



SPANDAN

Sahaj Seva Samsthan Educational Newsletter

SATKĀMA & BODH

WE WISH EVERYONE A VERY HAPPY NEW YEAR

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

- Pujya Sri Ramchandraji Maharaj

ESSENTIALS OF FOOD

Dr. M. Janardhan Reddy

Eating pure and nutritious food is an important part of our life. Food is essential for our physical and mental well being. It is said, "a sound mind in a sound body". It is necessary to maintain a healthy body to discharge our duties towards the world and the Divine.

Our Grand Master Pujya Lalaji Maharaj and our Master Pujya Babuji Maharaj, in the 8th Commandment have explained in detail about the purchasing, cooking and eating of the food. Food materials should be purchased from the honest and pious earnings to maintain their purity and cooked in the neat and clean vessels by a devotee practicing the Natural path, in constant Divine thought. It should be offered to God, before eating.

Food is eaten in constant Divine thought in a happy disposition and with respect and care. When we remain in constant Divine thought the effect of thought waves percolates into the food and increase our purity. We should eat happily what ever we get. Only vegetarian food is eaten. Non vegetarian food is not conducive for our spiritual progress. Food not cooked in the above manner should not be eaten. We should not eat any outside food.

We can learn a lesson from an anecdote from the life of Pujya Babuji Maharaj. Once during His tour of South India, Pujya Babuji Maharaj was visiting Tirupathi and staying at the residence of Pujya Dr. K. C. Varadachari. Dr. Kuppaswami Garu invited Pujya Babuji Maharaj and the abhyasis of Tirupathi center for lunch. Food was served and every body was eating. Pujya Babuji Maharaj was not eating stating that He was not having any appetite. He returned to Pujya Dr. K. C. Varadachari's residence and asked for chapatis as He was feeling hungry. When asked as to how He is feeling hungry, since He is coming after the lunch. Pujya Babuji Maharaj replied " I did not have my lunch saying that I do not have any appetite to eat, since the food is prepared by the lady of the house who is not an abhyasi. She is a disciple of some other guru." We should learn a lesson from this anecdote and strictly avoid eating food not prepared as per the instructions of our Masters.

PRINCIPAL'S MESSAGE

Satkāma High School

Sri Vidyadhar Joshi

To the young readers and all patrons of Spandan, I wish a very Happy New Year of the 143rd year of the Lalaji Era. What is it that we are really wishing when we say "Happy New Year"? Should the new year be happy for the person or should the person be happy in the new year? I feel it should be the latter.

But then, what does it mean to be happy? One may say, that when we get things which we like, we are happy and when we get things we don't like we are unhappy. For e.g, when a person gets profit in his business he will be happy, but if he gets a disease he will be unhappy. This would mean then that our happiness is not in our hands. God is the source of all happiness and He is within us. How then is it possible for anyone to become unhappy? Masters have given the answer to humanity by practically demonstrating the principle of happiness in their own lives with their steadfast faith in God. Though they had hardships in life, they remained in a happy state always.

In Pujya Lalaji Maharaj's own words, he says, "**As for afflictions and worries, I too had mine which might perhaps be shocking to another. Often I had nothing for my meals. I had a number of children and dependents to support. Besides, at times I had to help others too, which I could not avoid. The entire responsibility was upon me alone and I had to manage all that and provide for all requirements. I may also tell you that sometimes there was only one quilt, and that too with mutilated padding, to cover the entire family. But I took it as a display of misfortune only which passed away with time. I felt that all this was absolutely of no importance to me as compared to Reality which was predominant in all my being. So I ever smiled on them thinking them to be the very way of liberation.**"

This is one example that shows the total equanimous and balanced nature of Pujya Lalaji Maharaj. Since we owe everything to Pujya Lalaji Maharaj the first month of the Lalaji Era is named as Samavarti which means Just and Balanced. The happy new year wish is really to give us this hope that all that happens in the new year will be Just and God ordained, and we be happy and balanced with faith in the Master.

Happiest man is he who is happy under all circumstances - Pujya Sri Ramchandraji Maharaj

STORY OF MASTER

Cynosure of His eyes

Reference Book : Spirituality

Once an abhyasi went to a bhandara in Surat. The section of people was divided into two halves. Master on the first day was speaking to the section on the left half of the crowd. The abhyasi was sitting in the right half of the crowd. Seeing that the Master was facing only to the left half and talking, the abhyasi cleverly went and stood in that section the nextday to get Master's attention. But to his disappointment, the Master was talking to the people on the right hand section.

*We should effect such a making of ourselves as may help us to become the cynosure of His eyes
- Pujya Sri Ramchandraj Maharaj*

SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President, Sahaj Seva Samsthan

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

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

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

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

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

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

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

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

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

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

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

SRIMAD BHAGAVAD GITA

तमेव शरणं गच्छ सर्वभावेन भारत ।
तत्प्रसादात्परां शान्तिं स्थानं प्राप्स्यसि शाश्वतम् ॥

Unto Him alone, therefore, you surrender, O Scion of Bharata, with your very being; through His grace you shall attain to the Supreme Peace and the Absolute. (18-62)

इति ते ज्ञानमाख्यातं गुह्याद्गुह्यतरं मया ।
विमृश्यैतदशेषेण यथेच्छसि तथा कुरु ॥

Thus unto thee has been recited by Me this doctrine which is more mysterious than mystery itself; ponder over it well and fully, and thereafter do as thou wilt(18-63)

In Ramayana, Lord Rama was asked to serve an exile of fourteen years in the forest. His wife Sita and brother Lakshmana joined him. While in exile, the Lord of Lanka, Ravana forcibly took away Sita to Lanka. Vibheeshana was the younger brother of Ravana.

When Lord Rama and his army were camping on the other side of the sea, Vibheeshana tried to reason with Ravana and urged him to return Sita to Lord Rama. At this suggestion Ravana became furious and threw Vibheeshana out of Lanka. Vibheeshana with four of his followers left everything (friends, family and property) behind in Lanka and took refuge in Lord Rama. Lord Rama accepted Vibheeshana and promised his protection. This is the act of surrender of Vibheeshana to Lord Rama.

Having renounced all desires and placed all his burdens on Lord Rama, he prayed for nothing but service to the Lord, which he counted as the highest bliss. Thus Lord Rama brought peace to the heart of Vibheeshana, who was very troubled with the ill act of his brother, Ravana.



ప్రార్థన - అనుభవము



Illustration
N. Vishwesh, V Class

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

4.11.14 - During meditation I felt very pleasant. After meditation I felt refreshed.

16.12.14 - During meditation I felt very happy. After meditation I felt very happy.

22.12.14 - During meditation I felt very calm and pleasant. After meditation I felt very calm.

N. Teja, X Class

13.11.14 – During meditation I felt I am in peaceful state. After meditation I felt happy and peace.

16.12.14 – During meditation I felt very disturbed. After meditation I felt peace.

22.12.14 - During meditation I felt I am in peaceful state. After meditation I felt peace and calm.

G. Rohit Phani Kumar, X Class

11.11.14 - During meditation I felt alone and I also felt there was no one around me. After meditation I felt very fresh, calm and peaceful.

12.11.14 – During meditation I felt very peaceful and calm. After meditation I felt fresh, active and relaxed.

24.11.14 – During meditation I felt calm and peace. After meditation I felt refreshed.

K. Sushma, X Class

16.9.14 – During meditation I felt sleepy and disturbed but sat silently. After meditation my mind became calm and fresh.

20.12.14 - During meditation my mind was calm. After meditation my mind became fresh and calm.

5.1.15 – During meditation I sat silently. After meditation I felt calm.

Ch. Harichandra Prasad, X Class

WISDOM WORDS

Sincerity : It means single pointed approach, Ekagravritti - Sincerity of approach. There is no point in trying to ride two horses at a time. When we are trying to do a Mathematics problem, let our mind be on the Mathematics problem. Let it not go to Physics. That is sincerity. If we attend sincerely to our work, we will definitely achieve it, because sincerity means only this much. Don't deviate from the task and the method that you have chosen, follow it. See the result.

