



SPANDAN

Sahaj Seva Samsthan Educational Newsletter

SATKAMA & BODH

WE WISH EVERYONE A VERY HAPPY NEW YEAR

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

- Pujya Sri Ramchandraji Maharaj

MESSAGE FROM SAHAJ SEVA SAMSTHAN - Sri K. C. Srikrishna, Treasurer

When asked to write the editorial for this issue of "Spandan" my first response was to reply in the negative because I could not fathom what I would be able to write. However after some pondering I thought I would pen these few words.

When Saktama was started it was with the principle and objective of providing an opportunity for Divine Resource Development in the students enrolled. Over the last few years it has been the continuous endeavour of the management to provide the same.

As Plato put it : "The object of education is to turn the eye which the soul already possesses to the light. The whole function of education is not to put knowledge into the soul, but to bring out the best things that are latent in the soul, and to do so by directing it to the right objects. The problem of education, then, is to give it the right surrounding."

This would aptly reflect the purpose of Satkama. We are trying to provide the right surrounding so that the best things which are there are directed properly. A student should learn by doing, knowledge which is acquired under compulsion obtains no hold on the mind. Education should be to ensure the total development of a man, mind, body and soul by using every possible means. The power and capacity of

learning exists in a child already and the job of an educational institution should be to provide the means and the students to explore and utilise the means.

The highest goal of education, is the knowledge of Good; to nurture a child to a better human being and it is not merely an awareness of material benefits.

Moral, Ethical and Spiritual Education are very integral aspects of education. Morality comprises of principles that have evolved over time. It is a rational and systematic application of a set of principles. Moral values are timeless and should be inculcated from the earliest possible stage of one's life. These values provide us with the ideology and help us in forming specific policies which formulate the way of life in the way a society should behave and exist. These principles are essential to discern what is right and wrong.

An ideal school should provide avenues to explore all the different aspects of these values. Satkama was started with this ideal and I believe we have over the past few years successfully tried to and did implement various strategies in order to inculcate the same.

These are few thoughts I felt I would share with all of you.

DETERMINATION TO LEARN - Dr. M. Janardhan Reddy

Our country is a great land of having very rich spiritual and ethical values and teaches us a way of living through our Epics. As students we can learn the value of determination to achieve our goal in studies under any circumstances and devotion to the Guru from the story of Ekalavya from the Mahabharat.



Ekalavya was a tribal. He was very much interested in learning archery. He approached Sri. Dronacharya, who was the Guru of Pandavas and Kauravas. Dronacharya being a superior caste person refused to teach the art to Ekalavya. But Ekalavya was not disheartened and he was firm in his determination to learn archery. He made an idol of Dronacharya with clay with great devotion. He practiced archery as if the Guru is physically present there and teaching him archery, with one pointed attention and devotion to the Guru. He became very successful in learning the art of archery, to the dismay of the Pandavas. One day

Ekalavya filled the mouth of the barking dog with the arrows without hurting it to quieten the barking dog. Dronacharya and the Pandavas were amazed at the archery skill of Ekalavya. Arjuna because of his self-respect could not tolerate the superiority of Ekalavya's archery skill. He insisted his guru to take the fees due to the teacher by asking Ekalavya to cutoff his right hand thumb. Ekalavya immediately, without any hesitation, cut off the thumb of his right hand and offered it to Dronacharya with great respect and reverence. This made Ekalavya incapable of using his skill in archery which he learnt with his determination and single pointed orientation to it. This shows us the greatness of learning with determination and reverence to the Guru.

As students we should also become like Ekalavya in achieving the goal of our studies and lead a life of ethical and moral values and devotion to our teachers.

STORY OF PUJYA LALAJI MAHARAJ

Story Compiled by J. Manisha, M. Sirisha, S. SaiSree, N. Teja, K. Sushma - IX Class students



సమర్థగురు మహాత్మ్య శ్రీ రామచంద్రజీ మహారాజ్ శ్రీ.శ.1873 సంవత్సరము ఫిబ్రవరి నెల 2వ తేదీన జన్మించారు. ఆయనను చిన్నతనమునుండి లాలాజీ అను ముద్దుపేరుతో పిలిచేవారు. వీరు చిన్నతనమునుండి సత్తత్వముపై ప్రేమను పెంపొందించుకొనిరి.

చిన్నతనమునుండి తల్లి ద్వారా సంక్రమించిన మృదుమధురమైన గాత్రముతో రామచరిత మానస్ గానముచేసి వారి తల్లిగారికి వినిపించేవారు. చిన్నతనములోనే వారు సంగీతములో కడు మక్కువ చూపెడివారు. ఆయన ఏ పాటవైనా సరే ఒక్కసారి వింటేచాలు, మరల దానిని అదే బాణిలో పాడగల నేర్పును కలిగివుండేవారు.



ఏడవ సంవత్సరములోనే వారి తల్లిగారు స్వర్గస్తులైనందువలన ఆయనను మరొక స్త్రీ చేరదీసి అమితమైన ప్రేమతో పెంచిరి. లాలాజీగారికి జీవితపర్యంతము ఆమె మీద చాలా గౌరవముండేది. ఒకసారి ఆమెకుగల సంపదనంతయు లాలాజీగారికి ఇవ్వచూపగా ఆయన దానిని మృదువుగా తిరస్కరించిరి. పైగా లాలాజీగారు జీవితపర్యంతము తగురీతిని ఆమెకు సహాయము చేసేవారు.



ఒకరోజు తోటి పిల్లలతో బొంగరములాట ఆడుచుండగా, ఆ బొంగరము గుండ్రముగా తిరుగు చలనము వారి జన్మ కారణమును గుర్తుచేసెను. అప్పటినుండి ఆయన ఆధ్యాత్మిక కార్యక్రమమునకు పునాది వేయనారంభించిరి. భగవత్ సంకల్పము వలన ఆయన 7 నెలలలోనే పరిపూర్ణస్థితికి చేరుకొనిరి.

లాలాజీగారికి గౌరవనీయమైన, చక్కటి సాంప్రదాయంకల కుటుంబములోని కన్యతో వివాహము జరిగెను. తరువాత కొన్ని రోజులు గడిచాక వారి తండ్రి శ్రీ హరిబక్ష్ రాయ్ మరణించిరి. అదే సమయములో మెయిన్ పురి రాజు వీరి వారసత్వపు ఆస్తి దావా వేసి గెలుచుకోవటము వలన, ఆయన యావదాన్ని పోయింది. ఈ పరిస్థితులవలన ఆయన ఒక చిన్న ఇంటికి మారవలసి వచ్చెను. అప్పుడు ఫరూకాబాద్ జిల్లా కలెక్టర్ గా పని చేయుచున్న వీరి తండ్రిగారి స్నేహితుడు తన కార్యాలయములోనే ఉద్యోగమును ఇచ్చిరి.



శ్రీ లాలాజీగారు ఏ విధమైన విలాసములు ఇష్టపడేవారు కారు. వారు ధరించే బట్టలు శుభ్రముగా, నిరాడంబరముగా నుండేవి. వారు ఆభరణములు ధరించేవారు కారు. వారి ముఖంలో ఎప్పుడూ చిరునవ్వు ఉండేది. వారి నవ్వు మధురంగా నుండి ఇతరులలో ఆధ్యాత్మిక ఉల్లాసాన్ని కలిగించి ఉత్సాహపరిచేది. వారు మనుషులందరిపట్ల ప్రేమకలిగి ఉండేవారు. ఇతరులు ప్రేమతో ఇచ్చిన వస్తువులు వారికి ఇష్టములేక పోయిననూ స్వీకరించి తరచు ఉపయోగించేవారు. ముఖస్తుతిని ద్వేషించేవారు. తన అనుచరులలో పొరపాలులున్నను వారు ప్రేమతోనే మంచి మార్గమునకు తెచ్చేవారు. మితాహారము భుజించేవారు. మాంసాహారము, అతి చల్లటి పదార్థములు, టీ తీసుకునేవారు కారు. కచోరి మరియు చామ దుంపల కూర వారికి చాలా ఇష్టము.

STORY OF PUJYA LALAJI MAHARAJ



ఆయన సమయాన్ని వృధా చేసేవారు కారు. సూర్యోదయము తరువాత నిద్రపోయేవారు కారు.



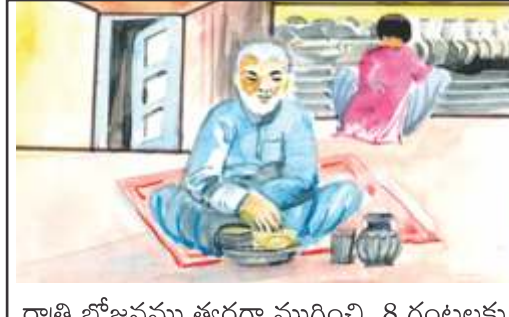
ఉదయము కాలకృత్యములు ముగించి, శుభ్రమైన దుస్తులు ధరించి, వారి పూజ ముగించేవారు.



ఇతరులకు ఆధ్యాత్మిక శిక్షణ ఇచ్చి తదుపరి కార్యాలయమునకు వెళ్ళేవారు.



