



SPANDAN

Quarterly Issue

SATKĀMA & BODH

Sahaj Seva Samsthan Educational Newsletter

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

MESSAGE FROM SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President

The academic year is coming to a close and the students will be having a vacation before starting fresh with the new academic year. Learning is a continuous process and learning to lead a happy and balanced life is more so. So whatever values were taught in Satkama like sharing, compassion, sacrifice, cooperation will have an opportunity to be exhibited when you meet your friends, neighbours, and relatives during vacation. It gives great joy and happiness when we learn that we are imbibing and exhibiting these values and I pray to the great Master for his blessings for your success in this great learning experience.

STUDENT EDITORIAL

V. P. S. Tejaswini, VI Class

Namaste. I thank God for giving me an opportunity to have education in such a good school like Satkama. My special thanks to my principal sir, teachers and the members of the Sahaj Seva Samsthan for teaching me moral education.

I am studying in this school from nursery. I learnt many values. My favourite one is TRUTH SPEAKING. I am inspired by our Master's stories. Especially the story which had happened in his childhood. When he was in school, he found one rupee coin (which was a big amount in those days). He handed over the same to the head master. I learnt honesty from this incident in Pujya Sri Ramchandraji Maharaj's life. I think you all learnt one or the other value from the life of Master and are keeping in practice.

This spandan has moral stories, drawings, interesting puzzles, etc. made by us. Many great people spent their time on writing articles which are published in Spandan. So I want all the students to read the magazine. I thank all students, guest contributors for their contributions.

We always welcome your feedback and suggestions to improve our newsletter.

Please feel free to write to

spandan@sahajsevasamsthan.org

MEANING OF LIFE

Prof. Dr. K. V. Dakshinamurthy,

MBBS, MD(med), DM(neph), Dip.NB(neph), FISN,

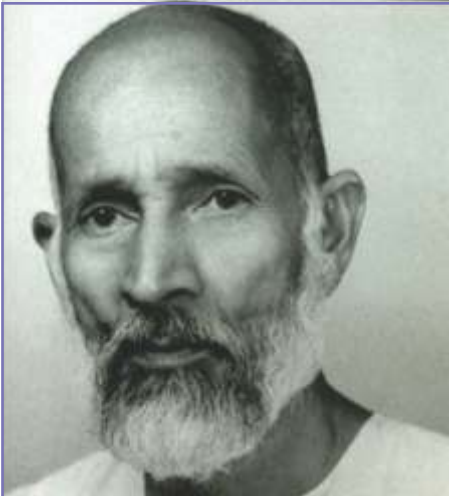
Senior Consultant Nephrologist, MSRCM Hospital

Former Professor and Head of Department of Nephrology, NIMS

One of the important attributes of the "Real Man" is doing good to others (Parahitam). In Sanskrit language "Para" also means the Ultimate (Divine) and "Hitam" means the thing which is liked. By doing good to others we are in tune with the Divine. Any work that is done for the good of others without any selfish motto (such as gaining money, fame, power, or honour etc.) with pure heart is Divine work. By participating in the Divine work, we come nearer to the Divine. The only people who are considered living are those who do good to others, who live for others. Those who live only for themselves are really not living. Selfishness is nothing but death. Life means growth, expansion, erasing the boundaries. When we erase the boundaries, we have erased our limitations. We have become limitless. Serving others with purity is the real meaning of Divine worship. When we are serving others, actually, we are serving our cause only. In this way only we can reach our goal which is oneness with the Divine. We should be thankful to the person who has given us the opportunity to serve him. When we expand and become limitless, we see the Divine in everyone and everything. We grow from the primitive stage to the stage of Real Man by doing good to others and serving others i.e., Divine work. That is what is meant by "Mrithyorma Amrithanga maya" i.e., from Death to Life.

STORY OF PUJYA BABUJI MAHARAJ

Compiled by A. Vijaya Sri, A. Hakeem, A. Praveen, B. Rani, M. Eesha, N. Mounika - VI Class students



Pujya Sri Ramchandraj Maharaj was born on Sunday, the Baisakh Badi Panchami, 30th April 1899 at 07:26 AM IST at Shahjahanpur, U.P, India. From early childhood he was showing unique qualities of Mahatmas in his action and behavior. He was balanced.

His mother taught him several precepts to be followed in life like "Be honest", "Do not steal" and similar morals which cast permanent impressions in him. His mother influenced him so much that he requested her to teach him to do puja that she was performing. But all that she did was to apply sandalwood paste on his forehead and he felt elated. But he learnt soon that this is not the real thing.



At the age of nine he started reading Bhagavad Gita. He could not understand the meaning of it and his craving continued. When he asked a local priest to prescribe some method of worship, he advised 'Rama Japa'. But there was no change in his thoughts and feelings and his craving continued. Then he tried to do idol worship but felt it gross and dragging him further low and therefore he gave it up. This craving continued for many years.



His mother's training in moral values was his guiding spirit. He was very honest. Once he found a rupee coin in the school compound. He honestly handed it over to the headmaster to be returned to the rightful owner. The headmaster praised him for his gesture and suggested others to follow him.

One day his uncle came to his house and claimed himself to be a mesmerist. He didn't want to teach Pujya Sriramchandraj unless he did some personal service. Pujya Babuji Maharaj didn't like this kind of service and said that all knowledge should be made available to the deserving as a matter of service to a brother.



Thus we see remarkable positive thinking developing in him right from the school days, which was to guide him in developing his system of training in Raja Yoga. Because of his strong will and clear thinking he was able to master mesmerism on his own very quickly.



During the school days he developed interest in Philosophy. He read John Mills "Utilitarianism" and left it midway. Because he felt that he would get brainwashed by the theories of others. He developed independent thinking and confidence in him. He advocated that one should remove all doubts and develop confidence in oneself to succeed in all pursuits. He insisted on honesty and seriousness in all work to gain good fruit.

He was married at the age of 19 (1918) at Mathura, the birth place of Lord Krishna. His wife's name was Smt. Bhagwati. After marriage he reached the feet of his Guru, Mahatma Sri Ramchandraj Maharaj of Fategarh on 3rd June 1922. He was asked to meditate by the Master and this meditation convinced him that at last he found his master and has accepted Him totally.

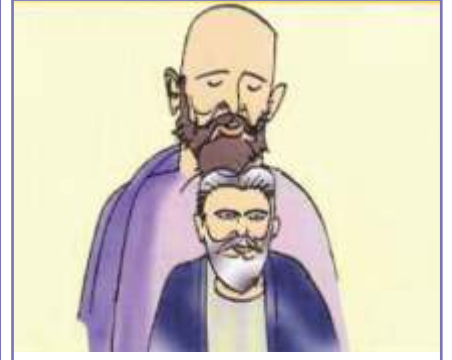


STORY OF PUJYA BABUJI MAHARAJ



The bond between disciple and Master got strengthened with each passing day and he became the apple of the eye of the Divine Master. The Samarth Guru Sri Ramchandraji Maharaj of Fategarh moulded Sri Ramchandraji of Shahjahanpur to a state of near total spiritual perfection unprecedented in the spiritual history of mankind.

