



SPANDAN

SATKĀMA & BODH

Sahaj Seva Samsthan Educational Newsletter

Student Editorial

N. Teja, X Class

I am Teja of X class. I have been studying in this school from IX class. I am very thankful to principal sir for giving me an opportunity to write editorial to this issue of Spandan. I have been reading Spandan from last 4 issues from IX class. I am very interested in reading Spandan and writing articles for Spandan.

In this year 10th class syllabus and pattern has changed. In our school all my friends who are studying X class are working very hard and doing their project works very interestedly. I wish good-luck to them.

Students should read Spandan to learn moral values, to know scientific topics given in Spandan. Students should read Spandan to know current affairs of school.

By reading Spandan students can develop their intellectual power. So I advise all the students to read Spandan.

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

spandan@sahajsevasamsthan.org

MESSAGE FROM SAHAJ SEVA SAMSTHAN

Sri C. V. Koteswara Rao, Vice President

You are all fortunate ones to study in Satkama. Your experience in the school made you aware of the qualities of Sharing, Co-operation, Compassion, Co-existence lurking inside you, which I hope further mature and become a hope for a better human life in future. With this background you should determine to inculcate and imbibe the maximum learning during these school days. This shall make you to adopt the same values throughout your life for which you require hard work and sincerity in learning things in these days. You should be able to excel to the extent of your capacity in all your walks of life in learning and knowing things in all subjects in education, moral and spiritual values, sports, arts and cultural activities etc. With sincerity and hard work you can perform the best to the extent of your maximum capacity inherent in you. Hard work is not limited to any physical activity, it can be anything, it can be your studies or it can be pursuing your passion. With hard work and sincerity one can achieve his goal. It is in your present learning stage that you know and understand things so that it becomes natural for the rest of your life. Your strengths can be utilized with sincerity and hard work. Hard work is putting your body and soul into the work you are doing. It helps us to develop positive approach towards the work. We are all expressions of Master and it is our responsibility to express Him for which we have to perform our duty as students in the school days which shall mould us in such a way that others see Him in all our actions later in life.

VIDYA-VIDYARDHI

Sri Brigadier A. Krishnaiyya

The aim of any Educational System from Primary to the Highest Levels is all-round development of students, of which Skill-in-Action, Honesty of Purpose and Piety in conduct reflect the core human values. Yet, the present processes of learning, while producing intellectually oriented mechanical minds, enhancing skills, the other side of Honesty and Piety have gradually degraded considerably.

It is in this context that the age-old sayings have general relevance even today, though their understanding and application have undergone changes, for good. One such axiom often repeated by many elders, is "O Student! When you have Bhayam (fear/respect), Bhakti (devotion/concentration) or Shraddha (faith/hardwork), then only you can prosper in any field of activity, specially education." In the early stages of primary learning, fear of scoldings by teachers, if late or when given work is not done, should underline student life; it is the fear of corruption and impious conduct impacting on one's personality, that should dominate our spontaneous responses at higher stages. This negative trait of fear should gradually but certainly evolve and develop into a dynamic concept of "Respect" in all its dimensions - Respect to elders, Law, Regularity, honesty, piety and other moral and ethical conditions. Though many pupils come under this category, few are born naturally imbued with total devotion to the cause. Still fewer are those who are imbued with faith in their course of life, putting in their efforts always. It is proverbially true that one can develop all these qualities in adequate measure by sincere practice. Moral excellence and virtuous conduct must concurrently develop with academic skills.

Our Satkama School aims not only at academic excellence but inculcating higher values of human life. Each student is a Torch-Bearer of this imminent Change in the Society to bring about a life of Excellence in skills, a cooperative System of Honest living, Saga of Pious Conduct and more importantly put in practice the Noble Ideal "Giving fair dues to everyone thinking them to be our own". It is essential that all students develop and practice these qualities by determination and hardwork.



Pujya Dr. K. C. Varadachari was born on 14th August 1902. His father was Pujya Sri K. C. Krishnamachari, a senior police officer in the Madras Presidency. He belonged to Sri Vaishnavite family. He was the only surviving male child of his mother Kuppacchi. His sisters were Rajamma and Sulochana. The family tradition is very ancient and has its origin in Sriman Nallan Chakravarthy, a contemporary and a close disciple of Sri Bhashyakar Srimad Ramanuja of 11th Century A.D. His great grandfather's grandfather came from a village called Karumbur, a village near Kanchi of Lord Varada. He was known for his belief in God and innocence from his childhood. His grandfather in order to pacify him due to various childish ways used to tell him to go out into open yard in the house and face the sky with closed eyes and open mouth, promising him that God would drop candy into his mouth. He would stand for long time before he was rewarded (by the grandfather) and the young believer used to jump with joy for having been rewarded by God. He studied in Mahanth Hindu High School in Tirupati till his matriculation. He did F.A. (Maths, Physics, Chemistry) from the Christian College, Madras in 1921. He had such a good personality that everyone in his hostel from the

watchman to the cook paid special attention and respect to him. The cook used to send his food specially made without onions and other items that a Sri Vaishnavite would not consume, to his room with also a glass of milk in the night. His colleagues in the college used to call him caveat cat and were envious of him though they never grumbled such special service to him.

He also participated in the Non-Cooperation movement. He developed interest in religion and Philosophy and started reading Swami Vivekananda and Sri Aurobindo. In 1923 he joined B.A(Hons) Philosophy in Madras Christian College. He had consistently a distinguished educational career and had he not opted for B.A(Hons) Philosophy which in those days was considered a prestigious course to study, he would have been an Agricultural Scientist as he got admission for B.A(Agri) also. He was a gold medallist of the Madras University in his B.A(Hons) in 1926. He was much influenced by one of his professors Mr. Hogg who helped him in understanding the theories of evolutionism and subjective Idealism.

Pujya Dr. K. C. Varadachari was a person with above average height, very fair complexioned with well-proportioned limbs. He had a very melodious resonating voice that was capable of putting the audience into rapt attention. His eyes were sharp and when he looked at others compassion used to overflow from them. From 1945 onwards he wore dhoti with a long coat and used to wear a white turban.

He got married in 1926 to Sow. Rukmini (Rajamma). He participated actively in the Khadi movement and was a total Gandhian for a long time. He used to spin the charka and make his own paper through hand processing. Till the last day of his life he never wasted paper and used the reverse of wedding or invitation cards to make notes.

