



SPANDAN

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MESSAGE FROM SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President, Sahaj Seva Samsthan

Diwali is a festival of joy and lights. It signifies victory of good over evil. Children should be aware of the fact that Divine light is always present in the cave of the heart. Due to passage of time and due to the neglect of the proper upkeep of that light, darkness of ignorance which is nothing but fear, greed and selfishness has engulfed the light, just as dark clouds obscure the sun.

The basic purpose or aim of any real education is to allow that Divine light to dominate our consciousness. When that light dominates darkness of fear, greed, misery simply disappears. When that happens it will be one continuous joy not just on the day of Diwali. On this happy occasion of Diwali I pray to the Great Master for blessings for the children of Satkama and Bodh to light up the Divine in their hearts.

GUEST EDITORIAL

Dr. A. Subba Rao

The constructive individual development through capacity-building is the fundamental objective of Education. This is so vast to encompass all spheres of activity and existence. There is a dire need to erect an altruistic platform on which the development models have to be structured that can cater to the needs of contemporary as well as the generations that follow. Nursing, nourishing and nurturing in all planes need to be integrated in educational methodologies in the spirit of The Great Master's vision for the present and posterity. Satkama in true spirit of Great Master's teaching has commenced this noble and stupendous task for educating, preparing, enabling and empowering in order to make every student self reliant, self confident, virtuous displaying human dignity and parade through the corridors of the World expressing 'Divine Light' that is delighting, fulfilling and endearing to the Great Divine. There are Divine lighted hearts at this great job that is sure to delight unabated for generations to come through application of modern, scientific and other educational inputs coupled with holistic mother tincture for 'wholesome' development in the years ahead.

The emerging and re-emerging issues and concerns of the contemporary world demand the methodologies that are Global in outlook and Universal in character, available and accessible to all. This can only be addressed through the main frame of 'True Spirituality', the way of living and doing as exhorted by The Great Master Sri Ramchandraji Maharaj of Shahjahanpur, U.P., India., whose Consciousness is the Guiding Spirit and Courage.

The prescription and spirit of the 9 P.M. Prayer given by The Master has to become a true family tradition to include the parents and their neighbours in all societies. This is highly spiritual, secular and potent remedy for 'Holistic development'. I appeal to all the parents and through them to their neighbours and their circles to accept this and participate in the true educative process that can bring in much desired moderation, peace, harmony and happiness at home and the world at large. This alone can lead to excellence and true fraternity.

All Glory Unto Him.

The efforts of the management, Principal, staff and students in this regard is commendable and sure to bring furtherance in this noble endeavour. Let all these lovely and lively hearts emit the 'Divine Light' that is natural to illumine the world in the true spirit of 'Diwali'.

COMPARISON LEADS TO CONFLICT

Pujya Sri K. C. Narayana, Excerpt : Methods & Practices from the book Meditation

Comparison leads to conflict, when we compare ourselves that we feel that we are better than someone else, conflict starts. Comparison is the basis of conflict. There is a Sufi story. Some gentleman, some sort of a king, went to a Sufi's house. He said wherever he went he found that he was superior to others but the moment he entered the Sufis' he felt as though he was the most inferior person. He wanted to understand the reason from the Sufi. The respected one said "wait till the evening". When all the people have gone he said 'now I will tell you. Let us go out of the house'. They went out and then the Sufi said, "you see this big tree, it is a big tree next to the small tree. They are able to live together because they do not compare. You would also be at ease with me when you don't compare. Conflict arises out of comparison.'

Illustrator: G. B. Setti

Compiled by Rishikesh Joshi, V class

DEEPAVALI

Hindu people believe that Narakasura was the son of goddess Bhudevi. He established the kingdom of Pragjyotisha which is in the present day Assam after overthrowing the last of the Danava king Ghatakasura. Bhudevi is the goddess of Earth. She sought a boon from Lord Vishnu that her son should have a long life, and that he should be all powerful. Lord Vishnu granted these boons to her. Narakasura had



also gained a boon from Brahma that he would die only in the hands of his mother. After that, Narakasura became evil and brought all the kingdoms on earth under his control. Next, he wanted to rule Swargaloka also. Even the mighty Indra could not withstand the assault of this son of Earth and had to flee the heavens. Narakasura became the emperor of both the heavens and earth. He kidnapped 16000 women and imprisoned them in his palace. He became very proud. Aditi is said to be the mother of gods. The earrings of Aditi were very precious. They even glowed in the dark. Narakasura stole the earrings of Aditi.

All the Devas, led by Indra went to Lord Vishnu and prayed to him to free them from Narakasura. Lord Vishnu promised them that he would, when he would be

incarnated as Krishna. As promised to Bhudevi, Narakasura was allowed to enjoy a long reign. At last Lord Vishnu was born as Lord Krishna. Aditi, who was a relative of Lord Krishna's wife Satyabhama, approached Satyabhama for help. When Satyabhama heard of the Narakasura's ill treatment of women and his behaviour with Aditi, she was enraged.

S a t y a b h a m a

approached Lord Krishna for permission to fight against Narakasura.

Lord Krishna and Satyabhama sat on Garuda. Garuda flew into the kingdom of Pragjyotisha. Lord Krishna attacked the great fortress of Narakasura. The battle between the army of Narakasura and the Lord was very short. Lord Krishna also killed

Mura, Narakasura's general. Thus Lord Krishna is called 'Murari' (the enemy of Mura). In desperation, Narakasura launched his great weapon, sataghini (a thunderbolt) on Lord Krishna. However, it made

no impact on him. On the day of the war, Satyabhama with Lord Krishna fought with Narakasura bravely, but she was no match to his trained skills. After a few days, when Narakasura got a chance, he took aim at Lord Krishna, hurting him lightly. Lord Krishna fainted in a preordained divine plan, adopted to empower Satyabhama. As expected seeing Lord Krishna being hurt, Satyabhama became furious. She doubled her attack on the demon king and finally defeated him.

Lord Krishna and Satyabhama came towards Narakasura in his last moments. Narakasura looked at the two of them. He thought what they had for each other was love. He realised suddenly that this is what was missing

in his life. He had been very powerful but he had never loved anybody. He felt repentant. He thought he had been so powerful and he could have used that power for good but instead he used it for bad purposes. He held his hands, bowed his head and said, "My Lord! I am truly sorry. I have lived a life of ignorance, a life of hate and darkness. I have spread nothing but fear among people. I have seen the error in my ways." Lord Krishna was glad that Narakasura repented for his actions.

Before dying, the Asura requested a boon that the day of his death should be celebrated by all people on earth. This day is celebrated as 'Naraka Chaturdashi' - the first day of Diwali. This day stands for the victory of good over evil.

Lord Krishna and Satyabhama's victory on Narakasura gave freedom for all his prisoners and honour to Aditi. Having rescued the 16,000 women, Lord Krishna married them to restore them to their former dignity.



STORY OF MASTER - SPIRITUAL PROGRESS

Reference Book : Spirituality



Once on my visit to Shahjahanpur, I was sitting with Pujya Babuji after lunch. Although numerous thoughts were moving in the mind, I was keeping quiet. Pujya Babuji was smoking his hookah and was engrossed in some thought. Although the thoughts were present on one hand, on the other hand I was enjoying an inexplicable peace and calmness. Just then Pujya Easwar Sahaiji brought some printed matter and left after discussing it with Pujya Babuji. Unable to control myself, I asked Pujya Babuji "How did you achieve such high spiritual progress?" His reply was "By keeping the heart pure with the

remembrance of Master and not by making the paper black". He laughed and continued whiffing his hookah.