Even as he progressed rapidly in his spiritual life he was facing difficulties in his office life. Tiwariji and Panditji were two clerks of the same caste working in his office. Pujya Sri Ramchandraji did not belong to the same caste as the other clerks. He was teased by the other clerks when they were asked for help in office work. He did not change his behaviour towards Panditji and was always respectful towards him. When Panditji died, Pujya Sri Ramchandraji supported his son. That was His divine nature.

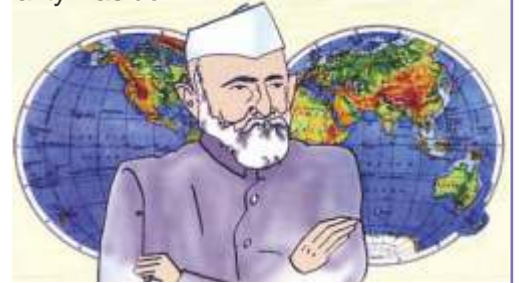


Pujya Lalaji Maharaj transmitted his total spiritual condition in two spells, which resulted in Pujya Sri Ramchandraji Maharaj feeling his heart overflow with his Guru's presence. Usually only disciples merge in their Guru. In this case - the rarest event in the spiritual history - the Guru(Lalaji) merging in disciple(Babuji) happened as never before earlier.



In the beginning of 1945 his spiritual development reached a state of a perfect vacuum. Vacuum cannot exist. Therefore Nature filled him with all the powers that are there. All Saints of different traditions and prophets of different religions merged in him. Thus the Special Personality was born.

The role of the Special Personality is to overhaul the entire Nature and bring order. He can direct, co-ordinate, monitor and order all the powers of Nature. Pujya Babuji Maharaj in spite of His status of Special Personality was a personification of simplicity and humility.



Love Him who loves all - Pujya Sri Ramchandraji Maharaj



Illustration
S. Sai Sree, IX Class

ప్రార్థన - అనుభవము

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

24.12.13 – I feel calm and pleasant.
21.1.14 – I feel calm and happy.
11.3.14 – I feel very happy and peaceful.

A. Akhila, VII Class

30.10.13 – I felt so happy, relief and refresh.
25.1.14 - I felt cool and refresh.
27.1.14 - I felt silence in my mind.

K. Rachana, VII Class

31.12.13 – After meditation my heart was full with happiness.
2.1.14 – When I was meditating different colours were coming from a hole and vanishing.
6.1.14 - I felt pure mind.

Arshiya Begum, VII Class

27.12.13 – After prayer I felt very very fresh and happy.
12.1.14 – I felt very happy and saw some colours.
19.3.14 - Today I felt peace and calm.

K. Nirmala, VII Class

STORY OF MASTER



Puja Sri Ramchandraji Maharaj started studying at the age of six under a tutor. But unfortunately he contracted typhoid and had to discontinue studies for a year. The illness made him forget all that he learned till then. Perhaps because he had to learn different things, God wanted to keep his mind a clean state - a state of mind without any impressions - a tabula rasa. He continued his studies in a school. But that was dotted with failures mainly because he was very poor in mathematics. Once in order to find an excuse for not doing homework in mathematics he put a finger in a wasp hive and preferred that suffering to the punishment from the teacher for non performance. Of course, he regretted for this option later. Ridiculous story from one point of view but this is innocence at its nascent state. His mother's training in moral values was his guiding spirit.

In the sphere of Spirituality, Character development has a special place, the importance of which is in no way less than that of Spiritual Welfare itself.
- Puja Sri Ramchandraji Maharaj

SATKĀMA SCHOOL

SRIMAD BHAGAVAD GITA

क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥

From wrath ensues bewilderment; from bewilderment confusion in accumulated knowledge (smrti); from failure of accumulated knowledge, crash of discernment; with discernment crashed, he perishes outright. (2-63)



A. Praveen, VI Class

In a city there lived a boy named Sumanth. He had a bicycle. One day he went to his friend's house. He saw his friend's bicycle and he neglected his bicycle. He was thinking about that bicycle only. He asked his father to buy him another bicycle. His father scolded him but he was still thinking about it. In school, home and in tuition he was thinking about the bicycle. His annual exams were starting soon and he was not studying. He was not paying attention to his teachers and parents. He was confused. He did not write well in his exams. He got bad marks in the annual exams. His parents and teachers scolded him. From that day he was angry for everything. When his parents tried to give him some work, he was angry to do it. He behaved like a bad boy and did bad things.



Illustration by Sathvika, Class II

PRINCIPAL'S MESSAGE

Sri Vidyadhar Joshi

I am happy to see the Prabhu issue of Spandan being released just before the Birthday celebrations of Puja Sri Ramchandraji Maharaj. As our young student editor has very rightly pointed out, there are many things to learn from our Beloved Master's life events. Every time we go through His life events or messages, it has been my experience that we see a new light, a new perspective, a sort of strengthening of some wisdom that is needed within. Perhaps for this reason, the stories must be read again and again. When I was reading the story of Puja Babuji Maharaj compiled by the students this time, the following sentence caught my attention. **"He advocated that one should remove all doubts and develop confidence in oneself to succeed in all pursuits."** We all face many times self doubt for various reasons. Whatever be the reason, we can help ourselves by staying positive as advised by the Master. That helps us to regain our balance and only then one can perform to one's optimal potential. I am reminded of a story of Prahlada in which he is asked to gift away his character to Brihaspati. Prahlada gifts away his character. However, as character leaves him, his other possessions like truth, righteousness, purity, power, fortune, etc. also start leaving him as they follow wherever character goes. The last one to leave is self-confidence. Prahlada prays that everything may go, but his self-confidence should stay. His prayer succeeds and his self-confidence stays back with him. Slowly the other virtues like truth, purity etc that had deserted him, return back to him one after the other and he regains his character. The story affirms the point that everything that is lost can be regained if one does not lose confidence in his own self.



HONESTY

K. Sankruti, V Class

Once upon a time there lived a girl named Gita. She was very poor. One day she went to school. Her teacher kept a test. She didn't know anything. She copied from a boy's book. Next day again her teacher conducted a test. Again she copied from the boy's book. When she was copying, her teacher saw and scolded and asked her to get out from the class. Next day Gita did not go to school. Her mother asked 'Gita, why are you not going to school today?' She told 'Mom, yesterday my teacher kept a test. I copied from a boy's book. So, my teacher scolded me. So, I am not going to school.'



Illustration By S. Sai Sree, IX Class

Her mother also scolded her for copying. Next day she went to school. Her teacher kept a test but she did not copy. She realized her mistake.

Moral: Be honest.



GRATITUDE

N. Bhoomika Sai, IV Class

I am thankful to my parents because they provide me food and dresses. They help me in all the issues. My parents have admitted me in a good school. My parents like me. So, I am thankful to my parents.



G. Swapna, IV Class

I am thankful to God because God gives us house, food, school, trees, plants, fruits, vegetables, bench, people and many things. I am thankful to God.



SHARING

V. Navadeep, III Class

Once upon a time there lived a boy named Raju. One day Raju went to the market. Raju bought 10 balloons. Raju saw a boy named Bunny who was crying for balloons. Raju took 5 balloons and gave to Bunny. He kept 5 for himself. Bunny stopped crying. Bunny felt happy. Raju also felt happy by giving him balloons.



