



SPANDAN

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GUEST EDITORIAL

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That man is a spiritual being and not a mere social being is forgotten by majority of the Humankind. As the highest evolute in the scheme of manifestation, instead of giving highest priority to his/her real status, its realization and expression; has been wriggling and struggling at a plane that relegates rather than promotes or exalts. In spite of a vast treasure of knowledge in the fields of Education, Psychology, Sociology, Medicine, Engineering and Technology coupled with elixirs of wisdom from the founding fathers of religions, philosophers and many mighty minds which are well meant and with a noble intent, the man is not expressing contentment and displaying a deafening silence towards wise counsels for attaining true happiness. The contemporary world scenario and events bear testimony to the lop-sided development towards materialism and its honing. The unbalanced development due to emphasis on materialistic well being only along with promotion of consumerism with the help of widely available and accessible advertising means and modes has done phenomenal damage to man. Almost all, without any exception what so ever, have become victims of that onslaught. The havoc is not sparing even the children, the students, the youth – the future hopefuls and potentials.

Education as a fundamental right is mostly being viewed with a limited perception and vision for materialistic welfare and being only. Still, most of the educationists, if not all are appreciating the need for integral and integrative development of the child, although some claim to be doing so towards progression and maturity for the “Wholesome” living and its expression. Despite unquantifiable amounts of stress and strife, most men and educational institutions continue to live in euphoria of paradise. Further, the hitherto firmly believed and accepted concepts that the purpose of education is to 'socialize' the children so that they may imbibe the social values and norms of society and prepare them as useful citizens leading to true fraternal feelings and brotherhood has failed the test of times due to the missing link with the 'spiritual input'. The Sanathana traditions are replete with facts that there should be a synergy and synthesis in animal, human and spiritual planes of development (body, mind and spirit) eventually leading to integrative progressive development and real happiness. Enough is enough. Academicians in the modern world of Robots and robotics, not withstanding their utility have to take cognizance of this fact and work relentlessly to develop appropriate curricula with a spiritual dimension at the forefront.

Satkama and Bodh schools under the auspices of Sahaj Seva Samsthan are rendering yeoman service through the brand ambassador of 'LOVE'. These institutions are implementing and executing the educational philosophy and principles for hormic living as enunciated by the Great Master Sri Ramchandraj Maharaj of Shahjahanpur, U.P., India, and masters of the order. The Divine Resource Development conceptualized by Sri K. C. Narayana, the father figure and the guide of the organization is getting actualized through a band of committed, divine lighted hearts with love and dedication. All the services are free and the LOVE of the Master is priceless.

All the students are beaming with glow, expressing the true spirit of Diwali, participating in all the events that exhibit their talents, potential and are progressing academically, morally and are receptive to noble ideas. These budding stars are sure to shine as beacon stars in the years to come and shall be role models of education in the New Era of Sri Lalaji Maharaj.

It is certain that the garland of these divine lighted hearts serving, participating and endeavouring selflessly continue to emit light for the generations to come.

All glory to the Masters.

STORY OF MASTER

FORM OF GOD

Reference Book : Spirituality

An inquirer once approached the Master with the classical problem whether God has a form or is formless. The Master good-humouredly said, "Suppose God has a form, and after a good deal of labour you reach Him; and then if He may run away, you will find the whole of your labour gone waste!" The intelligent inquirer put in, "You rightly suggest that the God with a form will be subject to all the limitations of the form. But similarly the formless God will be subject to the limitations of formlessness". The Master pointed out, "Therefore, you need not worry over the problem at the very outset. Start in a way suited to you and let the Reality dawn by Itself as It may".

God is not to be found within the fold of a particular religion or sect. He is not confined within certain forms or rituals, nor is He to be traced out from within the scriptures. Him we have to seek for in the innermost core of our heart.

Pujya Sri Ramchandraji Maharaj

SRIMAD BHAGAVAD GITA

ईश्वरः सर्वभूतानां हृद्देशेऽर्जुन तिष्ठति ।
भ्रामयन्सर्वभूतानि यन्त्रारूढानि मायया ॥

"O Arjuna, The Lord dwells within the heart-region of all beings, causing, through His Wonderous Power (Maya), all the beings to whirl round mounted on a machine." (18 - 61)

STORY OF JADA BHARATA



God is everywhere and is in everything. He is in our heart. He is in the small insect that crawls on the earth. He is in the fish that swims in the water. He is in the bird that flies freely in the air. He is in the big elephant in the wild. He is in all plants and animals, wild as well as domestic. He is in the waters, the sky and the earth. He is in the Solar System that makes the

Sun move and sustain the earth. It is His Godly Power that is behind every activity and movement of all beings, living and otherwise.

Those who are wise, understand that behind everything in this world, there is God and God alone. They revere the God in all and surrender to Him. One such wise man was Jada Bharatha. As a child, even before children of his age started talking, Jadabharata had made up his mind that in his life he would not speak at all. He would only think in his head about God, and meditate on Him. He kept his promise to himself. He spoke only once in his life! This is how it happened.

His family, you see, thought he was dumb and an imbecile. In their eyes he was not fit to do anything. When his father died, his brothers divided the inheritance among themselves leaving out Jadabharata. They just kept him around the house, to build fires, haul water, clean up, etc. Naturally they sometimes got angry with him, and then he would go out and sit under a tree to wait until they cooled down.

One day he was doing just that, when a palanquin came down the road. Do you know what a palanquin is? The rider sits in a box between two poles, carried at the ends by four or more men. In the palanquin was the king of that land, being taken to his summer palace. One of the bearers fell ill and so the palanquin was being carried by three persons only. When they saw Jadabharata, strong and silent under the tree, they thought he would make an excellent substitute. The king then stuck out his head and commanded him to be the fourth bearer. Strange to say, Jadabharata jumped right up and put the end of the pole to his shoulder.

The new bearer was looking down and hopping now and then, jerking and swaying. Now you see, Jadabharata was full of mercy for every living creature and could not bear to step on a worm or ant or a beetle and was avoiding all of them.

The king put his head out again, "hey, clumsy!" he said, "Are you already so tired that you cannot walk straight?" His new servant looked at the king in the face and smiled, and spoke for the first time in his life, in a very sweet voice.