SRIMAD BHAGAVAD GITA

इन्द्रियाणां हि चरतां यन्मनोऽनु विधीयते
तदस्य हरति प्रज्ञां वायुर्नावमिवाम्भसि ॥

While the senses are moving amongst the objects, the mind is prone to follow in their wake; Such a mind sweeps away one's understanding, as wind sweeps a ship on the waters. (2 - 67)

Senses of the body are always hungry after their objects. The eyes see a beautiful picture or posture and say that let's go and see that movie in TV. The ears tell us that there is very nice music and let us turn on our mobile or radio and hear it. The tongue says that there is a very nice hotel with good items we should go and eat. In this way the senses drag us from one place to another and because of this we are puzzled. Each faculty drags to one place or the other and does not allow us to sit at one place steadily.

It is like a student who after hearing nice lectures leaves school with the intention of going home and studying for exams but all senses drag him from one place to other. He ends up watching movies on TV for some time, listening songs for some time and going out for small snack outside with friends. Finally, at the end of the day he has no time left for studies. Exams come closer and having no preparation, he gets poor scores.

There is no point in weeping after days pass off from our hands. We have to remember the purpose of any task and keep on ignoring other things which come our way. Otherwise mind will sweep away from the goal like a ship in a storm.

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.

27.8.13 – I was very patient after prayer.
6.9.13 – I was peaceful and calm.
20.9.13 - I was at peace and am not getting angry at anyone.

30.7.13 – I felt so happy.
3.9.13 – I felt cheerful.
17.9.13 – I felt very pure.

K. Nirmala, VII Class

Arshiya Begum, VII Class

Illustration
Md. Hakeem, V Class

30.7.13 – My mind felt so fresh and cool.
3.9.13 - I felt very happy and peaceful.
24.9.13 – I felt calm and polite.

A. Akhila, VII Class

14.8.13 – I felt relief.
11.9.13 – I felt so happy.
25.9.13 - I felt so fresh and happy.

K. Rachana, VII Class

SATKAMA SCHOOL

PRINCIPAL'S MESSAGE

Cooperation - Our core philosophy

Sri Vidyadhar Joshi

In the last issue, we had published a picture story on Cooperation to make it easier for children to understand. The same story was published in the Basant issue of this year, titled "Living Together". We see in the story how the tribes that live in the mountains understand the value of cooperation which is very basic to their survival and people living in the plains do not value it because seemingly in their view, their survival does not depend on it. This is also the predicament of the modern urban man. We think rather in an inverted way that our survival depends not on cooperation but competition which is not true. The roots of such thinking are found in schools where competitive mindset is rather encouraged. Many parents in the past have asked us why we do not give ranks to students' performance. We do not give ranks to not encourage a competitive mindset in the children. Students are encouraged to improve their performance as compared to their own self but not with the slightest idea to compete with others. While it is a fact for them that they have to face competitive exams in future, they need not be made to succumb to a competitive mindset. They are to be encouraged to do their best effort as is possible and be happy with themselves and such an effort. In other words, they are to cooperate with their own self. However, expectation of parents & society of getting such results relative to the prevailing competition ruins their happiness. This competitive tendency has to be negated and replaced with a positive self esteem having faith in this message of Beloved Master, Pujya Sri Ramchandrajji Maharaj that says "God has created the world so that every flower may grow in its right standard".

Student Editorial

- Ch. Harichandra Prasad, IX Class

Namaste. This term students from all the classes went to field trips. The field trips were educational and students enjoyed them too. Classes 1st to 8th went to Ravi Foods Pvt. Ltd., and Mrugavani National Park. Students from 9th and 10th visited My Home Industries Ltd., where they learnt about manufacturing of cement.

Diwali is approaching. Enjoy the festival with less smoke producing crackers and use less number of crackers. Burn the crackers in the presence of elders. Follow their advice while burning crackers. Half yearly exams are also approaching. So do not waste your time, have a proper plan and revise your lessons up to date. Take healthy diet and drink Sahaj Shakti milk daily. Be healthy to study well.

Take active participation in writing articles for the newsletter. Everyone is able to contribute their own articles for Spandan.

We are thankful to some of our brothers and sisters for their contributions. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to spandan@sahajsevasamsthan.org.
We wish you all a happy and safe Diwali.

PANINI

Smt. M. Hemalatha, English Teacher

Panini is the greatest scientific grammarian. He lived during the period of 7 BC to 5 BC and is well noted as the earliest grammarian in the world. He lived on the banks of the Sindhu river which flowed through the city of Salatura. This city is near 'Taxila' which is now in the Punjab province of Pakistan.

Panini composed a grammar of Sanskrit language which became the first and the most perfect grammar that could ever be composed. He worked very hard and collected information from people who spoke the language. He framed 3,959 rules of Sanskrit morphology. Morphology is a Greek word which means study of forms and formation of words in a language. These rules told how the sentences have to be made with words and phrases with related meaning. They were composed into a book known as "Ashtadyayi" which means eight chapters. (Ashta means eight and Adhyayi means chapters). It enclosed everything about language and communication.

Panini's grammar has also been devised for non-Sanskrit languages. Modern formal language, mathematical language, formal grammar, computing methods followed his rules. Panini's book was so perfect that all authors followed his grammatical rules.

Phonetics is the study of sounds of a language. This was studied as early as 500 BC in the Indian subcontinent because of Panini's work on how consonants are given unique sounds. The major Indic alphabets (consonants and vowels of languages in India, Pakistan, Southeast Asia, parts of Central and East Asia) are placed in an order according to Panini's classification. (Eg., ka, kha, ga, gha, gna in one level). Panini's work became known in 19th century Europe. Modern linguistics used his work to create modern phonetics. Panini is also called the 'father of computing language'. Computer programming languages, rules etc are based on his style of notation.

OUR PAGES

BAD HABITS

Once a boy named Ravi liked cool drinks like 7up, Miranda, Thumbs up etc. Once Ravi drank 7up and his mother scolded him. His father said, "Do not drink cool drinks. If you drink so many cool drinks, your stomach will get diseases and doctor will give you injections". Ravi is scared of injection.



K. Shiva Sai
V Class

Thus Ravi stopped drinking cool drinks.

MORAL: Do not drink so many cool drinks.

ఓర్పు

ఒక రోజు రాము మరియు వాళ్ళ అమ్మ బజారుకి వెళ్ళారు. రాము వాళ్ళ అమ్మని ఒక బొమ్మ అడిగాడు. కాని వాళ్ళ అమ్మ బొమ్మని రేపు తీసుకొస్తాను అంది. రాము సరే అన్నాడు. కాని వాళ్ళ అమ్మ బొమ్మని తేలేదు. అయినా రాము పేచీ పెట్టలేదు.

నీతి: అమ్మ, నాన్న అన్నీ ఇస్తారు. ఇవ్వకపోయినా మనం వాళ్ళని బాధ పెట్టకూడదు.