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

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

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

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

STORY OF PUJYA DR. K. C. VARADACHARI

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

The last entry in his diary reads:

**“O Master! I Pray to thee
To forgive me and remove
This last barrier between me and thee
Let my love be complete
And my Non-Being Real!
Let me forget thy words-
Let the ORGANISATION go as Thou wantest
Who am I, what am I??
Mergence in Thee is All now
Let it be the True Beginning.”**

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

Few messages of Pujya Dr. K. C. Varadachari:

- * **We have yet to develop man as the embodiment of God.**
- * **Godly life produces in all beings the love and the piety that is central to the very life of the Abhyasi.**
- * **God is constantly with us and ready to take us up at the slightest sign on our part of accepting him.**
- * **It takes two to keep peace but only one to break it.**

Our aim being to reach the highest we mould ourselves in the manner of godly living and godliness which is precisely the experience of love to all. - Pujya Dr. K. C. Varadachari



Illustration
S. Sai Sree, X Class

వార్తన - 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.

10.6.14 – During meditation felt calm and peace. After meditation I felt peace.

11.6.14 - During meditation thoughts were coming and going. After meditation felt very calm.

25.6.14 –After meditation I felt relaxed.

E. Triveni, X Class

4.6.14 – During meditation some thoughts disturbed me. After meditation I felt calm.

9.6.14 – During meditation I felt nothing. After meditation I felt free and fresh.

23.6.14 - After meditation I felt cool and fresh.

S. Harika, X Class

4.6.14 – During meditation I got so many thoughts of past and present school. After meditation I felt my mind was in peace and empty with no thoughts. I felt fresh.

17.6.14 – During meditation I felt as if I was in some other world. After meditation I felt very fresh.

24.6.14 - During meditation I felt as if I was in sleep. Some thoughts came and went. After meditation I felt fresh and pleasant without any tensions.

D. Shruti, X Class

14.6.14 –After meditation I felt fresh and calm.

17.6.14 –After meditation I felt fresh.

23.6.14 -After meditation I felt my mind was fresh and calm.

S. Lakshmi Prasanna, X Class

STORY OF MASTER

UNIVERSAL LOVE

Reference Book : Spirituality

Once in Shahjahanpur a group of abhyasis from Europe were eagerly asking Master about Love. The question and answer session between the abhyasis and the Master was very interesting.

Abhyasi: What is Love?

Master : When you do not know why you love and what for you love, it is love.

Abhyasi: Love is that a feeling of Reality?

Master: Love? No, It is not the feeling of reality, it is way to reality!

Abhyasi: How universal love can be achieved?

Master: The real thing is to transfer all love to God. Remembrance of one brings remembrance of all. If I love you, I love your children also. There is society which has been preaching Universal Love for the last 40 years, but there is no success.why? It is because of hatred, the presence of hatred in the heart. Remove hatred and love will develop by itself. So you should not work on it, but on its base. After this answer, the abhyasis became silent and felt enlightened.

Real love develops in purer mind, having its Nature Divine (SDG 69)

- Pujya Sri Ramchandraj Maharaj

SRIMAD BHAGAVAD GITA

इन्द्रियाणां हि चरतां यन्मनोऽनु विधीयते
तदस्य हरति प्रज्ञां वायुर्नावमिवाम्भसि ॥

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

Pujya Sri Ramchandraj Maharaj, in His commentary on Commandment 4 says, “the ears should attend only to noble talks; the eyes should see only that which is pious and good; the heart should be inclined only towards that which is virtuous.” If we live in this way, our senses will not spoil our mind. As the above Sloka tells us that if we blindly follow our senses, our mind will also follow it and will lose its wisdom. For example, our eyes may lead us to see bad things; our ears may lead us to listen to bad things. In such a case, if we keep following the senses, our mind will also follow that and will lose its good thinking habits or understanding. Let us listen to a short story that explains this.

Abhay was a good college student. He was particularly good at writing essays and used to get prizes in essay contests. He had very good ideas on such topics like protecting the environment, improving hygiene in society etc. Teachers appreciated his responsible thinking. Now a new shopping mall came near his house. He got attracted to it. He started going there daily. Slowly he started liking the music and cinemas they were showing. He started liking them so much that he started skipping college to watch them. Now when the college essay writing contest came, Abhay also participated. But he realized that he was not getting any original ideas. He was not able to think clearly. He wrote an essay but it resembled more like a movie story. He did not even get a consolation prize in the contest. He realized that off late, he has been watching too many movies in the theatre. He stopped that habit and started reading some good books in his spare time. Slowly his original and creative thinking habit came back and he won the next years essay contest.

ప్రారంభం



ఎమ్. దుర్గ హల్దిత, ఏడవ తరగతి

ఎవ్వనిచే జనించు జగమెవ్వనిలోపలనుండు లీనమై

యెవ్వనియందుండిండు బరమేశ్వరుడెవ్వడు మూలకారణం

బెవ్వడనాదిమధ్యలయుడెవ్వడు సర్వముదానైనవా

డెవ్వడు వానినాత్మభవు సీశ్వరునే శరణంబువేడెదన్

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

సి. హెచ్. హాలిప్రియ, తొమ్మిదవ తరగతి

సరస్వతి నమస్తుభ్యం వరదే

కామరూపిణి

విద్యారంభం కలిష్టామి సిద్ధిర్థవతు మే సదా

తాత్పర్యము: ఓ సరస్వతి తల్లీ, నీకు వందనము. కమనీయ రూపంగల ఓ సరస్వతి దేవీ నీకు నమస్కరించుచున్నాను. నేను విద్యను ఆరంభించుటకు ముందు నిన్ను ఆరాధిస్తున్నాను. మాకు ఈ విద్య సరిగ్గా సిద్ధించేటట్లుగా వరం ప్రసాదించుము తల్లీ.



Sri Vidyadhar Joshi

In the article, "Beauty and Life", Volume 9, Complete Works of Dr. K. C. Varadachari, he writes, **"To mould others on unique lines as we seek to do in the education of the children, with success, without distortion, imposition and impregnation, can only be achieved by sympathy, intellectual, aesthetic, and ethical or social."** Herein he also sets the objective of how education should be. It should 1) Not be distorted 2) Not be imposed 3) Not be thrust upon (impregnation). In order to do this successfully he says that it can be done by sympathy. Sympathy here has to be understood as being in tune with the life that expresses itself in the object that is being considered. In the article preceding "Beauty and Life", Pujya Dr. K. C. Varadachari, expounds on the meaning of beauty. He writes, "Beauty consists in the ability to create uniquely infinitely the sympathy one feels with any object, be its appearance, ugly or repellant, terrible or sensual, fearful or pleasing according to the ordinary canons." Thus to feel sympathy for an object, it also means one must be able to imagine in a creative way how one can place oneself at the level of that object and feel its very essence or life. He says, **"True education, as much as true artistic life, depends entirely on these two important factors, sympathy and imagination. Once this is grasped, what must be aimed at in life is an artistic life, not the mere living amidst art-productions: not in the photographic representation or drawings or reproduction of life in art, but in the unique success with which life is made to call out life to its fullest fruition and expression, consists the true quality of creation"**.