"Whom are you calling clumsy? You know all are created by God and are essentially God in their true nature. How can God be clumsy?"

Startled the king got out of his palanquin, came to Jadabharata and bowed low before him. "Who are you, O sage? I see you are a knower of Truth, a knower of the nature of God. A thousand pardons. Kindly guide me".

They talked for hours, about the highest truths declared in the scriptures. The king got transformed and became wiser. Jadabharata went back to his family. They now started treating him with respect and kindness.

SATKAMA SCHOOL

ప్రార్థన - అనుభవము



Illustration
S. Sai Sree, X Class

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.

2.8.14 – I felt very happy.
14.8.14 – I felt very happy and fresh.
16.8.14 - I felt very nice and fresh.
13.9.14 - I felt very pure.

M. Eesha, VII Class

18.6.14 – By doing meditation my mind is very calm and cool.
17.7.14 – I felt fresh and peaceful.
25.8.14 – I felt very happy.

N. Mounika, VII Class

13.6.14 – I felt very fresh and peaceful. I felt there was no world, just me and my calm state of mind.
26.6.14 - I felt as if all my wishes, desires were floating away. I felt as a new fresh person.
23.7.14 - I felt as if I was floating in air.

Ch. Jahnvi, VII Class

14.6.14 – I felt relaxed.
3.7.14 – I felt very fresh.
15.7.14 - I felt very calm.
30.7.14 - I felt very calm and peaceful.

Harshitha, VII Class

Editorial

It is necessary to have good thoughts and ideas for exhibiting good actions.

To have good thoughts and ideas, great people suggested being in good company and good environment. Children live most of the time in schools and learn greatest lessons of life from teachers and surroundings. Home is a ground where children learn seeing their parents and siblings. Hence parents, siblings and teachers should provide opportunities and environment to learn good behaviour and they are supposed to live like role models.

Sometimes children spend lot of time in playing / watching animation stories or movies on TV and also on Internet instead of using these latest technologies for good like understanding nature or our history and culture. Reading good books, if made a habit, helps us to develop good quality of thoughts which can make our lives useful to others. We will come to know many things by reading lives of Masters. Their lives are role model for us to express good actions and behaviour. Reading stories of Masters can make us think better, live better and lead a better and happy life.

To inculcate such good thoughts and ideas "Spandan" brings out articles, stories which can inspire children to think in the right direction. Some of these stories are authored by children themselves. We encourage younger ones to not only read and give us feedback from time to time to improve the newsletter but also write their ideas and stories to share with others. We will be more than happy to publish those. We invite your whole hearted co-operation. Thank you.

SANT GNYANESHWAR



Rishikesh Joshi, Class VI

Sant Gnyaneshwar was a great saint. He was the one to start the "Bhakthi Movement" and he started the practice of "Nam Sankeerthan" the practice of taking

God's name as a form of prayer.

Gnyaneshwar was born in the year 1271 in a small village near the Godavari river. His father's name was Vithalpant and his mother's name was Rakmabai.

His father became a sanyasi before he had children. His guru sent him back saying not to leave grihastha life in the middle. Then he got four children. Their names were Nivrattinath, Gnyaneshwar, Sopana and a girl named Muktabai.

Sant Gnyaneshwar was introduced by his elder brother Nivrattinath. Soon after his initiation, he realized that the Bhagavad Gita is the best text, which everyone should understand. So he wrote a commentary on the Gita called as "Gnyaneshwari". He felt that the religious texts (the vedas) which only brahmins could read should be available to the common people, so he translated the religious texts from Sanskrit to Prakrit.

Many people came in the way of Gyaneshwar and he won them over with his knowledge as well as through his miracles. Once he made a he-buffalo recite some stanzas from the Vedas. One story goes that he swayed a troublemaker by making him see Muktabai, his sister, cook food over his back. It implied that his spiritual power was so strong that the heat it gave served as the fire for cooking. It is also said that he once gave back life to a dead person. However, Gyaneshwar never ever mentioned his miracles in his own writings.

After reaching his goal of life which was to spread the love of God among common people and to remove caste differences among the people he took permission of his guru Nivrattinath and attained Maha Samadhi at a young age of 22.



OUR PAGES



ఏనుగు - సింహం

టి. వల్లభ్, నాలుగవ తరగతి

ఒక రోజు ఒక ఏనుగు వెళ్తుంటే దారిలో ఒక నది వచ్చింది. ఆ నదిని దాటాలంటే వంతెన చిన్నగా ఉంది. ఆ నదిలోంచి వెళ్తే మునిగిపోతారు. అప్పుడే ఒక సింహం వచ్చింది. అక్కడున్న అందరూ పారిపోయారు. సింహం ఏనుగును తినేయడానికి వచ్చింది. ఈ లోపల అక్కడికి ఒక జింక వచ్చింది. 'నీకు బిడ్డ పుట్టింది కాని భార్య చనిపోయింది' అని అంది. ఏనుగు తన భార్యను చూసి వస్తాను అని సింహాన్ని బతిమాలింది. అప్పుడు సింహం పంపించింది. ఏనుగు తన బిడ్డను చూసి, కుటుంబసభ్యులకు తన బిడ్డను జాగ్రత్తగా చూసుకోమని చెప్పి సింహం దగ్గరకు వచ్చింది. సింహం ఆ ఏనుగు నిజాయితీని చూసి ఆశ్చర్యపడింది. తన చావుకు భయపడకుండా వచ్చిందని సింహం, 'ఇలాంటివాడు ఉండడు. అందుకే నిన్ను వదిలి పెడుతున్నాను.' అని ఏనుగును వదిలేసింది.



నీతి: అందరి తోటి నిజం చెప్పాలి. భయపడకుండా చెప్పాలి.



ప్రేమ

టి. హల్లత్, మూడవ తరగతి

ఓ రోజు గోపి బడికి వెళ్ళాడు. బడిలో ఒక పిచుక కనిపించింది. గోపి టీచరుకి బయటకు వెళ్ళి వస్తాను అని చెప్పాడు. క్రిందకు వెళ్ళాడు. జగ్గునిండా నీళ్ళు తెచ్చాడు. గోడ మీద పెట్టాడు. పిచుక వచ్చి నీళ్ళు త్రాగింది. అప్పుడు గోపికి సంతోషం వేసింది.