అనూప్ రెడ్డి
మూడవ తరగతి

CO-OPERATION

Ravi is a good boy. He is studying in fourth class. One day when he came back home after school he saw his younger brother crying. He went near him and asked his brother "What happened? Why are you crying?". His brother told him "Tomorrow is science fair in our school. Our teacher told us to make a train with boxes. I don't know how to make it." Ravi said "I will help you make it."

Another brother also heard him. He also told he will help them. So the three brothers started making the train. They all cooperated. It began

to become a train. Next day he took the train to school. Everyone saw it. They liked it. They even gave a gift to him. The three brothers were happy. Their parents saw it and hugged them.

MORAL: We should cooperate with each other.



Lavanya
V Class

MEDITATION

Once there were three friends in a village named Srivalli, Rani and Devi. They all were good friends. One day when Srivalli and Rani came to play, Devi was doing meditation. Srivalli and Rani saw a chess board and thought to play for some time. While playing they were



K. Prasanna
V Class



shouting loudly and making noise. After meditation Devi also joined them. Srivalli asked Devi, "When you were doing meditation, we made noise but you did not get disturbed." Devi

said, "I am doing meditation with devotion. We have to do meditation peacefully". Srivalli and Rani felt repentant and said sorry to Devi.

MORAL: Do meditation with devotion and peace.

క్ష్మ

ఒక బడిలో లక్కి అనే అబ్బాయి ఉండేవాడు. లక్కి బడిలో రాణి అనే అమ్మాయి ఉండేది. ఒక రోజు రాణికి లక్కి చేయి తగిలింది. అప్పుడు లక్కి నన్ను క్షమించు అని అడిగాడు. రాణి నిన్ను క్షమించుచున్నాను అని చెప్పింది. అప్పుడు ఇద్దరు కలసి మెలసి ఉన్నారు.

నీతి: ఎప్పుడు కోపం తెచ్చుకోవద్దు



ఎమ్. అర్చన
మూడవ తరగతి

SHARING

Once there were two friends Mounika and Deepika. One day when they were going to a shop, it started raining. Deepika shared her umbrella with Mounika. In the shop, Mounika bought some

notebooks.

She shared two notebooks with Deepika. Deepika wanted to buy a dress but did not have money to buy. Mounika gave her money to buy two dresses. Deepika shared one dress with her friend. When they came outside, they saw a

poor girl. The two girls gave the girl some money, the dress they had bought and also food. They came back home happily.

MORAL: We should share with one another.



Vasavi
IV Class

Colour the below picture

ACTIVITY CENTER

Illustrator : G. B. Setti



Mould your living so as to rouse a feeling of love and piety in others (Commandment 9)

ఇతరులలో ప్రేమ మరియు భక్తి పూరితమైన భావనలను మేల్కొల్పనట్లు నీ జీవితమునూ మలచుకొనుము. (ఆదేశము - 9) - **Pujya Sri Ramchandraji Maharaj**

What's the Value?

Find the value expressed in the sentence below.

Compiled by VIII Class



Having love and loyalty towards the country.



One day when Radha was playing, she saw a bird with wounds. She took the bird to her house and gave it first aid.

Mother feeding her child.



One man hunts a dove and another man saves it.



Bowing the head before elders.



Two teams were given projects. One team completed their project successfully.

A girl listens to her friend without becoming angry.



One day a boy saw a blind woman on the road. He helped her without expecting anything in return.