In the modern day education, much stress has been placed on cognitive aspect of teaching. The affective domain is mostly untouched. The monotony of lessons, question and answers, tests and exams, are all somehow geared towards imposition and impregnation. Although B.Ed programmes mention about development of affective domain by making pupils appreciate the subject and develop love for the subject, this hardly is enough and does not get translated into anything of value in the actual classroom. Mostly lessons end after requisite knowledge transfer and tests to assess the same. I herein make an attempt to understand this

message of Pujya Dr. K. C. Varadachari to see how it can improve our approach towards educating children without distortion, imposition and impregnation. Let us say that Solar System has to be explained to children. The Sun can be explained as a burning ball of gases. This fact can be memorised, the gases that burn, Helium and all can be listed. The teaching can stop here and usually it stops here. This so to say, having only intellectual sympathy with the object of teaching, having appreciated the magnanimity of the physical characteristics of sun, generating to an extent awe and wonder for it. Now let us extend the teaching to inject life. The students can be asked to imagine sun has a living person, say themselves, rather than just a ball of burning gases. They can then be asked what they perceive their nature to be like as a sun. It can be left to the imagination of the students what they perceive this imagined living form of theirs to be like. The discussion can be gently directed by the teacher in a way to excite sympathy with object of teaching, in this case, the sun. The essence or beauty of sun, that it stands there, burning itself to sustain life on earth can be appreciated. Here, the essence of the sun is sacrifice and it should be sought that students are made to feel this aspect which means they come in sympathy with it. This is aesthetic sympathy. Sacrifice is the essence of making others happy. The sun follows a rhythm of Nature. One way of looking at ethical sympathy would mean to appreciate that though sun is life giving centre of the solar system, it is a part of Nature too and follows the rhythm of Nature. Living for collective good and happiness demands that we appreciate mutual dependency and live by the ethic of being in tune with Nature. Pujya Dr. K. C. Varadachari further says, **"As I believe, the true effective art is the art of living: then aesthetic fulfillment is not in the imagination of ideals or concepts or essences, but in the realization of the unity of Life and its harmony."**

Thus we see that topics of teaching can be looked upon not merely as information to be thrust on the students, but subjectively expounded on the lines of stimulating aesthetic and ethical sympathy as it can be made to relate to Life. This will give real meaning to education.

Congratulations to 2013-2014 batch tenth class students for their excellent performance in SSC board exams.



P. Ramya Sri, IV Class

INDEPENDENCE DAY



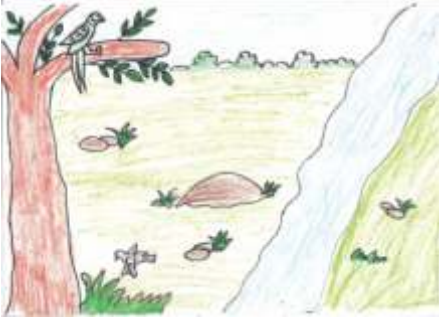
15th August is a great day in the history of India. On this day in 1947, India got her independence. We celebrate this day as our Independence Day. The Prime Minister of the country unfurls the National Flag at the Red Fort. The National Flag is also hoisted at all important buildings in villages, towns and cities. People remember the sacrifices of their great freedom fighters.

చిలుక సహాయం

ఎమ్. అంజని, ఐదవ తరగతి



ఓ చిలుక ఎగురుకుంటూ వచ్చి చెట్టు మీద వాలింది. దోరగా పండిన జామపండు తింటుండగా ఒక పావురం పడిపోయి కనిపించింది. దాని రెక్కల మీదనుండి రక్తం కారుతోంది. అది చూసిన చిలుక గబగబా పావురం దగ్గరికి వెళ్ళింది. కంగారుపడకు అని చెప్పింది. దగ్గరలో ఉన్న చెరువులో నీళ్ళు తెచ్చి గాయం కడిగి పసరు మందు రాసి తినడానికి జామపండు ఇచ్చింది. నువ్వు కూడా కష్టంలో ఉన్నవారికి ఇలాగే సహాయం చెయ్యాలి, సరేనా? అని చెప్పి వెళ్ళిపోయింది. మరునాడు పావురం ఎటో వెళ్ళుతుంటే కుందేలు ఏడుస్తూ కనిపించింది. కారణమడిగింది. అప్పుడు కుందేలు, 'నా బిడ్డ కనిపించడం లేదు' అని చెప్పింది. పావురం కుందేలు బిడ్డని వెతికి చూపించి కష్టంలో ఉన్నవారికి ఇలాగే సహాయం చెయ్యాలి, సరేనా? అని చెప్పి ఎగిరిపోయింది.



తరువాత రోజు కుందేలు తన ఇంటికి వెళ్ళుతుండగా రెండు కొంగలు గొడవ పడుతున్నాయి. అప్పుడు కుందేలుకు పావురం మాటలు గుర్తుకొచ్చాయి. వెంటనే ఏమైందని అడిగింది. అప్పుడు ఒక కొంగ, 'నేను చేపలు కష్టపడి తెస్తే, నా భార్య ఇంకా కూర వండలేదు' అని చెప్పింది. కుందేలు మా ఇంట్లోంచి కట్టెలు తీసుకువెళ్ళండి అని చెప్పింది. కష్టంలో ఉన్నవారికి ఇలాగే సహాయం చెయ్యాలి, సరేనా? అని చెప్పి కట్టెలు ఇచ్చింది. ఇలా ఒకరికొకరు సహాయం చేసుకుంటూ అడవంతా మారిపోయింది. ఇది తెలిసిన మృగరాజు చాలా సంతోషించింది. ఇదంతా చిలుకవల్లే జరిగిందని తెలుసుకొని చిలుకని పిలిచి మెచ్చుకున్నాడు.

నీతి: కష్టంలో ఉన్నవారికి సహాయం చెయ్యాలి



N. Viswesh, V Class

GRATITUDE

I am thankful to God because God gives us a life. I am thankful to trees because they give oxygen, fruits and wood. I am thankful to house because it protects us from wind, cold, heat and thieves. I am thankful to teachers because they teach us studies. I am thankful to my parents because they gave birth to me and buy what I ask. I am thankful to school because school gives us Spandan, Sahaj Sakthi milk and biscuits. The teachers teach us well. We should be thankful to everyone in this world.

FAMILY

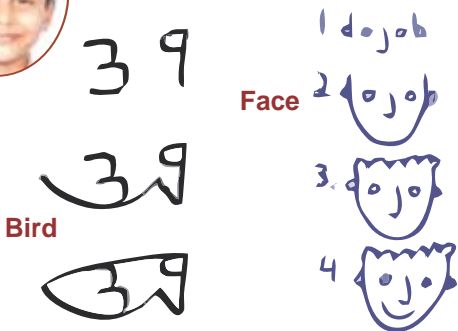
B. Avinash, III Class



Once there was a girl Kamala. She has a mother, father, brother and grand parents. Kamala's father helps her mother in the house hold work. Kamala and her brother also help their father in his work. Their grand parents also help in doing the house hold work. In this way all the family members help each other.