ఇంటికి వచ్చిన పిదప మరల ఆధ్యాత్మిక శిక్షణ కార్యక్రమములో నిమగ్నమయ్యేవారు.



రాత్రి భోజనము త్వరగా ముగించి, 8 గంటలకు కొద్దిసేపు వాహ్యోళికి వెళ్ళి, తిరిగి వచ్చి రాత్రి 10 గంటలవరకూ అభ్యాసులకు శిక్షణ ఇచ్చి, ప్రక్కమీదకు చేరుకొని నిదురపోకుండా తెల్లవారుజామున 2 గంటల వరకూ తన సహచరుల ఆధ్యాత్మికోన్నతికి పనిచేసేవారు.



వారు ఒక్కొక్కప్పుడు తన అనుచరులను గంగానది ఒడ్డునకు వాహ్యోళికి, లేదా బజారునకు మార్పుకోసం తీసుకొని వెళ్ళేవారు.



స్వతహాగా లాలాజీగారు కడు సున్నిత స్వభావులు. ఇతరుల బాధలకు, సంతోషములకు స్పందించేవారు.

తమ శ్రావ్యమైన కంఠస్వరముతో, మృదుమధుర సంభాషణలతో, ఎదుటివారికి తమ మనోభావాలను రమ్యంగా చెప్పగలిగే చాతుర్యం ఉండేది.

ఆయనకు కోపం రావడం చాలా అరుదు. అనవసర ప్రసంగం అంటే వారికి అసలే గిట్టదు.

‘అడగనిదే సలహాలను ఎప్పుడూ ఇవ్వవద్దు, లేకుంటే అవి దుష్ఫలితాలను ఇవ్వగలవు. ఎవరిలోనైనా లోపాన్ని నీవు కనుగొన్నప్పుడు అది దూరమవ్వాలని భగవంతుని ప్రార్థించుము.’ అని అన్నారు.

ఆయనంతట ఆయన ఎవ్వరికీ చెడునడతను మానమని సూటిగా చెప్పేవారు కారు. వారి సన్నిధిలో ఎవరికైనా చెడు అలవాట్లు ఉంటే వాళ్ళనుంచి దూరమయ్యేవి.

ఇతరులలోని లోపాలను గురించి ఎప్పుడూ వారు చర్చించేవారు కారు. అటువంటివి వస్తే వారు మౌనం వహించేవారు.

కోరికలను తగ్గించుకోవాలని వారెప్పుడూ చెబుతూ ఉండేవారు. ‘పాత వస్తువులతో పని జరుగునపుడు క్రొత్త వస్తువును కొనవద్దు’ అని చెప్పేవారు.

న్యాయపరమైన సంపాదనకు వారు వ్యతిరేకి కాదు. మనకు ఉన్నదానిలో కొంత ఇతరుల కోసము ఖర్చు చేయమని వారు చెప్పేవారు.

నడవడికకు శ్రీ లాలాజీ అత్యంత ప్రాముఖ్యము ఇచ్చేవారు. నీతి మాలిన వ్యక్తులతో సహవాసాన్ని, సత్సంగాన్ని అనుమతించేవారు కాదు. భగవంతుని పట్ల దివ్యప్రేమతో తొణికిసలాడే హృదయం గలవారు తోటి సహచరులపై మంచి ప్రభావాన్ని చూపగలరనీ, అందుకని అటువంటి పవిత్ర హృదయముగల వారితోనే సహవాసం చెయ్యాలని స్పష్టంగా వివరించారు.

Indradyumna was the king of the Pandyas. He was a great ruler of Madura in South India. He took good care of his people and they loved him. After his son grew up, Indradyumna made his son the king of Madura and went to the forest to meditate.

One evening, Indradyumna was meditating outside his ashram. Sage Agastya came with his disciples and stood outside waiting for Indradyumna to open his eyes and receive them. However Indradyumna was so lost in the meditation that he did not even notice that anyone had come to the ashram. He remained immersed in his prayers. Sage Agastya waited and waited and finally he lost his temper. Overcome with anger, Sage Agastya cursed the king to be born as an elephant because of his proud and haughty nature.

So Indradyumna was born as the lord of the elephants, Gajendra on a famous mountain called Trikuta which was covered by a forest. It had many wild animals. One day Gajendra was roaming with a herd of queens in the forest. After wild wandering he and his herd became thirsty. They reached a lake and stopped at its banks to quench their thirst. Many fishes, tortoises and crocodiles lived in the lake. The elephant king filled his trunk and satisfied his thirst. He also helped his queens and calves. He also enjoyed playing with them by splashing water. A crocodile which was living in the lake got disturbed by their noise. He got annoyed and caught the foot of Gajendra.

Gajendra roared and tried to wriggle himself out of the clutches of the crocodile. But the crocodile was far stronger in the water than the elephants. Slowly Gajendra was pulled into the deadly waters. Seeing his pitiable state, all his queens deserted him to fend for himself.



Gajendra felt utter helplessness. All his pride in his strength left him. Gajendra having lost faith in his own effort prayed, "All our efforts are useless without His help and grace. Only He who has no form and is yet capable of assuming countless forms at His will, He who is the Life of Life and Death of Death, He whom the sages enshrine in their hearts, can conquer this terrible dragon. O Lord Supreme, I seek refuge in Thee. With body bent and sincere devotion, I beg for your help and grace. As father to a son, turn your face to me. I do not want this earthly life to be saved, but the life eternal vouchsafed to me, a life which cannot be ended or destroyed by demons like this. I repent for all my sins, past and present, and seek refuge in Thee". Saying this, he plucked a lotus from the lake and held it aloft as an offering to Lord Vishnu. At once, the Lord appeared on Garuda, with his conch,

discus, mace and arm held aloft as a sign of His protection from fear. He called out to the crocodile to let the elephant go. The crocodile refused. So, the Lord cut off the crocodile's head with His discus and released Gajendra. Gajendra bowed low to the Lord and was patted and stroked with affection. At the Divine touch, all egotism left him, and the facts of his past birth came to him.

In the past life the crocodile was a gandharva named Huhu and he had been cursed by a rishi. He rose from the crocodile's body, bowed to the Lord and returned to his own world.

After remembering his past, Gajendra did not desire to live the animal life of an elephant any longer. He engaged himself in penance and meditation, and soon got purged of all his sins, and attained salvation.



This legend is meant to tell the truth that in unfavorable circumstances, it is only God who helps.

STORY OF MASTER - UNDERSTANDING OF TRUTH



this. It took about 10 years to know that this siddhi is acquired by doing sadhana.

Reference Book : Spirituality

In 1977 when I had gone to Shajahanpur, there was an occasion to ask Pujya Babuji about a subtle subject. A few foreigners had already been made preceptors in the Sri Ramchandra Mission. A few defects were also observed in them. With a feeling of arrogance, I felt that the defects in them is not good for our sanstha and it was wrong to appoint them, and that Master had not seen these defects, in a way I confronted Pujya Babuji with it. His reply was "we observe defects in others not to count them. We do it so as to pray for the development of qualities that we wished they had. Only when we do that we will be eligible to be called human." It is not easy that to grasp

One thing which I like to introduce in our Satsangh is that at 9.00 p.m. sharp every abhyasi, wherever he might happen to be at the time, should stop his work and meditate for 15 minutes, thinking that all brothers and sisters are being filled up with love and devotion and that real faith is growing stronger in them. It shall be of immense value to them, which their practical experience only shall reveal. - Pujya Sri Ramchandraji Maharaj

SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President, Sahaj Seva Samsthan

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

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

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

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

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

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

Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of biscuit making and Citronella candle making. Students spend one period a week in learning these activities

Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of centenary birth year of Pujya Dr.K.C.Vardachari in 2002. Under Pujya Dr.K.C.Varadachari Nutritive Supplement Scheme Sahaj Seva Samsthan is distributing free biscuits and milk every day to all the students and staff of Satkama and Bodh schools. The scheme runs with gracious contributions of people who want to serve and try to find ways to help others. The contributions are made either life time subscriptions (3000/- Rs) or one day in a year (300/- Rs) subscription. The life time subscription is for 15 years. One day subscription is for one day in a year. On either scheme, their chosen names of the persons will be displayed in the school as mark of respect towards them and the money contributed will be used for preparing biscuits and ready mix powder for preparing instant milk. On some days in which we do not find any contributor Samsthan will donate the money to continue the scheme.

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

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

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

PRINCIPAL'S MESSAGE

Sri Vidyadhar Joshi

This week's theme in the School is aspiration. Aspiration can be understood as a longing to become something good or meaningful. A seed signifies aspiration. Whether it gets eaten as grain or grows into a tree giving fruit to others, it ultimately seeks to become something of use to others. In the process, it loses itself. It has no selfish motive. Such a seed is in all of us waiting to sprout if we choose to nurture it. Methods and teachings of our Masters help us to nurture this seed in us in a way that ensures happiness for all. This time of the year reminds us of the onset of spring season which is popularly known as "Basant Ritu". It is the time of the year when we start seeing trees blooming with fresh leaves and flowers signaling hope. I understand that aspiration is based on hope. One aspires only when one hopes.

