



MESSAGE FROM SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President

We are coming to the end of this academic year and hopefully all our students have imbibed some of the important spiritual values like Sharing and Cooperation along with the academics. When you have an intention of sharing and helping others and are actually exhibiting it in your behavior, it means some degree of self control has come in which is an important and essential life skill. The environment in our school encourages students to experience this feeling first hand (feeling of joy and happiness which comes from sharing and helping) and this I think is the most important part of education.

Current trends in political, economic, social, religious and environmental spheres point towards chaos, disintegration and breakdown which we are already witnessing in some parts of the world. Only by looking within our own hearts for peace and balance as taught by the Great Master, we can educate ourselves and be prepared to face the turbulent times ahead.

PRINCIPAL 'S MESSAGE

Sri Vidyadhar Joshi, Satkama School

Pujya Sri Ramchandraji Maharaj in a message given on 6th May 1969, clearly points out the reason of the chaos and unrest in the world to the lack of true spiritual way of life. I present the introductory part of that message here. **“The world today, is in a state of unrest and disorder. Everybody seems to be crying for peace. But all efforts for bringing about peace appear to end in failure. The reason is that all efforts are merely external, touching only the outer surface. In fact, the problem is far from being related to the world in general; really it is the problem of the individual first and of society afterwards. As such it needs to be tackled in that order. World peace is closely related with the peace of the individual for which one has to take into account the inner state of one's mind. If man's mind is brought to the state of peace and order, everything in the outside world will get into order in the same colour. But it is sad that the world has lost its real basis, and for its reestablishment, it is necessary to adopt means which may promote the feeling of peace and calmness of mind of the individual man. What we have to do for the purpose is to introduce proper adjustments in the mental tendencies of the individual, which in effect is the proper moulding and regulation of the mind. This is possible when the individual mind develops up to the state of the universal mind. Just Imagine! There will then be no problem! As it is, individual minds which themselves lack peace and tranquility are trying to establish peace in the world. Isn't it ridiculous? The only way open to mankind is to take to the spiritual way of life, which is unfortunately absent today, leading to all this chaos.”**

It must be noted that He wrote a letter to the United Nations Office in the year 1957, lauding their effort to establish world peace but at the same time suggesting clearly that the means must necessarily be spiritual. He gave a method of meditation in those chaotic times then, exhorting all to meditate for an hour for promoting universal peace. Our young readers would do good to study the letter in detail which is being published in this issue.

We don't know to what extent his message was heeded then. However we do know that He has given a daily practice for all of us to participate in promoting universal love and harmony to be done at 9:00 PM local time. This we should practice with all sincerity and also share with others.

Letter to United Nations by Pujya Babuji Maharaj

There is a section in the United Nations Organization for World Peace. In 1957, they wanted to have a separate army well equipped to crush the power which attacks any country and uses the modern weapons. They had sent a membership form to Pujya Babuji Maharaj asking Him to help them in this cause. Pujya Babuji sent them a letter expressing His views to this point.

Shahjahanpur, U.P.
Dated 8th July, 1957

Dear Sir,

I am glad to receive your bulletin and I pour forth my warm thanks for the awakening for peace created among our brethren of the World. The idea of peace common in all minds, though shattered by the self of the individual mind, is working on individualistic basis to gain one's own end on account of the narrow mindedness of people. To dissipate the idea of individual self and to work harmoniously for the common good is the demand of the time. The conferences and meetings held for the purpose may only be like a spark to offer a temporary glow to the scattered fragment of peace. Their cries in the wilderness will not carry far on the path of success because of the material agony of faith working at the bottom.