LALAJI ERA MONTH NAMES : New Era has started with the Advent of the Grand Master Pujya Lalaji Maharaj of Fatehgarh, U.P, India. A new calendar is named after Pujya Lalaji Maharaj and 2015 is the 143rd year of Lalaji Era. The year according to Lalaji Era starts on January 14th of every year. The months of the year are: Samavarti, Prana, Bhuma, Prabhu, Bhanwar, Iswar, Varada, Krishna, Samadristi, Satpad, Radha, Viveka.

Student Editorial

Terrorism and World Peace

Sai Sree Reddy, X Class

Terrorism! Terrorism! Terrorism!....it has become a ringing tone in the ears of everyone around the world. Our ears are unable to hear the word, 'Terror'. We came to know that on 18th December, 2014 Tuesday a massacre happened in Pakistan. Six militants entered into an Army Public School examination hall, stormed the premises and shot dead about 141 people, 132 of them were dead. The teacher was tied to a chair and fired at cruelly. Children are like buds, they have many dreams and hopes. They have mother, father, sisters and brothers. Their world is just school, home, friends and games. What loss did they do to the Taliban for them to be killed? Do they (Taliban) have hearts? Do they have humanity? Do they know the meaning of it? If they knew, they would not have done this cruel act. Once if we try to feel their pain, we can understand it.

Innocent children, do they think that some one will come and kill them? Their hearts are more pure than a pearl. Why this terrorism, terrorist and Taliban? All their words are so cruel and not good to hear. At a tender age only, we can change one's attitude and behaviour. If their parents teach them the values like Fraternity, Universal Brotherhood, Sacrifice, etc, they won't attempt such a terrible act. They may not have created such a blood shed. How can they even try to harm anyone? We know that thoughts have life and they act on the life of others. If everyone thinks that all are their brethren, then such type of heart breaking incidents won't take place.

There won't be any place for such acts. There will be place for Peace, Harmony and Fraternity in the world. Do we kill our own sons and brothers? No, we don't. If we think about it as such we cannot commit any harm to them. If any two countries have some disagreements or problems they should come to one understanding, if not they should approach the UN Peace Organization. We will try to share the pain and offer our deepest condolences as Sri Narendra Modi, our Prime Minister said.

For not repeating this cowardly act, one thing we should do is to do our 9 o'clock prayer as given by Pujya Sri Ramchandrajji Maharaj of Shahajahanpur, U.P., India thinking that all are our brethren and all are developing true love towards the Divine. Our thoughts have life so it may be successful one day. Our dream is not to hear words such as fighting, firing, killing, terrorism, etc. If we do this we can see our Earth as green Earth and feel proud that she gave birth to such great people. If we want change in the society, first, we should be the change. We will be the change.

SRINIVASA RAMANUJAN

Sri M. Ramesh, Mathematics Faculty

The Indian mathematical genius Srinivasa Ramanujan was born on 22 December 1887. Ramanujan was self taught, emerged from the extreme poverty to become the most influential mathematician of the 20th century. He had an enormous memory and went to find his own methods. It was in recognition of his contribution to Mathematics the Government of India decided to celebrate Ramanujan's birthday as the National Mathematics Day every year and celebrated 2012 as the National Mathematical Year.

Ramanujan was invited to the Trinity College. Ramanujan arrived in London on 14th April, 1914. He began his work with Hardy and Littlewood. Ramanujan published more than 30 research papers in three years. On 13th October, 1918, he became the first Indian to be elected as a fellow of Trinity College, Cambridge but his health was worsened in England by the scarcity of vegetarian food. During the first world war, he was diagnosed with tuberculosis. Ramanujan returned to Kumbakonam, India in 1919. He died on April 26, 1920. In his 35 years of life span he achieved a lot of awards and invented many theorems. He gave some magic squares. Here is a sample of a magic square. The square looks like any other normal magic square. What is so great in it?

22	12	18	87
88	17	9	25
10	24	89	16
19	86	23	11

1. Sum of numbers of any row is 139.
2. Sum of numbers of any column is also 139.
3. Sum of numbers of any diagonal is also 139.
4. Sum of corner numbers is also 139.
5. Sum of second and third squares of first and last row is 139.
6. Sum of second and third squares of first and last column is 139.
7. Sum of pink squares is 139 and sum of blue squares is 139.
8. Sum of central squares is 139.
9. Sum of each quadrant is 139.
10. Sum of 1st and 2nd squares of second and third row is also 139.
11. Sum of 3rd and 4th squares of second and third row is also 139.

Do you know the date of birth of Srinivasa Ramanujan? It is the 1st row.



Bhoomika Sai, V Class *Chinna and his mother*

One day Chinna was coming home. On the way, there was a shop. In the shop, there were tinkling bells. Chinna wanted to buy bells for his pet Tommy. The money in his pocket was missing. Morning his grandfather gave him 10 rupees and the money was missing. He was shocked. He went home and started crying. His mother came and asked Chinna, "what happened?". Chinna said, "Morning grandfather gave me 10 rupees but that is missing." His mother said, "It's fine. Do not cry. We will buy the bells and vegetables" said his mother. Chinna and his mother went to buy vegetables. Chinna asked his mother, "Amma, can you buy pineapples for me." Chinna's mother asked the shopkeeper, "How much is one pineapple?". The shopkeeper said, "one pineapple is 20 rupees." Chinna's mother asked for two pineapples and gave 50 rupees to the shopkeeper. She asked Chinna to receive the money and went to buy vegetables. The shopkeeper returned 20 rupees. Chinna went to his mother and said, "Amma, the shopkeeper gave 10 rupees more by mistake. Can I buy chocolates with this 10 rupees?". She said, "No Chinna, do not do that. That is stealing. When you lost your money you felt very sad. They will also feel like that. First go and give 10 rupees back to the shopkeeper. Chinna ran to the shopkeeper and gave 10 rupees back to him.



Moral: We should always be honest.



త్యాగం

టి. శ్రీజ, ఐదవ తరగతి
అనగనగా ఒక ఊరిలో రాముడు, భీముడు అనే ఇద్దరు స్నేహితులు ఉండేవారు. ఒక రోజు

రాముడికి వాళ్ళ నాయనమ్మ అతనికి ఇష్టమైన బొమ్మ కొని ఇచ్చింది. రాముడు ఆ బొమ్మను తీసుకొని తన స్నేహితుడు భీముడుతో ఆడుకోవాలని వెళ్ళుతున్నాడు. అప్పుడు దారిలో రాముడికి భీముడు కనిపించాడు. భీముడు రాముడిని 'నాకు ఈ బొమ్మను ఇవ్వవా' అని అడిగాడు. రాముడు ఏమీ ఆలోచించకుండా ఇచ్చేశాడు.



నీతి : మనము ఇతరుల సంతోషానికి త్యాగం చెయ్యాలి.

నిజాయితీ

టి. నితిషా, మూడవ తరగతి



ఒక రోజు ఒక అబ్బాయికి టీచరు 'నువ్వు రేపు తెలుగు పుస్తకం తెచ్చుకో అంది.' ఆ రోజు ఆ అబ్బాయి ఇంటికి వెళ్ళి చూస్తే వాళ్ళ చుట్టాలు ఉన్నారు. ఆ అబ్బాయికి టీచరు చెప్పింది గుర్తుకు వచ్చింది కాని చుట్టాల పిల్లలతో ఆడుకున్నాడు. మర్నాడు ఉదయాన్నే టీచరు వచ్చారు. అబ్బాయిని తెలుగు పుస్తకం తెచ్చుకున్నావా అని అడిగారు. అబ్బాయి 'టీచర్ మా చుట్టాలు వచ్చారు. అందుకే మర్చిపోయాను. రేపు నిజంగానే తెచ్చుకుంటాను' అని అన్నాడు. టీచర్ సరే అని చెప్పారు.



నీతి: ఉన్నది ఉన్నట్టుగా నిజమే చెప్పాలి.



Honesty

Arsiya, III Class

One day Raju was going home. He

had money. He kept it in his pocket. But money fell on the road. One boy saw that. That boy said to Raju, "Take your money". Raju said, "Thank You".



Moral: We should always be honest.