LEARN AND DO

P. Lokesh, IV Class



పరీక్షల దండకం

పరీక్షలొస్తున్నాయి బాబోయ్
అమ్మో ఇంగ్లీషు, అమ్మో మాత్స్
అమ్మో సైన్సు, అమ్మో హిందీ, అమ్మో తెలుగు
మనం బోలెడు సాధన చెయ్యాలి
బాబోయ్ వామ్మోయ్
మనం అలా అనుకోవాలి కానీ
పరీక్షలు బాగా రాసి తరువాత
పై క్లాసుకు వెళ్ళాలి



అనిరుద్ధ్
రెండవ తరగతి

ACTIVITY CENTER

Colour the picture

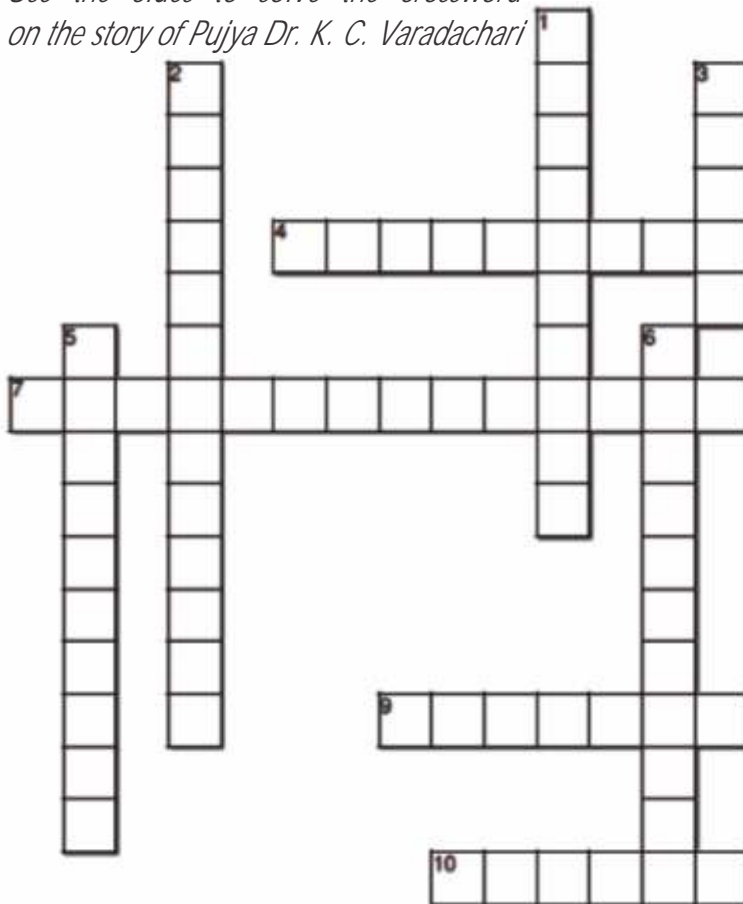
Illustration by Sri G. B. Setti



Contributed by Smt. Kanchan Joshi and Smt. Meghana Shah

Crossword

Use the clues to solve the crossword on the story of Pujya Dr. K. C. Varadachari



Down

1. He maintained _____ attitude towards his students (10)
2. From 1955 till his last days he was fully engaged in the spread of the system given by this great personality (13)
3. He never wasted _____ (5)
5. His eyes were sharp and when he looked at others _____ used to overflow from them (10)
6. Down & 4. Across - Situations of disgrace, defeat and demotion faced by him in his life made him develop these two great qualities (11)
8. He reviewed the books written by Pujya Sri Ramchandraj Maharaj in _____ newspaper (8)

Across

4. See 6. Down (9)
7. Pujya Dr. K. C. Varadachari participated in _____ movement from 1921-1923 (14)
9. In 1921 he read works of _____, a great Indian saint which made deep impact on him (11)
10. From childhood he was known for his _____ in God (6)

ACTIVITY CENTER

Who am I?

Contributed by Smt. Kanchan Joshi

Circle the correct insect



- I am a small insect.
- I am black and sometimes red in color.
- I like sugar very much.
- You can find me in your house and garden.
- All of us work together to collect food.
- We work as a team to build and maintain our house.
- My house is made up of mud.
- I can carry a load which is ten times my weight.
- We have a habit of collecting and storing.

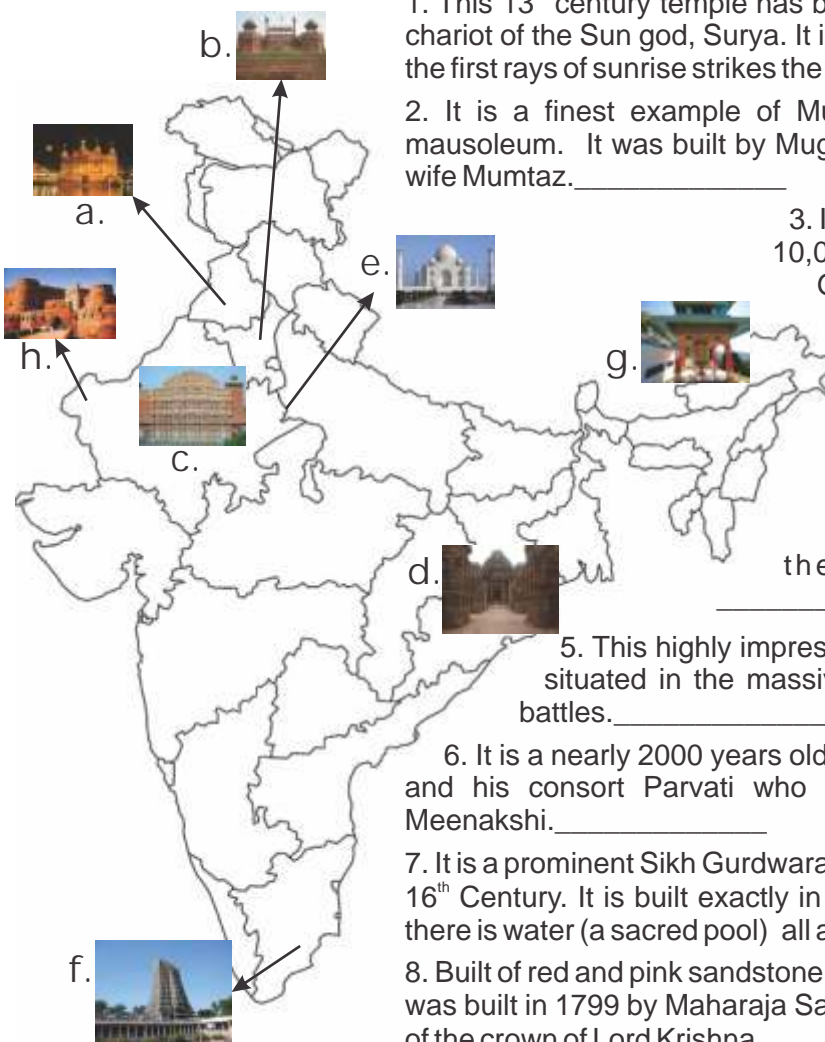


The person who has faith in God and confidence in himself will never hoard.