Illustration By Kavya Prasanthi, III Class

Moral: Sharing will make you happy.

SELF CONTROL

K. Bhavya, IV Class



Once there was a man named Raju who had self-control. He sold clothes in a shop. A group of boys came to his shop and asked for one cloth. Raju gave the cloth. The boys tore the cloth into two pieces. They thought that the man will get angry. They asked the cost of the cloth. The man told it was Rs.50. Again the boys tore it into two pieces. They asked the cost of that cloth. The man told it was Rs.25. But the man didn't get angry. Then the group of boys went away from the shop.



Illustration By K. Kavya Bai, III Class

Moral: We should have self-control.

CLEANLINESS

Y. Kirti, IV Class



In a village there lived two girls. Their names were Spandana and Rani. They both were best friends. One day Spandana and Rani were going to school. It was Teacher's Day and games were conducted. After the programme, 9th and 10th students gave chocolates. Then Rani and Spandana went home. On the way they both were eating chocolates. Spandana saw that Rani was throwing the chocolate wrapper on the road. Then Spandana told her, 'we should not throw the wrapper. If we throw, the road will become dirty. So from now on don't throw.' From then Rani didn't do it.



Illustration By Vasavi, IV Class

Moral: Keep your surrounding clean.

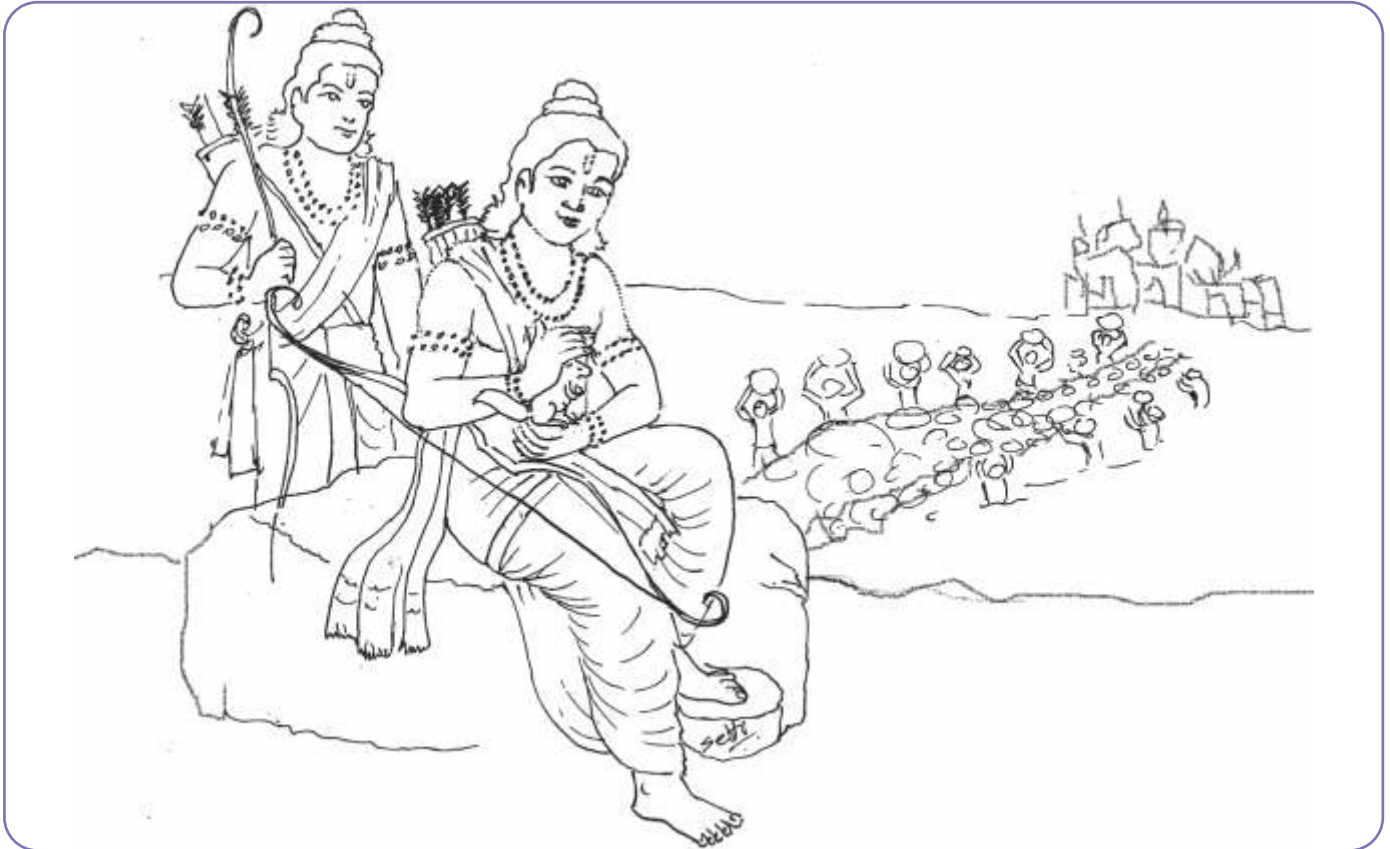


M. Aniruddh, I Class

ACTIVITY CENTER

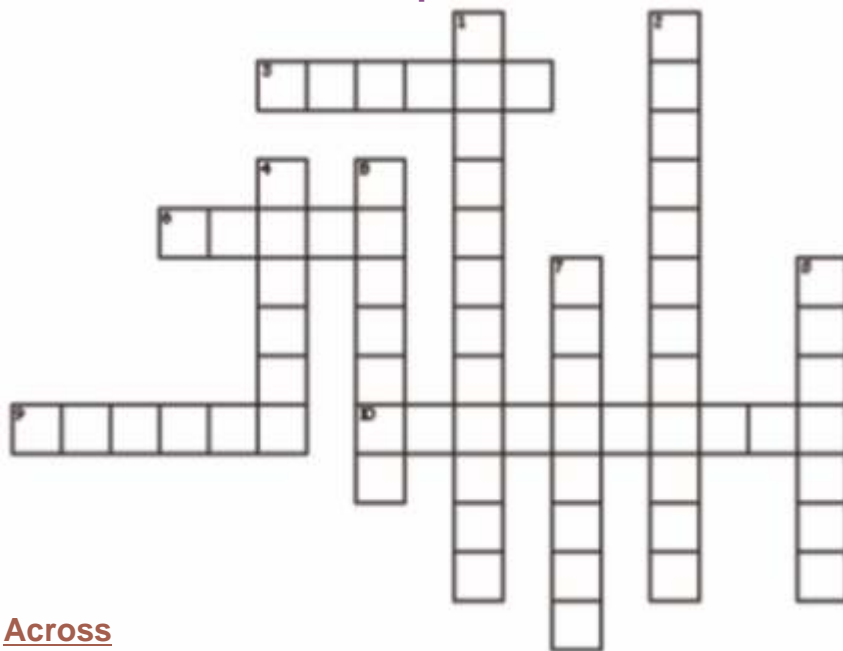
Colour the below picture.