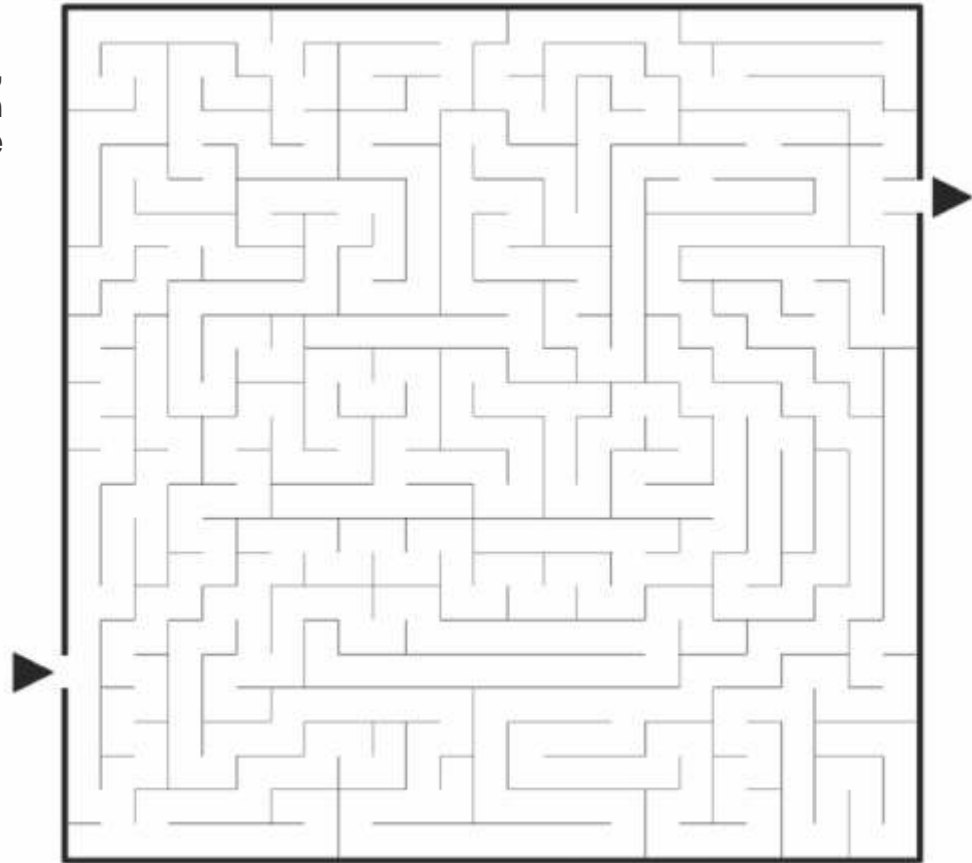


Solutions on Page 12

ACTIVITY CENTER

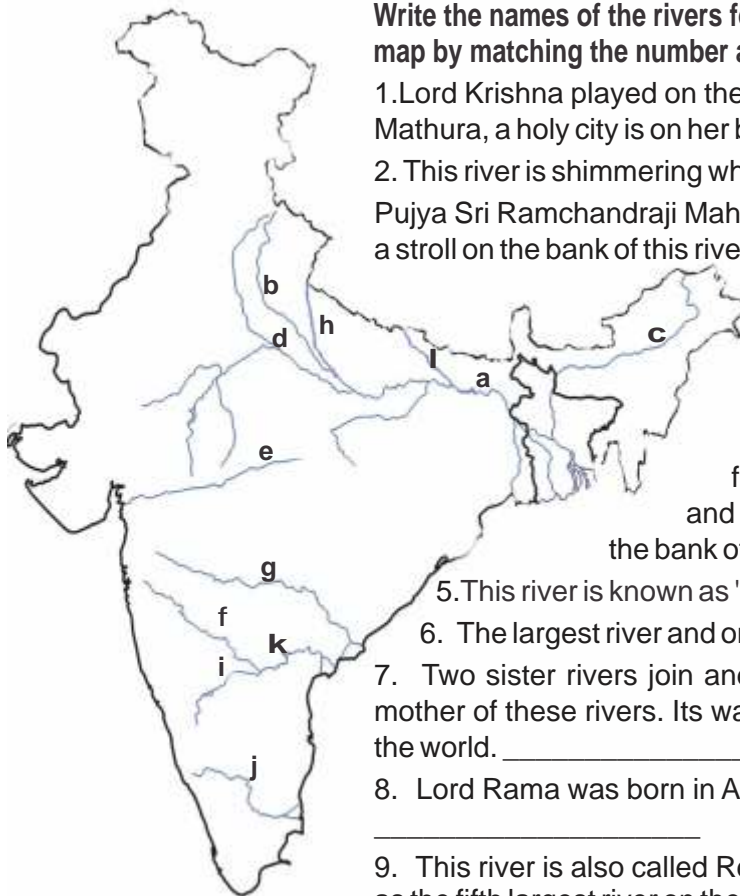
Picture Maze

Solve the maze, then colour the path until the hidden picture is shown.



Solutions on Page 12

Find the Rivers



Write the names of the rivers for the clues given below. Locate these rivers on the map by matching the number and the alphabet on the map.

1. Lord Krishna played on the banks of this river. Lord Krishna who was born in Mathura, a holy city is on her banks. _____
2. This river is shimmering white and gold and represents purity. Pujya Sri Ramchandraj Maharaj of Fatehgarh, UP used to take his disciples for a stroll on the bank of this river. _____
3. This is the first major river tributary of a famous river which is close by the the birth place of Pujya Sri Ramchandraj Maharaj of Shahjahanpur, UP. _____
4. This river rises near Nasik in Maharashtra, flows east towards Bay of Bengal. Lord Rama, Sita and Lakshmana spent much of their exile years along the bank of this river. _____
5. This river is known as 'Dakshina Ganga'. _____
6. The largest river and only river with male name. _____
7. Two sister rivers join and finally join into another river which is called the mother of these rivers. Its water is considered to be the best drinkable water in the world. _____
8. Lord Rama was born in Ayodhya which is situated on the banks of this river. _____
9. This river is also called Reva and Purvaganga. It flows through central India as the fifth largest river on the Indian subcontinent. _____

SCHOOL NEWS

September 5th – Teacher's day



Teacher's Day was marked by students of IX & X class taking classes for lower classes and giving teachers a break. They also organized recreational activities for teachers in a small program. Biography of Sri Sarvepalli Radhakrishnan and his contribution to the field of education was recalled.

State Science fair



G. Srikrishna presented his "Eco Friendly Exersize Bike" exhibit at State Level INSPIRE exhibition held on Sept 27th through Sept 30th. G. Srikrishna was awarded a participation certificate for his presentation and Sri M. Ramesh, Physics Teacher was awarded certificate for guiding the project.



K. Uday Kumar, IX



October 5th - Visit to Biscuit Factory and National Park

Students of I to VIII were taken for a field trip to a biscuit manufacturing unit, Ravi Foods Pvt. Ltd, manufacturers of Dukes brand of biscuits. Students

had a first hand experience of observing how a small scale industry functions. Later students were taken to Mrugvani National Park where they spent some time with Nature. All students enjoyed a lot.



October 4th & 5th - Visit to Maha Cements Factory



Students of IX & X class were taken for a 2 day excursion to Maha Cements Factory in Nalgonda Dist. Students were given a detailed tour of Cement Factory, Power plant and limestone mines. The trip was organized by My Home Industries Ltd. and was very educative for the students.

Contribution to Uttarakhand Relief Fund

Students and staff of Satkama High School collectively contributed Rs. 8000.00 for flood relief operations for the recent floods in Uttarakhand. The amount was sent to The Prime Minister's Relief Fund.

ART GALLERY

Md. Sameera, X



Ch. Harichandraprasad, IX



D. Rajitha, X



K. Sushma, IX

ప్రకృతి

మండుటెండల్లో ప్రకృతి మనకు చల్లటి గాలినిస్తుంది.
చీకట్లో వెన్నెల, నక్షత్రాలు మన మనస్సులను ఆనందింపజేస్తాయి.
వసంతంలో కోయిల మామిడి చిగుళ్ళు తిని కుహూ, కుహూమని పాటలు పాడి మనకు మానసికానందాన్ని ఇస్తుంది.



ఎన్. తేజ
తామ్మిదవ తరగతి

సముద్రపు ఒడ్డున సూర్యుడు ఉదయించినప్పుడు తెరచాప నావ వెళ్తావుంటే మనకు ఎంతో సంతోషాన్ని కలిగిస్తుంది.
నెమలి నాట్యం చేస్తూ, రామచిలుకలు రామ రామ అంటూ, మొగ్గలు పూవులై, కోయిల పాడుతూ మనల్ని శుభోదయాన్ని పలకరిస్తాయి.

ప్రకృతి మనకు ఎన్నో మంచి పనులు నేర్పిస్తుంది. కాబట్టి కాపాడాలి, కాపాడాలి జీవనవైవిధ్యాన్ని కాపాడాలి. పొందాలి, పొందాలి ప్రకృతి నుంచి ఆనందాన్ని పొందాలి.

ప్రకృతి-ప్రకృతి అందమైన ప్రకృతి ప్రకృతే మన దేశానికి ప్రగతి, ఇది మనకి ఇస్తుంది ఎంతో స్ఫూర్తి, ఇది ఎప్పటికీ తరగిపోని ఆస్తి, ప్రకృతినే చూస్తూండాలనే ఆసక్తి, ప్రకృతి దగ్గరుంటే మనకు విశ్రాంతి, ఇదే ఇదే అందమైన ప్రకృతి.



ఎస్. హాలక
తామ్మిదవ తరగతి

ప్రకృతి-ప్రకృతి అందమైన ప్రకృతి ప్రకృతియే ఆనందాన్ని ఇస్తుంది. ప్రకృతియే సౌందర్యాన్ని ఇస్తుంది ఇది మనకు ప్రశాంతతని ఇస్తుంది ఇదే మనకు స్వచ్ఛతను ఇస్తుంది. ప్రకృతి తామరపూలు కదలినట్లుగా ఉంటుంది. ప్రకృతి చిరుగాలికి కదలినట్లుగా ఉంటుంది. ప్రకృతి ముత్యాలహారాలు కూర్చినట్లుగా ఉంటుంది. ప్రకృతి అలలు కదలినట్లుగా ఉంటుంది. ఇదే మనకు లేతనవ్వులొలికినట్లుగా అనిపిస్తుంది ఇదే మనకు నెమలి ఫించాన్ని విప్పినట్లు అనిపిస్తుంది. ప్రకృతి-ప్రకృతి అందమైన ప్రకృతి.