సహాయం

బీష్మిక, మూడవ తరగతి



ఒక రోజు ఒక అబ్బాయి బడికి వెళ్ళాడు. ఆ అబ్బాయికి ఆ రోజు ఉక్తలేఖనం ఉంది. ఆ అబ్బాయికి అన్నీ తెలుసు. అప్పుడు ఇంకో అబ్బాయి వచ్చాడు. ఆ అబ్బాయికి ఏమీ తెలీదు. ఆ అబ్బాయి చాలా బాధపడుతున్నాడు. ఇంకో అబ్బాయి ఈ అబ్బాయికి నేర్పించాడు.



నీతి : మనం ఇతరులకు సహాయం చెయ్యాలి.



N. Mounika VI Class

Mother

M

other is the first God and Guru of the child.

From our birth we learn everything for our living from our Mother.

Mother's importance is emphasized in this shloka "Matrudevobhava

Pitru devobhava, Acharya devobhava". We pray to Mother first and afterwards we pray to Father and the Guru respectively. Mother's position is an important one in the entire creation of God. Mother always thinks about the development of her children. All the children are equal before their Mother.



Shiva Sai VI Class

The Earth

W

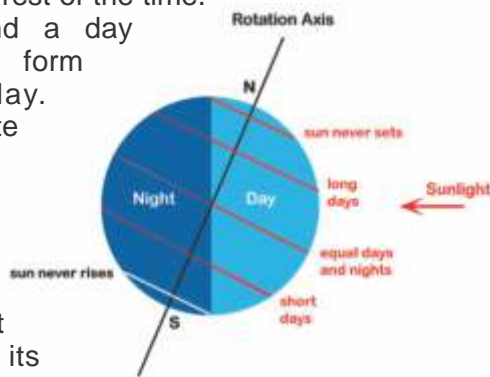
e exist on the Earth. The Earth always moves. The Earth moves from West to East. We

move along with the Earth but we do not know that it moves. The Earth has two motions. Motion means movement. It rotates on its own axis. It revolves around the Sun. The end points of the Earth at north and south are called the poles. If we draw an imaginary line through the center of the earth connecting the north and south poles, it is the Axis of the Earth. When the Earth rotates on its own axis it is called a rotation. It takes 23 hours, 56 minutes and 4 seconds to complete one rotation. While the Earth rotates round itself only one half of it faces the Sun. That half of the Earth receives sunlight. Then there is light on the Earth. The people on this side of the Earth have daytime. The sunlight does not fall on the other half of the Earth. That part becomes dark. The people on this side of the Earth have night time. As the Earth rotates always, it will have day for some time and night for the rest of the time.

A night and a day combine to form one full day.

One complete rotation of the Earth makes a day. You have just read that Earth has its

own axis. This axis is inclined at an angle of 23½ degrees. Hence we do not find day and night of equal duration everyday. There are differences in the duration of day and night everyday.



Honesty

Sri Ramya IX Class



O

ne day a lady named Ravitha, a software engineer working at large international bank was going to

work. She was always in a hurry to get to work and had many things to complete that day. She was working at her desk when she realized that her purse was missing. She looked all around her desk and did not find the purse. She gave a police complaint and the security at her office asked her many questions to see where she might have lost the purse.

Meanwhile an auto driver found a purse on the road. He picked up the purse and opened to find a large amount of cash, credit cards, Office ID, and many other things. He took the ID card and found the name of the person and company name on it. He had

dropped many people at the company so he knew which company it was. He called the office and asked to speak to Ravitha. The auto driver explained to Ravitha that he had found her purse and asked her to meet him at a particular place.

Ravitha reached the place quickly and found the auto driver waiting for her. Finding all the money, credit cards and other valuables in there, she thanked him many times for finding the purse and returning it to her.

The auto driver warned to be careful and pay attention when she is travelling from home to work or anywhere. Ravitha gave the auto driver 1000 Rs as a gift, but he refused it. He asked Ravitha to give the money to poor children. People who were standing around all clapped and praised the auto driver.

Moral: Be honest and kind hearted.



Our School

Anilya, VIII Class



I like my school very much because it is different from other schools. Our school teaches us moral values but we cannot see this type of moral value teachings in any other school. They are: truthful, kindness, patriotism, unity, self-control etc....Apart from studies, we also have

sports, library, GH i.e. all classes from 5th to 10th classes will do some dramas etc... we also have a weekly one period that is S.U.P.W. In this period the class will be divided into 3 groups of activities like biscuit making, stitching, gardening. We also have CC period where we learn slokas. Our Principal Sir is a very kind person. Even our teaching staff are very patient and kind towards us. WE DO NOT LEARN THINGS WITH PRESSURE, BUT WE LEARN WITH PLEASURE. Our school makes the students hoist the flag. The first time when I hoisted the flag I felt very proud. Totally I can tell that our school is like a shade of life. I feel lucky to study in such a great and good school.

PRIZE WINNING POEMS

Come come children come come
come
We should protect our national
flag and our country
We have three colours in our flag
They are saffron white and green
Saffron for sacrifice
White for Peace
Green for Prosperity
These are the colours and their importance in our
flag.



C. Loukya
V Class

రండి కదలిరండి దండోరు మోగించండి
అందరు గొంతెత్తి జాతీయ గీతం పాడండి
ఒకే మతం ఒకే కులం మన దేశం మన
స్వాతంత్ర్య దేశం
అల్లారి పుట్టిన దేశం మన దేశం
గిరిజనులకోసం పోరాడి ప్రాణాలర్పించిన
ధీరుడు, శూరుడు, మహావీరుడు అల్లారి
వందేమాతరం వందేమాతరం



కె. సంబివర్ధన్,
తామ్మిదవ తరగతి

My wings are broken
I am chained
My daughters became servants
My sons are killed.
Oh English men, give back my life,
Gandhi, Nehru, Bose, Ambedkar,
Are my sons, who gave back my life,
Jhansi Rani, Rudramma Devi,
Are my daughters, who fought for me,
At last I am relieved,
This is the success of my children,
This is the success of my self.



P. Sai Meghana
X Class

శాంతి దూత గాంధీజీ
నువ్వే మా బాపూజీ
వచ్చింది వచ్చింది స్వాతంత్ర్యం వచ్చింది
నేతల ప్రాణత్యాగాలకు శాంతిని కలిగించింది
ప్రజలకు సంతోషం, ఆనందం కలిగించింది
రండి కదలిరండి దండోరు మోగించండి
అందరు గొంతెత్తి జాతీయ గీతం పాడండి

This is our motherland, she is our
mother
We are born in India we are
called Indians.
The Britishers came and shown
violence for us
After our freedom fighters fought with
Britishers
Our Indians got freedom from our heroes.
That Britishers thought that we are zeroes.
India is greater than all other countries
This india is child of this Earth
Jai Hind



**A. Jayprakash
Naidu**
VI Class

प्यार करना प्यार करना
अपने भारत देश को प्यार करना
त्याग करना त्याग करना
अपने देश के लिए अपने प्राणों का त्याग
करना
आदर देना आदर देना
अपने देश की स्वतंत्रता के लिए
अपने प्राण त्याग करने वालों का आदर करना
सेवा करना, सेवा करना
अपने देश की संरक्षा करनेवालों की सेवा करना



एस. हारिका,
दसवी कक्षा

త్రివర్ణ జెండా ఎగిరెను చూడు
ఆకాశవీధిలో ఆనందముగా
మన గాంధీ చూపిన బాటలో మనము నడవాలిరా..
మధ్యన ఉన్న అశోక చక్రము ధర్మము తెలుపును
త్రివర్ణ జెండా ఎగిరెను చూడు
ఆకాశవీధిలో ఆనందముగా
మన గాంధీ చూపిన బాటలో
మనము నడవాలిరా నడవాలిరా



జి. పల్లవి,
ఐదవ తరగతి

स्वतंत्र भारत देश हमारा ।
पुण्य भूमि है हमारी ।
गाँधी का सत्य अहिंसा मार्ग
झाँसी की लड़ाई
भगतसिंह का आवेश
सबका खूब है स्वतंत्र देश
गंगा यमुना मिलकर गयी सागर में
हरा भरा खेतों का यह भारत देश
विविध संस्कृति संप्रदाय का भारत देश
सोने चाँदी, हीरे मोती वाला भारत देश है ।
कश्मीर से कन्याकुमारी तक
गुजरात से अस्साम तक
कण कण मे हमारी देशभक्ति लहराते है
बच्चों से लेकर बूढों तक देश की रक्षा करना है ।
स्वतंत्र भारत देश हमारा ।
पुण्य भूमि है हमारी ।