Illustrator : G.B. Setti



The squirrel in the picture refers to an incident in Ramayana where it has served the Master, though very insignificantly, and got blessings of Lord Rama. When the Vanaras were building a bridge, a little squirrel climbed all over, rolled on the sand and dipped in the sea, trying to deposit the sand from his back into the water, and help in the construction of the bridge. Rama delighted, picked up the squirrel and stroked it and everyone can still see the imprint of Rama's three fingers in the three lines that are obvious on the back of every Indian squirrel.

Complete the Crossword



Down

1. Pujya Sri Ramchandraj Maharaj was born in _____ in the state of U.P.
2. He suggested _____ to be practiced as a way of living.
4. Pujya Sri Ramchandraj Maharaj was affectionately called as _____ by his associates.
5. Even though some people teased him in office, He always showed _____ towards them.
7. He had remarkable _____ thinking right from the school days.
8. Once on finding a rupee in the school compound, He dutifully handed it over to the headmaster and showed _____

Across

3. The month named after Pujya Sri Ramchandraj Maharaj
6. He stressed that world peace is directly related to individual _____
9. Pujya Sri Ramchandraj Maharaj's Guru
10. He advocated _____ to be developed in oneself to succeed in all pursuits.

ACTIVITY CENTER

Who am I?

Find the object in the picture given below based on the clues.

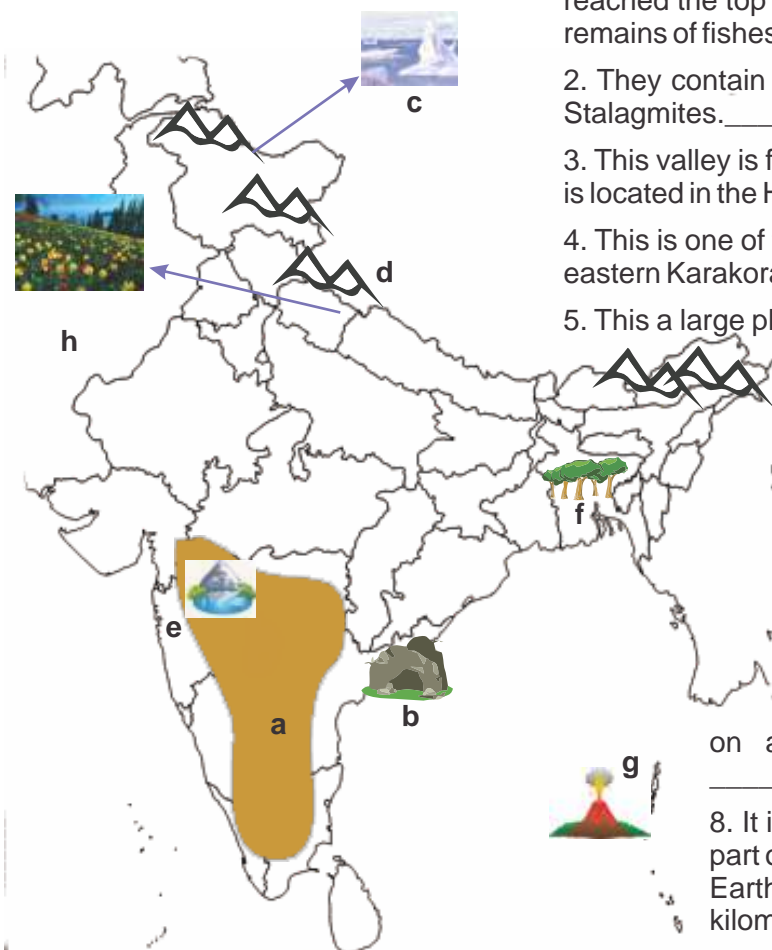


Clues

- I am big and green.
- I give a lot of things to you without asking anything in return.
- Wind or rain, hot or cold I stand strong holding the ground.
- When you cut me it will pain, I will still be useful and not complain.
- Children enjoy the sweet fruits from me.
- This is what you learn from me.
 - We should give and share selflessly.
 - We should sacrifice for sake of others.
 - We should be strong and go through pleasure and pain without complaining.

Natural Wonders of India

Write the names of the Natural Wonders of India for the clues given below. Locate these places on the map by matching the number and the alphabet on the map.



1. They are very high, big and very vast. Some people have reached the top of this. Pujya Babuji Maharaj said that very old remains of fishes were found on it. _____
2. They contain conical calcium deposits called Stalactites and Stalagmites. _____
3. This valley is filled with beautiful flowers of many varieties and is located in the Himalayas. _____
4. This is one of the world's highest glaciers and is located in the eastern Karakoram ranges. _____
5. This a large plateau formed as a result of volcanic eruption 66 million years ago and makes up most of the southern part of India. Pujya Babuji Maharaj said it was the first to be formed because of the upheaval of volcano. _____
6. This is the largest single block of tidal halophytic (plants that can grow in highly saline waters) mangrove forest in the world. It is a UNESCO World Heritage Site, most of which is situated in Bangladesh and the remaining in India. _____
7. This is the only active volcano in India and is on an island. It last erupted on July 19, 2009. _____
8. It is a lake made because of a crater created by a part of an asteroid. This asteroid struck the surface of Earth about 50,000 years ago. This crater is a kilometer long and about 20m deep. _____

SCHOOL EVENTS Compiled by student editorial team

Republic Day



Our school celebrated Republic Day very well. Dr. Kesava Reddy Garu graced the occasion as our chief guest. We performed skits and sang songs. Some of the boys did pyramid formations. Sai Sree of ninth class showed some self-defense techniques for girls. Prizes were distributed for Moral Stories contest and National level children art competition. Dr. Kesava Reddy Garu spoke about achievements of India and importance of Republic Day. He shared his thoughts on our National Pledge and stressed the importance of fraternity as an important value to be lived.

Sports Day



Sports events were conducted for classes I to X from Jan 29th to Feb 1st. Each student participated enthusiastically. Running race, Kho-Kho, Beating ball, Lemon and Spoon, Ring and ball relay and Musical chairs were held for primary classes. Running race, Kho-Kho, Volleyball and Throwball were the events conducted for higher classes.

Art Competition

Congratulations to Syed Saqeeb Ali of X Class, K. Uday Kumar of IX Class, Anjani of IV Class and Kavya Bai of III Class for winning gold medals in National level art competition conducted by Konaseema Chitra Kala Parishad.



Saqeeb Ali, Class X



M. Anjani, Class IV



K. Kavya Bai, Class III

Swami Vivekananda Jayanti

As part of Swami Vivekananda birthday celebrations, Moral Stories Quiz, contest in Satakas and Srimad Bhagavad Gita Slokas were conducted on the 6th, 7th & 8th of January 2014. The "Light : Swami Vivekananda" a documentary on the Life of Swami Vivekananda was shown on Jan 8th.



Farewell

Students of IX arranged a programme to bid adieu to the outgoing batch. Sai Sree of IX read out a farewell speech. A skit and game were conducted for X students. Students of X shared their experiences about the school. Principal Sir advised students to carry the message of Pujya Sri Ramachandraji Maharaj and to follow the values.