ఎమ్. శీలష
తామ్మిదవ తరగతి

ప్రకృతి పచ్చని చెట్లకి నిలయం ప్రకృతి శాంతికి మూలం ప్రకృతిని చూస్తే ఎంతో ఆహ్లాదం ప్రకృతే ఆనందానికి మూలం ప్రకృతే సౌందర్యమని అర్థం ప్రకృతే అందానికి నిలయం ప్రకృతే జీవనానికి ఆధారం



ఇ. అవేణి
తామ్మిదవ తరగతి

ప్రకృతి పక్షులకు నిలయం ప్రకృతి రంగుల మయం ప్రకృతి పచ్చని చెట్లకి నిలయం ప్రకృతి శాంతికి మూలం ప్రకృతిని చూస్తే ఎంతో ఆహ్లాదం

ప్రకృతి ప్రకృతి అందమైన ప్రకృతి చల్లని వెన్నెల కురుస్తుండగా రంగు రంగుల పువ్వులు పూస్తుండగా నీలపు కళ్ళలో కాంతులు విరబూస్తుండగా జలపాతాలు పారుతుండగా చిరుగాలులు వీస్తుండగా వర్షపు చినుకులు నేలను తాకుతుండగా ఆ అందమైన ప్రకృతిని చూస్తుండగా నా మనసులోని ఆనందం కన్నుల్లోంచి జారుతుండగా ప్రకృతి-ప్రకృతి అందమైన ప్రకృతి.



కె. సుధ
తామ్మిదవ తరగతి

ప్రకృతి మన అందమైన దేశానికి నిలయం ప్రకృతి మన శాంతి భావాలకు మూలం ప్రకృతి పచ్చని చిగురులకు అందం ప్రకృతియే రేపటి మన జీవనాధారం రంగు రంగుల పువ్వులను, పచ్చటి పోలాలను చూస్తుండగా నీలపు మబ్బులో రంగు రంగుల ఇంద్రనస్సును చూస్తుండగా, అప్పుడుప్పుడు పలకరించేగాలిని చూస్తుండగా మనస్సుకు ఏదో తెలియని కొత్త ఉత్సాహం పొంగి పొరలు తుండగా ప్రకృతి-ప్రకృతి అందమైన ప్రకృతి .



బి.మనీష
తామ్మిదవ తరగతి

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

- Pujya Sri Ramchandrajaji Maharaj

FEELING SORRY

S. Saisree Reddy ,IX Class

There was a small school near Ramapuram. The students from that village went to that school. Geetha and Latha were two friends. One day they saw a blind girl in the school. She was slow at studies. She used to study braille. Latha and Geetha teased that blind girl whose name was Seetha. Seetha felt very bad.

One day Seetha was going out of the classroom, Latha and Geetha pushed her and she got a severe injury. Seetha cried very much. Seetha worked hard in her studies. One wise teacher observed her and taught her very nicely in a way that she could understand. She worked very hard and at last in 10th public exams she got the highest marks in the class. So everyone liked her and the president of that village gave her 3 lakhs as a gift. Then Latha and Geetha came to Seetha and said, "we have teased you and you are blind so you cannot do anything, we also pushed you. Now can you please forgive us and



Illustrator: G. B. Setti

make us your friends." Seetha replied that "you are my friends. I forgive you. Every one commits mistakes." Latha and Geetha asked how she secured highest marks. She answered that if we study by heart we can easily understand the matter and we can score good marks. "Where there is a will, there is a way." From that time onwards Latha and Geetha helped Seetha in many ways.

Moral: We should feel sorry for the wrongs done by us. Do not tease anyone and we should not feel that we are great and others are waste.



Oh my friends

J. ANU, VI Class

Oh my friends, Oh my friends
Please be friendly and be happy.

We are good students and
Good citizens of our country

Our parents and teachers are
Keeping hopes on us.
We have to study well and develop our skills.
We are the only property of our parents
We have to take care of them properly,
And make them happy.
Oh my friends, Oh my friends,
Please be happy and make parents and teachers happy.

SELF-RESPECT & DIGNITY

K. Nandivardhan Reddy, VIII Class

Shwarchandra Vidyasagar, a Bengali scholar, was fond of dhoti and pancha. Once a zamindar called him for dinner. Vidyasagar wore dhoti and went to that function. A gate keeper saw him in that dress and thought that he was a beggar. He did not let him enter the function. Vidyasagar wanted to teach him a lesson and he went off.

Vidyasagar wore suit and shoes. He looked like a great person. The gate keeper let him enter the function.

All were eating in the function, but Vidyasagar sat silently. The zamindar came and asked him to eat. Vidyasagar took the food showed it to the coat and told "Coat eat, Coat eat". The zamindar then asked him "why are you doing that". Then he said that when he came in dhoti their watchman did not allow him in but when he came in coat their watchman allowed him. He said, "Your watchman is giving more importance to the dress but not the person." The zamindar said, "I am sorry. We respect you for what you are, not for what you wear"

Moral: Be plain and simple.



EQUINOXES

V. P. S. Tejaswini VI Class

Equinoxes occur when the axis of rotation of earth is exactly parallel to the direction of motion of the earth around the sun. This occurs twice a year (around 20 March and 22 September), the spring and autumn equinoxes. This means that day length is the same at all points on the earth's surface.

The name is derived from Latin equal and night, because the night and day are equally long.

The Autumn Equinox is the first day of fall season and occurs when the sun passes the equator moving from the southern and northern hemisphere. The North Pole begins to lean towards the sun again. The posh name for Spring Equinox is Vernal Equinox.

Equinoxes do not always occur on same day each year, and generally will occur about 6 hours later each year, with a jump of a day on a leap year. The reason is due to the time the earth takes to go around the sun and our calendar. Earth takes approximately 365.25 days to go around the sun, yet our year is 365 days. Every 4 years we have a leap year where another day is added to our calendar to make up for four missing quarters. For the same reason the precise time of the equinoxes are not the same every year.



TRIP TO MHIL

We the students of IX and X of Satkama High School thank all officials of My Home Industries Ltd. for inviting us to one of their industries located at Mallecheruvu near Kodad in Nalgonda District. We thank Dr. Rameswar Rao Jupally, Chairman of My Home Group for extending a special invitation to our School on his visit to us with Dr. K. Madhava. We thank Sri M. M. Patil, Sr. Vice President of Works, Sri Jagannath Rao garu General Manager HR, Sri SP Sastry, Sri Uttam Kumar Roy garu, Sri Kalyan Reddygaru, Sri Bal Reddy garu, Sri Venkat Reddy garu and all the other employees of the factory for the arrangements. We were guided and taught about the cement manufacturing and power plant very patiently. We were happy to spend valuable time with them. We all had a happy and comfortable stay and were treated with lot of warmth and affection. We thank Pavani Madam, Padmaja Madam and Mukkanti Sir for being with us. We thank all the canteen brothers for their service. The trip is an integral part of our learning. It is the most memorable educational trip. Our deep gratitude to Dr. K. Madhava, President of SSS for arranging such an excellent field trip.



Syed Saqeeb Ali
X Class

We visited MHIL(My Home Industry Limited) Cement factory on 4th October, 2013. It was near Mallecheruvu. It took five hours to reach the factory from school. Sri Rameshwar Rao garu, Chairman and Managing Director invited us to see the factory. This factory produces cement under the name Maha Shakti Cements.

Cement is mainly made up of limestone. The main materials in cement are lime stone, clay or shale. These raw materials are extracted from the quarry and crushed to a very fine powder and blended in the correct proportions. This blended raw material is called the raw feed or kiln feed and is heated in a rotary kiln where it reaches a temperature of about 14000C to 15000C. In its simplest form, the rotary kiln is a tube up to 200m long and about 6m in diameter with a long flame at one end. The raw feed enters the kiln at the cool end and gradually passes down to the hot end.

