the soil mixture. Make sure all the excess is draining out of the pot.
4. Divide the soil area into half and place seeds of methi and coriander in the first pot, palak and chukka kura in the second pot.
5. Cover the seeds slightly with soil. Do not add any more water but leave in a shady area.
6. Make sure you do not water the pot until you see some shoots come up.
7. Move the pots to a sunny area. Water the pots daily.
8. Coriander and methi will grow fast and be ready for harvest in a month, whereas palak and chukka kura take about 1.5 months to grow.
9. We can also plant small branches of pudina. These branches will take roots and grow fast. Leaves are edible part of plant. Pudina also called Mint is useful and frequently used herb cum spice at home.
10. Water daily, Check for pests and add one cup of dried cow dung once a month. Try growing these herbs in your house and send us a picture of your crop.



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

1. Bodh School re-opened on June 13, 2013 after summer vacation. This time there were many enquiries for admission. Some of the parents who have visited Satkama High School also visited Bodh and found that their children would be benefited if their children get admission in Bodh. They have approached Bodh for their children. Regular educational and psychological assessment (private consultant) has been carried out and admissions are given based on criteria set by our Samsthan Committee. Finally, five students were given admission.

2. Out of 3 students from last year, one student Chi.Umar Farooq (2012-2013) has shown considerable improvement in academics and also in behavior. He has also become more disciplined. He has improved from 1<sup>st</sup> class level to 3<sup>rd</sup> class level in languages and mathematics. His parents have admitted him in normal school in 3<sup>rd</sup> class.

3. Satkama High School Committee has suggested providing assistance for 11 students from 3<sup>rd</sup> to 7<sup>th</sup> class. They are having consistent difficulty in reading and writing. Parents of these students have cooperated with Satkama school authorities and joined them in Bodh.

4. Apart from above, one more student of 9<sup>th</sup> class from Satkama was asked for additional help in mathematics. He is also being helped by Bodh.

5. As of now, total strength of students in Bodh is 18 which includes 11 students from Satkama.

6. Every day, before starting any activity, Prayer is offered to Master and students are asked to sit calmly for few minutes. When the students of Bodh are enquired regarding their thoughts / feelings after Prayer, they have informed that 'they want to do good things', 'they feel happy' and 'they feel their mind becomes fresh', etc.

7. Regularly, students are taught Moral Stories, Computers, etc apart from their remedial classes.

8. Bodh celebrated Independence Day along with Satkama High School. Children participated with happiness and enthusiasm. They participated in painting contest

9. **Painting and drawing:** Students are given sufficient time for learning painting and drawing. Apart from their regular art and craft time during school hours, some students who have shown more interest in learning paintings are allowed extra time after school



hours. These students are being trained in drawing and painting. In due course, they can even appear for drawing exams and painting contests. These students are being taught by Sri G.B.Setty, BFA.

10. **Vocational Activities:** Bodh students are actively participating in vocational skill activity training by vocational wing known as SUPW. They are participating in making Sahaj Sakti Biscuits & Sahaj Sakti drink and growing of wheat grass. Stitching and gardening are also taught to them along with Satkama School children



**Chi Chakradhar receiving the prize**

along with Satkama School and won 1<sup>st</sup> prizes in two groups. Chi. Chakradhar of 5<sup>th</sup> class won 1<sup>st</sup> prize in group -two and Chi. Mounika won 1<sup>st</sup> prize in group -three.



**Chakradhar, V Class**



**I like to see my country like this, beautiful - Mounika, IV Class**

Chi. Harish of 6<sup>th</sup> class has prepared the following speech for Independence day celebrations.

ప్రియమైన ఉపాధ్యాయులకు, స్నేహితులకు మరియు అతిథులకు నా ప్రణామములు. 1947, August 15వ తేదీన మనకు స్వాతంత్ర్యం వచ్చింది. రాణి లక్ష్మీబాయి, గాంధీజీ, చంద్రశేఖర్ ఆజాద్, భగత్ సింగ్ మొదలైనవారు ఎంతో కష్టపడి పోరాటం చేస్తే మనకు స్వాతంత్ర్యం వచ్చింది. మనం మంచిగా ఉండాలని వీరందరు వాళ్ళ జీవితాలను త్యాగం చేసి మనకు స్వాతంత్ర్యం తెచ్చారు. అందుకని మనము ఇతరులకు సహాయపడాలి. అందరు స్నేహితులుగా కలసి ఉండాలి.

Children are to be viewed as embodiments of love and affection. The educators' job is to develop their inner resources so as to become tomorrows' peace makers  
- Excerpt from Address to teachers and parents of Bodh school by Pujya Sri K. C. Narayana



**Ayurveda - Rainy Season**

Dr. G. Vijay Kumar, BAMS, MS

**A**yurveda, the science of life has always emphasized to maintain the health and prevent the disease by following a proper diet and lifestyle.

The basic principle followed in the ayurvedic system of medicine is to maintain the health of the healthy rather than to cure the disease of the diseased.

The strength and the complexion of the person, knowing the suitable diet and regimen for every season and practicing accordingly, are enhanced.

**VarshaRitu (Rainy season):** Everybody enjoys the rains. Rain is a beautiful gift to mankind to get fresh. During rainy season our digestive fire is weakened (Jataraagni mandhyam) and so it needs special precautions in this season. According to Ayurveda the vata in our body gets aggravated, along with vata, pitta and kapha also get imbalanced there by causing various diseases like Ajeernam (indigestion), Amlapittam (hyper acidity), Mala bandham (constipation), Jvara (viral fever).

**Home remedies:****Indigestion (Ajeernam):**

1) Mix equal quantities of Ginger (allam, adrak), jeera (jeelakarra) and saindhava lavanam and take 3 gms before food morning and evening.