- Pujya Sri K. C. Narayana

Man Made Wonders of India

Write the names of man made wonders for the clues given below. Locate these places on the map by matching the number and the alphabet on the map.



1. This 13th century temple has been built in the form of a giant ornamented chariot of the Sun god, Surya. It is carefully oriented towards the east so that the first rays of sunrise strikes the principal entrance. _____

2. It is a finest example of Mughal architecture and is a white marble mausoleum. It was built by Mughal emperor Shah Jahan in memory of his wife Mumtaz. _____

3. It is a huge monastery at an elevation of over 10,000 feet. The monastery represents the Gelugpa sect of Buddhism and is the Buddhist centre for Cultural studies. _____

4. It is a fort and this fascinating structure was built by Shah Jahan in 1639 A.D. On 15th of August, India's Independence Day, the Prime Minister raises the National Flag and addresses the nation from the top of the massive ramparts. _____

5. This highly impressive fort also known as the Golden Fort, is situated in the massive Thar desert and has a lot of history of battles. _____

6. It is a nearly 2000 years old Temple. The temple is dedicated to Shiva and his consort Parvati who are known here as Sundareswarar and Meenakshi. _____

7. It is a prominent Sikh Gurdwara built by the fifth Sikh guru, Guru Arjun, in the 16th Century. It is built exactly in the middle of concentric square tanks and there is water (a sacred pool) all around. _____

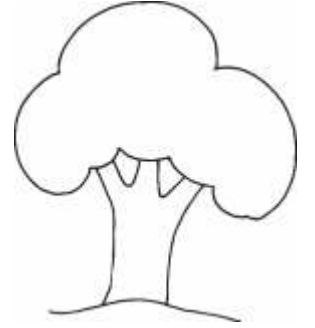
8. Built of red and pink sandstone, the palace forms a part of the City Palace. It was built in 1799 by Maharaja Sawai Pratap Singh, and designed in the form of the crown of Lord Krishna. _____



TREES

Chandra Sekhar Reddy, VII Class

Trees are our best friends. They play an important role in our life. We cannot live without trees. They give us timber, paper and firewood. Timber is used in making houses, train compartments, big boxes, tools, etc. Without paper, life may be difficult for us. Paper is necessary for study and writing. People in villages use firewood to cook meals. They use wood to build houses, huts, carts and agriculture tools. Trees also give us food, gum and medicine. They also add to the beauty of life, gardens cannot be charming without them. We need them for oxygen and good health. Trees also help to control pollution. They absorb carbon dioxide. They improve our environment. They cause rainfall and protect water resources under the ground. They prevent floods and droughts. Therefore, we should try our best to grow more trees. Government and Social Welfare Societies should start a movement.



ప్రహేళిక

ఎస్.కె. అనిల్, ఎనిమిదవ తరగతి

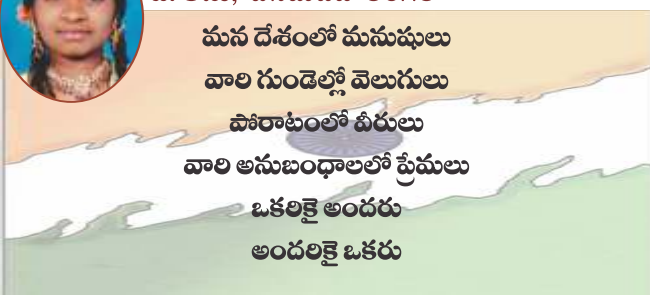
- క్రింద ఇవ్వబడిన ప్రతి ఆధారమునకు ఒక సమానార్థక పదము 'రం'తో ముగియును
- | | |
|---------------|-------------|
| సాధించడం | __ __ రం |
| విలువైన లోహం | __ __ రం |
| గౌరవ చిహ్నం | __ __ __ రం |
| పూజా ద్రవ్యం | __ __ రం |
| ఒక రుచి | __ రం |
| పవిత్ర నాదం | __ __ రం |
| మొదలుపెట్టటం | __ __ రం |
| ఏనుగు ఘర్జన | __ __ రం |
| ప్రేమ | __ __ __ రం |
| అలంకారం | __ __ రం |
| సహాయం | __ __ __ రం |
| మంచి జరగటం | __ __ __ రం |
| మంచి ప్రవర్తన | __ __ రం |
| సన్మానించుట | __ __ రం |
| గ్రహాల కదలిక | __ __ రం |
| రూపం | __ __ రం |

౦౧౯౬౬ '౦౧౯౬౬౬ '౦౧౯౬౬౬ '౦౧౯౬౬౬
'౦౧౯౬౬౬ '౦౧౯౬౬౬ '౦౧౯౬౬౬ '౦౧౯౬౬౬ '౦౧౯౬౬౬ '౦౧౯౬౬౬
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భారతీయుల దేశం

జె. అను, ఎనిమిదవ తరగతి



మన దేశంలో మనుషులు
వారి గుండెల్లో వెలుగులు
పోరాటంలో వీరులు
వారి అనుబంధాలలో ప్రేమలు
ఒకరికై అందరు
అందరికై ఒకరు

జెండా

ఎస్.శాయిశ్రీ, పదవ తరగతి



రెపరెపలాడే జెండా
మూడురంగుల జెండా
జాతికి గౌరవం జెండా
నిండు సంస్కృతికి గుర్తు జెండా



కాషాయరంగు త్యాగానికి గుర్తు
తెలుపురంగు శాంతికి గుర్తు
ఆకుపచ్చరంగు ప్రకృతి
పర్యావరణాలకు గుర్తు
ఇది భారతీయుని గొప్పదనం
గుర్తించే జెండా

పాఠశాలలో ఎగిరె జెండా
రాష్ట్రభవన్లో ఎగిరె జెండా
ఎర్రకోటలో ఎగిరె జెండా
అన్ని దేశాలలో ఎగిరె జెండా
దేశాభిమానానికి గుర్తు జెండా
సాహసానికి గుర్తు జెండా
సమానత్వానికి గుర్తు జెండా
సత్యం అహింస మార్గాలకు గుర్తు జెండా
బాపూజీ చేతిలో జెండా
భగత్ సింగ్ చేతిలో జెండా
పిల్లల చేతిలో జెండా
ఈ జెండా భారతదేశానికి అండ

OH! GOD

He is in ground
He is in sky
He is in air
He is in us
He is in water
He doesn't have name
He doesn't have shape
He doesn't have feelings
He gave us eyes to see good things
He gave us ears to hear good things
He gave us mind, For positive thinking
He gave us heart, For bearing peace and devotion.