Our Grand Master, Pujya Lalaji Maharaj has said "Serving the fellow beings of the world without any selfish motive is the best kind of sacrifice and worship." To work selflessly in all our actions in normal worldly life, is not a desire but an aspiration. We feel this aspiration has the hope of its fulfillment in our sincerely following the methods of Natural Path. I wish all children and readers of Spandan, a very Happy New Year on the 142nd year of the Lalaji Era.

Student Editorial

Syed Saqeeb Ali, X Class

I am Syed Saqeeb Ali of Class X. I have been studying in this school from Class III. I have learnt many things in this school and have learnt many values. Cooperation is my favorite of all values because where there is Cooperation there is success. Truth is the basic principle of this school. By speaking Truth a man can live his life very happily. This is my last year in this school and I am preparing well for the examinations. One important message I want to give to my juniors is that "A man is not constructed with any metal or a part, but a man is constructed only with his heart."

So don't cheat and don't lie. In the sense you are cheating your future.

I have enjoyed many things in this school. Every year this School has taken me to field trips like trip to Nagarjuna Sagar dam, trip to M.H.I.L Cement Factory etc. Our School has its own magazine, moral stories written by children, drawings made by children, etc. and also some important messages of Pujya Babuji Maharaj.

I want all the students to read the magazine and encourage our Samsthan to continue the magazine.

I thank all students, guest contributors 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

ప్రార్థన - అనుభవము



Illustration
S. Sai Sree, IX 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.

25.7.13 – I felt very happy after meditation.
31.7.13 – I felt cool and fresh after meditation.
25.9.13 – I felt happy.

N. Supriya, VII Class

17.9.13 – I felt calm.
22.10.13 – I felt cool.
28.10.13 – I felt so peace.

S. K. Anilya, VII Class

25.7.13 – After meditation I felt calm and fresh.
4.9.13 – I felt fresh.
6.11.13 – I felt calm and peace in my heart.

M. Pranay Kumar, VII Class

11.9.13 – I felt fresh.
25.9.13 – I felt I was the only person in the class.
4.11.13 – I felt peace ful.

Y. Daya Sagar, VII Class

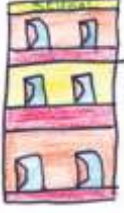
Service and sacrifice are the two instruments to build up the temple of spirituality. Love is of course the foundation.
- Pujya Sri Ramchandraj Maharaj



V. Chinmayee, V Class

HELPFUL

Once upon a time Satvik and Sravani were playing. They saw a small boy crying for chocolate. Satvik told Sravani, "We will give our chocolates to him". They gave chocolates to him and the small boy went home happily. Next day, they



went for cycling and saw a girl who fell down from her cycle. They immediately went there and did first aid to that girl. All these activities were observed by a girl named Srinidhi. Srinidhi came to Satvik and Sravani's school for admission but she did not get into that school. Srinidhi did not feel sad and while going back home saw Satvik and Sravani. She went to the principal and told him about their good behavior and helping nature. Next day during morning assembly, the principal praised Satvik and Sravani for their good behavior. Satvik, Sravani and Srinidhi became good friends too.

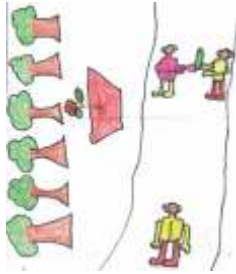
Moral: Be friendly and helpful to others.



Ramya Sri, III Class

HELPFUL

One day a boy was running to a shop. His name was Raju. Raju's sister was also running after him. His sister fell down. A boy sitting on a bench nearby helped Raju's sister. He helped her to stand and gave some water and first aid. Raju came back and took his sister home.



Moral: Be helpful.

ధైర్యం

టి. అనుష్ రెడ్డి, మూడవ తరగతి

ఒక రోజు రాము మరియు అతని అన్న అడవికి వెళ్ళారు. అక్కడికి ఒక సింహం వచ్చింది. రాము అన్న చెట్టు మీదకు ఎక్కాడు. రాము సింహాన్ని చూసి భయపడలేదు. సింహం మెళ్ళగా అక్కడిని నుంచి వెళ్ళిపోయింది. రాము మరియు అతని అన్న ఇంటికి వెళ్ళారు.



సీతి: ఎప్పుడూ ధైర్యంగా ఉండాలి



V. Navadeep, III Class

COURAGE

One day Ramu and his friends were playing cricket. Ramu was bowling and Raju was batting. Raju hit the ball and the ball fell into Ramu's neighbour's house. No one wanted to go and get the ball. Ramu went and said, "sorry, we will not hit the ball again." Auntie gave the ball and Ramu said thank you.



Moral: We should always have courage.

ధైర్యం

శ్రీకృష్ణ, ఐదవ తరగతి

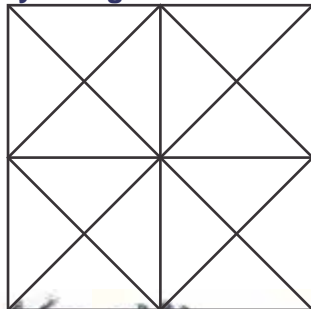
లక్ష్మీపురము అనే గ్రామములో ఒక కుటుంబం ఉండేది. వాళ్ళ కుటుంబంలో ఐదుగురు ఉంటారు. లక్ష్మి అనే ఐదేళ్ళ అమ్మాయి మరియు ఒక బాబు, పాప, అమె తల్లిదండ్రులు ఉంటారు. ఒక రోజు లక్ష్మి వాళ్ళ అమ్మ పొయ్యి అంటించి బయటకు వెళ్ళింది. వాళ్ళ నాన్న పొలం పనికి వెళ్ళారు. పొయ్యి దగ్గర మంటలు వ్యాపించాయి. అవి ఇల్లంతా వ్యాపించాయి. లక్ష్మి తన చెల్లితో, తమ్ముడితో ఆడుకుంటోంది. మంటలని చూసింది. ధైర్యంతో తన తమ్ముడిని, చెల్లిని బయటకు తీసుకువచ్చి, మంటలను నీళ్ళతో ఆర్పడం మొదలుపెట్టింది. చుట్టు ప్రక్కన వాళ్ళు బయటకు వచ్చి లక్ష్మిని పొగిడారు. వాళ్ళ అమ్మ నాన్న కూడ వచ్చారు. లక్ష్మిని మెచ్చుకున్నారు. బాలల దినోత్సవంనాడు ఢిల్లీలో ప్రధానమంత్రి లక్ష్మికి అవార్డు ఇచ్చారు.



సీతి: ధైర్యంగా ఉంటే ఏదైనా సాధించవచ్చు

PUZZLE

How many triangles are there?