SCHOOL EVENTS

Science & Language Arts Fair



The fair was conducted on 15th Feb. Smt. K. Neeraja, Smt. K. Padmaja and Smt. Dipti Joshi were the judges for Language and Arts section. Sri B. B. Kingi and Sri J. M. Sarma were the judges for higher classes' science exhibits. Smt. Anuroopa and Sri Srinivas Davuluri were the judges for primary classes' exhibits (V-VII), Sri Krishnaswami and Smt. Jhansi Lakshmi were the judges for lower classes' science exhibits. Students presented the story of Pujya Sri Ramchandraji Maharaj, Fategarh, U.P., beautifully. There were exhibits in English, Telugu, Hindi, Maths, Science and Social Science. Everyone enjoyed the fair a lot. Prizes were distributed for best exhibits. Some of the exhibits were

Life in space exhibit was done by Daya and Pranay. They explained why we walk on earth and float in space and how astronauts live in space. Polygons and types of Quadrilaterals was done by P. Rajini and K. Rachana. They explained about polygons and quadrilaterals and their types. Cyclones was done by Kaivalya. She explained how cyclones are formed and the damage caused by them. In addition to this, there were other exhibits. From parts of plants to Solar Oven and bullock cart electricity, there were a total of 41 exhibits in Science and 14 in Language Arts.

S. B. V. Krishna, X class and T. Tarun, VIII class participated in Young Investigator Programme, a ten day workshop with the scientists at CCMB. They received certificates for the same from the director of CCMB Dr. Ch. Mohan Rao. Following is a short report by T. Tarun.

We did a few experiments in Electronics, Chemistry and Micro Biology at CCMB as part of the ten day workshop.



We learnt the behavior of special animals and their specificity, why they are used and their properties. We handled many instruments like electron microscope, fluorescence microscope, Spectro photo meter, Micropipets etc. We used many apparatus like Eppendorf. We also prepared Dettol on our own. We observed bacteria, chromosomes, DNA, digestive system of a fly, eggs of fishes etc. We also used micro injection to inject chemicals into the egg stage of fishes.

Electronics experiment: The experiment was on logic gates and IC circuits. We made a circuit on a breadboard to get the uses and function of a particular electronic device.

Chemistry experiment: We synthesized Gold Nano particles. Gold Nano particles are used in cancer tablets. We studied to find solution for diseases at low cost and instruments which can be easily operated. We learnt and explored science by particle method.

We also did experiments in Micro Biology. The first

experiment was studying of the bacterial growth and the effect of inhibitors. We used E-coli bacteria and some food for it as medium like Dettol 1:10 with water, Heat – 50°C, NaCl 500mM aqueous solution etc. We kept these in an incubator for 15 hours at a temperature of 38°C where the bacterium grows very well. We observed that the bacterium is controlled in Dettol in the first 15 minutes itself. The heat was

not enough to control the growth of bacteria. To prevent the growth, bacterium should be kept in heat for more time or at higher

temperature. In NaCl 500mM aqueous solution bacteria had grown fully. Concentration of solution can be increased to inhibit. Hydrogen Peroxide can control the growth of bacteria in the first 15 min itself. In the second experiment we tested effects of a particular antibiotic on particular bacteria. We observed that the bacteria was controlled by some antibiotics but were resistant to some. We also did experiments on DNA isolation and made a ladder of DNA, studied about Zebra fish because its hormones and body functions match humans (almost 90%).



VALUES ARE IMPORTANT



S. Pavani, X Class

Values are important and I am trying to follow a few values. After going to college or in society these values will help us lead a happy life. The values I follow are Truthfulness, Contentment, Self-Control, Patriotism. Truthfulness – when I have done anything wrong, I tell to my mother or teacher and ask them to excuse me and think that I will not repeat it again. Self-control – when anyone disturbs me or irritates me, I will feel bad but after sometime I will realize and be calm.

In the world there are so many crimes happening because they do not have any moral values. If they follow values such things will not happen and there will not be any necessity for police stations, courts, lawyers etc. All people will live in peace.



M. Pranay kumar, VII Class

In our school values and morals are taught to us. We share everything with others. In meditation we know peace. Peace makes our life happy. Pujya Sriramchandraji Maharaj followed values. When he was playing, he found a rupee coin and gave it to his principal. When we find money we also give it to our teacher. We collected funds and helped the people of Uttarakhand.



A. Hemant Kumar, VIII Class

Values are very important in our daily life. They help us to be good and tells us what is good and what is bad.

Respect is an important value. If we respect our elders and take care of them, they feel very happy and appreciate us. If we don't respect them, they think about us in a negative way and scold us. So, this value is more important in our life.

Sharing is a basic value in our life. We have to follow it. When we share something with others they feel very happy and at other times they help us. A river is best example of sharing.

Helping is also an important value and the best value in our life. If helping is not there, we are treated like animals. If we help a blind person to cross the road he feels very happy. If we see anyone in trouble and help them succeed in it, he feels very happy.

Co-operation is the most important value in our daily life. A team scores more runs because all the team members cooperated with each other. Eg.:- India won the World Cup in 2011.

Morals are the basic things in our life. They are most important in our daily life. They show us the good way to go.... in our life. Every human learns morals. Morals can be learnt from stories and ethics.

Ethics are also the best and an excellent thing that make us good citizens. Ethics means a set of morals. Our epics Mahabharata and Ramayana are full of morals and values and they help us to gain knowledge in our life.

D. Rajitha, X Class



In the life of a man values play an important role in helping him to lead a happy, peaceful life and life with a goal. Some of the minimum values that we have to follow in our lives are Sincerity, Dedication, Commitment, Self-Respect, Contentment, Self-Control, Peacefulness, Respect to elders etc. In my life I give importance to Sincerity. I prefer this value as a minimum courtesy to follow. Sincerity means whatever work we do we must do it sincerely. Our thoughts, actions and feelings also must be sincere. Sincerity everywhere according to my belief promotes success. Contentment and peacefulness of heart are also important as we can face many situations in our lives where we have to withstand them and continue our lives as normally as we can. Such a person can become noble. Our holy books like Ramayana and Mahabharata teach us very high moral values. If every person follows these moral values, every person will become pure and good and peace will be slowly established all over the world. So, I too will become a moral person and want to contribute to world peace.

N. Mounika, VI Class



Values are very important for us. If we learn values, we will become great in our future. Values that I am living are Sharing, Honesty, Truthful, Dutiful, Peaceful, Cooperation, Forgiveness. We have to share everything with our friends. Always cooperate and forgive our friends. There are so many values from our moral stories books. Some of them are

- ✧ Actions that suit others may not suit you. Be yourself.
- ✧ Take miseries as Divine blessings for your own good and be thankful.
- ✧ Do not be possessive.
- ✧ Fruits of labour are the sweetest. Do not accept anything for free for there usually will be a demand of something in return.
- ✧ Be steadfast and sincere in seeking God. He will give you the strength to overcome all the obstacles in life.
- ✧ Think twice before you open your mouth to speak.
- ✧ God helps those who help themselves.
- ✧ Brooding about what you don't have or cannot do will always leave you suffering.
- ✧ Be honest.
- ✧ Our thoughts affect the atmosphere and the atmosphere affects us in many ways. We should try to become better human beings so that our environment will also become better.