एस. साइ स्री,
दसवी कक्षा

దేశం దేశం ఇది మన దేశం
దేశం కోసం పోరాడిన వీరులు
దేశం కోసం ప్రాణత్యాగం చేసిన ధీరులు
దేశం కోసం జైల్లో మగ్గిన వీరులు
జైహింద్ కొట్టండి మన ధీరులకు
దేశం దేశం ఇది మన దేశం



లక్ష్మీకేష్ జోషి
ఆరవ తరగతి

NEW YEAR GREETING CARDS BY CHILDREN FOR LALAJI ERA



B. Avinash Reddy, III



A. Bharath, IV



A. Lokesh, V



Murari, VI



C. Surya, VIII



M. Pranay Kumar, VIII



Ch. Hari Priya, IX



P. Rajini, VIII



R. Bhavani, I



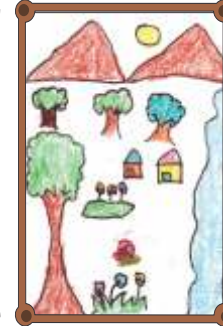
U. Tanmayi, I



K. Kundan Sai, II



Chinmayee, II



Ch. Ramchandra, III



V. Srimayi, III

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



M. Mounika, VIII



Veda Vyas, VI



Ch. Vishnu Vardhan, III



Md. Arshiya Begum, VIII



N. Sowjanya, IX



V. P. S. Tejaswini, VII



K. Lavanya, VI



Ch. Jahnvi, V



Ch. V. Krishna, VI



J. Anu, VIII



P. Ramya Sri, IV



M. Anjani, V



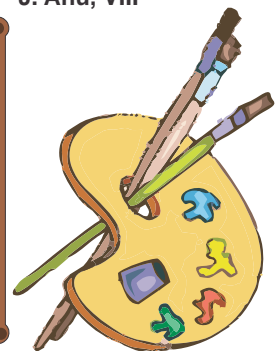
A. Sneha Latha, III



K. Rachana, VII



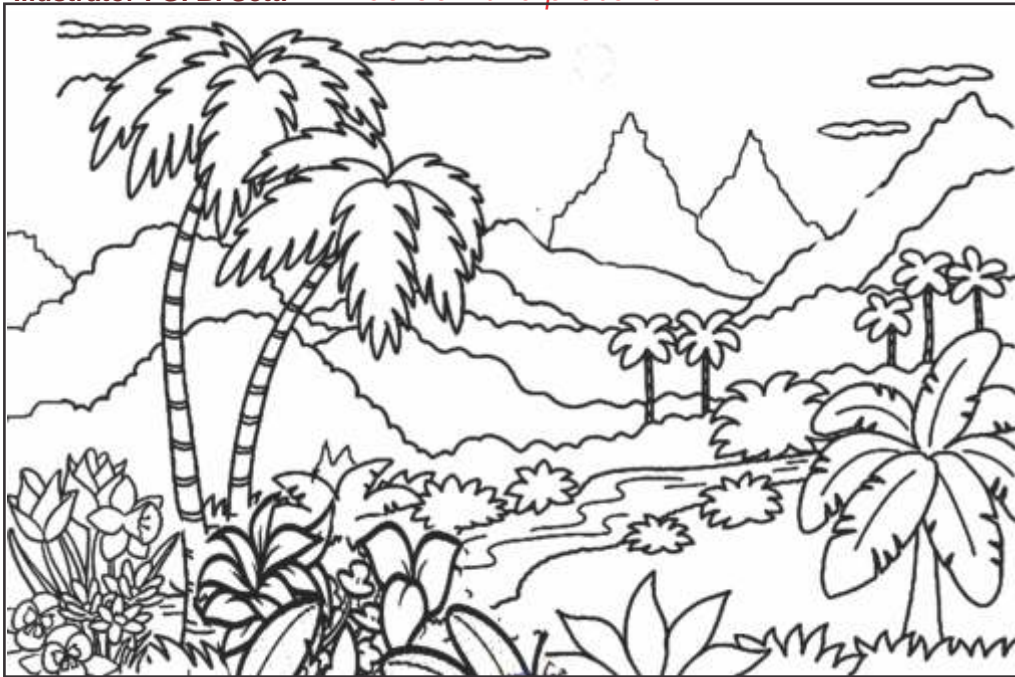
Syed Kaif, VI



ACTIVITY CENTER

Illustrator : G. B. Setti

Colour the picture



A flower blossoms in red colour, another close by in yellow or blue. Thus Nature manifests herself in different colours, each object receiving its due share according to its capacity and worth. In other words, She is dealing with them in Her own particular way. This example must be kept in view and all our dealings must be moulded accordingly, with due regard to proper needs and fair right of everyone, and bring them in close conformity with those of Nature. - Pujya Sri Ramchandraj Maharaj

What's the value?

Write the value the bird displays and locate the bird in the picture.

Dawn, Determination, Water, Viveka, Perseverance, Discrimination, Unduly, Patience, Help, Peacock



1. Weaver birds make a fine nest by using very fine leaves, fibers, twigs and grass. They display the qualities of hard work, patience and _____

2. When a swan is offered a mixture of milk and water, it is said to be able to distinguish milk from water and drink the milk alone. It displays _____ of super fine quality.

3. _____ is the ideal time for watching birds. This is also the ideal time for meditation.

4. When birds fly in groups over

long distances, they do so in an inverted V shape formation. This shape helps the weaker bird fly easily using the lift generated by stronger birds ahead of it. Thus the stronger birds _____ weaker birds reach their destination.

5. From the muddy water of the lake the duck takes in only worms and water and no mud. Duck is able to differentiate between water and silt or in other words, right and wrong which is called _____

6. This is common to all bird sanctuaries. It is something for which we are also grateful to God and cannot live without it.

7. Siberian crane face severe climate on their way flying for long hours without food, water and rest displaying the qualities such as perseverance, patience, tolerance, discipline and _____

8. Though coots and ducks swim in water, their wings do not get wet. Despite being in water, they are able to have no trace of it once they are out of it displaying the quality of not being _____ attached with their surroundings

9. Garuda, the vehicle of Lord Vishnu is ever ready with his wings open to take off immediately at the call of the Lord depicting the quality of endurance and _____.

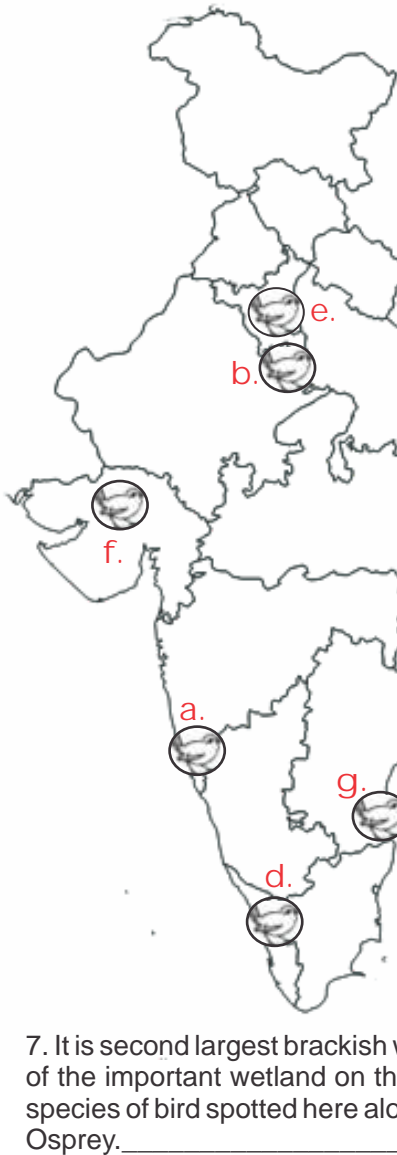
10. Lord Krishna wears _____ feather in His crown.