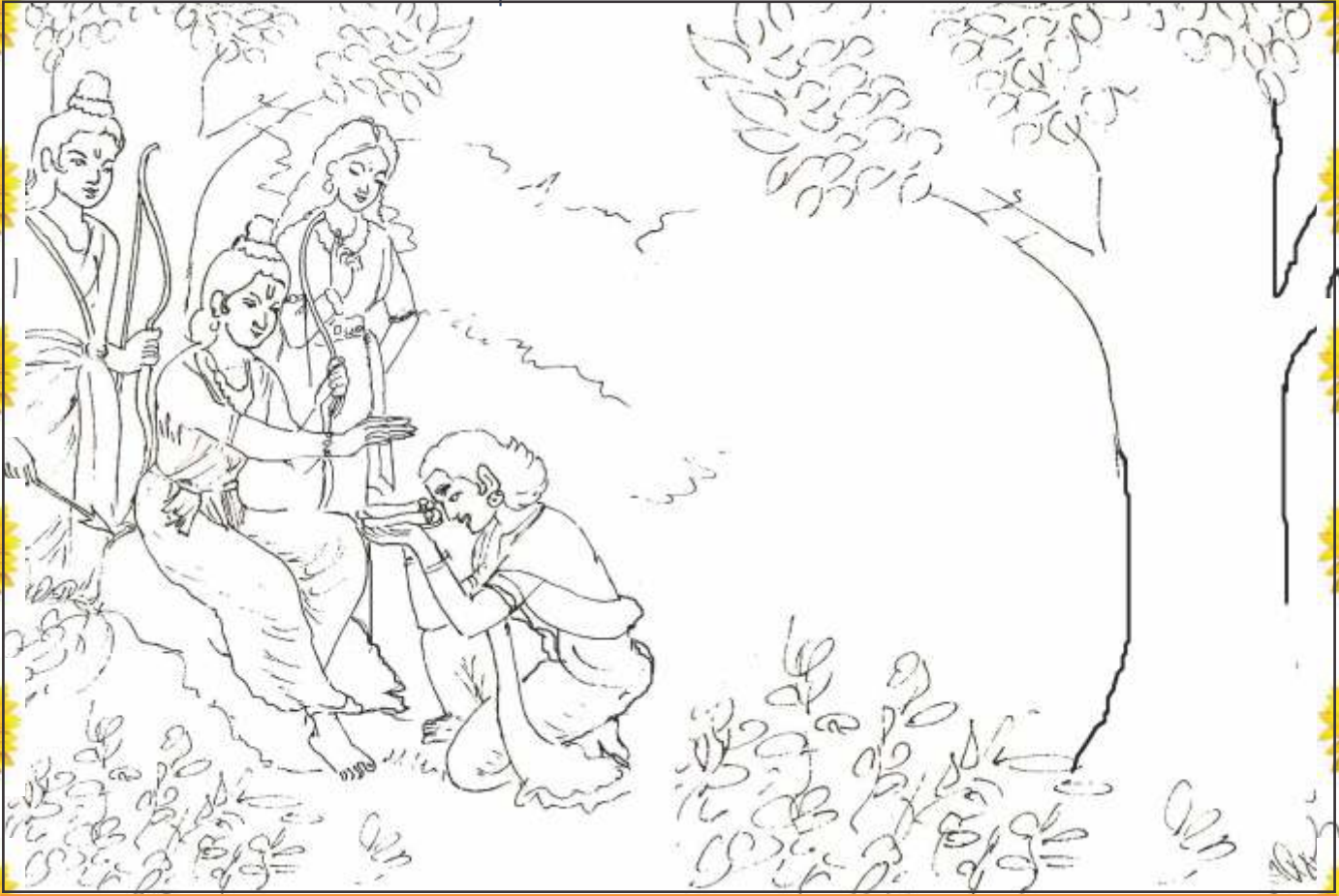


**A. Jaya Prakash Naidu
V Class**

ACTIVITY CENTER

Colour the picture below

Illustrator : G. B. Setti



Bharata before starting his work as a deputy of Rama as per the Valmiki Ramayana said "This kingdom is Rama's. For the time being he has asked me to be in charge. In my brothers' place I have installed his sandals. Deriving my authority from them I shall do my work as King." According to the Hindu scriptures one should serve the world unselfishly and without attachment leaving the fruit of ones' work at the feet of the Master. This altruistic way of life of service is the best form of service to the Master.

- Pujya Sri K. C. Narayana

Value Puzzle

V. P. S. Tejaswini, VI Class

Make a word using the letters in the circles.

Giving something important to someone so that they get benefited. (S)

A deep craving or seeking to become something higher or better. (A) (A)

Telling things as they are. (T) (A)

Being gentle, caring and helpful towards others. (K)

Good and polite ways of speaking and behaving. (M)

Final answer hint : Our school name

Play with Sudoku

Fill the empty cells with numbers between 1 and 6. Every row and column and every group of six boxes inside the thicker lines must contain each number only once.

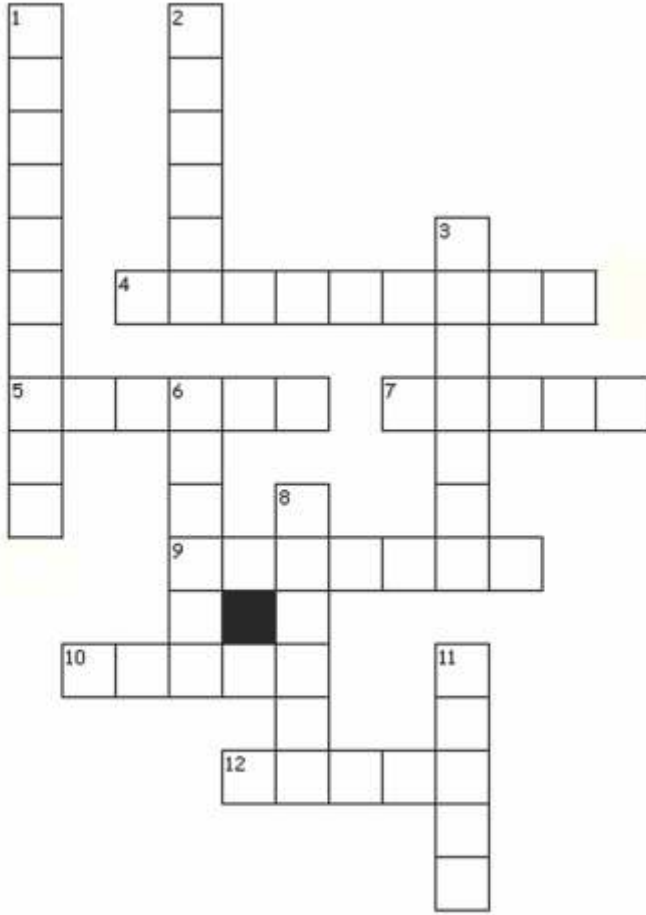
2					
	3	5		2	
					1
3					
	6		1	3	
					6

Solutions on Page 15

ACTIVITY CENTER

Names of the Months of the Lalaji Era

Complete the crossword



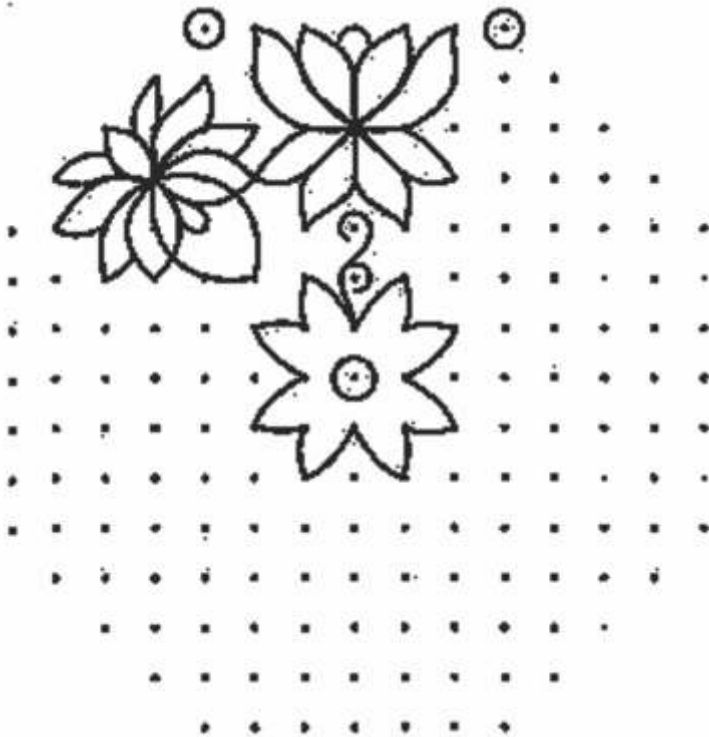
Across

4. The birthday of Pujya Lalaji Maharaj comes in this month.
5. The tenth month has the word 'sat' in it.
7. The sixth month is named after Pujya Iswar Sahai.
9. The month that comes after Prabhu.
10. The third month starts with the letter B.
12. The eleventh month is named after the intimate of Lord Krishna whose very nature is 'Love Universal'.

Down

1. The ninth month is the nature of Lord Krishna who treats all as equal.
2. The twelfth month is named after Swami Vivekananda.
3. The eighth month is named after Lord Krishna.
6. The fourth month is named after our beloved Master Pujya Babuji Maharaj.
8. The seventh month is named after Pujya Dr. K. C. Varadachari.
11. The month that comes after the month of Samavarthi.

Complete the Rangoli and colour it



Solutions on Page 15

Congratulations to T. Tarun, VIII Class and S. B. V. Krishna, X Class who got selected for the CCMB (Centre for Cellular & Molecular Biology) "Young Investigator Programme" to work with the scientists for ten days and participate in the investigative experiments.

Arts & Craft Fair

Art fair was conducted in our school on 2nd November. The paintings and drawings of students were kept on sale. Students made many crafts like painted colourful pots, decorative items and they were kept on sale. Students of 9th and 10th classes volunteered and helped teachers in arranging all the things. Students in Vocational wing made many things such as saplings, vertical garden etc. The saplings were also kept on sale. Parents visited the fair and encouraged all the students by buying the items. Sri C. V. Koteswara Rao garu, VP, SSS and Sri M. Narayana Murthy garu, Secretary, SSS visited arts and crafts fair and appreciated students' efforts.



Children's Day

The teachers conducted the assembly on Children's day. For 1st to 3rd classes, running race was conducted and 4th to 10th played dog and the bone. Throw ball was conducted for 9th and 10th class. A beautiful song was sung by some teachers. A Paramanandayyah Sishyula katha skit was performed by the teachers. A puppet show by one of the teachers in Hindi was entertaining. Smt. Usha Rani, our Telugu



teacher performed a humorous skit called "sodi". Funny small skits were also performed by some of the teachers. A quiz for 1st to 5th was also conducted in which the students participated actively.



K. C. Vasudha, VIII Class

Trip to INCOIS

Our (VIIIth class) trip to INCOIS was exciting and informative. INCOIS is an ocean research center. It was started in February 1999. We all know that oceans are helpful in many ways, and are effective pathways for transporting heavy cargo. They affect the climate of a place, causing rainfall, controlling temperature. Oceans also cause heavy destruction of land in the form of cyclones and tsunamis. Thus it is important to study and understand the oceans. INCOIS studies and provides data on oceans to all. We were able to see their data center where large computers monitor our oceans. The Center receives data from the satellites that orbit the earth.