The way of life should be pregnant with high morals.

- Pujya Sri Ramchandraji Maharaj



THE HARE AND THE TORTOISE

There was a beautiful forest. Many animals lived happily in the forest. A hare and a tortoise also lived in the forest. One day the hare was running and saw a tortoise on its way.

Hare : You walk so slowly. You cannot even run.

Tortoise : Yes, I walk slowly.

Hare : I can run very fast. No one can beat me in a race. You are a tortoise. You cannot even race with me.

Tortoise : Is that so? Let us have a race. Our goal is to reach the finish line.

The race started. The parrot was the judge. The tortoise walked slowly and the hare ran very fast. After sometime the hare looked back.

Hare : I came a long way. The tortoise is far behind. I have plenty of time to beat the tortoise. I will take a nap.

The hare slept. The tortoise walked slowly and crossed the hare. After sometime the hare woke up suddenly. It saw the tortoise near the finishing line. He ran very fast. But the tortoise won the race.

The hare was very sad.

Parrot : You lost the race because you forgot the goal. Your goal was to win the race. Instead, you stopped and compared.

Parrot : In any race, if you try to look at the other person, you are lost.

Comparison makes you lose your goal.

Hare : From now on I will not tease others. I will also not compare myself with others.

Comparison makes you lose your goal clarity

कबीरदास

जि. रोहित, नौवी कक्षा



कबीरदास भक्ति काल के श्रेष्ठ कवि थे। वे पढ़े लिखे नहीं थे। साधु सांगत्य तथा देशाटन से जो ज्ञान पाया था, उसी के आधार पर वे अपने सिद्धांतों के प्रचार के लिए कविता करते थे। उनके शिष्यों ने उनके पदों तथा छंदों को 'कबीर बीजक' नामक ग्रन्थ में संग्रहित कर दिया।

कबीरदास एक मानवतावादी सन्त थे। उनका मार्ग सभी धर्मों एवं सम्प्रदायों से परे था। उपासना के बाह्य आडंबरों पर उनका विश्वास नहीं था। ईश्वर को पहचान कर, सरल और पवित्र जीवन बिताना ही उनके उपदेशों का सार है।

कबीरदास एक समाज सुधारक भी थे। उन्होंने अपनी रचनाओं द्वारा सुधार करने का प्रयास किया। कबीर ने जहाँ कहीं बाह्य आडंबर, अत्याचार, अंध विश्वास आदि देखा खुलकर उनका खण्डन किया। चाहे हिन्दु हो या मुसलमान उनके लिए सभी समान थे। उन्होंने ईश्वर भजन का सच्चा मार्ग दिखा कर, उस पर निरंतर अग्रसर होने की प्रेरणा दी। कबीर ने मन की पवित्रता पर ज़ोर दिया। उनकी दृष्टि में गुरु भगवान से भी महान है।

ఆనందమానందమాయే!

యల్. శ్రీరమ్మ, ఎనిమిదవ తరగతి

ఆనందమానందమాయే!

సముద్రంలో అలలను చూస్తే మనసుకు

ఆనందమానందమాయే!

పచ్చని చెట్లనుండి వీచే చిరుగాలి మనసుకు

ఆనందమానందమాయే!

పసిపాపల బోసి నవ్వులు చూస్తే మనసుకు

ఆనందమానందమాయే!

అప్పుడే ఉదయిస్తున్న సూర్యుని కిరణాలు తాకితే, చూసే

మనసుకు ఆనందమానందమాయే!

పున్నమి వెన్నెల చంద్రుని చూస్తే మనసుకు ఎంతో

ఆనందమానందమాయే!

చిటపట చినుకులలో తడుస్తుంటే మనసుకు ఎంతో

ఆనందమానందమాయే!

పక్షుల కిలకిలరావాలు వింటుంటే మనసుకు ఎంతో

ఆనందమానందమాయే!

బయటకు కనీకనబడని అమ్మ ప్రేమ చూస్తే

ఆనందమానందమాయే!

ఈ ప్రకృతి సహజ ఆనందాలు, అందాలను చూస్తే మనసుకు

ఆనందమానందమాయే!

SOLUTION

Crossword: Across: 3. Prabhu 6. Peace 9. Lalaji 10. Confidence **Down:** 1. Shahjahanpur 2. Commandments 4. Babuji 5. Respect 7. Positive 8. Honesty

Who am I? Answer: Tree

Natural Wonders of India : d-1-Himalayas, b-2-Borra Caves, Araku valley, Visakhapatnam, Andhra Pradesh, h-3-Valley of Flowers, Uttarakhand, c-4-Siachen Glacier, Kashmir, a-5-Deccan Plateau, f-6-Sundarbans, West Bengal, g-7-Barren island volcano, The Andamans, e-8-Lonar crater lake, Lonar, Buldana District Maharashtra

FRIENDSHIP

P. Rajini, VII Class



A friend is like a bank,
Where you can deposit your love.

A friend is like a doctor,
Who treats your problems.

A friend is like a magician,
Who will make your dull life bright and cheerful.

A friend is like a mother
Who gets hurt when you are hurt.

Heart to heart mile apart
My love for friend never depart.

GRATITUDE

B. Jahnvi, VI Class



What does Gratitude mean? It means a deep feeling from the heart for somebody for something received. When someone does something kind to us we say THANK YOU. THANK YOU also comes under Gratitude but a little part of it. I am grateful for the life I have, my friends and family I have. I am grateful for the education I am getting from Satkama High School. I am grateful for the nature.

అమ్మ

జె. మనీష, తొమ్మిదవ తరగతి



అమ్మ అంటే ఒక తియ్యని మాట
ఉంటుంది ఎప్పటికీ మన వెంట
తన మనస్సు తియ్యటి తేనే తేట
తను చూపిన దారి మల్లెపువ్వు బాట

He (Pujya Lalaji Maharaj) used to say,
"Our home is the training ground of
patience and endurance".

-Pujya Sri Ramchandraj Maharaj

Special School for Slow Learners (Children with Learning Difficulties)

By the Grace of the Master in the academic year 2013-14, the student strength of Bodh School has increased to 18 students with 6 direct admissions. There are 12 students from our Satkama High School. Parents of the students of Satkama School showed interest to take assistance from Bodh as their children were consistently getting lower grades, facing difficulties in reading / comprehension / writing and also in maths. After proper training, students have developed confidence and interest in their studies.



They feel happy to come to school and feel that they are getting benefited from the school. They have improved their drawing skills and have participated in contests. They have also improved their reading, writing and math skills. Parents are

happy and have expressed that their children are improving in their academics and behaviour. Awareness about the school has increased and parents of such children are visiting the school seeking help to improve their children. Following are some of the achievements of the students of Bodh

- + Participated in Science fair along with Satkama High School students and won 2nd prize in primary category of 4th class students
- + Participated in Arts fair along with Satkama High School students and Won 2nd prize
- + Master Naveen of 7th class Won Gold Medal in National level drawing competition conducted by Konaseema Chitrakala Parishad
- + Exhibited many of their paintings and craft material during arts and craft fair of Satkama and were appreciated by many who visited the fair.
- + The students enthusiastically participated in gardening, biscuit making in SUPW periods.