నీతి : మనం జంతువులను ప్రేమగా చూసుకోవాలి.

CO-OPERATION

B.Sruthi, Class V



Once upon a time in a forest, there were three buffaloes. They were best friends in that forest. But one time a fox came to that forest. The fox saw the buffaloes and attacked. The buffaloes also attacked the fox. So, he thought that he can't do anything when the buffaloes were co-operating. The next day the fox thought, "what should I do?" He saw a tiger. He called the tiger and talked about the buffaloes and that they are best friends in this forest. Then the two members thought that they will tell one buffalo, "Your friend is saying that you are a waste fellow is it?" The fox said that to those three buffaloes. Then the three buffaloes went to their own place. The fox and tiger attacked on the buffaloes. The buffaloes realized their mistake and came again together and attacked them. The fox and tiger died.



Moral: We should always co-operate with each other.

CO-OPERATION

Ch.Jahnavi, Class V



On August 12th, the Principal asked all the school students to clean the school neatly for Independence Day. All the students co-operated with each other for cleaning the school. Finally the school was cleaned. On Independence Day the Principal said very good to all the students. The children were very happy.



సహాయం



ఎ.కావ్య ప్రశాంతి నాలుగవ తరగతి

ఒక రోజు ఒక పిచుక మరియు తన స్నేహితులు ఒక చెట్టు దగ్గర కూర్చున్నారు. కూర్చున్న కొద్ది సేపటికి ఆ చెట్టుకు నిప్పు అంటుకుంది. అయితే తన స్నేహితులు వెళ్ళిపోయారు. కాని ఆ పిచుక అక్కడే ఉండిపోయింది. గుర్రపుశాల దగ్గరకు వెళ్ళింది. ప్రొద్దున్న అయ్యింది. అప్పుడు గుర్రం ఇలా అడిగింది. 'ఎందుకు నువ్వు ఇక్కడ కూర్చున్నావు?' పిచుక జరిగినదంతా చెప్పింది. అప్పుడు గుర్రం 'నువ్వు నా ఇంట్లో ఉండు' అంది. అప్పటినుంచి వాళ్ళు సంతోషంగా ఉన్నారు.



నీతి : ఎవరికైనా ఏదైనా కష్టం ఉన్నప్పుడు మనం వాళ్ళకి సహాయం చెయ్యాలి.



VALUES

E.Triveni, Class X

In our school there are many moral values taught by teachers. I am following the values like sharing, respect, helping, truth speaking and discipline. Some of the values – sharing means giving our things to other people when they are in need. By seeing this others also share their things to others when they are in need. Respect means giving respect to elders and teachers. Helping means help each other in our daily life as brother and sister. Truth speaking means speaking truth with others and not telling lies with others. I am practising some of these values. Moral values also help us to behave with others in good manners. By listening about moral values we get a feeling of happiness. These values we come across in our daily life. Moral values are very interesting and give better knowledge. If we follow these moral values we will become good citizens of India.

I want to see divine light in all the people in India like diya in our hearts. We should cooperate with others and behave well with others and by seeing us they also behave well with others. We should love our country. There is no need of police stations if we learn these values and be good citizens. Lastly, "Universal brotherhood" is the main in all the values. We should treat everyone in the world as our brothers and sisters.



TWO FRIENDS

T. Sathvika, Class VI

One day one boy is playing in the park with his friends. The boy's name is Ramu. One of the boys, Raju felt thirsty. He could not play. Ramu saw him, went and asked, "What happened to you?" Raju said, "My water bottle is empty now. I am feeling thirsty. I do not have water." Ramu said, "Do not worry. I will give you water." Ramu gave water to him and they played happily in the park.



సహాయం

బి. హను, మూడవ తరగతి

ఒక రోజు ఇద్దరు ఆడుకుంటుంటే ఒకతను క్రింద పడ్డాడు. అతనికి దెబ్బ తగిలింది. ఇంకొకతను అతనిని వెంటనే లేపి, కూర్చోబెట్టి, కొన్ని నీళ్ళు త్రాగిపించాడు. కొంచెం సేపు అయ్యాక ఇద్దరు మళ్ళీ ఆడుకున్నారు.



నీతి : ఎప్పుడు సహాయం చెయ్యాలి

మంచి స్నేహితులు

ఎమ్. శిలీష, పదవ తరగతి



ఒక ఊళ్ళో ఇద్దరు వ్యక్తులు ఉండేవారు. వాళ్ళ పేర్లు శివయ్య, రవయ్య. వాళ్ళు మంచి స్నేహితులు. ఒకరికి ఆపద వస్తే ఇంకొకరు సహాయం చేసేవారు. అలా వాళ్ళు ఎవరికి ఆపద వచ్చినా కూడా సహాయం చేసేవారు. ఎప్పుడూ దేవుడు నామస్మరణ చేసేవారు. ఎప్పుడూ అబద్ధాలు చెప్పేవారు కాదు. వీళ్ళిద్దరి స్నేహాన్ని సోమయ్య గమనించి కుళ్ళుకునేవాడు. సోమయ్య ఒక రైతు. ఎలాగైనా వాళ్ళ మధ్య ఉన్న స్నేహాన్ని చెడగొట్టి రవయ్యతో స్నేహం చేద్దాం అనుకున్నాడు.

ఒక రోజు శివయ్య, రవయ్య పొలానికి వెళుతుండగా సోమయ్య కనిపించి వాళ్ళను పలకరించి, శివయ్యను ప్రక్కకు తీసుకెళ్ళాడు. సోమయ్య రవయ్య గురించి చెడుగా శివయ్యతో చెప్పాడు. దాంతో శివయ్య రవయ్యతో

తగువు పెట్టుకున్నాడు. కొన్ని రోజులు వాళ్ళు మాట్లాడుకోలేదు. సోమయ్య, రవయ్య కలసి మెలసి ఉండేవారు. ఒక నెల తరువాత సోమయ్య తాను చేసిన తప్పు గురించి అలోచించాడు. అలా చేయడం తప్పని తెలుసుకొని శివయ్యతో వెళ్ళి చెప్పి క్షమించమని అడిగాడు. శివయ్య రవయ్య దగ్గరకు వెళ్ళి బ్రతిమాలాడు. మళ్ళీ మొదటిలా ఇద్దరూ కలిసిపోయారు.