The material formed in the kiln is described as 'clinker'. After cooling, the clinker may be stored temporarily in a clinker store or it may directly pass to clinker mill. The cement mill grinds the clinker to a fine powder. A small amount of gypsum (which is a form of Calcium Sulphate) is normally ground up with the clinker. The gypsum controls the setting properties of cement when water is added. Four basic oxides in the correct portions make cement clinker. They are Calcium Oxide (65%), Silicon Oxide (20%), Alumina Oxide (10%) and Iron Oxide (5%). New compounds are formed like Silicates, Aluminates and Ferrites of Calcium. Hydraulic hardening of cement is due to the hydration of these compounds. Basically, cement is produced in two steps. In the first step clinker is produced from raw materials. In the second step, cement is produced from cement clinker. The cement is then stored in silos before being dispatched either in bulk or bagged. This is a brief understanding of how cement is made in cement factories. I saw a huge area from which limestone was being taken out. A sir who was explaining us about the digging process, told us that they use the dug place as a water resource through which water is supplied to many villages. I understood that they are not only using the place for mining but also reusing for helping the people. This is one of the values we learn in our school.

We all enjoyed the trip and if I get a chance to go there again, I will once again see all these things. We thank our principal for arranging this field trip and teachers who took care of us in the whole journey. We also thank all the employers of the cement manufacturing unit who explained us patiently and were with us through the whole trip.



D. Rajitha
X Class

MHIL cement factory produces its own power. It has a thermal power station which produces about 1320 KW. The major components for producing power are coal, water and fuel(diesel). First water is purified in WTP (Water Treatment Plant). The minerals and salts are removed from the water. Coal is sent into the boiler through conveyors and water is sent through pipes. Pipes are heated along with the water inside and water converts into steam. These are sent to Turbines. Turbines rotate and the turbine is connected to generator. Generator converts mechanical energy into electrical energy. The electricity is sent to the switch yard for distribution. In the boiler, after coal is totally burnt, there will be remains of coal i.e. ash. This ash is used in clinker for the production of PPC (Portland Pozolona Cement). For 1 ton of coal about 70-80 units of current is produced. This current is used in the industry.

MY FIELD TRIP



L. Sri Ramya
VIII Class

Students of I-VIII class wholeheartedly thank Sri Ramesh Agarwal Garu, Chairman of Dukes India for allowing us to see the confectionery unit and Sri Venkat Subbaiah Garu for the arrangements.

Ravi foods Ltd. is one of the oldest factories in the area. They make biscuits and wafers. They can be made in different sizes and shapes. Biscuits are made of maida and soya flours. These flours are mixed and made into size or shape needed. They are sent in a line through a moving tray. They are then heated in an oven and sent to packing floor. Biscuits are then packed in the covers. The broken biscuits are recycled with the help of machines. From here we went to Mrugavani park.

We saw beautiful deer, squirrels on the trees, peacocks, peacock feathers under the trees, deer feeding on the grass, giraffes etc. We saw different types of trees and flowers too. There was a saying in the park that says वृक्षाः वनचराः जलचराः मानवनां हितसम्बन्धिनः। परस्पर भावयन्तः श्रेयः परमवप्यं थ। Plants and wild animals (both terrestrial and aquatic) are the benefactors of human beings. By nourishing one another you shall attain the ultimate prosperity.

Dr. S. V. Raghavan

TELL ME WHY - CURIOUS FACTS

1. Why do only some plants grow in water and some do not grow? K. Pawan Kalyan, VIII Class

The only answer is each species whether it is plant or animal has evolved in conditions which have favoured them to grow, survive and multiply. There is a new field of hydroponics, growing plants in the water medium; many plants including rice, tomatoes have been grown. The plants which normally need the soil medium such as potatoes are also being tried out in the water medium. Obviously there will be a limit to the variety of plants which can be grown in the water medium alone, no trees for instance. There are some advantages of the water medium, such as, reduced cultivation area, no need for watering, saving on required volume of water, significant reduction in the use of herbicides and pesticides.

2. Why are all leaves in different shapes? K. Pawan Kalyan, VIII Class

The leaf is the most important organ of a plant. It is central for the production of food in the plant through photosynthesis for its growth and reproduction. It also collects the water in the rainy season directing it to the roots and also provides shade for the stem and root.

The shape of the leaf (morphology) evolves in a way to cope with the environment. They are pointed and needle like, long and narrow as in pines and evergreen trees respectively to reduce evaporation of water, thick short leaves and even absent leaves as in cactuses where the stem is used for photosynthesis to cope with very dry environments. In a tropical rain forest the leaves are quite broad to capture maximum sunlight which gets shaded off by the dense foliage of the forest cover.

For a flower producing plant, the leaves are broader and fewer as it takes energy to make flowers and the budget for leaf production is adjusted accordingly. The plant tries always to minimize the total energy consumption for its own maintenance- a lesson for humans here from nature. There are funnel shaped leaves which collect rain water and direct them to the roots. A recent research has evolved a mathematical model to predict the shape of the leaf and its underlying vein structure optimizing three important variables for a plant e.g, amount of carbon needed to grow (photosynthesis using CO₂), its life span and the rate of photosynthesis.



CONTRIBUTIONS

VALUE OF SILENCE

Sri Dharmesh Shah

There once was a farmer who discovered that he had lost his watch in the barn. It was no ordinary watch because it had sentimental value for him. After searching high and low among the hay for a long while; he gave up and enlisted the help of a group of children playing outside the barn. He promised them that the person who found it would be rewarded. Hearing this, the children hurried inside the barn, went through and around the entire stack of hay but still could not find the watch. Just when the farmer was about to give up looking for his watch, a little boy went up to him and asked to be given another chance.

The farmer looked at him and thought, "Why not? After all, this kid looks sincere enough." So the farmer sent the little boy back in the barn. After a while the little boy came out with the watch in his hand! The farmer was both happy and surprised and so he asked the boy how he succeeded where the rest had failed.

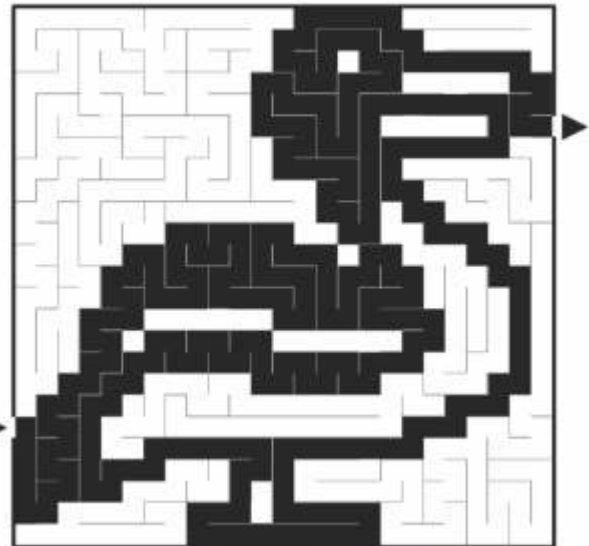
The boy replied, "I did nothing but sit on the ground and listen. In the silence, I heard the ticking of the watch and just looked for it in that direction."