Solutions on Page 14

ACTIVITY CENTER

Bird Sanctuaries of India

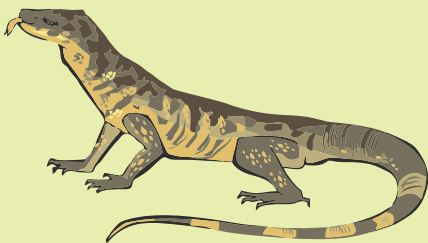
Write the names of the bird sanctuary for the clues given below. Locate these on the map by matching the number and the alphabet on the map.



1. This bird sanctuary also known as Keoladeo Ghana National Park. Because of its strategic location it acts as a staging ground for migratory waterfowl arriving in the Indian subcontinent before dispersing to various regions. It was also the only regular wintering area in India for the Critically Endangered Siberian Crane. _____, _____
2. The sanctuary is named after a famous lake in this area. Lot of migratory birds come here in winter like Greater Flamingo, Rosy Pelican, Spot-billed Pelican etc. Some migratory birds come here in summer like Asian Koel, Black-crowned Night Heron, Grey Heron etc. _____, _____
3. This bird sanctuary is situated in Chora Island along the river Mondovi. It is a mangrove habitat. The sanctuary is named after an eminent Indian ornithologist. _____, _____
4. This bird sanctuary is also known as Vembanad bird sanctuary situated in _____ on the banks of Vembanad lake. The main attractions are local birds like the Waterfowl, Cuckoo, Owl, Egret, Heron, as well as the migratory Parrot, Teal, Lark, Flycatcher etc. Some of the migratory birds come from the Himalayas. _____, _____
5. It is named after the most beautiful pear shaped brackish(salty) water lake and famous for a rich variety of birds. It is the largest wintering ground for migratory birds in India. The brackish water lake is the largest coastal region lagoon in India and the second largest lagoon in the world. _____, _____
6. This bird sanctuary comprises of a huge lake and ambient marshes. It is the largest wetland bird sanctuary in the state and also in India. We can spot birds like Flamingos, Pelicans, Spoonbills, Avocets, Coots, Pintails, small Cormorants, small Grebes and Shovellers. _____, _____
7. It is second largest brackish water lagoon after Chilka Lake, located on the Coromandal Coast of India. It is one of the important wetland on the eastern coast of India for migratory birds. Greater Flamingos is one the major species of bird spotted here along with Egrets, Lesser Whistling Teal, Spot Bill Duck, White-bellied Sea Eagle and Osprey. _____, _____

Who am I?

Solutions on Page 14



- I am a very big lizard.
- I have long neck, powerful tail and claws.
- I can climb up the walls and trees with the help of my limbs and claws.
- I strongly hold on to things I possess.
- Tanaji Malsure, the great Maratha warrior used me to climb the steep wall of the Sinhadadh fort and won it for Shivaji Maharaj.



Positive quality to learn:

Determination: When you know that something is right you should hold on to it with determination.

SWAMI VIVEKANANDA



B. Rani

VII Class

Swami Vivekananda used to give lot of speeches at different places. Sometimes he used to become very tired and worried about next day's speech. When he went to bed something happened. A voice used to tell some speech and next day he used to

say the same. One day some cowboys wanted to test Swamiji. They asked him to stand on the reversed drum and speak. When Swamiji was speaking, they started shooting and making noise.



But this did not disturb him and he continued the speech. I learnt from his story that I will be patient when my friends tease me. I will not listen to useless words that are spoken by others. I will do my work. I will do meditation to be patient.



B. Jahnavi

VII Class

One day Naren and his friend went to meet Sri Ramakrishna. As soon as they came in, Sri Ramakrishna welcomed them and requested Naren to sing a few songs. He acted as if Naren was his close friend. He even gave Naren sweets to eat and even cried of happiness. Naren could not understand why he was so happy. Sri Ramakrishna explained Naren on how we can see and speak to God as if we were talking to friends. Naren could not believe the acts of Sri Ramakrishna but he felt he was a great saint and talked wisely of God. After few months Naren visited Sri Ramakrishna again. Suddenly, when Sri Ramakrishna touched him he felt a weird sensation. Everything around him was whirling then it disappeared. He was so frightened that he was about to die. He cried out that he had parents at home waiting for him. Sri Ramakrishna touched him again and the strange sensation was gone. Naren knew that Sri Ramakrishna was not an ordinary man. This shows the relation between Sri Ramakrishna and Naren. Sri Ramakrishna sensed that Naren was going to become a great man. That is why he treated Naren as close friend even though he never met Naren. Naren had deep respect and devotion towards Sri Ramakrishna. I learnt that even in our life we find our true master somehow or the other. Our master will help us to fix our mind towards God. God may be unknown but we can still speak to him. The relationship between Naren and Sri Ramakrishna is very pure and heart touching.



Swami Vivekananda went to Chicago to represent India and Hinduism at Parliament of the World's Religions. Lot of people came to hear people speak about religion. Everybody had big speeches ready but Swamiji had not prepared anything. When he stepped up to the stage, he started by saying, "Sisters and brothers of America". These five words created applause from the audience. Every person was standing and clapping. Though Swami Vivekananda was a Hindu he spoke with equal respect about all religions. Everybody liked his speech the best. He became famous in Chicago and newspapers printed his photos. People's interest grew day by day to hear his speeches. He brought a name for India in the West. The great thing about Swamiji is that though he was able to live a life of comfort and luxury, he didn't as he knew that the poor people of India did not live such an easy and comforting life. Though he was offered a big bed, he preferred to sleep on the ground. I learnt from Swami Vivekananda that wherever we go, we should never forget our motherland. Always treat the poor as equals and try to work to remove the pain and suffering of the world. Always do work with concentration and self-confidence. He said, "If you are really my children, you will fear nothing, stop at nothing. You will be like lions.... My prayers and benedictions follow every step you take... Everything will come to you if you have faith."



B. Jagruti

VII Class



He didn't as he knew that the poor people of India did not live such an easy and comforting life. Though he was offered a big bed, he preferred to sleep on the ground.

I learnt from Swami Vivekananda that wherever we go, we should never forget our motherland. Always treat the poor as equals and try to work to remove the pain and suffering of the world. Always do work with concentration and self-confidence. He said, "If you are really my children, you will fear nothing, stop at nothing. You will be like lions.... My prayers and benedictions follow every step you take... Everything will come to you if you have faith."

All power is within you; you can do anything and everything. Believe in that, do not believe that you are weak.... Stand up and express the Divinity within you.

- Swami Vivekananda

SOLUTIONS

Page 9 - Value Puzzle - 1. Perseverance, 2. Viveka, 3. Dawn, 4. Help, 5. Discrimination, 6. Water, 7. Determination, 8. Unduly, 9. Patience, 10. Peacock
Page 10 - Bird Sanctuaries - 1 - b - Bharatpur, Rajasthan, 2 - e - Sultanpur, Haryana, 3 - a - Salim, 4 - d - Kumarakom, Kerala, 5 - c - Chilka, 6 - f - Nal Sarovar, Gujarat, 7 - g - Pulicat, Andhra Pradesh
Who am I? - Iguana

SWAMI VIVEKANANDA



D. Vaishnavi Swami Vivekananda's name was Narendranath. He was born on 12th January 1863. His father was Vishwanath Datta, a lawyer and his mother was Bhuwaneshwari Devi. They lived in Calcutta. All respected **VIII Class** them. His parents called him Naren. Naren was a very naughty boy and sometimes his mother found it difficult to control him. She found that if cold water was poured on his head while chanting the name of Shiva, he would quiet down. Young Naren learnt many things from his mother. She told him stories from the Mahabharata and the Ramayana. He loved to hear the story of Sri Rama. Once he waited at a banana grove till late at night expecting to meet Hanuman as he had heard that was a favourite place of this heroic devotee of Lord Rama.



Once Naren was walking along the streets of Calcutta. Suddenly he heard a loud voice. He saw a horse pulling carriage was running as fast as it could. The lady in the carriage was frightened. No one was able to help her. When the horse came close, young Naren ran towards it risking his own life. At last he saved the woman. She was grateful towards him. From this we can learn devotion towards Lord Rama. We have to read or at least listen to Ramayana and Mahabharata instead of wasting our free time. We have to be brave like him. I learnt that we have to help others who seek our help or who are in danger. We have to be kind towards others.