What we, therefore, require at present is only to improve the morals and to discipline the mind. We must learn how to create within the heart a feeling of universal love which is the surest remedy of all evils and can help to free us from the horrors of war. I perfectly agree with our friend late Mr. Bernard Malan when he expresses his faith to unite in the common search for happiness. Happiness, of course, is necessary to end all griefs. But it is like the Black Wall of the scientists which does not allow them to proceed further towards universal love. To come up to the level of real happiness we must necessarily rise above ourselves which is essential for the creation of atmosphere of universal love. That is the primary factor in the solution of the problem. India has ever since been in search of it. She did not encroach upon other countries for war and bloodshed not for reason of her cowardice but because she realised her pious duty towards humanity. They were happy in their own homes in spite of the torturous incursions of other nations. These tortures were to them nothing but flowers sent by the Divine Master to coach them to proper steps necessary for the uplift of mankind individually and collectively. The seed of it is so deeply laid that still its branches bear blossoms filling the air with the sweet fragrance of peace and happiness. It is so firmly rooted that even the worst tempest cannot uproot it. Such are the things necessary for the uplift of mankind, which every one, occidental or oriental must treat as a part of his duty. Unless the foundation of peace is made to rest on spiritual basis no better prospects can be expected. It is but definite and certain that sooner or later we will have to adopt spiritual principles if we want to maintain our existence. If the incursions and attacks can be averted by the material force, bloodshed cannot be avoided because even then we have to apply force causing thereby bloodshed on either side. Arrogance cannot be stopped by material force. It is only the spiritual force which can remove the causes of war from the minds of people.

How to introduce these things among the masses who are yet unfamiliar with the accuracy of the mark is the next problem and is equally intricate. If my opinion were to be invited I would lay down the simplest possible method as given below.

Let us all brothers and sisters sit daily at a fixed hour individually at our respective places and meditate for about an hour thinking that all people of the World are growing peace loving and pious.

This process, suggested not with exclusively spiritual motives, is highly efficacious in bringing about the desired result and weaving the destiny of the miserable millions.

With prayer for the success of your noble mission.

Yours sincerely,
Ram Chandra

President,
Shri Ram Chandra Mission
Shahjahanpur, U.P., India.

Everyone should meditate for about 15 minutes at 9 PM sharp every night regularly thinking that all the men and women in this world are one's brethren and true love, devotion and faith for the Master is developing in all. - Pujya Sri Ramchandraji Maharaj

SRIMAD BHAGAVAD GITA

नष्टो मोहः स्मृतिर्लब्धा त्वत्प्रसादान्मयाच्युत । Arjuna spoke : "Dispelled is my delusion; regained by
स्थितोऽस्मि गतसन्देहः करिष्ये वचनं तव ॥ me through Thy favour is the memory, O Acyuta. I
stand here firm and freed of doubt, and will do Thy
bidding." (18-73)

In the epic struggle of Mahabharata, the Pandavas were forced to fight a war with their cousins, the Kauravas. This is because the Kauravas did not agree to share the kingdom which was rightfully to be given to them. This was against Dharma. All attempts for a peaceful solution had failed. The war was now inevitable. This war was to establish Dharma or righteousness. It is the duty of warrior kings to protect Dharma. Arjuna, one of the Pandava brothers was a very brave and a skilled warrior. However when the battle was about to start, the warrior king was in utter confusion as to his duty. He was overwhelmed by the presence of his cousins and teachers and close relatives in the opposite camp and the mere thought of the duty to wage war against them for the sake of kingdom was hurting his conscience. He was thinking whether it is right to fight the war. The situation was grim and in sheer helplessness he throws down his arms and seeks the advice of Lord Krishna. It is then that Lord Krishna gives his wise counsel in the form of slokas that came to be known as Srimad Bhagvad Gita, the Song of the Lord. Through these slokas, Arjuna is made to understand one's real nature. Lord Krishna transmitted the required conditions to Arjuna to impart the necessary wisdom so that he can decide on the action that needs to be taken. He is made to understand that attachment should be to Supreme God alone and that one should do his duty without being attached to the action or the results of the action. After Arjuna receives the wise counsel of Lord Krishna, he is asked if he still feels any confusion. Arjuna answers this question in the form of this sloka. He becomes free of all doubt and confusion and agrees to do whatever is asked of him.



When he was in confusion about his duty, Arjuna had the wisdom to fall at the feet of the Lord. The sloka teaches us that when we seek the answer to our inner conflict from the Lord by surrendering to Him, we are always illumined and made free of doubt.



Illustration
N. Vishwesh, V Class

వ్రార్థన - అనుభవము

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

12.11.14 – My mind is fresh after doing meditation.
8.12.14 – I felt calm and peace.
27.2.15 – I felt pleasant.
27.3.15 - I felt happy after doing meditation.

E. Anvitha, IX Class

12.11.14 – I felt fresh and calm.
16.12.14 – I felt very pleasant even though I heard some noise.
4.2.15 - I felt happy and fresh.
24.3.15 - I felt peace.