A. Kaivalya
VIII Class

CO-OPERATION



A. Bharath, IV Class

A tree in the forest had trunk, leaves, branches, roots and they were all working together. One day the branches said, "I am the best and I am the king of the tree". The leaves said, "no. I am the king". The trunk said, "no I am the king." Next day the branches, leaves, trunk talked to each other and said that the roots are waste. The roots listened to this and stopped working. The trunk, leaves and branches got so tired because they did not get food and said sorry to the roots. They again started working together.



J. Manisha, X Class

Once upon a time there lived a girl named Rani. She liked to be alone all the time and didn't have friendship with any of her classmates. She also liked to do her project work all by herself. One day teacher gave a project of gardening to all the boys and girls. Boys completed their work with co-operation and by helping each other in planting and watering the plants, sowing the seeds etc. but the girls were not able to complete their work because of Rani. Rani wanted to do everything alone without taking the help of any other girls. Because of this the girls quarreled among themselves and so they didn't complete their work. After a week teacher came and saw the project and boys got full marks for their project work. Teacher saw the girls' project and scolded them. She asked them the reason. So some of the girls told Rani's name and complained that she wanted to do everything alone. After knowing this teacher scolded Rani. After that day Rani co-operated and made friendship with everyone. The teacher and students were happy on seeing this.



బి. మనోజ్, మూడవ తరగతి

ఒక రోజు ఇద్దరు స్నేహితులు ఒక ఊరికి వెళ్ళుతున్నారు. దారిలో బురద ఉంది. ఇంతలో ఒక అతను వచ్చాడు. అతను పేరు రాజు. అతను చాలా మంచివాడు. బురదలో ఎవరైనా జారి పడతారని అనుకున్నాడు. అక్కడ ఇటుక రాళ్ళు తెచ్చి పోసాడు. ఆ ఇద్దరు స్నేహితులు కూడ రాజుతో కలిసి రోడ్డు కట్టారు.



Ch. Vishnu Vardhan, III Class

There were three brothers who lived in a hut. They were good brothers. One hot day, an ice cream uncle was pulling his truck but it was not moving. The three brothers came and said to him, "We will pull the ice cream truck." They pulled his truck to his house. The uncle said, "You are good boys. Take these ice creams and eat." The brothers thanked him.

Moral : If we cooperate with each other, work will be done easily.



D. Lokesh, IV Class

One day British came to our India. They were starting business and were very cruel. Gandhiji and some leaders were very angry because they were cruel. So Gandhiji said, "Don't use their salt because they are very cruel. If we eat their salt we will also become cruel." They came to the ocean and made salt and ate their own salt. Gandhiji and all people co-operated and sent British away.



సి.హెచ్. వాసుదేవ్, నాలుగవ తరగతి

ఒక రోజు స్కూలు బస్సు స్కూలుకు వెళ్తుంటే బస్సు టైరు పంచరు అయ్యింది. పిల్లలు బస్సు డ్రైవరుని విమోచని అడిగారు. అతను బస్సు టైరు పంచరు అయ్యిందని అన్నాడు. పిల్లలు బస్సు దిగి డబ్బులు తీసుకుని టైరు దుకానానికి వెళ్ళి టైరుని తీసుకొచ్చారు. డ్రైవరుకి టైరు ఇచ్చి అది పెట్టడానికి సహాయం చేసారు. స్కూలు బస్సు ఎక్కి స్కూలుకు వెళ్ళారు.



Co-operation is the life of coming events.
- Pujya Sri Ramchandraj Maharaj

D. Vaishnavi, VIII Class

YELLAPRAGADA SUBBARAO



Yellapragada Subbarao was an Indian scientist who made important contributions to the treatment of cancer. He was born on 12th January 1895.

He was born to a Telugu brahmin family in Bhimavaram, West Godavari District, Andhra Pradesh. He passed the Intermediate Examination from the Presidency College and entered the Madras Medical College where his education was supported by friends and Kasturi Suryanarayana Murthy, whose daughter he later married. Following Gandhi's call to boycott British goods he started wearing khadi surgical dress; this incurred the displeasure of M. C. Bradfield, his surgery professor. Consequently, though he did well in his written papers, he was awarded the lesser LMS certificate and not a full MBBS degree.

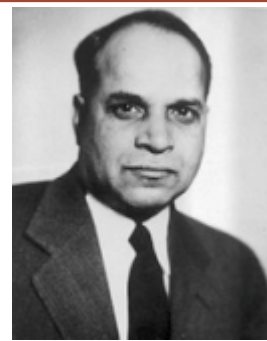
Subbarao tried to enter the Madras Medical Service without success. He then took up a job as Lecturer in Anatomy at Dr. Lakshmipathi's Ayurvedic College at Madras. He was fascinated by the healing powers of Ayurvedic medicines and began to engage in research to put Ayurveda on a modern footing.

A chance meeting with an American doctor changed his mind. He went to U.S. in 1922. After earning a

diploma from the Harvard School of Tropical Medicine he joined Harvard as a junior faculty member. With Cyrus Fiske, he developed a method for the estimation of phosphorus in body fluids and tissues. He discovered the role of Phosphocreatine and Adenosine Triphosphate (ATP) in muscular activity, which earned him an entry into biochemistry textbooks in the 1930s. He obtained his Ph.D. degree the same year.

He developed the important anti-cancer drug Methotrexate--one of the very first cancer chemotherapy agents and still in widespread clinical use. He also discovered the drug Hetrazan which was used by the World health Organization against filariasis.

Today millions live longer because of folic acid vitamin, tetracycline antibiotics, and anti-filarial and anti-cancer drugs developed under the research direction in the USA of this India-born biochemist turned wizard of wonder drugs. The antibiotics he discovered saved thousands of lives in 1995, when plague broke out in the states of Gujarat and Maharashtra.



VALUES

D. Shruti, IX Class

Values are part of our life. Moral stories and values give better knowledge and understanding to us. They help us to handle big problems. If we follow these values we will become good persons and citizens in our country. We should explain these values to people who do not know about them. When we grow up and take jobs, people observe our moral character, behavior and discipline. Gandhiji followed moral values and ethics. By seeing this many followed Gandhiji. When I grow up I will teach moral values to children as well as elders who listen to me. I want to fill the divine light in all the hearts like Pujya Sri Ramchandraj Maharaj. I follow values in my daily life such as fraternity, respect, honesty, sharing, dutiful, service and patriotism. These values help build moral character in our hearts. Newton's third law says every action has equal and opposite reaction. If we do good or bad to others, the reaction will be good or bad. Beauty means not the beauty that appears to us but one that appears from the heart.