PRAYER

M. Ramya, IV Class

O, Master!

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

ఇలా రోజూ మాస్టర్ కి ప్రేయర్ చేసి కాసేపు అలానే కుర్చుంటాను. నేను ప్రేయర్ చేసినప్పుడు మైండ్ క్లెయిన్ గా ఉంటుంది. ఇంకా ప్రశాంతంగా ఉంటుంది. నేను ఎప్పుడైనా కోపంలో ఉంటే ప్రేయర్ చేస్తే ఆ కోపం పోయి ప్రశాంతంగా ఉంటాను. అందుకని నాకు ప్రేయర్ చేయడం అంటే చాలా ఇష్టం.

సహాయం

సి. హెచ్. హాలీడ్, ఆరవ తరగతి



అనగనగా ఒక ఊరిలో అడవి ఉంది. ఆ అడవిలో బాలిక, నది, తేనెటీగ, చెట్టు మంచి మిత్రులు. బాలికకి ఆకలి వెసింది. బాలిక చెట్టును పండ్లు అడిగింది. చెట్టు కొన్ని పండ్లు ఇచ్చింది. బాలికకు తేనె తాగాలని అనిపించింది. బాలిక తేనెటీగను అడిగింది. తేనెటీగ కొంచెం ఇచ్చింది. బాలికకు చాలా దాహం వేసింది. బాలిక నదిని అడిగింది. నది కొన్ని నీళ్ళు ఇచ్చింది. చెట్టుకు బాగా దాహం వెసింది. నదిని కొన్ని నీళ్ళు అడిగింది. నది కొన్ని నీళ్ళు ఇచ్చింది. ఒక రోజు చెట్టును నరకడానికి ఒక మనిషి అడవికి వచ్చి చెట్టును నరకబోతుంటే, బాలిక వచ్చి 'అపండి. చెట్టును నరకకండి. ఎందుకంటే చెట్టు మనకి గాలిని ఇస్తుంది. చెట్లను నరికితే మనము తీసుకున్న గుంతలో మనమే పడతాము. మీరు చెట్లు అన్నీ నరుకుతూపోతే మనము చనిపోతాము. అందుకే మనము చెట్లను పెంచాలి'. అప్పుడు అతను వెళ్ళిపోయాడు. అప్పుడు చెట్టు బాలికకి ధన్యవాదములు చెప్పి పండ్లు ఇచ్చింది.

సీతి : ప్రకృతిని కాపాడితే ప్రకృతి మనల్ని రక్షిస్తుంది.



సింహం - మేక

పి. దీతాంజలి, రెండవ తరగతి

అనగనగా ఒక అడవిలో ఒక సింహం, మేక ఉండేవి. సింహం ఆ మేకను వేటాడాలని అనుకుంది. దారిలో ఒక మనిషిని, అతని చేతిలో గన్నుని చూసి ఆ సింహం భయపడి పారిపోయింది.



సీతి : ననే బలవంతుడు అని అనుకోవద్దు.

USES OF SPROUTS

M. V. S. Shashank, IV Class



By eating sprouts of Wheat, Ragi, Green gram, Bengal gram we give good amount of nutrients to our body. We eat a variety of foods everyday. Most of the food we eat is cooked. The fruits and vegetables, sprouted seeds can be eaten raw. They contain plenty of vitamins and minerals. These are lost when they are cooked. So we can eat raw vegetables and sprouted seeds to maintain good health.



GRATITUDE

A. Divya, IV Class

I am thankful to Bodh School because Bodh School teachers are helping children in Maths, Telugu, Hindi and EVS. In Science fair, our EVS teachers helped us. We won second prize for 'uses of sprouts' in Science Fair.



BOAT EXPERIMENT

K. Mukesh, A. Naveen, Chakridhar and Uday

We celebrated Science fair on February 15th. We participated in it. We made a motor boat. When making a motor boat, we learnt that when the helm was not there, the boat went here and there. When we put the helm then it went properly. With this experiment, we learnt that a boat needs a helm to go in one direction. In the same way, we should have determination to go in one direction.



GARDENING

T. Mounika, V Class

I like gardening. In our school we do gardening once a week. The teacher told us how to do gardening. I put the seeds in soil with my friends. I poured water to the seeds and they became little plants with two leaves. And it grew slowly into a bigger plant. After one week teacher gave us green leaves. In other place, I cleaned the ground with my classmates. Me and my friends put the grains in soil and these also became plants. Every Monday we water the plants. I will do gardening in my house also. I sow seeds in the soil and I grow plants. I also told my friends to grow plants. I thank my teacher for putting me in gardening.



G. Sravani, VIII Class



We have SUPW class on every Tuesday. It is a special class to learn stitching, gardening and biscuit making. We have different teachers to teach stitching, how to do gardening and how to make biscuits etc. They taught us each and everything about each activity for example; biscuit making. We did gardening almost for a month. We have learnt how to sow seeds, how to plant and how to care for them in their growth. Not only the work, but we also learnt Co-operation, Teamwork, Patience etc.

Next we did biscuits and we learnt how to clean the soya beans and how to fry and grind them to make the beans into powder and what are the main ingredients that we have to use in biscuits etc. Along with biscuits we learnt to make the ready mix, Sahaj Sakti powder. We also learnt about Citronella candles and how to make them, what ingredients are used, how to pack them etc.

We also saw that before we pack the biscuits or ready mix, our teacher does prayer for about 5- 10 minutes. After that we pack the biscuits. In our batch we were five members. We sat around and used to clean the soyabeans. We used to pack biscuits and the ready mix. While learning how to make biscuits we also learnt the basic values like Co-operation, Patience, Peaceful, Teamwork.

What we learnt in SUPW through the year will help us in our future. We can help our parents in gardening if we know how to do. We can stitch our own clothes or our own designs if we learn embroidery. We can make some delicious cookies if we know the process and the ingredients.

I feel very happy to learn all the three things like stitching, biscuit-making and gardening. I wish to learn more and more in SUPW class by not missing any classes.

FRIENDSHIP

M. Rani, V Class



I love my friends. They share with me all things. They play with me and work with me in school. They also give me books. Friendship means having a pleasant, kind and warm relationship with people. A friend is needed in life.



PARENT'S FEEDBACK

--Sri. M.V. Ratna Prasad MBA; Branch Head, Karoor Vysya Bank, Pragathi Nagar (Parent of Chi. M.Shashank studying 4th class)

The Bodh School teachers understood my son Chi. Sashank's intellectual abilities. The teachers have encouraged, cooperated and guided my son to score higher marks and improve his self confidence.

At Bodh, teachers have a lot of patience and listen to the children's plans and objectives. My son used to feel alone and used to say, 'I have no friends and nobody in school understands me'. Now he has a lot many friends and the school is good with a lot of activities. Recently along with his classmates he won second prize in Science fair.

Every parent wants their children to grow mentally and physically. Bodh school helps them to grow in that way and paves way for success on their own.

SSS VOCATIONAL WING NEWS



GARDENING IN SUMMER

Y. Daya Sagar, VII Class

Water is scarce in summers. Not only us, plants also have to be given extra care. First, plants must be watered thoroughly. Unwanted plants like grass, weeds etc. must be removed regularly because these plants take water for their growth. If any insect is there remove it immediately. Remove all the dry leaves. Don't let the sunlight fall directly on plants all the time as plants get dried soon.