G. Sravani, IX Class

2.1.15 – I sat silently and felt fresh.
28.1.15 – During meditation I felt alone as if there was no one around me. After meditation I felt very fresh, calm and peaceful.
5.2.15 - I felt enthusiastic and fresh.
7.3.15 - I felt very calm and pleasant

Ch. Hari Priya, IX Class

25.11.14 – I felt very calm and pleasant.
13.12.14 - I felt relaxed.
27.1.15 - I felt happy and my mind was fresh.
16.3.15 - I felt peace.

N. Sowjanya, IX Class

WISDOM WORDS

REPENTANCE: Repentance is not just throwing up our hands and saying I am sorry. Repentance involves truly admitting and understanding the nature of our mistakes, seeing the root causes of our wrongful activities and the consequences they have on other people and the world. It also involves trying the best we can, to mend the damage that has been done, and then asking for forgiveness from Master/God and pardon from the people we have hurt.

Whatever act you do, do it in the thought "It is the Divine's command and therefore it is my duty to do so", so that the state of remembrance should continue steadfast.
Pujya Sri Ramchandraji Maharaj, Message at Tinsukia on 25-11-1977

SATKĀMA SCHOOL

Students of Satkama and Bodh enacted the story of Pujya Babuji Maharaj for all parents and students during Language and Arts Fair. Students have written their experiences as follows.



D. Shruti
X Class

I gave the introduction about the greatness of India for its spirituality. India always adhered to the principles of tolerance and forbearance in life. This was something unique and is rightly called as Karma Bhoomi. Spirituality has its glory with the births of Sri Rama Krishna Paramahansa, Swami Vivekananda, Pujya Sri Lalaji Maharaj and Pujya Sri Babuji Maharaj. The capacity to absorb different systems of philosophy is unique. Many people blended and integrated themselves into spirituality. The world started looking towards India with more respect for its spiritual knowledge. Many great personalities lent their services to enhance spiritual awareness.



I will do some services and lend my works for the sake of others for the development of spiritual knowledge and Universal Brotherhood for world peace.



B. Shruti
V Class

Pujya Sri Ramchandraj Maharaj was born on 30th April, 1899. His father's name was Sri Rai Bahadur Badri Prasad and mother's name was Smt. Yashoda Kunwar. Pujya Babuji Maharaj's viveka was well developed right from his childhood. He was well trained by his mother and learnt many values from her.



From this I learnt to obey my parents and teachers to become a good child.



Ch. Jahnavi
V Class

Pujya Babuji Maharaj was very honest. He was poor in Math. One day he did not do his homework and he put his finger in a wasp hive to avoid punishment. Later he thought he should not have done that. He went to his master and told him the truth. His master said he would help Pujya Babuji Maharaj in math. This story shows us that we should be truthful and honest. He also cured his head master once from stomach pain. We should help people with whatever we have learnt.



One day Pujya Babuji Maharaj needed help in his office work. He asked Panditji and Tiwariji, the clerks to help him. They teased Pujya Babuji Maharaj that they are of different caste and will not help him.



I learnt that we should not tease others even though they are of different caste or when they do not know the work which is given to them. I learnt that we should help them in their work.



T. Sreeja
V Class

Unable to bear the teasing of Panditji and Tiwariji, Pujya Babuji Maharaj went to Munsifji to resign his job. Munsifji asked Pujya Babuji Maharaj not to resign and encouraged him



to continue his job. Munsifji said that he would support him.



K. Rachana
VIII Class

I learnt that we should encourage and help everyone in all their works who are working under us.

I played the role of Pujya Lalaji Maharaj. What I learnt from the skit was Love for the Master, obedience to the Master and satsang with the Master.



We should always obey and respect our masters which enables us to grow to a higher stage and get appreciation from all.



Hemant Kumar
IX Class

My role in the skit was to narrate Pujya Babuji's life. I learnt many values such as Honesty, Perseverance, Innocence and Simplicity from the story. From His life we can understand



that life has many obstacles. We should not fear. We should face the problem and mould accordingly.