In olden days people were so devoted, truthful from the heart that the nature also cooperated with them. We should follow these values and morals throughout our life. We should follow universal brotherhood thinking that all are my brothers and sisters.

GRATITUDE

E. Anvitha, VIII Class



Gratitude is a beautiful word. Gratitude is a feeling. It improves our personality and builds character. Gratitude develops out of humility. It is a feeling of thankfulness towards others. It is conveyed through our attitude towards others and reflects in our behavior. Gratitude does not mean reciprocating good deeds. Gratitude is not give and take. Kindness, understanding and patience cannot be repaid. Gratitude must be sincere. A simple 'thank you' can be gracious. Many times we forget to be thankful to the people closest to us such as our parents, our friends and relatives. Gratitude would rank among the top qualities that form the character and personality of an individual with integrity. Ego stands in the way of showing gratitude. Gratitude changes our outlook in life. With gratitude and humility right actions come naturally.

SOLUTIONS

Crossword:Down: 1.NonCooperation 2. Empathetic 3.TheHindu 5.Forbearance 6.Compassion 7. Vivekananda 8. Paper **Across:** 4.Fortitude 9.SriRamchandra 10.Belief **Who Am I? Ant**

Map: 1. Konark Sun Temple, Konark, Odisha 2. Taj Mahal, Agra, Uttar Pradesh 3. Tawang Monastery, Arunachal Pradesh 4. Red Fort, New Delhi 5. Jaisalmer Fort, Jaisalmer, Rajasthan 6. Meenakshi Temple, Madurai, Tamil Nadu 7. Golden Temple, Amritsar, Punjab 8. Hawa Mahal, Jaipur 1-d, 2-e, 3-g, 4-b,5-h,6-f,7-a, 8-c

Special School for Slow Learners (Children with Learning Difficulties)

School re-opened on 12th June with 16 students. The need for educating children with learning difficulties was well appreciated by visitors Sri S. K. Prasanna Kumara Swamy who is working as Branch Manager in State Bank of India, Hyderabad and also by Sri Y. Giri who maintains a school near Tirupati.

Around two years back Chi. Jahangir aged 8+ years was admitted in Bodh with poor reading and writing skills. He was given proper remediation and we also used 'Trataka' for his improvement. He has improved considerably and his parents were happy seeing their child studying and behaving well. His parents have joined him in regular school and he is studying 3rd class. His parents are happy seeing their child confident and getting good marks.



సహకారం

యువరత్నం, నాలుగవ తరగతి

ఒక ఊరిలో ఒక బస్సు ఉండేది. ఒక రోజు రాత్రి బస్సులోని టైర్లు, సీట్లు ఇలా అనుకున్నాయి. టైరు :నేను ప్రొద్దుననుండి మధ్యాహ్నంవరకు పరుగెత్తుతూనే ఉంటాను. అప్పుడు అవి పంక్చరు అయిపోయాయి.



సీట్లు : రోజు నా మీదే కూర్చుంటారు. అప్పుడు అవి మొత్తం పనికిరాకుండా పోయాయి. ఆ

బస్సుని ప్రక్కన పెట్టేసారు. కొత్త బస్సు కొన్నారు. అప్పుడు టైర్లు, సీట్లు ఇలా అనుకున్నాయి, 'నిన్ను, నన్ను వదిలేసి కొత్త బస్సు కొన్నారు. అందుకే మనం కలసి మెలసి పని చెయ్యాలి.'

నీతి : మనం కలసి మెలసి పని చెయ్యాలి



CO-OPERATION

M. V. S. Shashank, V Class

One day on the first floor it was very dirty in my building. Then me and my friends together cleaned the first floor. The first floor looked really clean.

Moral: We co-operated with each other.



PARENT REPORT

మా కుమారుడు చక్రధర్ని బోధ్ స్కూల్లో ఐదవ తరగతిలో జాయిన్ చేసినాము. స్కూల్నందు జాయిన్ చేసిన సమయములో మా బాబు చదువులో బాగా వెనుకబడి ఉన్నాడు. కాని ఇక్కడ జాయిన్ అయిన తరువాత మా అబ్బాయికి చదువులో చాలా interest వచ్చింది. స్కూల్కి లీవ్ పెట్టకుండా రెగ్యులర్గా వెళ్ళుతున్నాడు. మాకు మా అబ్బాయి ఈ స్కూల్లో చదువుతున్నందుకు చాలా ఆనందముగా ఉన్నది.

Sri N. Kadanda Ramaih
Father of Chakradhar, VI Class

సహకారం

లక్ష్మీ ప్రసన్న, నాలుగవ తరగతి

ఒక రోజు అందరు కలసి ఒక చోటుకు వెళ్ళారు. చెట్లు పెంచుదాము అని అనుకున్నారు. ఇద్దరు కలసి తవ్వారు. ఇద్దరు కలిసి విత్తనాలు పెట్టారు. చెట్లు పెరిగాయి. ఇద్దరు కలిసి నీళ్ళు పోసారు. అందరు కలిసి తోటలాగ చేసారు.



సుమతీ శతకము

కె. కావ్యబాయి, నాలుగవ తరగతి

బలవంతుడ నాకేమని పలువురతో నిగ్రహించి పలుకుటయేలా? బలవంతమైన సర్పము చలిచీమల చేత చిక్కి చావదె సుమతీ!



సహాయం

ఎ. సాయిశ్రీ, నాలుగవ తరగతి

నేను నా స్నేహితులకు సహాయం చేస్తాను. ఏదైనా కావాలి అంటే ఇస్తాను. అమ్మ పెట్టిన ఆహారాన్ని పంచుతాను. పెన్సిల్స్, ఎరేసర్స్, కలర్స్, షార్పనర్, పుస్తకాలు, స్కేల్ పంచుకుంటాను. నేను నా స్నేహితులతో ఆడుకుంటాను. వారికి కష్టం వస్తే తీరుస్తాను.



SSS VOCATIONAL WING NEWS



Shiva Sai VI Class
Ch. V. Krishna VI Class

We have SUPW once in a week. It is a special class to learn gardening, biscuit making and stitching. We have teachers to teach us how to do gardening, biscuit making and stitching. We like gardening very much. We felt happy because when we planted the seeds it rained. Our teacher gave pudina leaves to Krishna. Krishna's mother prepared pudina leaves chutney. We plucked leaves from the ground. We watered the plants. Teacher also gave Brinjals to Shiva Sai. Shiva Sai's mother prepared Brinjal curry and it was tasty. They were tastier than market vegetables. We thanked the teacher for teaching us about these.