Moral: A peaceful mind can think better than a worked up mind. Allow a few minutes of silence to your mind every day, and see, how sharply it helps you to set your life the way you expect it to be...!

SOLUTIONS

What's the Value? Suggested Values - Patriotism, Love, Respect, Patience, Caring, Kindness, Teamwork. Service

Picture Maze:



Can you find the rivers: Yamuna - 1-d, Ganga - 2-b, Ram Ganga - 3-h, Godavari - 4-g, Cauvery - 5-j, Brahmaputra - 6-c, Tunga, Bhadra, Krishna - 7- f, i, k, Sarayu - 8 - l, Narmada - 9 - e

As you think, so you become. (SDG)

- Pujya Sri Ramchandraji Maharaj

BODH SCHOOL

Special School for Slow Learners (Children with Learning Difficulties)

Children are happy studying in Bodh. In their own words they say that "we are able to understand better than earlier and one to one teaching is helping us to clear our doubts and we are learning better". They have developed pursuance and are putting hard work to learn. Some of them have developed love for reading stories. They often share moral stories with each other and Lord Krishna's childhood stories and also some incidents related to the values they exhibited.

Prayer: Every day, before starting any activity, Prayer is offered to Master and children sit calmly for few minutes. When the students were asked to write about their thoughts / feelings after Prayer, Baby Santhoshini has written following "When we do prayer, I feel happy. We do prayer two times in the morning and in the evening. We close our eyes and do prayer. It is so nice. When we do prayer I feel calm and silent. After doing prayer I like to read Master stories."



Arts and Crafts:

All students of Bodh have enthusiastically painted Diyas for coming Deepavali. They are learning craft items with old news papers, plastic bottles and

making photo frames, making bowls, flower vases etc.



Students are learning painting and drawing in their art classes. They are taught line drawing and later colouring on some pictures of their choice. They are able to do paintings on themes given apart from drawings on their own. Some of them drew on values like fraternity and



peace. Some of these paintings were selected for drawing and paintings school Art Fair which was conducted at the end of October.



Yuva Ratnam

Yuvaratnam of 3rd class drew a painting on helping. He explains that one small boy fell down due to rain when they were running to go under the tree. The other one is

helping him.

Teacher's day: Students of IX & X of Satkama took classes for Bodh School Students on Teacher's day. Children and staff participated on the occasion with Satkama High School.

Vocational Activities: Students from 6th and 7th are regularly involved in biscuit making, gardening and stitching activities along with Satkama High School Students. They are learning enthusiastically and the recent visit to Biscuit factory helped them to develop more curiosity and interest in involving in the activity.

Trip to Biscuit factory (Ravi Foods Pvt Ltd) : Children visited biscuit factory on October 5th. They enjoyed seeing how a real time biscuit factory runs and manufacturing of biscuits which they see in shops. One of the students wrote about her trip as



నా పేరు దివ్య. నేను నాలుగవ తరగతి చదువుచున్నాను. మేము రవి ఫుడ్స్ ఇంకా నేషనల్ పార్కుకి వెళ్ళాము. అక్కడ ఏమేమి చూసానో చెప్తాను. మొదట బిస్కట్ ఫ్యాక్టరీ వెళ్ళాము. బిస్కట్ పౌడర్లో మిల్క్ పౌడర్,

మైదా, చక్కర కలుపుతారు. ఎలా బిస్కట్ తయారు చేస్తారు, ఎలా బిస్కట్ షేపులు తయారు చేస్తారు, ఎలా క్రీమ్ తయారు చేస్తారు, ఎలా ప్యాకింగ్ చేస్తారు అని చూపించారు .



Mrugvani National Park :

Children spent some time in natural forest located near Shamshabad. They played and took a tour inside the forest arranged by park authorities. The visit

gave them a chance to observe nature, plants, deer and peacocks in their natural environment. Students who are interested in painting and drawings were shown how each plant is different from others in size and shape and encouraged to use different shapes of leaves in their paintings.



T. Mounika wrote about her trip as "We went to Mrugavani National Park. We went into the park and it was like forest. There were so many animals, birds and trees like peacock, pea hen, sambar, and deer. There were so many peacock feathers. There was a special room for showing animals. We sat on

the grass and some children sang songs. I played with my friends. I enjoyed seeing the park. I felt very, very happy. I thank school for taking me to the park and I thank the teachers. I liked the park."



Mounika's painting on Mrugavani Park

Continued on page 14

BODH SCHOOL

Continued from page 13



నేను హరీష్. నేను పార్కుకి వెళ్ళినప్పుడు అక్కడ చెట్లు, సీతాకోకచిలుకలు, నెమళ్ళు, జింకలు, సాంబారు చూచి నేను సంతోషించాను. ఇప్పటివరకు నేను బొమ్మలలోనే చూసాను. కాని ఇప్పుడు నిజంగా చూసాను. మిగతా జంతువులను కూడా చూడాలనిపించింది. మా ఉపాధ్యాయులకు ధన్యవాదములు తెలియజేస్తున్నాను

Parent Teacher Meeting: On October 18th parent teacher meeting was held and parents were informed about their child's progress. Parent of M. Rani, Sri M. SaiKumar gave his feedback as మా అమ్మాయి ఇంతకు ముందు కంటే ఇప్పుడు improve అయినది. ఇదివరకటికంటే ఇప్పుడు discipline లో కూడ చాల మార్పు వచ్చినది. ఇదివరకటికంటే ఇప్పుడు చాల సంతోషముగా ఉన్నాము.

Auditory Testing: On 22nd September, Speech and Language Assessment and Audiometric test were conducted for all students of Bodh School. Speech and language and Audio testing is very essential part of evaluation for children with learning problem to rule out any underlying hearing defects. Smt. Dr. Jyothi Ramakrishna from MSRCM hospital has arranged Sri.Nagendar, Speech and Audiologist for assessment of speech and language and Hearing. He conducted Pure tone Audiometry test to find out the hearing level of a student and if any hearing loss is present in a student. Impedance Audiometry test to rule out the middle ear problems. Many school children face middle ear problems eg: Blocking of ears, ear discharge etc., So this test will rule out all those problems. Speech and Language Evaluation was also done to understand pronunciation errors of the students. One student from Satkama also took advice for speech correction. Parents felt happy for guidance.



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ప్రకృతి



చక్కధర్ రెడ్డి

మన చుట్టు ప్రక్కల వుండేవన్నీ ప్రకృతికి సంబంధించినవి. పువ్వులపైన మకరందాన్ని తాగే సీతాకోకచిలుకలు మనకి స్వచ్ఛమైన గాలినిస్తూ చెట్లు, పువ్వులు మనము వెళ్ళుతుండగా ఒకసారి నన్ను చూసి వెళ్ళమని అంటాయి. కోకిలలు తమ గొంతుతో తియ్యగా పాడుతాయి. వీటన్నింటిని చూస్తుంటే ఎంతో సంతోషంగా వుంటుంది. మనందరికి ఎంతో సంతోషం, ఆనందం ఇచ్చే పువ్వులు, చెట్లు కూడా ఆనందంగా వుండాలి. అందుకే మనందరం మొక్కలకి నీరు పోయాలి. సూర్యుని వెలుతురు తగిలేలా మొక్కలను వుంచాలి. మనకి ఎంతో మధురమైన పండ్లను, తియ్యని రుచులను పంచే మొక్కలను మనం కూడా అంతే జాగ్రత్తగా చూచుకోవాలి. వాటిని తుంచకుండా పెంచాలి. వాటికి కలుపు తీసి ఎరువులు వేసి ఆరోగ్యంగా పెంచాలి.