నీతి : చాడీల మాటలు చెప్పుకూడదు. ఒకవేళ చాడీలు ఎవరైనా చెప్పినా, ఆ మాటలు వినకూడదు.

సహాయం

లోహనా, మూడవ తరగతి



ఒక రోజు కుక్క పిల్ల ఇంటికి వెళ్తుంటే ఒక రాయి తగిలి క్రింద పడిపోయింది. అప్పుడు ఒక ఆయన వచ్చి కుక్క పిల్లకి మందు రాసి పాలు తాగిపించాడు.



అప్పుడు కుక్క పిల్ల అమ్మ, పిల్లను వెతుకుతుంటే, ఆయన కుక్క పిల్లను తీసుకు వస్తుంటే, కుక్క పిల్ల వాళ్ళ అమ్మను చూసింది. కుక్క పిల్ల ఆయన దగ్గర నుంచి వాళ్ళ అమ్మ దగ్గరికి వెళ్ళింది. కుక్క పిల్ల ఇంకా వాళ్ళ అమ్మ సంతోషంగా వెళ్ళి పోయాయి. ఆయన కూడా వెళ్ళిపోయారు.

నీతి : మనము ఎప్పుడు వేరే వాళ్ళకి సహాయం చేయాలి.

ప్రకృతి



బి. జాహ్నవి
ఏడవ తరగతి

దట్టమైన అరణ్యాల్లో
జంతువులు, పక్షులు
పర్వతాలు, మహావృక్షాలు
ఉప్పుతో కూడిన సముద్రంలో
ఆకాశాన్ని తాకే అలలు
ఉరకలు, పరుగులతో ప్రవహించే సెలయేరు
అందమైన ఆకాశంలో
నీలమైన మబ్బులు
చల్లని చంద్రుడు
మెరిసే తారలు
వెలుగు వెదజల్లే సూర్యకిరణాలు
ఇవే ప్రకృతి రహస్యాలు
మన మనసుకు కలిగే ఆనందాలు



కె. వికాస్
ఏడవ తరగతి

ప్రకృతి మొదటిది వృక్షం
అది ప్రతి మానవుడి పక్షం
ప్రతిచోట పదివేల చెట్లు నువ్వు నాటు
లేదంటే నీ రోగాలకు నువ్వు పునాది కట్టు
తరువాత వచ్చేది ప్రకృతి గాలి
ప్రేమతో మన గుండెకి హత్తుకు పోవాలి
అటువంటి గాలి ఇప్పుడు కాలుష్యం అవ్వదు
ఎందుకూ! కాలుష్యం చేస్తావు వద్దురా వద్దు!

తరువాత వచ్చేది ప్రకృతి జలం
స్వయంగా దేవుడిచ్చిన ఫలం
ఇది లేకపోతే వృధా నీ ప్రాణం
కాపాడు దీనిని ముందు తరాల కోసం
తరువాత వచ్చేది మండే మంట
ముట్టావంటే దీనిలో వచ్చేదో తంట
భగభగ మండుతుంది ఈ నిప్పు
ఎవ్వరు చూసిన అయస్కాంతపు కప్పు

తరువాత వచ్చేది ఆకాశం
ప్రతి బాలుడి ఊహల మైదానం
అల్లంత దూరంలో ఉండే ఈ గగనం
ఎప్పుడైనా దీని రంగుంటుంది నీలం
ప్రకృతి అంటే ఇంకా ఎన్నెన్నో ఉన్నాయి
కాని అవి అన్నీ నేనిప్పుడు చెప్పలేనోయి.



పి. శ్రావణి
ఏడవ తరగతి

ప్రకృతి అందం, ప్రకృతిని చూస్తే ఆనందం
అమ్మ అందం, అమ్మ ప్రేమ ఆనందం
పిల్లలు అందం, పిల్లల నవ్వు ఆనందం
పక్షులు అందం, పక్షులు ఎగిరితే ఆనందం
పువ్వు అందం, పువ్వు సువాసన ఆనందం
నీతి, నిజాయితీ అందం
నిస్వార్థ సేవే ఆనందం



బి. రాణి
ఏడవ తరగతి

ప్రకృతి ఎంతో అందం
వాటిలోని చెట్లు ఎంతో అవసరం.
ప్రకృతిలోని అందాలు ఆనందాలు ఎంతో అందం
ప్రకృతిలోని పక్షులు, జంతువులు ఎంతో
ఆనందం.
ప్రకృతిలోని జలరాశులు ప్రవహిస్తే ఎంతో
అందం
ప్రకృతి అంటేనే అందం.
ప్రకృతిని చూస్తే ఏ కష్టాలైనా అవి ఆనందం,
అందుకే ప్రకృతి అంటేనే అందం ఆనందం.



బి. జాగృతి
ఏడవ తరగతి

ఆహా ప్రకృతి! ఎంత ఆనందమో,
ఓహో ప్రకృతి! ఎంత ఆనందమో!
అందమైన ప్రకృతిలో, రంగురంగుల పువ్వులు
దట్టమైన అడవిలో రకరకాల జంతువులు!
కూకూ రాగాల ప్రకృతిలో ఎన్ని పక్షులో,
పచ్చపచ్చని ప్రకృతిలో ఎన్ని చెట్లో!
అలాంటి ప్రకృతిని రక్షించాలి,
దానిని స్వర్గంలా ఉంచాలి!



ఎ. విజయశ్రీ
ఏడవ తరగతి

పచ్చపచ్చని ప్రకృతి!
చల్లచల్లని గాలులతో, కూసే కోయిలలతో,
ఎగిరే పక్షులతో, ఊగే కొమ్మలతో,
రేయిలో అందమైన చంద్రుడుతో,
మిలమిలా మెరిసే నక్షత్రాలతో,
పూసే పువ్వులతో, పారే నదులతో
మాకు ఆనందాన్ని అందించే
ఓ అందమైన ప్రకృతి
నీకు ధన్యవాదములు.

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

- Pujya Sri Ramchandrajaji Maharaj

Contributed by Smt. Kanchan Joshi and Smt. Meghana Shah

ACTIVITY CENTER

A rangoli is a colourful design made on a floor near the entrance of the house to welcome the guests. Use the coloured part as a guide and complete the pattern. Write any four qualities that you possess or you see in yourself. Write each quality near the diya.