MSRCM HOSPITAL NEWS

వంటింటి దినుసులతో ఇంటి వైద్యం - ధనియాలు

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



సంస్కృతం : ధాన్యక

హిందీ : ధనియా

తెలుగు : ధనియాలు

మన వంటగదిలో తప్పక ఉండే దినుసులలో ధనియాలు ముఖ్యమైనవి. ధనియాలు కషాయం, తిక్త, మధుర కటురసములు కలిగి ఉంటాయి. ఉష్ణవీర్యము, మధుర విపాకము కలిగి ఉండును. ధనియాలు విశేషముగా పిత్తహారము మరియు త్రిదోషహారముగా పని చేయును. ధనియాలు వివిధ రకములుగా వ్యాధి నివారణమునకు ఉపయోగించవచ్చును.

కడుపులో మంట : కడుపులో విపరీతమైన మంటగలవారికి ధనియాలతో తొలి రోజున కాచిన కషాయమును (60 మి.లీ) కొద్దిగా చక్కర కలిపి ఇచ్చిన కడుపులో మంట వెంటనే తగ్గి ఉపశమనం కలుగుతుంది.

అజీర్ణము : ధనియాలు మరియు శొంఠి కాచిన కషాయము (60 మి.లీ) కడుపునొప్పిని వెంటనే తగ్గిస్తుంది మరియు ఆకలిని పెంచుతుంది. ధనియాలు మరియు జీలకర్ర వాడిన అజీర్తి తొలగి ఆకలి పుడుతుంది.

తలనొప్పి : ధనియాలు చందనము కలిపి మెత్తగా నూరి తలకు పట్టువేస్తే తలనొప్పి తగ్గుతుంది.

జ్వరము : ధనియాలు, శొంఠి, పిప్పిళి మూడింటిని చక్కగా దంచి కషాయం కాచి సేవించిన జ్వరము తగ్గుతుంది.

అతిసారము (నీళ్ళ విరోచనాలు) : ధనియాలు మరియు వట్టివేర్లు మెత్తగా దంచి కషాయం కాచుకొని ఉదయం మరియు సాయంత్రం రెండు పూటలు సేవించిన అతిసారము తగ్గుతుంది.

దగ్గు మలయు ఆయసము : బాలురకు వచ్చు దగ్గు, ఆయసమునకు ధనియాలను బియ్యపు కడుగులో మెత్తగా నూరి అందులో చక్కర వేసి తినిపించిన ఎంతో ఉపయుక్తంగా, హితంగా ఉంటుంది.

మూత్రములో మంట : ధనియాలను మెత్తగా దంచి కషాయం కాచి త్రాగిన దప్పిక తీరుతుంది, మూత్రములో మంట తగ్గి, మూత్రం సాఫీగా అవుతుంది. పొత్తి కడుపు నొప్పి తగ్గుతుంది.

కామెర్లు : ధనియాలను మరియు చింత్రాకులను కలిపి నూరి 1 - 2 చెంచాలు రోజుకు 3 సార్లు సేవిస్తే కామెర్ల వ్యాధి లక్షణాలు కొద్ది కొద్దిగా తగ్గుతాయి. రక్తహీనత తొలుగుతుంది.

నోటి దుర్గంధము : పచ్చి ధనియాలను కొంచెము నమిలి మెల్లమెల్లగా ఆ ఊటను మ్రింగిన నోటి దుర్గంధము తగ్గుతుంది. ఈ విధముగా మన వంటగదిలో ఉండు దినుసులతో వైద్య చిట్కాలు పాటించి ఆరోగ్యాన్ని పరిరక్షించుకోవచ్చును.

'Education' is 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 Ramchandraji 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

వేమన శతకము

అనువుగానిచోట అధికులమనరాదు
కొంచమైన సలయకొడువకాదు
కొండ అర్థమందు కొంచమైవుండదా
విశ్వదాభిరామ విసురవేమ.

తాత్పర్యము: వీలుగాని చోట అధికుడని సంచలించరాదు.
సామాన్యముగనుండుట నీచము కాదు. అర్థములో కొండ
చిన్నదిగ కనిపించినను అసలు చిన్నదికాదుకదా!

संत कबीर के दोहे

शब्द शम्हारे बोलिये, शब्द के हाथ न पांव ।
एक शब्द औषधि करे, एक शब्द करे घाव ॥

Speak words with caution. They don't have hands or legs. Yet some heal and some hurt.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS Training Programme

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

ధ్యాన శిక్షణా కార్యక్రమము

'ఇంపీరియన్స్' సంస్థ ద్వారా ప్రాణాహుతి సహిత ధ్యాన పరిచయము గురించి రెండు రోజుల ఉచిత ధ్యాన శిక్షణా తరగతులు ప్రతి నెల రెండవ శనివారము మరియు ఆదివారము వివిధ కేంద్రములలో నిర్వహించబడును. 18 నుండి 60 సంవత్సరముల మధ్య వయసున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

Website : www.sriramchandra.org


Email: imperience@sriramchandra.org



SAHAJ SEVA SAMSTHAN

10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad, India – 500 047 , Tel: +91-40-23341380, +91-40-23344322

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.



SATKAMA
SCHOOL FOR INTEGRATIVE DEVELOPMENT
EDUCATION FOR A NEW SPIRITUAL ERA
Plot No. 1735, Pragathinagar
Kukatpally, Hyderabad, INDIA.
Phone: 91-40-64518979

- Free Education from I to X class
- Dedicated to Divine Resource Development
- Teacher student ratio 1:15 for effective teaching
- Associative and Integral Approach to Value Based Education
- Recognised by State Govt. of Andhra Pradesh, India (LDIS No. 1035/B2/2010)


www.sahajsevasamsthan.org/satkama/
email:satkama@sahajsevasamsthan.org

BODH
SPECIAL SCHOOL FOR SLOW LEARNERS
(CHILDREN WITH LEARNING DIFFICULTIES)

Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs(Slow Learners) who are unable to study or repeated failures in normal schools and who are school drop-outs.Objectives of school are:

- 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
- Initial assessment at the time of admission
- To develop goals individually for each child
- Individualized Education Plans
- Teacher pupil ratio 1:5 for individual attention

www.sahajsevasamsthan.org/Educational/Bodh.htm
email: bodh@sriramchandra.org



MSRCM HOSPITAL
HOLISTIC HEALTH CARE
10-3-783/254/3 RT,
Vijaya Nagar Colony ,
Hyderabad, India – 500 047,
+91-40-23341380

Services available in the hospital -

- **Consultations:** General Medicines, Gastro Enterology Nephrology, ENT and Paediatrics
- **Other Services:** General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.
- **Alternative Systems of Medicine:** Homeopathy and Ayurveda

www.sahajsevasamsthan.org/Health/Health.htm
email:msrcmh@gmail.com

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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