Seven million people of India are dependent on ocean for fishing. PFZ – Potential Fishing Zones are the zones where fishes live in abundance. Satellites find this information and send it to a centre like INCOIS in the form of images.

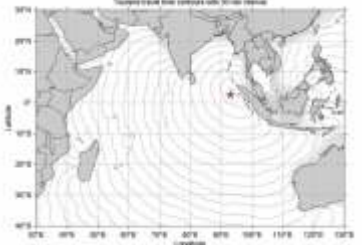


Scientists at INCOIS monitor these images and gather information from them. When the fishermen go out on their trips, INCOIS gives accurate and fast information on ocean weather conditions, onset of storms, tsunami etc, which helps the fishermen in being safe. Information is also provided as to where to find more fish based on temperature and chlorophyll content of the ocean. This also helps in better fish catch and avoids over exploitation of one particular area.

India is one among 23 countries participating in ocean observation. After the tragic tsunami of 2004, it has become important to monitor the oceans to save people from these underwater earthquakes. Thus INCOIS is a tsunami warning center which has world-wide link i.e. a warning generated here in India is sent to all participating nations immediately. Tsunamis are caused by earthquakes on the ocean bed which cause a series of giant waves to swell up and flood the lands.

When these recede with great force they destroy everything in their path just like any land earthquake. Our country is surrounded on three sides by oceans. 2 million km of ocean surface is monitored by INCOIS every 5 minutes with various parameters. They also do ocean modeling based on various parameters received at the centre. INCOIS receives information about the oceans through a device called ARGO. ARGO is a system which constantly monitors the surface temperature and salinity of the upper 2000 meters of the ocean. This is done through the help of 3000 free drifting, information gathering floats. The floats weigh about 25 kg in weight. This information is then sent to necessary industries, government, armed forces, where the 'state of ocean' needs to be known in advance for carrying out various activities.

We thank INCOIS for giving us the opportunity to see their centre and answering all our questions.



ART GALLERY



Ch. Vishnu Vardhan, I



Kundan Sai, I



K. Sravani, IV



Y. Kirti, IV



D. Hari Priya, VIII



Arshiya Begum, VII



T. Tarun, VIII



B. Rani, VI



K. C. Vasudha, VIII



T. Sathvika, V



K. Shiva Sai, V



D. Vaishnavi, VII



K. Nandi Vardhan, VIII



A. Kaivalya, VII



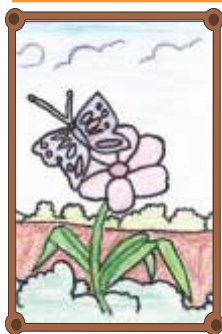
K. Nirmala, VII



Y. Daya Sagar, VII

NEW YEAR GREETING CARDS BY CHILDREN FOR LALAJI ERA

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



C. Surya, VII



Poojitha Devi, I



J.Sathvika, II



J. Manisha, IX



J. Poojitha, X



Arpana Christen, III



S. Pavani, X



Md. Sameera, X



S.Harika, IX



Md. Afroze, X



B. Rani, VI





Md. Afroze, X Class

REPUBLIC DAY

Dear brothers and sisters,

We celebrate our Republic day on 26th January every year. On this day the Indian Parliament adopted the Constitution realizing the long cherishing dream of Indian people. Indian Constitution starts with a preamble. It is the introduction to our Constitution which marks the beginning that reveals the aspirations, goals; foundation on which our country's future is based. The preamble declares that India is a **Sovereign, Socialist, Secular, Democratic and Republic** country.

Sovereign means that our country is independent in internal and external affairs. It can take its own decisions without the interference of others.

Socialist means the state which reduces economic inequalities. The aim of the government always has been to reduce economic and social imbalances. We have to do our part in the society by not depriving the poor from their rights.

Secular means that the state does not have its own religion. Our country has accepted different religions from ages. Even though we follow different religion we all are brethren connected spiritually, morally and intellectually as said by Pujya Babuji Maharaj.

Democracy is the government of the people, for the people and by the people. It means people can rule their country by electing their representatives.

Republic means that the head of the state is not a hereditary king or queen but an elected representative.

The preamble also enshrines the values of **Justice, Liberty, Equality and Fraternity.**

Justice means treating people with fairness keeping in mind everyone's due rights. It can be achieved only when equality is given to all.

Liberty assures freedom to everyone to express his/her views but being a responsible citizen we should receive that in a positive sense.

Justice, equality and liberty are closely related and interdependent.

Fraternity means 'brotherhood'. 'Sahodara' means born to same mother. This closeness is through their hearts and lasts forever till they live. This feeling of brotherhood surpasses all barriers, boundaries of place, creed, caste, religion, language and brings all Indians into a single family.

The concept of fraternity is explained in depth in 6th Commandment of Pujya Sri Ramchandraj Maharaj's ten Commandments which exhorts us to develop universal fraternity. **"Know all people as thy brethren and treat them as such"** – this sentence stating the feeling of brotherhood indicates that the entire universe is a huge family and we all are related to each other. This relation is eternal. This even shows that the root of happiness is nothing but the progress and prosperity of our brothers and sisters. This remembers the great Indian prayer 'Sarvejana Sukhino Bhavanthu'

Reminding ourselves of positivity in mind, faith in onself, divinity in heart, purity of soul, let us salute the nation on Republic Day. Jai Hind.



మన దేశం

ఎమ్. శిలప, 10వ తరగతి

ఎందరో మహనీయుల జన్మస్థలం మన దేశం
ఎందరో స్వాతంత్ర్యసమర యోధుల పుణ్యఫలం మన

దేశం

అందరి సమిష్టి కృషి ఫలితం మన దేశం

ఎందరో వీరుల త్యాగఫలం మన దేశం

వారి అందరి అభివృద్ధికి మూలబలం మన దేశం

సంస్కృతి సాంప్రదాయాలకు పుట్టినిల్లు మన దేశం

పచ్చని పాడిపంటలకు నిలయం మన దేశం

పండుగలు - పండుగలు

డి. అక్షయ వర్మ, ఎనిమిదవ తరగతి

మనసును హత్తుకునే శ్రావణమాసం రాగానే
పచ్చదనం చిగురిస్తుంది.

రాఖీ పండుగ రోజున సోదరి ఆనందంతో

ఉక్కిరి బిక్కిరి అవుతుంది.

స్వాతంత్ర్యదినాన మూడురంగుల జెండా

దేశమంతటా రెపరెపలాడుతుంది.

ప్రాణాలను అర్పించిన వీరుల గాథలను

మనకు గుర్తుకు వస్తుంది.

ప్రతి సంవత్సరం దసరా వస్తుంది

సెలవలు మనకు తెస్తుంది.

దీపావళి రోజున దీపాలను వెలిగిస్తారు

చీకటిని తొలగిస్తారు.

సంక్రాంతి పండుగ రోజున

హరిదాసుల సందడి మొదలవుతుంది.

అన్ని పండుగల దేశం మన దేశం

మనందరికి ఈ దేశమంటే ప్రేమ.

ఏమిటది?

ఎ. కైవల్య, ఏడవ తరగతి

ముచ్చటగా మూడు రంగులు

చక్కనైన చక్రం మధ్యలో

ఆకాశంలో రెపరెపలాడుతూ

అందరికీ దేశభక్తి కలిగిస్తుంది. ఏమిటది?

ఐంజి

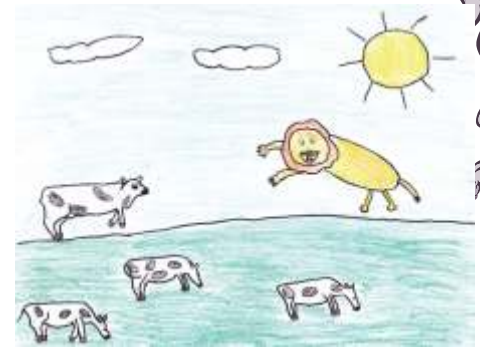


B. Jagruti, VI Class

SELF RESPECT

Once there was a cow named Manu. He was a good and healthy cow but there was only one problem with him. He was the only cow in the herd that had no horns. Every day the other cows used to tease him about it and every day Manu felt sad. One day he couldn't take the teasing anymore and went to his mother. He asked his mother, "Amma, everyone in the herd has horns but not me." "How come I don't have any?" Manu's mother said, "Manu, everyone's horns grew early and came." "Your horns are waiting to come out so that they can be the most beautiful horns in the herd." Anyway, even if they are teasing you, ignore them." "You have more good qualities than them." "You'll see." Manu felt happy and ignored the herd and teasing and continued his daily life. Soon, he grew up to be a handsome cow. One day, as the herd was grazing grass, a tiger silently crept toward the herd. Manu, who noticed the tiger, mooed. The herd understanding scrambled away. Only Manu stayed. The tiger came closer and was ready to pounce on Manu when he kept a stick in the tiger's mouth. The tiger choked on the stick, unable to get it out. He fell on the ground thrashing and choking when he went still. Manu had saved the herd. They all congratulated him, forgetting about his horns. They made him the leader of the herd and lived happily ever after.