G. Sojel One day Naren's mother locked him in the room. Naren stood near the window and was seeing out. He saw two sadhus shivering from **IV Class** cold. Naren had an idea. He saw a box in the room. In that box he saw his mother's sarees. Naren threw those sarees out of the window for the sadhus. The sadhus covered their body with the sarees. Naren felt happy for helping them.



P. Sravani
VII Class

As Naren grew older he took more interest in reading books and did not play games so much. Once he had to do three years of school work in one year. He studied very hard for examinations. He passed the exam in first division and was the only student from his school to do so that year. I have learnt that one should be confident and we should listen to good words from people. I felt If a person is confident, then he can do anything. If a person is strong and did not have courage, he cannot do anything. If a person is weak and he is brave, he can do anything.



K. Vikas
VII Class

When Naren grew up, he liked to play game of meditation with his friends. Once when he was meditating with his friends, a snake came crawling on the ground. All his friends opened their eyes due to the hissing sound. They were very frightened but Naren was sitting and meditating calmly. All his friends shouted but he did not hear them. After the snake went away, his friends asked him why he had not run. He replied, "I did not know about the snake. I was feeling happy while doing meditation. He forgot his surroundings and thought about God while doing meditation.



One day Naren and his friends were playing near a tree. They wanted to erect a wooden frame of a trapeze with a couple of his friends. But it was so heavy. A British sailor came and helped them. When they were trying to raise the wooden frame, suddenly it fell on the British sailor. Except Naren and few friends, all others ran away. Naren tore his own cloth and bandaged the wound on the head of the sailor. The boys bought him to a nearby school and called a doctor. The doctor treated the sailor and he got better. Naren did his duties very well.



Hakeem
VII Class



Subash
VII Class

Swami Vivekananda was interested in meditation from childhood. He was also very brave. Once he went to a place along with his friend. The place was very cold. There were many mosquitoes in that place. They both started to meditate. Swami Vivekananda's friend was not able to meditate. He was shivering and also mosquitoes were biting and disturbing him. He opened his eyes to see how Swami Vivekananda was doing meditation. He was shocked to see Swamiji's body covered with full of mosquitoes like a blanket. When Swamiji opened his eyes, his friend fell on his feet and asked him to teach meditation.

SCHOOL EVENTS

Rendezvous with Nature

School management organized a field trip on 12th December to Forest Academy in Dhulapally. Dr. Dharma Chandra explained about all the trees in the forest and their uses. The forest also contained different species of animals, birds, insects and snakes. It was followed by a snake show conducted by Friends of Snakes, a voluntary organization. Mr. Chandra Sekhar and Mr. Abhijit showed few snakes and explained their importance. Children and staff also visited herbal garden which had medicinal and ayurvedic plants like Aloe vera, Saraswathi, Brahmi, Tulasi, Ficus Religiosa (Raavi) etc. They learnt a lot about our flora and fauna.



Children's Day

Children's Day was marked by all the teachers conducting entertainment programs and games and Swacch Bharat in the school campus. They conducted quiz for classes I – X. They also sang songs, performed value based skits and humorous skits. They asked puzzles for 8th – 10th classes. Children participated in these programs enthusiastically. Usha Rani teacher was dressed as a fortune teller and told about the importance of education and school.



Traffic Awareness

Cyberabad traffic police conducted an awareness program for children on November 12th. Mr. Naresh Kumar, in charge of traffic education for Kukatpally zone along with a constable explained the importance of traffic rules along with some real life accident visuals. The visuals showed how many people lost their lives within a fraction of second. Children felt that it's better to reach destination late than losing life and everyone felt benefited from the program.



Mathematics Day

We celebrated Mathematics day on 22nd December. Students of VIII and IX classes participated enthusiastically. Other classes' students visited and learnt many concepts. Teja and Rohit of class X explained how to measure the height of a tree using similar triangles in Geometry. Akshay Varma and Sai Durga Prasad of class IX explained the properties of different shapes in Geometry. Children also learnt Ramanujan's magic squares as explained by T. Tarun of class IX. Hari Prasad and Uma Maheswari of class X spoke about Srinivasa Ramanujan.



Special School for Slow Learners (Children with Learning Difficulties)



పూజ్య శ్రీ లాలాజీ మహారాజ్

ఎ. బిష్య, ఐదవ తరగతి

పూజ్య శ్రీ లాలాజీ మహారాజ్ గారు ఎప్పుడు అందరితో స్నేహంగా ఉంటారు. ఆయన మాట్లాడే మాటలు ఎప్పుడు ఎవరినీ బాధపెట్టేవి కావు. ఆయన తన పనులన్నీ సమయానికి చేసుకొనేవారు. ఆయన ఎప్పుడు ఎవరి గురించి చెడుగా మాట్లాడేవారుకారు. ఆయన ఎప్పుడు నిజమే మాట్లాడేవారు. ఆయనకాని వస్తువును తీసుకొనేవారుకాదు. ఆయన గొప్పతనాన్ని ఆయన శిష్యుడు గేయంగా రాసారు.



Honesty

G. Santoshini, VI Class

Once there was a boy named Vasu. When Vasu was going to his house, his friend's favourite story book fell on the road. He did not know that the book was his friend's and took the book and gave it to the teacher. The teacher asked the children, "Whose book is this?" Bunny said, "That book is mine." He felt very happy.



ప్రకృతి

బి. మానిక, ఏడవ తరగతి

అహ! చల్లన మబ్బులతో, చల్లని గాలితో, పెద్ద పెద్ద కొండలతో, చక్కని జంతువులతో

ఈ చల్లని ప్రదేశం ఎంత హాయిగా ఉంటుందో! అందమైన చెట్లతో ఎంత విశాలంగా ఉంటుందో! కనిపించే ఈ చెట్లతో ఎంత అందంగా ఉందో! ప్రకృతిలో ఎంత శక్తి ఉంటుందో!

కిచ్ కిచ్ మంటున్న పక్షులు, రెపరెపలాడే సీతాకోకచిలుకలు, నాగపాముల నాట్యాలు, నెమలి నాట్యాలు,



ఇలా ఇవన్నీని చూస్తే గుండె హాయిగా ఉంటుందో! ఇలా అన్నిటిని చూస్తే ఎంత అందంగా ఉంటుందో! విశాలమైన ప్రదేశంలో ఈ వన్నిటిని చూస్తే నన్ను మైమరపించింది.



Nature

M. V. S. Sashank, V Class

On 12th December Friday we all went to Dhulapally Forest Academy. There we saw different varieties of snakes which was very interesting. All of us played well and enjoyed well. In the forest I felt peaceful because many trees and plants were inside the forest with greenery. We can hear birds chirping, animal sounds, air sound. I felt very happy because I was with nature.



సామరస్యం

కె. కావ్యబాయి, ఎ. సాయిశ్రీ, లక్ష్మీప్రసన్న, యువరత్నం, నాలుగవ తరగతి

ఒక రోజు సూర్యుడు, మేఘం, నక్షత్రం మాట్లాడుకుంటున్నారు.

సూర్యుడు: నేనే అందరికీ వెలుగు ఇస్తాను. అందుకని నేనే గొప్ప.

మేఘం: నేనే అందరికీ వర్షం ఇస్తాను. నేనుగాని వర్షం ఇవ్వకపోతే పంటలు పండవు. అందుకని నేనే గొప్ప.

నక్షత్రం: (సూర్యుడిని చూసి) ఛీ, చూడు నువ్వు ఎంత వేడిగా ఉంటావు. (మేఘుని చూసి) నువ్వు వర్షం పడుతున్నప్పుడు ఎంత నల్లగా ఉంటావో. నేను చూడు రాత్రి అయితే ఎంత మెరుస్తూ ఉంటానో! అందుకని నేనే గొప్ప.

సూర్యుడు, మేఘం, నక్షత్రం కొట్టుకున్నాయి. అప్పుడు చెట్టు అడిగింది.

చెట్టు: ఎందుకు పోట్లాడుకుంటున్నారు?

సూర్యుడు మొత్తం విషయం చెప్పింది.