CANDLE MAKING

Chandra Sekhar, VI Class



We have learnt to make candles in SUPW classes. Here is the procedure to make Citronella candles. Take a bowl and mix 1 kg of wax, 50gms of Bee wax, 50gms Stearic powder and any crayon of our choice of colour and melt it. Add 5ml Citronella oil. Wait for five minutes. Take a mold. Apply oil on the mold and tie the thread into the mold. Pour the melted wax into the mold. Wait for 1 day for it to become a candle.

MSRCM HOSPITAL

తులసి

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

సంస్కృతం: తులసి, **హిందీ:** తులసి, **లాటిన్:** Ocimum

Sanctum **కుటుంబం:** Lamiaceae

తులసి దేశమంతటా దేవాలయాల్లోను, ఇంటి పెరడులల్లోను మరియు ఉద్యానవనాల్లోను పెంచబడుతుంది. హిందువులు ఎంతో పవిత్రతతో పెంచుతూ పూజిస్తారు. ఆకులు కణుపుకు రెండు చొప్పున కోలగా ఉండి, అంచులకు దంతాల వంటి నొక్కులు ఉంటాయి. పువ్వులు చాల చిన్నవిగా తెల్లగా నీలి ఛాయ గలిగిన లేత ఎరుపులో సన్నని నిడివైన గుత్తులుగా కొమ్మల చివర వస్తాయి. కాయలు నాలుగు విత్తనాలుగా విడిచినట్లుంటాయి. ఊదా: రంగుకాండము, ఈ నెలలో ఎరుపు పూవులను పూసే

తులసిని కృష్ణ తులసి అని, లేతాకుపచ్చ కాండములో తెల్లని పూత పూసే తులసి లక్ష్మీతులసి అని పిలుస్తారు. కాని గుణాలలో భేదంలేదు. వృక్షశాస్త్ర (Botany) రీత్య లాటిన్ పేరులో కూడా భేదంలేదు. తులసి కఫమున మరియు వాతము శమించును మరియు అగ్ని దీపనము చేయును. పిత్తమును వృద్ధి చేయు కర్మలను కలిగి ఉంది.

Health benefits: తులసిని ఎక్కిళ్ళు, దగ్గు, ఉబ్బసం (ఆస్ట్రా) పార్శ్వశూల, కష్టము మరియు మూత్రం కష్టంగా వెడలటం అనే వ్యాధులలో ఉపయోగిస్తారు. ఇది మానసిక ఉద్వేగలను అదుపులో ఉంచుతుంది. తులసి ఆకులు మరియు వేరులో కాన్సర్ను తగ్గించే గుణాలు ఉన్నాయి అని పరిశోధనలో తేలింది.

జలుబు (Common Cold): తులసి ఆకుల రసాన్ని నేసల్ డ్రాప్స్ లాగ వేసిన ముక్కుదిబ్బడ తొలగి జలుబునుండి

ఉపశమనము కలుగుతుంది.

కడుపుబ్బరం: తులసి ఆకు రసము మరియు శొంఠి కలిపి తినిపించిన కడుపుబ్బరం తగ్గుతుంది.

దగ్గు: కఫముతో కూడిన దగ్గునందు, తులసి ఆకు రసము (1 చెంచా) తేనె కలిపి సేవిస్తే వెంటనే గుణం కనపడుతుంది.

చర్మ వ్యాధులు: తులసి ఆకులు, వేప ఆకులు, పసుపు మొదలగు వానిని మెత్తగా నూరి నువ్వుల నూనెతో కలిపి రాసిన చర్మవ్యాధులు తగ్గుతాయి.

ఆస్ట్రా (Asthma): తులసి, వాసా (అడ్డరసం), కంటకారి, దిరిసెన మొదలగువానిని కషాయంగా కాచి సేవించిన, ఆస్ట్రా వ్యాధి లక్షణాలు నివారించబడుతాయని పరిశోధనలో గమనించాము.

కడుపులో క్రిములు: తులసి గింజలు పటిక బెల్లంతో కలిపి సేవించిన కడుపులో క్రిములు నివారించ బడుతాయి.

మొటిమలు: తులసి ఆకుల రసాన్ని ముఖమునకు రాసి 1 గంట తర్వాత కడిగి వేసిన మొటిమలు తగ్గుతాయి. ముఖము మీద మచ్చలు తొలగి పోతాయి.

మానసికవేదన చిత్తద్వేగము: ప్రతి నిత్యము 4-5 తులసి ఆకులు నమిలి మ్రింగితే మానసిక ఆందోళన చాల వరకు తగ్గుతుంది.

మూత్రము దారాకంగా పోవటానికి: తులసి గింజలు ఒక చెంచాడు, ఒక కప్పు నీటిలో వేసి కాసేపుంచి త్రాగితే మూత్రం జారుగ అయి కాళ్ళ వాపులు తగ్గుతాయి.

విషమ జ్వరాలు (Viral fever): తులసి ఆకు రసమునందు మిరియాలు కలిపి తీసుకున్న విషమ జ్వరాలు తగ్గుతాయి.

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

వేమన శతకము

అనగనగ రాగ మతిశయిల్లుచునుండు

తినగ తినగ వేము తియ్యనుండు

సాధనమున పనులు సమకూరు ధరలోన

విశ్వదాభిరామ విసురవేమ

తాత్పర్యము: తరచుగ పాడుచుండిన కంఠధ్వని

మాధుర్యముగనుండును. ప్రతిదినము తినుచుండిన వేప వేరైనను

తియ్యగనుండును. ఈ ప్రపంచమున పద్ధతులు ఈ లీతిననుండును.

संत कबीर के दोहे

यह तन विष की बेलरी, गुरु अमृत की खान ।
सीस दिये जो हरि मिले, तो भी सस्ता जान ।

If this body is like a poisonous creeper, the
Lord is the storehouse of nectar.

If the Lord be had at the cost of your head,
know that the bargain is cheap.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

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Sahaj Seva Samsthan is dedicated to spread the message of Sri Ramchandrajaji Maharaj of Shahjahanpur, U.P. India through self-less service with a commitment towards a Homic (Holistic + harmonious + integral) approach to life. With the advent of Sri Ramchandrajaji Maharaj of Shahjahanpur as the Special Personality a new Era in human life has started. The new Era initiated the process of divinization of man through a modified system of Rajayoga which has been closely knit into the Natural path. SSS following the message of the great Personality, who is governing the destinies of humanity, is committedly advocating His philosophy through practical means of service, cooperation and sacrifice. Love Him and thereby Love all is the motto. Samsthan offers opportunities for self-less service in the fields of Education, Vocational and Health care.



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www.sahajsevasamsthan.org/Educational/Bodh.htm
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VOCATIONAL WING: Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits, Sahaj Sakthi Ready Mix 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. Varadachari 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.

Sahaj Seva Samsthan members intending to volunteer for activities of Samsthan may contact the Samsthan office at Vijaya Nagar Colony, Hyderabad. We would be happy to avail your services.

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