Moral: Quality what you have is more important than your looks.



N. Sowjanya, VIII Class

COOPERATION

Once in a village lived four workers. They always used to fight with each other. Each one of them thought that he was great. Everyday they used to go to work and in the evening they used to fight with each other. The first worker said that he was great as he made pots and the pots were useful for all. People used the pots made by him in the summer and felt happy by drinking cool water from those pots. The second worker



worked in the fields growing vegetables and fruits for the people. He said that people eat the fruits and vegetables grown by him and feel happy and stay healthy. The

third worker said that he was great because he made clothes from cotton, wool, jute, etc. which was used by people to cover themselves in different seasons. The fourth worker said that he was the greatest because he was a



carpenter and made things that were useful for people. Thus all the four workers used to fight with each other

One day the head of the village came to the four workers and told them that the things grown or made by them were useful to all the people of the village. So if they worked together without fighting, they would be able to live happily and also the people of the village would live happily.

The four workers thought about the village head's advice and realized their mistake. They then decided to work without fighting with each other and to help each other. Thus they lived happily.



SANKRANTI

K. Sashi Vardhan Reddy, X Class



The Indian solar calendar celebrates the very auspicious festival of Makara Sankranti on the 14th of January. Makar means Capricorn and Sankranti is transition. Transition of the Sun from Sagittarius to Capricorn, during the winter solstice in the northern hemisphere is known as Makar Sankranti. It is also known as the harvest festival. It is the time the farmers bring home their harvest.

This festival is celebrated over four days – Bhogi, Makara Sankranti, Kanuma and Mukkanuma. The Sun God is felicitated in various ways over the period of the four day celebration.

Bhogi is when people discard old and derelict things in a bonfire and concentrate on new things causing change or transformation. This represents realization, transformation and purification by imbibing and inculcating divine virtues.

Makara Sankranti is when people wear new clothes, pray to God and make traditional food. They also make big and beautiful rangolis in front of their homes. Young girls feed animals, birds and fishes as a symbol of sharing.



Another notable feature of the festival in South India is the Haridasa who goes early in the morning around with a colourfully dressed cow,



singing songs of Lord Vishnu. Hence the name Haridasu (servant of Hari). It is a custom that he should not talk to anyone and only sing songs of Lord Vishnu when he goes to everyone's house. In the villages people hang

the dry paddy for birds in their courtyard. During these days people from Hyderabad fly kites. Children and elders enjoy this kite flying .



SWAMI VIVEKANANDA

Uma Maheswari, IX Class

Once a young man was walking along the streets of Calcutta. He saw a carriage rushing along the street. The horse was frightened by something and it was running very fast. A lady was riding in the carriage. She was in great danger because the carriage might be upset at any moment. No one was able to help her. A young man ran towards the carriage, seized the reins and forced the horse to stop. The lady was saved and was very grateful to the man.

The young man was called Narendranath but he later became famous as Swami Vivekananda. He was born in the famous Dutta family in Calcutta. Sri Viswanath Dutta was a lawyer. His wife was Bhuvaneshwari Devi. She was like a queen in appearance as well as behavior. On 12th January, 1863 Narendranath was born to them. He was a naughty child and his mother found it extremely hard to control him. She found that when Naren grew extremely restless, if cold water was poured on his head chanting Shiva's name in his ear, he would quiet down. This was the only method by which she could control Naren. He learnt many things from his mother like Ramayana and Mahabharata.

Naren also liked to play at meditation. He and his friends would go to a lonely place and they would do meditation. Once a cobra came along the ground. The other boys ran away frightened but Naren stayed there. After some time the cobra went away. Later his parents asked him why he did not run away? He replied, "I did not know anything about the snake. I was feeling very happy."

Swamiji and his disciples: Swamiji spent much time with his disciples. He used to go and talk with them every day. Daily he used to tell great things about India and vedanta. He wanted them to understand India and he used to tell about the history of India and beliefs of people, their customs

Illustration - Uday Kumar, IX Class

and habits of the Hindu religion etc. All these things they knew before but Swamiji explained very clearly and patiently.

When, news came about the outbreak of plague, Swamiji returned to Calcutta and plunged into work. People were frightened and running away. Swamiji started relief work at that time. One of his brother monks asked him, "From where will we get the money." Swamiji replied, "Why? We will sell the land for new Math. We are Sanyasins. We should be ready to live under the trees and beg for our food." It was not necessary to sell the land. People gave money and Swamiji began the relief work. The people who had plague were nursed in camps. Many workers came to help Swamiji and his disciples. They cleaned the lanes and the houses, and taught the people what to do.

This work helped the people very much and they lost their fear. They loved Swamiji much more than before. They saw that he was a practical Vedantin. He not only taught the highest religious truth, he loved people even the poorest also. He tried to remove their pain.

Teachings:

Divinity of man : Believe in that all power is within us only, but do not believe that you are weak. Stand up and express the divinity within you.

Self-confidence: You have everything in you but never lose faith in yourself. You can do anything in the universe. Never weaken, all power is yours.

Call to the youth of India: If you are really my children, you will fear about nothing and stop at nothing. You will be like lions. We must rouse India and the whole world.



डि. श्रुति, नौवी कक्षा

कवि तुलसीदास

हिन्दी साहित्य के श्रेष्ठ कवि तुलसीदास का जन्म बांदा जिले के राजपूर नामक गाँव में हुआ। पिता का नाम आत्माराम और माता का नाम तुलसी था। तुलसीदास का जन्म मूला नक्षत्र में होने के कारण



पिता ने उन्हें अशुभ समझकर त्याग दिया। बाबा नरहरिदास ने तुलसीदास को शिक्षा दीक्षा दी।

तुलसीदास का विवाह रत्नावली नामक कन्या से हुआ। तुलसीदास अपनी पत्नी से अपार प्यार करते थे। एक बार पत्नी की फटकार सुनकर वे

विरक्त हो गये और काशी चले गये। काशी में रहकर उन्होंने संस्कृत का खूब अध्ययन करके अनेक काव्य लिखे। उनमें रामचरितमानस, विनयपत्रिका, कृष्ण गीतावली,

कवितावली आदि बहुत प्रसिद्ध हैं। रामचरितमानस उनका श्रेष्ठ काव्य है।

दोहे

तुलसी काया खेत है, मनसा भयो किसान।

पाप-पुण्य दोऊ बीज है, बुवै सो लुनै निदान ॥

भाव - तुलसी जी के अनुसार शरीर खेत के समान है और मन किसान के समान। पाप और पुण्य दो बीज हैं, जो बोया जाता है, उसी को प्राप्त करना पड़ता है।

तुलसी साथी विपत्ति, विद्या-विनय-विवेक।

साहस, सुकृति, सुसत्य व्रत, राम भरोसे एक ॥

भाव - तुलसी जी के अनुसार विपत्ति के समय शिक्षा, विनय, विवेक, साहस, अच्छे कार्य, सच्चाई और ईश्वर पर भरोसा ही साथ देते हैं ॥

ध्यायतो विषयान् पुंसः सङ्गस्तेषूपजायते ।
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥

In a person constantly thinking about objects of sense there is born an attachment for them; from attachment springs passion; from passion arises wrath; (2-62)



M. Eesha,
VI Class

In a city there lived a girl named Kumari. One day her friend invited Kumari for playing. When she was returning home, she saw beautiful shoes. From that day, she was dreaming about those shoes. In the classroom, house and in tuition also she was dreaming about shoes. She was not paying attention in the class. She was not even studying for exams. The grades she got in her exams were very bad. Her parents, teachers scolded her but she was still dreaming about the shoes. After few days she was still dreaming about the shoes and also became an angry girl. From that day she started behaving like a bad girl.

Moral : Wishes can destroy our mind.



ప్రార్థన

కె.సి. వసుధ, ఎనిమిదవ తరగతి
ఎవ్వనిచే జనించు జగమెవ్వనిలోపలనుండు
లీనమై

యెవ్వనియందుడిందు బరమేశ్వరుడెవ్వడు మూలకారణం
బెవ్వడనాదిమధ్యలయుడెవ్వడు సర్వముదానయైనవా
డెవ్వడు వానినాత్మభవు సీశ్వరునే శరణంబు వేడెదన్

తాత్పర్యము ఎవరి వలన ఈ యావత్ సృష్టి ఉద్భవించిందో,
ఎవరిలో ఈ జగత్ అంతయు లీనమైయుందో, ఎవరైతే
భగవంతుడో అన్నింటికి మూలమై ఆది మరియు అంతము లేని
వాడో, అంతా తాను అయిన వాడో, అటువంటివానిని
భగవంతుడిని నేను శరణము కోరుతున్నాను.