చెట్టు: అలా పోట్లాడుకోవద్దు. మీరందరూ ఉంటే పంటలు పండుతాయి. వెలుగు ఉంటుంది. మీరు ఉంటే ఎంతో అందంగా ఉంటుంది. లోకానికి తినడానికి తిండి, త్రాగడానికి నీరు, పీల్చుకోడానికి గాలి ఉంటుంది. మనందరం సామరస్యంతో ఉండాలి.



నీతి: మనమందరము సామరస్యంతో ఉండాలి.

The educators' role is essentially to provide support to the children to grow spiritually and learn the virtues of gratitude, hope, satisfaction, friendship, sharing, non-violence, non-jealousy, nonenvy, controlling the desires and urges etc., Above all the creativity which is another word of "life" has to be promoted. - 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)

Special School for Slow Learners (Children with Learning Difficulties)

Greeting Cards by children for Lalaji Era

చిలుక

కె. కావ్యభాయి, నాలుగవ తరగతి



M. A. Rohail, VII



K. Sriram, IV



Chakridhar, VI



Geetanjali, II



N. Prabandha Kumari, VII

అందమైన చిలుక
పాటపాడవే ఓ చిలుకా
మా తోటకి రావే ఓ చిలుకా
దోరగా పండిన జామపండు ఇస్తామే ఓ చిలుకా
రావే ఓ చిలుకా! రారావే ఓ చిలుకా!
మాతో ఆడుకోవడానికి రావే ఓ చిలుకా
నిన్ను పంజరంలో వెయ్యమే ఓ చిలుకా
నీకోసం మా తోటలో చెట్లన్నో పెంచుతామే ఓ చిలుకా
రావే ఓ చిలుకా! రారావే ఓ చిలుకా!
నీ మాటలు ఎంత అందంగా ఉంటుందో ఓ చిలుకా
నీ పలుకులు ఎంత తియ్యగా ఉంటాయో ఓ చిలుకా
రావే ఓ చిలుకా! రారావే ఓ చిలుకా!
కిలకిల నవ్వుకోవడానికి రావే ఓ చిలుకా
నీకు ఇష్టమైనవి పెడతామే ఓ చిలుకా
రావే ఓ చిలుకా! రారావే ఓ చిలుకా!

SSS VOCATIONAL WING NEWS



M. Durga Harshitha VII 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 for every group. We like gardening very much. We planted seeds of Methi and felt very happy. We watered the plants every day. We plucked weeds from the ground. After they were grown, the teacher gave me the leaves. My mother prepared a dish and it was very tasty. It was tastier than other vegetables. We also grew wheat grass. I am thankful to the teachers for teaching about these.



గోధుమగడ్డి ఎమ్. వ్య.శాలని, అధ్యాపకురాలు

అనాదిగా ఆరోగ్యం కోసం రకరకాల పద్ధతులను మన పూర్వీకులు కనుగొన్నారు. అందులోనిదే ఈ గోధుమగడ్డి. దీని వివిధరకాల ఉపయోగం ద్వారా కొన్ని రకాల రుగ్మతులను తగ్గించవచ్చు. అనగా దీని రసం తీసి, ఉదయాన్నే పరగడపున తీసుకోవడం ద్వారా రక్త ప్రసరణ సరైన క్రమంలో కొనసాగును మరియు మన శరీరంలో సహజంగా ఉన్నటువంటి వ్యాధి నిరోధక శక్తిని పెంచుతుంది. దీనిని మా పాఠశాలలోని విద్యార్థులు పెంచుతున్నారు. కొన్ని మొలకెత్తిన గోధుమలను ముందుగా తయారుచేసుకున్న ఒక తొట్టిలో వేయవలెను. ఈ తొట్టిని నీడలోనుంచి తగిన సూర్యకాంతి పడుతున్నట్లు చూసుకొనవలెను. గడ్డి ఏడు అంగుళములు పెరిగిన తరువాత కోసి ఉపయోగించకొనవచ్చును.



వేమన శతకము

కూలమి గల బిసములలో
నేరము లెన్నడను కలుగనేరవు, మఱి యా
కూలమి విరసంబైనను
నేరములే తోచుచుండ నిక్కము సుమతీ!

తాత్పర్యము : శ్లేషామున్న రోజులలో ఎదుటివారిలో తప్పలు కనపడవు. కాలపరిణామములో ఆ శ్లేషాము వికటించినచో ఎదుటివారు ఏమి చేసినను తప్పలుగానే కనపడుచుండును. అందుచేత మనసును సవ్యమైన మార్గములో నడిపించుకొనుచు మంచి శ్లేషామును వృత్తిచేసుకొనుట సజ్జనుల లక్షణము.

సंत కबीర के दोहे

गुरु - गोविन्द करि जानिए, रहिए शब्द
समाय ।
मिलै तो दण्डवत बन्दगी, नहिं पलपल
ध्यान लगाय ॥

Know the Guru as God. Be immersed in his words. Whether you see him or not, be submissively devoted, every moment merged in his remembrance.

Sahaj Sakthi - Nutritive Health Drink & Biscuits

**Pujya Dr. K. C. Varadachari
Nutritive Supplement Scheme**

Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of the centenary birth year of Pujya Dr. K. C. Varadachari in 2002.

Under this scheme, Sahaj Seva Samsthan is distributing free biscuits and milk every day to all the students and staff of Satkama and Bodh Schools.

The scheme runs with gracious contributions of people who want to serve and try to find ways to help others. The contributions made are either life time subscriptions (3000/- Rs.) or one day in a year (300/- Rs) subscription. Children rejoice in taking milk and biscuits and in fact it has become part of their every intake of food.

Sahaj Seva Samsthan, a social service Non Government Organisation with the motto of Sharing, Service and Sacrifice supplies a nutritive drink called Sahaj Sakthi to children under the Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme. This nutritive drink is distributed free to the students of Satkama High School (School for Integrative Divine Resource Development) and Bodh Special School for Slow Learners (children with learning difficulties) on a daily basis.

It has been observed by school authorities and also acknowledged by some parents that over a period of time, children who consumed Sahaj Sakthi have considerably improved their performance in studies.

Based on this observation in school it is thought that a scientific research study can be conducted. The main objective of the research study is to understand the effect of Brahmi and Shankapushpi which is mixed in drink on the memory of school going children.

24 newly admitted children between the ages of 6 and 13 years took part in single blind single group pre test – post test study in which various memory functions were tested. There were two testing sessions; one prior to the intake of Sahaj Sakthi drink and biscuits and one after 6 months of intake during 2013-2014 academic years. During testing, the children were closely observed and their behaviour was noted. During post test it was observed that most of them became calmer and attentive to task when compared to pre test. The results of the post test are high in almost all parameters though the percentage varies. In all parameters the post test showed improvement or same in 22 children. Results show a significant effect.

Brahmi (*Bacopa monniera*) is a traditional Indian medicinal plant which causes multiple effects on the central nervous system. Brahmi has also been shown to have antioxidant effects in specific areas of the brain, including the hippocampus which regulates memory function. The standardized extract of this plant has shown enhanced behavioural learning in preclinical studies and enhanced information processing in healthy volunteers. “Shankpushpi”, an important indigenous drug of Ayurveda, an ancient system of Indian medicine, improves memory power and intellect. It is used in many Ayurvedic formulations, either singly or in combination with other herbs, meant for sleeplessness, epilepsy and anxiety.

The Effect Of Brahmi And Shankapushpi On Memory of School Going Children

ABSTRACT : A study was conducted on the effect Of Brahmi and Shankapushpi on memory of school going children during 2013-2014 academic years. 24 newly admitted children between 6 and 13 years took part in single blind single group pre test – post test study in which various memory functions were tested. There were two testing sessions; one prior to the intake of Sahaj Sakthi drink and biscuits and one after 6 months of intake. The results show a significant effect on **1. Recent Memory:** Out of 24 children, 10 children showed same scoring where as 14 children exhibited improvements. (58%) **2. Mental Balance:** Out of 24 children, 3 children exhibited same scoring and remaining 21 children showed good improvement in scoring. (87%) **3. Remote Memory:** Out of 24 children, 19 children showed improvement in Remote memory and remaining children maintained same rating. (79%) **4. Delayed Recall:** Out of 24 children, 4 children showed same scoring, 2 children exhibited decrease in scoring and where as 18 children showed good improvement in scoring. (75%) **5. Immediate Recall:** Out of 24 children, 18 children showed improvement and remaining children did not show any, improvement. (75%) **6. Retention of Similar Pairs:** Out of 24 children, 16 children showed improvement and 8 children showed same ratings.(66%) **7. Retention Of Dissimilar Pairs:** Out of 24 children, 23 children showed drastic improvement in the area of retention of Dissimilar pairs. (95%). Over all out of 24 children 22 children showed either improvement in rating or maintained same rating and 3 children exhibited improvement in all parameters and only two children showed decrease in one parameter.