**What's the Value**

Add remaining value word from the word bank and complete the sentence.

one , our, ace, duti, man, ten, age, ice

1. The value that tells how we have the confidence and the strength of mind to do what is right is **cour**_____.
2. A value that demands truthfulness in words as well as actions is **h**_____ **sty**.
3. Politeness , respect towards others and good manners are a sign of **c**_____ **tesy**.
4. Helping others without any selfish motive is **serv** _____.
5. Being free from worry or anxiety. A feeling of quietness and calm inside even in the midst of disturbance is **pe**_____.
6. Doing our work with sincerity and dedication tells about our _____ **ful** nature.
7. Good and polite ways of speaking and behaving is _____ **ners**.
8. A feeling of quite happiness and satisfaction is **con**_____ **tment**.

ACTIVITY CENTER

Who am I?

Circle the correct animal

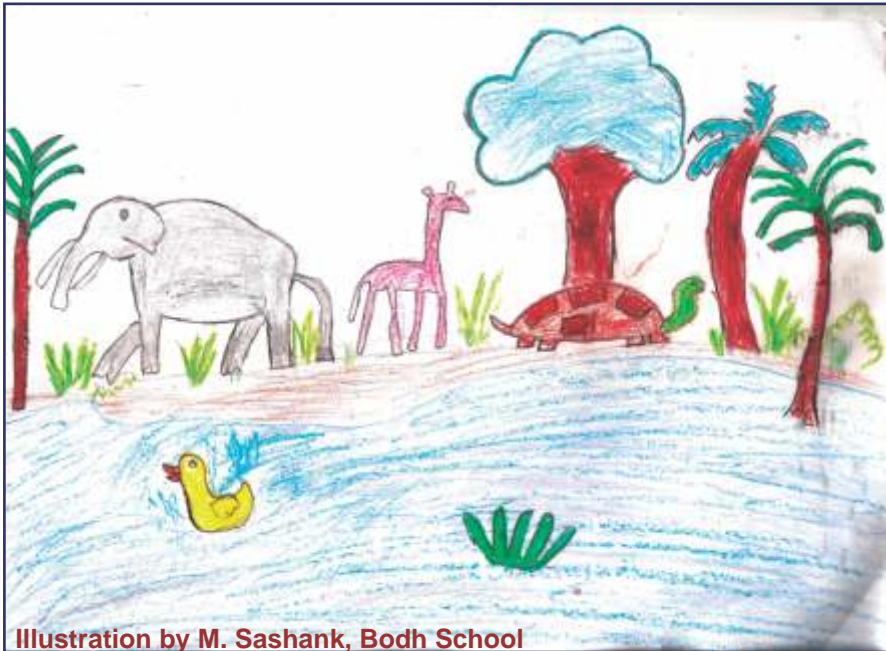


Illustration by M. Sashank, Bodh School

Contributed by Smt. Kanchan Joshi

1. I can live on land and water equally well.
2. When I sense danger, I pull my legs and head inside my shell and look just like a stone.
3. I can withdraw my limbs and head and stay in that pose for a long time.

VALUES TO LEARN

1. Learn to adapt to circumstances in life from me.
2. You too can withdraw from bad company and save yourself.
3. You can learn discipline.

Hills of India

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



- 1) This is a collection of mountains. Older than Himalayas, they are considered sacred by Hindus and Jains.
- 2) This is a hilly area which is a meeting point of the Vindhyas and the Satpuras. This is where the Narmada River, Son river and Johila River emerge. This region and the rivers emerging from it find mention in our Vedic literature. It is said that Pandavas stayed in the Vindhyachal area to gain spiritual benefits during their exile.
- 3) This hilly area is one of the seven peaks of Seshachalam Range in Eastern Ghats.
- 4) This hill is well known for its medicinal plants. According to mythology, Lord Hanuman carried this hill on his shoulders from Himalayas to save the life of Lakshmana. These hills also have a good amount of bauxite reserve.
- 5) This is a mountain range about 2400km long enclosing an area that starts almost from Indus and ends close to Brahmaputra. These Hills are richest fossil sites for large animals anywhere in Asia.
- 6) This hill was lifted by Lord Krishna to protect the people from the rains brought by Lord Indra's fury. Thus this hill represents the new beginning in Hindu Philosophy, from a more sacrificial /appeasement oriented worship, to a more spiritual plane of thought.
- 7) This hill is also called Gravity hill. The hill is characterized as having extreme magnetic properties which are strong enough to pull cars uphill and force passing aircraft to increase their altitude in order to escape magnetic interference.
- 8) This hill is an extinct volcano. This hill also finds its mention in holy books like Brahamanas, Puranas and Mahabharat. It is believed that Ashrams of Revered Rishis like Bhrigu, Chyavana and Durvasa were there in the vicinity of this hill.

AUTOMATIC LEVEL CROSSING

T. Tarun, Class IX



This is a working model presented at district level INSPIRE awards Science Fair

Many accidents are taking place at level crossings in India due to absence of gates. For eg: - Masaipet Railway accident near Medchal, Medak district of Telangana. So we are taking a step ahead to avoid those accidents that are prone to happen. Our project is "AUTOMATIC SOLAR POWERED TRAIN LEVEL CROSSING." A level crossing occurs where a railway line is intersected by a



road or path on one level, without recourse to a bridge or tunnel. Early level crossings had a flag man in a near by booth that would, on the approach of a train, wave a red flag or lantern to stop all traffic and clear the tracks. Now a-days electricity is used to close the gates instead of flag man. Advantages of Automatic Railway Gate Control are : No manpower, better output, high efficiency, low cost, automatic control system and accidents can be avoided.

How does it work: The laser light continuously falls on the LDR which is kept exactly in the opposite direction to the Laser. When the train comes in between the LDR and laser light it disturbs the path of light and the resistance in the LDR changes. This is detected as change in current flow. By this the switching is triggered and motor is turned on and off so the level crossing opens and closes. We prepared this to avoid the accidents that are prone to happen near level crossing.