RANGOLI



M. Pranay Kumar
VII Class

LALAJI ERA MONTH NAMES

D. Rajitha, X Class



Lalaji Era started from 1873. Each month name was named for a specific reason. The first month of the Lalaji Era starts from 14th January of every year. We consider 14th January of every year as 1st Samavarti and first day of New Year of Lalaji Era. In the fourth month Prabhu, we have our beloved Master Pujya Sri Ramchandraji Maharaj's birthday. Varada is the month which is named after Pujya Dr. K.C.Varadachari's birthday. The eighth month we have our Lord Sri Krishna's birthday. We celebrate that day as Sri Krishna Janmashtami. In the month of January the children of our school are encouraged to prepare greetings for the New Year. Viveka is named after Swami Vivekananda whose birthday falls on January 12th.

So for the months of Lalaji Era each month has a specific importance.

The other month names are Prana, Bhuma, Bhanwar, Iswar, Samadristi, Satpad, Radha.

SOLUTIONS

Page 9 - Crossword - Across - 4) Samavarti
Radha Down - 1) Samadristi 2) Viveka 3) Krishna
6) Prabhu 8) Varada 11) Prana

2	4	6	5	1	3
1	3	5	6	2	4
6	2	4	3	5	1
3	5	1	4	6	2
4	6	2	1	3	5
5	1	3	2	4	6

Sudoku

Page 8 - Value Puzzle - Sacrifice, Aspiration,
TruthSpeaking, Kindness, Manners, Satkama

Special School for Slow Learners (Children with Learning Difficulties)

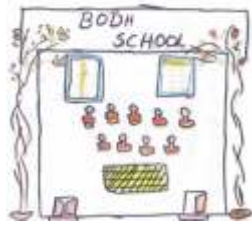
We are happy to express that this year Bodh received a good number of enquiries and 18 students were admitted which include some of the Satkama slow learning students. The endeavour to make children with learning difficulties and their parents happy, is expressed by them in many ways. Children are allowed to express their feelings freely. A child who was sad and unhappy in her earlier classes is now writing poems on happiness. Children who were not knowing much about arts are now drawing and painting excellently well. They are encouraged to freely express their creativity through arts and crafts. Some of them participated in painting contest conducted by Balbhavan during November and Konaseema Chitrakalaparishad during December. During their gardening period they are allowed to spend time with plants and they are being taught to love nature. Children's improvement in language and math concepts is making them confident. Children who were afraid of putting pen on paper are now writing articles and stories. Parents express that the behaviour of their children has improved and now they are cooperative in their homes and are becoming well organised. Children say they are relaxed, calm and happy when they offer Prayer every day at beginning and closing of the school.



MY SCHOOL

G. Santoshini, V Class

In Bodh school we learn so many values. In morning we do prayer. In Bodh school teachers help us in all subjects. We learn it easily. We also learn drawing and craft. We read moral stories in school. I feel happy in Bodh school and I like Bodh school.



HELPFUL

A. Divya, IV Class

A boy named Ramu was nine years old. One day he was going to school by bus. On the way he saw an old man who was blind and dumb. The old man was very worried to cross the road. Ramu was a very kind person and he wanted to help the old man. Then and there he got down from the bus to help the old man. He held the old man's hand and helped him cross the road. The man was very thankful to Ramu and the people on the road appreciated Ramu's helping nature.



Moral: We should help others who are in trouble.

GREETING CARDS

Students made greeting cards enthusiastically on the occasion of New Year of Lalaji Era.



M. V. S. Sashank



Uday



Jahangir

స్నేహం

హాతీష్, ఆరవ తరగతి

మంచివారితో స్నేహం చేస్తే మంచిని ఎక్కువ తెలుసుకోవచ్చు, మంచి పనులు చేస్తాము.



అందరితో కలసి ఉంటాము.

ఉదాహరణకి కిటికీ మూసి గొళ్లెం

పెడితే అది అలాగే ఉంటుంది.

గొళ్లెం వదిలేస్తే అది గాలికి

కొట్టుకుంటుంది. ఈ విధంగా

మంచివారితో ఉంటే మంచిగా

ఉంటాము. చెడ్డవారితో ఉంటే చెడ్డగా

ఉంటాము. అందుకే మంచివారితోనే స్నేహం చేయాలి.

సహకారం

పి. అనుస్య, నాలుగవ తరగతి

ఒక రోజు రాణి ఇంకా మౌనిక ఇద్దరు కలసి బడికి వెళ్ళారు. ఆ రోజు వాళ్ళ ఇద్దరికీ పరుగు పందెం పెట్టారు. పరుగు పందెంలో రాణి క్రింద పడిపోయింది. మౌనిక తనను లేపి బడిలోపలకి తీసుకుని వెళ్ళింది. ఆయమ్మ తన దగ్గరికి వెళ్ళి మందు రాసింది. మౌనిక రాణిని ఇంటికి చేర్చింది. మౌనిక తన ఇంటికి వెళ్ళింది. మరునాడు మౌనిక రాణి దగ్గరకు వెళ్ళింది. మౌనిక రాణిని నీకు ఎలా ఉంది అని అడిగింది. రాణి నాకు బాగానే ఉంది అని చెప్పింది. బడికి ఆలస్యం అవుతోంది, వెళదాం అని రాణి అంది. మౌనిక రాణి బడికి వెళ్ళారు. బడిలో మౌనిక పుస్తకం పోయింది. రాణి తన పుస్తకం ఇచ్చింది. మౌనిక ధన్యవాదములు చెప్పింది. అప్పటినుండి మౌనిక రాణి కలసి మెలసి ఉన్నారు.



సీత : ఒకలకొకరు సహాయం చేసుకోవాలి

HAPPINESS

M. Rani, V Class

When I do prayer I will be happy.
When I go to school I will be happy.
When I do gardening I will be happy.
When I play in the school I will be happy.
When I draw I will be happy.





Chi. A. Naveen Kumar was awarded gold medal in national level painting contest conducted by Konaseema Chitrakala Parishad.



తోట పని

ఎ. సవీన్ కుమార్, ఏడవ తరగతి మా పాఠశాలలో మేము తోట పని చేస్తున్నాము.

మేము ప్రతి వారము 40 నిమిషాల పాటు తోట పని కోసము పూల మొక్కలు, కూరగాయలు, ఆకుకూరలు



పెంచుతున్నాము. మొక్కలని రక్షించుకోవాలని వాటి చుట్టు కంచె వేసాము. మేము ప్రతివారము మా పాఠశాలలో క్రొత్త మొక్కలు, క్రొత్త కూరగాయల విత్తనాలు వేస్తూనే

ఉంటాము. దోసకాయ, ఆనపకాయ, చిక్కుడుకాయ వంటి మొక్కల కోసం మేము పందిరి వేసాము. ఈ విధంగా ప్రతి వారము మా పాఠశాలలో మొక్కలను పెంచుతున్నాము. తోట పని వలన ప్రకృతియొక్క పచ్చదనాన్ని ఎలా కాపాడాలో మా పాఠశాలలో నేర్చుతారు.

PARENT'S FEEDBACK

Parent of A. Divya, Sri A. Ramachandra gave his feedback on his daughter during parent teacher meeting : మా అమ్మాయి confidence improve అయినది. చదువులో పట్టుదల పెరిగింది. చెప్పిన మాట వింటుంది. వాళ్ళ అక్కకి help చేస్తుంది.



ART & CRAFT FAIR

Mounika, VI Class

Our school conducted art fair on November 2nd. Many paintings, crafts and clay pots done by our school children were exhibited on that day. I did some paintings, crafts and had drawn some designs on clay pots and diyas. I felt very happy when I saw my paintings in the exhibition.



So many people visited and were buying my paintings and craft products which were prepared by me. In this exhibition we exhibited our plants which were sowed during our gardening period. I felt

happy and felt like drawing more paintings to exhibit next time when they keep the exhibition. I thank the teachers and our art Sir to keep this Art Exhibition.

రాజు - బొమ్మ

ప్రబంధ కుమారి, ఆరవ తరగతి అనగనగా ఒక ఊరిలో ఒక కుటుంబం ఉంది.



అందులో ఒక అబ్బాయి పేరు రాజు. ఒక రోజు రాజు, వాళ్ళ అమ్మ కలసి బజారుకి వెళ్ళారు. అక్కడ బొమ్మలు ఉన్నాయి.



రాజు వాళ్ళ అమ్మని, అమ్మ నాకు ఒక బొమ్మని కొనివ్వవా అని అడిగాడు. నా దగ్గర డబ్బులు లేవు అని వాళ్ళ అమ్మ చిన్న బొమ్మ కొని ఇచ్చింది.

సీతి : అమ్మ నాన్న ఏదైనా కొని ఇస్తారు. వాళ్ళ దగ్గర డబ్బులు లేనప్పుడు ఇచ్చిన దానితో సరిపెట్టుకోవాలి.

సహకారం

ఎమ్. రమ్మ, నాలుగవ తరగతి

ఒక ఊరిలో ఇద్దరు అమ్మాయిలు ఉండేవారు.