2) Take 3 to 5 Gms of Sonti powder with jaggery before food two times a day.

3) Take 3-5 Gms of Haritaki Powder (karakkaya, Halda in Hindi) with jaggery before food everyday morning and evening.

**Hyper acidity (AmlaPittam):**

1) Mix equal quantities of Yestimadhu (AthiMadhuram) + Dry grapes (endudraksha in telugu) and Haritaki (karakkaya) and Amla (Usiri) powder and add sugar (or) mishri (patikabellam) and take 3-5 gms before food everyday morning and evening.

2) Take 2-3 Gms of Pippali choornam with honey twice a day before food.

3) Take Neem bark kashayam with honey

**Constipation (Mala Bandham):**

1) Take 5-10 gms of TriphalaChooranam (Amla, Haritaki, Vibhitaki) at bedtime in luke warm water

2) Take 5-10 gms of Avipathikachooranam at bedtime in lukewarm water

3) Take Eranda Tail (Amudham) – 10-15ml in luke warm water for chronic constipation

**Viral Fever (Jwara):**

1) Mix equal quantities of Amla, Haritaki, PuskaraChitramula powders. Mix 5gms each of all powders and in 400ml of water. Boil till 100ml of kashayam is left and take 100ml twice a day.

2) Chirayuta is effective in the treatment of intermittent viral fevers. It helps in lowering the temperature. An infusion of the herb is prepared by immersing 15gm of Chirayuta in 250ml of hot water and add Lavang (Clove) and Elachi (Cinnamon). 15ml to 30ml can be given twice a day.

3) Take Kashayam of Guduchi (Tippateega, Giloy) leaves twice daily. Use stem of Guduchi (Giloy) crushed with water and boil with 2 cups of water which finally reduces to 1 cup of decoction. Filter the Kashayam and consume 2-3 times a day.

During rainy season many mosquitoes and microorganisms like bacteria and viruses are everywhere. To keep our home clean

1) Neem and Tulasi leaves have special air purifying qualities. Fumigation {DHOOPAN kriya} with neem and tulasi leaves helps in alleviating air borne diseases like malaria and flu etc. So in rainy season dhupan kriya is good to keep our homes away from flies and mosquitoes.

2) Chew 3-5 fresh leaves of Neem daily to purify the blood.

3) Please take simple food during this season (no spicy or outside foods) and foods should be easily digestible.

4) Drink only boiled and filtered water and make sure it is consumed within 24 hrs of boiling.

**SSS SUMMER CAMP**

SSS has organised a Summer Camp in Spoken Sanskrit from June 01 to June 12'13 for school children. About 20 students have attended regularly the classes and acquired basic conversation skills - the topics included the introduction to the language, parts of speech, small sentences, etc. They were also taught to recite few Srimad Bhagavad Gita Slokas. We are thankful to Sri Krupalu and Smt Shyamala for volunteering to teach the students during the summer camp.

**SOLUTIONS**

**Crossword:Across:** 2. Flute, 3. Nanda, 8., Kaliya,10. Peacock,11. Brindavan,12. Yamuna,13.

Vasudeva,15. Gokulam,16. Yashoda, 17. Devaki

**Down:** 1. Putana, 4. Krishna, 5. Kamsa, 6. Mathura, 7. Cow, 9. Govarthana, 11. Balrama, 14. Butter

**What's the good word?** 1. Belief, 2. Tirupati, 3. Non-cooperation, Khadi, 4. Compassion, 5. Paper, 6. Charkha, Paper, 7. Empathetic, 8. Dear, Near, 9. Respected, 10. Ardent, Intimate, 11. The Hindu, 12.

Pujya Sri Ramchandrajaji 13. Rajayoga, Sri Ramchandra

**Map:** 1. Fatehgarh, Uttar Pradesh 2. Shahjahanpur, Uttar Pradesh 3. Ayodhya, Uttar Pradesh 4. Mathura, Uttar Pradesh 5. Kolkata, West Bengal 6. Tirupati, Andhra Pradesh 7. Dwarka, Gujarat 8. Kurukshetra, Harayana 9. Rameswaram, Tamil Nadu 10. Chennai, Tamil Nadu, A-8, B-4, C-2, D-1, E-3, F-7, G-5, H-6, I-10, J-9

Our rules provide for taking food in the remembrance of God.

- Pujya Sri Ramchandrajaji Maharaj

## వేమన శతకము

వేరుపురుగు చేలి వృక్షంబు జెఱచును  
చీడపురుగు చేలి చెట్టు చెఱచు  
కుత్తితుండు చేలి గుణవంతు చెఱచురా  
విశ్వదాభిరామ వినురవేమ

**తాత్పర్యము :** వేఱును నశింపజేయు పురుగు చేలి మొత్తము చెట్టునే పాడు చేయును. ఆకులు తినెడి చీడపురుగు పట్టి మొక్కలను నాశనము చేయును. అట్లే దుర్బుద్ధిగలవాడు దగ్గరకు చేలి గుణవంతుని పాడు చేయును.

## संत कबीर के दोहे

गुरु कुम्हार शिष कुंभ है, गढ़ि काढ़े खोट ।  
अन्तर हाथ सहार दै, बाहर बाहै चोट ॥  
Guru is like a potter who moulds his student with both love and discipline just like the potter who perfects the pot by putting one supporting hand inside and tapping on the outside.

कबीर ते नर अंध हैं, गुरु को कहते और ।  
हरि के रुठे ठौर है, गुरु रुठे नहिं ठौर ॥  
Those who do not see the Guru's value are as good as blind. One may find some place by offending God but there is no place for one who offends the Guru.

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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.

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