CONTRIBUTIONS

OBJECT OF HUMAN LIFE



**K. Krishna Karthik, III B.Tech CSE, JNTUH
Ex student of Satkama High School**

Once a group of 500 people were attending a seminar. Suddenly the speaker stopped and decided to do a group activity. He started giving each person a balloon. Each person was then asked to write their name on it using a marker pen. Then all the balloons were collected and put in another room. The people were then let into that room and asked to find the balloon which had their name written on it within 5 minutes. Everyone was frantically searching for their name, colliding with each other, pushing around others and there was utter chaos.

At the end of 5 minutes no one could find their own balloon. Then, the speaker asked each person to randomly collect a balloon and give it to the person whose name was written on it. Within minutes everyone had their own balloon.

The speaker then began, "This is happening in our lives. Everyone is frantically looking for happiness all around, not knowing where it is.

Our happiness lies in the happiness of other people. Give them their happiness; you will get your own happiness. And this is the purpose of human life...the pursuit of happiness."

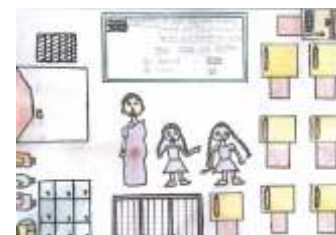
**Expressing bitter truth with courage,
Facing hectic situations without rage,
The tolerance of a sage,
Maintaining peaceful heart even in rampage,
Are the things we need to develop with growing age.**

FORGIVENESS

V. Chinmayee, Class VI



Once upon a time in Satkama School in 5th class one girl named Janaki was playing with her friend. Rani was in the same class. Rani stole Janaki's new pencil box. Janaki cried and told her class teacher. Class teacher asked all students. They saw each other. Rani thought, "If I steal how can I be happy?". So, she gave the pencil box to the class teacher. Janaki told to teacher, "give punishment to Rani" but the teacher told, "if you forgive your friend, you can be happy with your friend. If you do not forgive, you can't be friendly with your friend forever."



Moral: If you forgive, your life will be happy.

**As you think, so you become.
(SDG)**

- Pujya Sri Ramchandraji Maharaj

SOLUTIONS

What's the Value? Courage, Honesty, Courtesy, Service, Peace, Dutiful, Manners, Contentment

Who am I: Tortoise

Hills of India: Giral Hill-1-b, Amarkantak-2-a, Venkatadri-3-g, Gandhmardhan-4-d, Sivalik-5-f, Govardhan-6-h, Magnetic Hill-7- c, Dhosi Hill -8 - e

MY THOUGHTS ON THE PRIME MINISTER'S INTERACTION WITH CHILDREN



G. Sravani, Class IX

Sri Narendra Modi is our Prime Minister who is serving the nation selflessly. For our nation he is working with all his subordinates. He attended a function on 5th September, Teacher's Day which we all celebrate on Dr. Sarvepalli Radhakrishnan's birthday. He delivered a speech on the importance of it and why we celebrate it.

With an intention to know the inner view of the children, he interacted with children of our country on Teacher's Day. As they asked questions, without ignoring, he answered them with respect. He talked to them kindly and peacefully.

One of the students asked him the benefit of talking to children. He said that he is not talking to them for his welfare. He said that by gaining the knowledge from them, it will be useful for him in development of the nation further. He said that by talking to children he can know them better and they too can share the knowledge that he doesn't have.

He was asked about his childhood and how he enjoyed it. He replied that he was very naughty. One of the students asked him how he feels when as a Prime Minister he is interacting with all the children and joking with them. He answered that it is a pleasure to meet them on the occasion of Teacher's Day and he feels happy. He asked them to feel free to talk with him. He asked the children's views and ideas on how they can develop and take care of our nation. He advised to respect the girls first because they are our sisters. My opinion on his interaction is that this will change the children to become good citizens of the country.



B. Meghana, Class IX

Our Prime Minister, Sri Narendra Modi interacted with students on Teachers' Day, the occasion of Sarvepalli Radhakrishnan's birthday. He was the first Prime Minister who interacted with the school students. He gave great importance to students. The interaction between Sri Narendra Modi and the students was very interesting. In the interaction, the students were questioning him and he was answering very actively and politely. He explained to them about his life and he discussed about need for discipline, service, respect etc. He explained about the importance of education. He explained who a real student is. A real student is one who may be slow in learning but is active and who understands the concept. He interacted with them like a teacher. A student questioned what is the profit that he gains by talking with them? He answered that he can come out of his political mind, that he can refresh his mind and told that students can only change the world by coming up with new ideas. He told children that you can change the society by implementing basic things like reducing the usage of electricity and also about importance of money.



B. Sai Durga Prasad, Class IX

Sri Narendra Modi is the noble Prime Minister of our country. He is a great leader who wants our country to be in greater position. Most of the leaders only care for adults as they have a right to vote but they do not care about children as they do not have right to vote. He cares about all and is fighting for the welfare and development of our country.

It is proven when he directly spoke with the students and explained that the students are the stepping stones of our country. He told many good things and values which we should implement for the society. He told why education is important and how it impacts our lives. He said for example, when we are travelling in a bus and a robber robs our pocket, an uneducated person may think that this is an easy way to earn money and he may repeat the same thing. But when an educated person is robbed he thinks that he is careless and he would be careful next time. In this way education teaches us to choose a right way for better life. So we should educate people for the welfare and development of the people and society. He told students that in his childhood he committed a mistake and explained to them not to repeat such mistakes and he also educated students on how to serve our country through small methods.

If we want to serve our country we need not fight on the borders but we can serve by small means like switching off the fan when not in use, keeping things in right place, saving money etc. So please follow these methods.

WISDOM WORDS

Meekness: Meekness refers to that feeling of mind in which on being rebuked by others, one feels his own self to be at fault, and for which he has to yield to what is meted out to him.

Yielding: Yielding means we accept the superiority of the person or power over us.

Will: Will is that impelling factor that enables us to act (thinking is an act) in a particular direction for accomplishing an intended task.

SCHOOL NEWS

August 15th - Independence Day

The 68th Independence Day was celebrated at school actively by all the students. The flag was hoisted by the Chief Guest, Dr. Bhamidipati Sastry garu. The students presented speeches, sang patriotic songs and danced for the occasion. The students who took part in the poetry contest were made to recite poems. The winners of the poetry contest and painting contest were given prizes by the Chief Guest and the President of Sahaj Seva Samsthan, Dr. K. Madhava garu. The Chief Guest inspired the gathering by his speech on the importance of values in our life, how to build self confidence and develop concentration.