వాళ్ళ పేర్లు చిట్టి, రాణి. ఒక రోజు చిట్టి పుట్టిన రోజు. చిట్టికి చాలా ఆనందంగా ఉంది. కాని తన దగ్గర కొత్త బట్టలు లేనందుకు చాలా బాధ పడింది. అప్పుడు రాణి వచ్చింది. ఎందుకు అలా ఉన్నావు అని అడిగింది. ఈ రోజు నా పుట్టిన రోజు కదా. నాకు కొత్త బట్టలు కావాలి అంది చిట్టి. రాణి వెంటనే వెళ్ళి తను దాచుకున్న డబ్బులు తీసుకుని చిట్టికి కొత్త బట్టలు కొనిచ్చింది. చిట్టికి చాలా ఆనందంగా ఉంది. అప్పటినుంచి వాళ్ళు ఇద్దరు కలిసి మెలసి ఉండేవారు.

సీతి : ఎవరైనా బాధలో ఉంటే మనం సహాయం చేయాలి

HONESTY

Chakridhar, V Class

Pujya Sri Ramchandraj Maharaj was very honest. Once he was in school premises, he found a rupee coin. He gave the coin to the headmaster. Headmaster praised him. He told all students to follow him. If I find money I will also give it to the teacher or headmaster.



'Education' is a multidimensional in nature. Not only the intellectual aspect of development and social and emotional adjustment is the task of education but more than all this essentially making a person 'human' is the real task of education. Human perfection lies in 'man' becoming 'real man' according to the Great Master of the day Sri Ramchandraj Maharaj of Shahjahanpur, U.P. India. - Pujya Sri K. C. Narayana – excerpt from Address to teachers and parents of the BODH school on the occasion of the Independence Day Celebrations -2004

Satkama High school craft fair was a grand success which reiterated the fact that children love crafts. The sense of joy that children experience when drawing, painting, and cutting, pasting and working with different materials is worth watching. Kids love working with their hands.

The amazing developmental benefits that children can obtain through creative craft ideas make crafts such an important part of a child's healthy development. Some of the benefits are social skills, small and gross motor development, creative and visual spatial development, concentration and the completion of tasks, persistence and seeing tasks through to completion and lastly success and self worth.

Keeping in view the above thoughts, children at Satkama had made many handmade crafts as part of their curriculum. These were displayed during our Deepawali Art Fair on November 1st 2013. Activities were not just limited to painting or paper crafts but included Trellis making, File Folders, Diya painting, Vertical pot arrangement, warli painting on the walls.



VERTICAL GARDENING

N. Teja, IX Class

Growing of plants in a vertical direction is called vertical gardening. In our school, we have done this project with the help of our teacher. We can use any materials to make a simple vertical garden.



A strong stick or iron rod, coconut fiber, thick construction jute thread, coco peat, plastic container jugs, boxes with drain holes at the bottom

Take a large planter and place soil in it and place the stick or iron rod in the center. Make a hole at the bottom of the plastic boxes so that they slide in the stick and align them 5-6 inches above the first pot.

We can have as many pots as we want in this manner. In the lower pot, we planted Mint and in the small bowl's we planted Methi and Coriander seeds. Thus in the space of one pot we have three pots and can grow greens that are needed for our house purpose.



MAKING A TRELIS

K. Mukesh, VII Class

Growing creepers require that we build a strong trellis. When the creepers climb on the trellis they can grow faster, the leaves and fruit will not spoil on the ground. We had planted some bottle gourd and Indian cucumber seeds (dosakkai) which needed a place to climb on.



We dug four holes about 6 inches deep at four corners of the garden plot. We placed 6 feet sticks in these holes and secured them. Then we tied coconut thread at the top of these sticks to form a lattice arrangement for the bottle gourd and cucumber plants to spread along. Now we have a trellis that will help the plants to grow freely.

MAKING A FILE

S. K. Anilya, VII Class



In our craft class, we learnt to make a new type of file folder. To make this we require a thick chart paper or handmade paper, gum and staples.

This is very easy to make and can be done at our house. How to make the file folder is described below. Try on your own and these can be decorated the way you like.



D. Haripriya, VIII Class

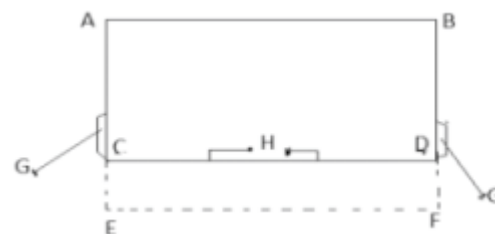
I was very excited to learn file folder making as it is useful for us every day. We can file all our paintings, notes or important papers in these files.

What you need : Thick paper or chart paper or handmade paper, Gum, punches and thread.

Making the folder is in picture format which will easy for all to follow.

Paper File Folder

1. Cut a chart paper or handmade paper of size (rectangle ABCD) 22 * 10 inches.
2. Additional paper for folding of size (rectangle CDEF) 22* 6 inches should be cut together with the first rectangle.
3. Fold along line CD to bring end EF inside and close the end tabs G on top with glue.
4. As you see in the completed picture for additional support one can have a small strip of paper pasted in the center.





Md. Saqeeb Ali, X Class

WARLI PAINTING

Warli painting is mostly done by tribal people of Gujarat and Rajasthan. At Satkama high school, we made an effort to learn Warli painting. This kind of painting is mostly

done using triangles and circles. For human figure's two triangles are used. The paintings are done on a red background (red oxide walls) using white paste specially made by the tribals. At Satkama, we the 10th class children tried to depict a garden scene on our school wall. We had lots of fun learning this painting technique which is very unique. We all were pleased to see the painting after it was completed. During the Art fair conducted on Nov 1st at our school, many parents appreciated our effort.



Photo Frame



Lakshmi Prasanna, V Class

**Hakeem,
VI Class**



Hot Mat



**Santoshini,
V Class**



MSRCM HOSPITAL NEWS

WINTER HEALTH PROBLEMS

Dr. G. Vijay Kumar, B.A.M.S., M.S

Dry Skin: According to Ayurveda, dry skin is caused by vata dosha. When vata dosha increases in the body, it makes the skin dry and wrinkle. In winter we all should take care of our skin in order to avoid winter dryness. Winter dryness is found in all age groups.

Home remedies:

- Regular massage (Abhyangam) with lukewarm sesame oil will help and keep our body away from problems like dry skin, coldness, muscle stiffness, joint pains and frozen shoulder. Apply the sesame oil half hour to 1 hour before bath and wash off with lukewarm shower.
- Winter dryness is caused due to loss of moisture from skin during winter. We should keep our body moisturized by applying Aloe Vera gel. (Kalabanda gujju)
- Apply a thin layer of coconut oil half hour before bath.
- Apply a paste of Papaya over the face to avoid facial dryness.
- Add some honey in milk and apply this mixture over the face, neck, hands and legs. Apply it for 15 minutes before bathing.
- Apply olive oil all over the body for good moisturisation.

Sinusitis: In winter season, Sinusitis is one of the major problems. People having dust allergies are

more prone to this problem. The kapha dosha gets aggravated in the body and running nose and nasal congestion will happen. Sinusitis is treated by reestablishing drainage passages eliminating the source of inflammation and improving the immunity power.

Home remedies:

- Regular intake of 5ml Tulasi Swarasam (Tulasi leaf juice) with 2ml honey removes sinusitis and improves body immunity.
 - Fresh juice of onion mixed with honey removes the stuffiness and nasal blockage.
 - Turmeric with diluted milk removes the nasal stuffiness.
 - Black pepper, long pepper and dried ginger with honey is very good remedy for chronic sinusitis.
 - Facial steam with Turmeric and Eucalyptus oil is the most effective way to get rid of or prevent sinusitis.
 - According to Ayurveda, Nasya Karma has very important role in treating sinusitis. Daily putting 2-3 drops of til oil or Anu tailam in both nostrils will help in relieving nasal congestion.
 - Sleep with your head elevated. This will help your sinuses drain reducing congestion.
- In winter, regular exercises and oil body massages keeps our body warm and away from dry skin problems. Our body should be properly covered and wrapped with proper warm clothes.

ADMISSION NOTICE

SATKĀMA HIGH SCHOOL

SATKĀMA High School, sponsored by Sahaj Seva Samsthan is a regular school giving quality education to students by the Grace of Eternal Master Pujya SriRamchandraj Maharaj. The school is approved by Govt. of A.P. for classes from I to X (SSC Board). The school has full-fledged teaching staff, library and computer lab and science lab. The school emphasizes not just the intellectual, social and emotional development but also the spiritual development of the child through the virtues of gratitude, hope, satisfaction, friendship, sharing, service, non-violence, non-jealousy, non-envy, controlling the desires and urges etc. The school encourages creativity in children through drawings, poems, arts and dramatic activities. The school's curriculum includes vocational activities, field trips and group learning. The school strictly maintains a teacher student ratio of 1:15 for quality attention. The school has produced excellent SSC results in the 6 batches that have passed till date. **Enquiries for Admissions into classes I to X subject to availability will be taken from February 17th. Please contact office.**

BODH

Special School for Slow Learners (Children with Learning Difficulties)

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

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

Training Programme

Imperiance is conducting Free Training Programme for those who are interested in Pranahuti Aided Meditation for consecutive two days on Second Saturday and Sunday of every month at different training centres. Those who are interested and aged between 18 and 60 years may contact the telephone number (040) 27731223 for further details.

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