Moulding our speech, moderation being our approach, balanced existence being our approach, piety being our approach, devotion being our approach, love being our expression, it should be possible for us to make others think in terms of Divinity.

-MOULDING (Commandment 9) Imperience Beckons - Pujya Sri K. C. Narayana



SSS VOCATIONAL WING



CROCHET: Our school conducts SUPW activities like stitching, biscuit making and gardening. For the last few weeks I am in the tailoring section. Teacher taught us how to design and crochet a winter cap with wool. The cap we made is for 3-4 month babies. A special needle needs to be used for crochet where you can use wool or cotton thread. First, teacher taught us how to tie a knot and then to do a single chain stitch. After practicing for a few days, we then learnt double crochet. We used this double crochet stitch to make the entire cap. The cap measured 6.5 inches in width and 7 inches in length. Now, I am confident that I can make a small cap by myself using the same design. Teacher has taught few more designs which we can practice later on. This class was very interesting and I learnt a new technique called crochet.

K Sashivardhan Reddy, X Class



SSS VOCATIONAL WING

Report on Gardening – Sapling Project

When we watch seedlings growing out of the seed, we witness something magical. A seed is full of hope for



the tomorrow and has the potential to develop into something good, just like children. Teaching children to grow seeds is to teach them patience, as it may take many days for the seedling to grow, caring for the plants by watering, and also the skill of growing plants. Watching the plants grow makes them very happy.

Sapling Project, started under SUPW will be growing (seeds of) five different varieties of vegetables, – Tomato, Chilli,

Ladies finger, Brinjal and Cluster beans. We are hoping to grow about 25 saplings each for each variety of seed. We will be planting some in our school garden and about 20 of each kind will be available to share with any one wish to grow in their homes after 1st November 2013. If anyone is interested in growing these plants at their homes please visit our school garden for these small vegetable plants. Children were taught to make Bio-degradable bags out of newspaper thus teaching them recycling – reduce, reuse and recycle. Our students have named them as Paper Pots.

Anu and Anilya of class VII took the initiative to implement this project which was explained in class. These pots are made of regular newspaper (not with the glossy paper); the seedling along with the entire pot

can be planted in your garden or in a large mud pot. The newspaper will soon disintegrate and dissolve into the soil. We have many types of plants like – methi, palak, coriander, small pomegranate plant, cluster beans, bottle gourd in our school garden as part of our SUPW class. We observed some saplings coming out and when transplanted in pots they are growing excellently well.

Sapling Project : For our VII class we decided to grow chilli seedlings. Our teacher taught us how to make paper pots using old newspaper. These newspaper pots were filled with wet cocopeat and two chilli seeds were sown per pot. These pots were then placed in the basement of our school where we get indirect sun light.

We watered the pots every two days and waited for the seedlings to grow. After few days seeds started sprouting and it looks nice to watch - **J. Anu VII class**

We filled a box shaped pot made with newspaper and put some cocopeat in that. Sowed chilli seeds about half inch inside. We watered the pots and placed them in a plastic tray. We water them regularly and wait for the seedling to grow. If we do not water regularly the seedlings will die. **- S.K. Anilya VII class**

Diyas: In India we light lamps everyday in our homes, a tradition that has been followed since long. Deepawali is celebrated with the lighting of lamps. On this day Narakasura was killed by Lord Krishna. In some parts of India, it also commemorates the return of Lord Rama along with Sita and Lakshman from his fourteen year long exile and vanquishing the demon-king Ravana. Children painted the earthen or mud diyas to remember and continue our traditions. Painting diyas helps children to improve their creative expression in the form of colours and designs.

MSRCM HOSPITAL NEWS

Ayurveda - Autumn Season **Dr. G. Vijay Kumar, BAMS, MS**

Sarat Rutuvu (September–November) : During Sarat Rutuvu, Pitta dosha become prominent. Sarat rathu starts from mid-September to mid-november. This is also known as autumn season.

Bronchial Asthma (Thamaka Swasa roga) :

According to Ayurveda, bronchial asthma is a Kapha disease. The incidence of bronchial asthma is rapidly increasing worldwide now days. Increase in pollution, change in climatic conditions, excessive dust is some of the factors responsible for increase in respiratory disorders.

Symptoms: Common symptoms include shortness of breath, cough, wheezing, tightness of chest with cough, fatigue, sleeplessness etc.

1. Vata type asthma is characterized by dry cough and wheezing. Additional symptoms are thirst, dry mouth, dry skin, constipation, anxiety and having desire for warm drinks. Attacks occur predominantly in the morning, early morning and late evenings.

2. Pitta type asthma is characterized by cough and wheezing with yellow sputum (phlegm). Other symptoms are fever, sweating, irritability and need for cool air. Attacks occur afternoon and midnight.

3. Kapha type asthma is characterized by cough and wheezing with abundant clear white sputum (phlegm). The lungs are often congested with difficulty in breathing producing a whistling sound. Attack timings are morning and evening.

Home Remedies:

- ★ Taking Pippali choornam 3gm – 5gm along with honey twice a day subsides an asthma attack.
- ★ Trihati choornam 3-5 gm with water twice a day.
- ★ Chyavanaprash taken three times a day preferably before food gives relief from bronchial asthma.
- ★ 3-4 garlic cloves drunk with milk taken every night produces good relief.
- ★ Ajwain (Vaamu, Bishops weed), ginger, garlic cloves are good expectorants.
- ★ Tulasi leaves have bronchi dilation quality.

During asthma attack sit up straight or bend forward don't lie down. Regular yogasanas and pranayama will help bronchial asthma patients. Mild exercises and swimming is good for asthmatics. People who are allergic to swimming pool chlorine should not swim. Make a special effort to keep your bedrooms allergen free and avoid using perfumes.

వేమన శతకము

అన్ని దాసములను సన్నదాసమె గొప్ప
 కన్నతల్లికంటె ఘనము లేదు
 ఎన్న గురునికన్న నెక్కువలేదయా
 విశ్వదాభిరామ విసురవేమ

తాత్పర్యము : అన్ని దాసములకంటె అన్నదాసము గొప్పది.
 కన్నతల్లికంటె మించినది లేదు. గురువుకంటె గొప్పది లేదు.

संत कबीर के दोहे

गुरु सों प्रीति निबहिये, जेहि तत निबहै संत ।
 प्रेम बिना ढिग दूर है, प्रेम निकट गुरु कंत ॥

Love your Guru in whatever ways possible. Without love he is far off, with love he is near by.

ज्ञानी अभिमानी नहीं, सब काहू सो हेत ।
 सत्यवान परमारथी, आदर भाव सहेत ॥

A wise man is never arrogant. He always seeks the good of all. He is the follower of truth and seeks God with a feeling of reverence.

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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