September 5th – Teacher's day



On Teacher's Day students of 9th and 10th dressed like teachers. They taught primary classes for few hours and all the primary students maintained discipline and cooperated with seniors. Later students performed dramas, sang songs and spoke about the significance of Teacher's Day and importance of guru in the life of a person. Students of 10th class conducted a quiz competition for teachers which was exciting and sharpened the brains of the teachers. Teachers played Throw Ball match enthusiastically. For a moment it felt like all the teachers had become students and all the students had become teachers.



T. Tarun of IX class presented a working model of "Solar based automatic level crossing system" at district level INSPIRE awards Science Fair held from September 9th to 11th. The model was guided by Sri M. Ramesh, Maths and Physics teacher, Satkama School. The model uses an LDR photo detector to detect the passing train. It automatically closes the gates when the train comes and reopens when the train passes the gates. The model was very much appreciated by all the visitors in the Science Fair.

State Science fair

School Visit



Dr. Jayanti Prasad, Associate Professor in Dept. of Computer Science at Dartmouth College visited the School with Dr. K. Madhava. He engaged the students in a very interesting way and taught 9th & 10th class students some math tricks to solve problems fast. He impressed on the students the need to understand things by reasoning out things.

Srimad Bhagavad Gita Recitation

Students recited Srimad Bhagavad Gita slokas from the book "Srimad Bhagavad Gita in the light of the Natural Path" on Janmashami Day. As part of the event, they visited Kalinga Center and were appreciated for their rendition.

At bed time, feeling the presence of God, repent for the wrongs committed. Beg forgiveness in a supplicant mood, resolving not to allow repetition of the same. - Commandment 10

- Pujya Sri Ramchandraji Maharaj

BODH SCHOOL

Special School for Slow Learners (Children with Learning Difficulties)



Bodh School children celebrated August 15th along with Satkama High School. Few children wrote poems on Freedom. They were given special prizes by the Chief Guest, Dr. Bhamidipati Sastry garu. Teacher's Day was celebrated along with Satkama High School. Students regularly learn painting and craft activities. They along with the students of Satkama painted diyas colourfully which have been kept for distribution and sale.

KRISHNASTAMI

Divya, Class V

Lord Krishna is born on Krishnashtami. Lord Krishna loves butter. He did many naughty things. Many people do not work on that day. Many people go to temple. We fast on that day. Many people eat fruits and sweets in the evening. They also invite relatives and friends to eat with them. It is a day to think about good things we have.

FREEDOM

M. V. S. Shashank, Class V

The freedom fighters of India gave us freedom by sacrificing their lives. When we pray to Lord Krishna he gives us peace and happiness. Lord Krishna gives peace to freedom fighters. We are happy and peaceful because of the blessings of Lord Krishna and freedom fighters.

మన దేశం మన దేశం

హాలీష్, ఏడవ తరగతి

మన దేశం మన దేశం

ఇది భారతదేశం

మన దేశానికి వచ్చారు ఆంగ్లేయులు
వచ్చిన ఆంగ్లేయులు మన దేశాన్ని పాలించారు.
మన దేశం మన దేశం
ఇది భారతదేశం
ఆంగ్లేయులను తరమడానికి
వచ్చారు వీరులు, తరిమారు వాళ్ళను.
మన దేశం మన దేశం
ఇది భారతదేశం
వీరులు ప్రాణాన్ని
లెక్క చేయకుండా స్వాతంత్ర్యం తెచ్చారు.
మన దేశం మన దేశం
ఇది భారతదేశం
ఇప్పుడు మనం మన దేశాన్ని
కాపాడుకుందాం పదండి.
మన దేశం మన దేశం
ఇది భారతదేశం

INDEPENDENCE DAY

Santoshini, Class VI



We got freedom on August 15th. We celebrate Independence Day on August 15th. We hoisted the flag and did dramas on freedom fighters. On Independence Day we sang songs and did dramas in school. Our Chief Guest gave a speech. We enjoyed Independence Day.

బొమ్మ

యువరత్నం, నాలుగవ తరగతి



ఒక ఊరిలో ఒక అమ్మాయి ఉండేది. ఆ అమ్మాయి పేరు లత. తను ఒక రోజు తనకి ఇష్టమైన బొమ్మ చేస్తోంది. చేస్తోంటే ఒక చిన్న పాప వచ్చింది. ఆ చిన్న పాప పేరు చిన్ని. చిన్ని లత దగ్గరకు వచ్చి, 'నాకు ఆ బొమ్మ కావాలి' అంది. అప్పుడు లత సరే అని ఆ బొమ్మను ఇచ్చింది. చిన్ని ఆనందంగా బొమ్మను తీసుకొని వెళ్ళింది.

నీతి : మనం మన గురించి పట్టించుకోకుండా ఎదుటివారి

గురించి ఆలోచించాలి.

రాజు- రాజేష్

ఎమ్. రమ్య, ఐదవ తరగతి



ఒక ఊర్లో రాజు, రాజేష్ అనే స్నేహితులు ఉండేవారు. వాళ్ళిద్దరు కలిసి మెలసి ఉండేవారు. రాజు చాలా మంచివాడు. తను ఎవరైనా కష్టంలో ఉన్నప్పుడు సాయం చేస్తాడు. రాజేష్ ఎవరికీ సాయం చేయడు. తన దారి తాను వెళ్ళిపోతాడు. ఒక రోజు రాజు, రాజేష్ బడి నుండి ఇంటికి వస్తుంటే ఒక కుక్క కాలికి దెబ్బ తగిలి ఉండడం చూసారు. రాజేష్ ఏమీ పట్టించుకోకుండా వెళ్ళి పోయాడు. రాజు కుక్క కాలికి మందు రాసి కట్టు కట్టాడు. కుక్క ఆనందపడి వెళ్ళిపోయింది. ఈ విషయం బడిలో చెప్పితే ప్రధానోపాధ్యాయులు రాజుకు బహుమతి ఇచ్చారు. దాన్ని చూసి రాజేష్ లో మార్పు వచ్చింది.



నీతి : ఎదుటివాళ్ళు కష్టంలో ఉన్నప్పుడు సాయం చేయాలి.