Continued on Page 19

No one can progress unless he imposes on himself disciplines and controls which would fit him for the noble tasks ahead. - Pujya Dr. K. C. Varadachari

Sahaj Sakthi Powder, Sahaj Sakthi Biscuits and Sahaj Sakthi Ready Mix keeps us healthy and away from diseases and is suitable for all age groups. The main ingredients in them are Shankapushpi, Soya, Brahmi and Ginger. Daily intake of 1 tsp of Sahaj Sakthi Powder containing Soya, Shankapushpi and Brahmi in 100 ml of Milk and 2 Sahaj Sakthi Biscuits per day improves memory and vitality of brain in children. Apart from that it improves immunity against infections. Daily intake of 1 tsp of Sahaj Sakthi Powder in 100 ml of milk at bed time is good for sound sleep and reduces sleep disorders.

-Dr. Vijay Kumar, BAMS., M.S.(Psychotherapy)

There have been few studies on Brahmi and Shankapushpi intake in Ayurveda medicine as well as in psychological studies. It has been quite interesting for many people finding fascinating and interesting results after considerable amount and duration of intake of these two wonderful herbs. Various studies show that the intake will enhance memory in not only the younger ones but also helps in adults. It even reduces rate of forgetfulness as per one study published on the Internet. The present study supports various earlier experiments done to prove that Brahmi and Shankapushpi are used as brain tonics.

Sahaj Sakthi drink has been given to many children since 10 years. The present study will help many to understand that intake of Sahaj Sakthi will help them in many ways. It contains not only Brahmi and Shankapushpi but also Soya which has

many nutritional values. The present study would encourage many people to take Sahaj Sakthi regularly and derive benefits from it.

MSRCM HOSPITAL NEWS

వంటింటి దినుసులతో ఇంటి వైద్యం - అల్లం - శుంఠి

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



సంస్కృతం: అర్ద్రక,
హిందీ: ఆధ్రక్,
తెలుగు: అల్లము
అల్లం/శుంఠిని

విశ్వబోషణం అని కూడా పిలుస్తారు. అల్లం/శుంఠి కటురసము.

అల్లం/శుంఠి వాతము మరియు కఫమును తగ్గించును.

దీపనము : ఆకలి పుట్టించుట. పాచనం : ఆహారమును

జీర్ణము చేయుట గుణములు కలిగి ఉంటుంది.

అల్లం ఔషధ ఉపయోగములు: అల్లమును ఆహారములో ఉపయోగించడమువలన కడుపుబ్బరము తగ్గుతుంది.

అజీర్తి (Indigestion): అల్లం ముక్కలతో సైందవ లవణము మరియు జీలకర్ర కలిపి 2 - 3 gm ఉదయం, సాయంత్రం తిన్నయడల అజీర్తి తగ్గుతుంది.

శీతపిత్తం (దద్దుర్లు, Urticaria): అల్లము రసము మరియు పాలు, బెల్లం కలిపి సేవించిన దద్దుర్లు తగ్గిపోతాయి.

శ్వాస (Asthma / కాఫ - Cough): అల్లపురసం మరియు తేనె కలిపి సేవించిన ఉబ్బసం, దగ్గు మరియు జలుబు మొదలగునవి తగ్గును.

కామెర్లు (Jaundice): అల్లము ముక్కలను బెల్లముతో కలిపి ఏడు రోజులు ఉదయమే సేవించిన కామెర్లు తగ్గును. దీనికి ముందు త్రిఫల చూర్ణమును తేనె కలిపి ప్రతి సాయంత్రము సేవించిన ఉపయుక్తంగా ఉంటుంది.

అధిక రక్తపోటు: కాచి చల్లార్చిన నీటియందు అల్లము రసము తేనె కలిపి ప్రతిరోజు ఉదయము సేవించిన అధిక రక్తపోటు అదుపులో ఉంటుంది.



శుంఠి: అల్లముపైన ఉండే చర్మాన్ని (పొట్టు) తీసివేసి నీటిలో కడిగి 8 - 12 రోజులు ఎండలో పెట్టి తెలుపు రంగుకోసం సున్నము నీటిలో ఉంచి తిరిగి ఎండబెట్టిన శుంఠి అగును.

శుంఠి ఔషధ ఉపయోగములు:

కీళ్ళనొప్పులు: శుంఠి 2 gm, ఆముదము 1 tsp కలిపి 1 గ్లాస్ నీటియందు మరిగించి దానిని ప్రతిరోజు పడుకునే ముందు త్రాగిన కీళ్ళనొప్పులు తగ్గును.

శుంఠి 1 భాగము, అశ్వగంధా 1 భాగము, గుగ్గులు 1 భాగము కలిపి ప్రతిరోజు 3 పూటలు సేవించిన కీళ్ళనొప్పులు తగ్గును.

జిగురు విరేచనాలు: శుంఠి, మిరియాలు, వాము మొదలగునవి కలిపి వెన్నతో సేవించిన జిగురు విరేచనాలు తగ్గును.

తలనొప్పి: శుంఠి కొమ్ము అరగదీసి నుదుటి మీద కణతల మీద బాగా పట్టించి కొద్దిసేపు విశ్రాంతి తీసుకున్నయెడల తలనొప్పి తగ్గును.

వాతరోగాలు (సంఘిశుల / Osteo Arthritis):

శుంఠికషాయం 50ml ఆముదం 2 స్పూన్స్ చేర్చి రోజుకు రెండు సార్లు తీసుకోవాలి. నొప్పినుండి ఉపశమనము కలుగును.

శుంఠి (అరచెంచా, 1/2 tsp) నువ్వులు 1 చెంచా, బెల్లం 1 /2 tsp (అరచెంచా) అన్ని కలిపి ముద్దగా నూరి రోజు రెండు పూటలు తీసుకోవాలి. జాయింట్ నొప్పి ఉపశమనం కలుగుతుంది.

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 Ramchandraji Maharaj of Shahjahanpur, U.P. India through self-less service with a commitment towards a HORMIC (Holistic + harmonious + integral) approach to life. With the advent of Sri Ramchandraji 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.

ADMISSION NOTICE
SATKĀMA HIGH SCHOOL

Plot No. 1735, Pragathinagar, Kukatpally, Hyderabad, INDIA, Phone: 91-40-64518979

SATKĀMA High School, sponsored by Sahaj Seva Samsthan is a regular school giving quality education to students by the Grace of Eternal Master Pujya SriRamchandraji Maharaj. The school is approved by Govt. of A.P. for classes from I to X (SSC Board). The school has full-fledged teaching staff, library, computer lab and science lab. The school emphasizes not just the intellectual, social and emotional development but also the spiritual development of the child through the virtues of gratitude, hope, satisfaction, friendship, sharing, service, non-violence, non-jealousy, non-envy, controlling the desires and urges etc. The school encourages creativity in children through drawings, poems, arts and dramatic activities. The school's curriculum includes vocational activities, field trips and group learning. The school strictly maintains a teacher student ratio of 1:15 for quality attention. The school has produced excellent SSC results in the 5 batches that have passed till date. **Enquiries for Admissions into classes I to X subject to availability will be taken from February 18th. Please contact office.**

BODH

Special School for Slow Learners (Children with Learning Difficulties)

Plot No. 1735, Pragathinagar, Kukatpally, Hyderabad, INDIA, Phone: 91-40-64518979

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

MSRCM HOSPITAL (HOLISTIC HEALTH CARE)

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



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 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 the Birth Centenary 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 Vijay Nagar Colony, Hyderabad. We would be happy to avail your services.

EDITORIAL BOARD

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