SSS VOCATIONAL WING



Vocational wing కొరకు సహజ సేవా సంస్థాన్ Siemens company oven కొనడం జరిగింది. దీనిలో బిస్కట్లు ఎక్కువగా, వేగంగా ఒకే రీతిలో తయారవుతాయి. పిల్లలు చాలా ఉత్సాహంగా బిస్కట్లు తయారుచేయడంలో పాల్గొంటున్నారు.

DIYA PAINTING

M. Anjani and Sreeja, Class V



We painted diyas for Diwali. Our art teacher told us how to paint diyas. Our school bought the diyas. First we dipped diyas and small

pots in water. After drying them, we coloured them with white paint. We later designed them beautifully. All classes painted diyas and small pots.



MSRCM HOSPITAL NEWS

వంటింటి దినుసులతో ఇంటి వైద్యం - జీలకర్ర

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



సంస్కృతం : జీరక

హిందీ : జీర

తెలుగు : జీలకర్ర

జీలకర్ర ప్రతినీత్యము వంటలో ఉపయోగించబడును. జీలకర్ర కటురసము, లఘురూక్ష గుణము కలిగి ఉంటుంది. కటువిపాకము అనుగుణము కలిగి ఉంటుంది. జీరక అనగా జీర్ణము చేయునది. జీలకర్ర కఫము మరియు వాతమును తగ్గించును. జీలకర్రలో దీపనము (ఆకలి కలిగించును) పాచనము (జీర్ణము) చేయు గుణము కలిగి ఉన్నది.

జీలకర్ర ఔషధగుణములు:

అమ్లపిత్తము (Hyper Acidity) : జీలకర్ర మరియు ధనియాలను కలిపి అందులో కొంచెం నెయ్యి కూడా చేర్చి ఘలుపాకము చేసి వాడినచో, అరుచి (ఆకలి లేకపోవడం), అమ్లపిత్తము (Hyper Acidity) మరియు వాంతులు మొదలగునవి తగ్గును.

అజీర్ణము / ఆకలి లేకపోవడం : జీలకర్ర 10gms ఒక గ్లాసు

నీళ్ళలో వేసి అందులో కొత్తిమీర ఆకులను వేసి, చిటికెడు ఉప్పు కలిపి బాగుగా కాచి, దానిని ఆకలి లేకపోవడం, అజీర్ణము, మార్నింగ్ సిక్నెస్ (Morning Sickness), కడుపుబ్బరము, అతిసారముల యందు వాడిన ఎంతో ఉపశమనము కలిగిస్తుంది.

భోజనానికి అరగంట ముందు జీలకర్రను చక్కగా నమిలి ఆ రసాన్ని ఆస్వాదిస్తుంటే చక్కని ఆకలి వేస్తుంది.

విషమ జ్వరాలు : జీలకర్ర, బెల్లములను కలిపి సేవించినచో విషమజ్వరాలు శమించును. ఈ మిశ్రమము వాతరోగాలు కలిగినవారికి మరియు అగ్నిమాంద్య (Indigestion) ఉన్నవారికి మంచిది.

తేలుకాటు : జీలకర్రను మరియు ఉల్లిపాయలను మెత్తగా దంచి తేలుకుట్టిన చోట రాసినచో మంచి ఉపశమనము కలుగుతుంది. ఈ విధముగా మన వంటగదిలో ఉండు దినుసులతో వైద్య చిట్కాలు పాటించి ఆరోగ్యాన్ని పరిరక్షించుకోవచ్చును.

Be happy to eat in constant divine thought whatever you get,
with due regard to honest and pious earnings - Commandment 8

- Pujya Sri Ramchandraji Maharaj

వేమన శతకము

చదివి చదివి కొంత చదువంగ చదువంగ
చదువు చదివి యింకఁ జదువు చదివి
చదువు మర్మములను చదువలేడయ్యెను
విశ్వదాభిరామ విసురవేమ!

తాత్పర్యము: ఎంత కాలము చదివినా, ఎన్నెన్ని చదువులు చదివినా, చదువులలోని మర్మము అయిన ఆత్మ తత్వము తెలియకపోతే ఆ చదువులన్నియు ఎందుకు పనికిరావు అనగా నిరర్థకములు వృథాములు అని అర్థము.

संत कबीर के दोहे

सतगुरु मिले तो सब मिले, न तो मिला
न कोय ।

मात-पिता सुत बांधवा, ये तो घर घर होय ॥

If you get the Master you have gotten everything, otherwise what you have doesn't matter. Family, friends, relatives and all, this everyone has.

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 శిక్షణ కార్యక్రమము

'ఇంపీరియన్స్' సంస్థ ద్వారా ప్రాణాహుతి సహిత ధ్యాన పరిచయము గురించి రెండు రోజుల ఉచిత ధ్యాన శిక్షణ 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 Ramchandraj 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 Ramchandraj 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, Vocation and Health Care.

 <p>SATKAMA SCHOOL FOR INTEGRATIVE DEVELOPMENT EDUCATION FOR A NEW SPIRITUAL ERA Plot No. 1735, Pragathinagar Kukatpally, Hyderabad, INDIA Phone: 91-40-64518979</p> <ul style="list-style-type: none"> •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) <p>www.sahajsevasamsthan.org/satkama/ email:satkama@sahajsevasamsthan.org</p>	<p>BODH SPECIAL SCHOOL FOR SLOW LEARNERS (CHILDREN WITH LEARNING DIFFICULTIES)</p> <p>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 who face repeated failures in normal schools and who are school drop-outs.Objectives of school are:</p> <ul style="list-style-type: none"> •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 <p>www.sahajsevasamsthan.org/Educational/Bodh.htm email: bodh@sriramchandra.org</p>	 <p>MSRCM HOSPITAL HOLISTIC HEALTH CARE 10-3-783/254/3 RT, Vijaya Nagar Colony , Hyderabad, India – 500 047, +91-40-23341380</p> <p>Services available in the hospital -</p> <ul style="list-style-type: none"> •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 <p>www.sahajsevasamsthan.org/Health/Health.htm email:msrcmh@gmail.com</p>
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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 making, Sahaj Sakthi Ready Mix making and Citronella candle making. Students spend one period a week in learning these activities. Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of Centenary birth year of Pujya Dr. K. C. Varadachari in 2002. Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan distributes 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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