Nandi Vardhan Reddy
IX Class

One who can foment us by his own inner powers would be the best for a guide in the spiritual pursuit - Pujya Sri Ramchandraj Maharaj, Message at Mysore on 20-12-1964



పిల్లి ఎలుక కథ

ఎమ్. అనిరుద్ధ్, రెండవ తరగతి

అనగనగా ఒక ఎలుక ఒక పూరి తింటోంది. ఆ పూరి ఒక ఇంట్లోది. ఆ పూరి వాసనకి ఒక పిల్లి వచ్చింది. ఎలుక ఒక బల్ల క్రింద ఆ పూరి తినటం చూసింది పిల్లి. అప్పుడు ఎలుక పిల్లిని చూసింది. అప్పుడు ఎలుక ఆలోచిస్తోంది, 'ఎలా ఈ పిల్లినుంచి బయటపడాలి'. అప్పుడు ఎలుకకి ఒక ఉపాయం వచ్చింది. బల్లపైన ఒక భూతద్దం ఉంది. ఎలుక బల్లపైనున్న భూతద్దాన్ని తన ముఖం ముందు పెట్టుకుంది. పిల్లి భయపడి పారిపోయింది



సీతి : ఎప్పుడైనా అపాయంలో ఉంటే ఉపాయంతో తీర్చుకోవచ్చు.



Manners

Vasavi, V Class

Once there lived a poor girl in Siripuram named Rani. She was an orphan. She was living under a tree. One day a rich boy named Srinu came to that tree eating a chocolate. The boy threw the chocolate wrapper near the tree. Rani told him, 'please throw the wrapper in the dust bin'. Srinu said, 'Why should I throw it in dust bin? I want to throw here'. A man was watching all this and came near them. He told to Srinu, 'You should throw it in the dustbin because it is our duty to keep a place neat. People will think that you do not have any manners'. Srinu realized his mistake and threw the wrapper in the dustbin. Rani was very happy because the boy realized his mistake.



Moral: We should have manners.



నిజాయితీ

సి. హెచ్. అనూప్ రెడ్డి, నాలుగవ తరగతి

ఒక రోజు పిల్లలందరు ఆట స్థలంలో క్రికెట్ ఆడుతుంటే రాము అనే అబ్బాయి కొడవామని బాటు పట్టుకొని కొడితే, ఆ బంతి వెళ్ళి కిటికీకు తగిలింది. అప్పుడు రాము ఆ ఇంట్లో ఉండేవాళ్ళ దగ్గరకు వెళ్ళి 'సన్ను క్షమించండి. ఈ బంతిని నేనే కొట్టాను.' అని రాము అన్నాడు. అప్పుడు వాళ్ళు రాముని క్షమించి బంతిని తిరిగి ఇచ్చేసారు. అప్పుడు పిల్లలందరు సంతోషంగా ఆడుకున్నారు.



సీతి : మనం ఎప్పుడు ఉన్నతి ఉన్నట్లుగా చెప్పాలి.

ఓర్పు

సి. హెచ్. రామచంద్ర, మూడవ తరగతి

ఒక ఊర్లో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు చరణ్. చరణ్కి ఒక తమ్ముడు, ఒక చెల్లి ఉన్నారు. తమ్ముడు పేరు రాము. ఒక రోజు చరణ్ క్రొత్త బొమ్మ కొనుక్కున్నాడు. అప్పుడు రాము నాకు ఆ బొమ్మ కావాలి, అది నాకే కావాలి అని అంటూ ఉంటే అది కాస్తా చరణ్ చేతిలోనుంచి జారి పడిపోయింది. అప్పుడు చరణ్కి కోపం వచ్చింది. పోనీలే తమ్ముడేకదా అని చరణ్ ఊరుకున్నాడు.



సీతి : మనం రోజు ఓర్పుతో ఉండాలి.

నిగ్రహము

ఎ. శ్రీహరిత, మూడవ తరగతి

ఒక రోజు సాయి అనే అబ్బాయి ఒక ఇంట్లో ఉండేవాడు. ఒక రోజు కవిత అనే అమ్మాయి సాయిని తిట్టింది. అప్పుడు సాయి కూడ కవితని తిట్టాడు. ఇద్దరు తిట్టుకున్నారు. అప్పుడు కవిత స్నేహితురాలు నికిత వచ్చింది. అప్పుడు నికితని కూడ సాయి తిట్టాడు. కాని నికిత సాయిని ఏమీ అనలేదు. 'మీరు ఇలా గొడవ పడకూడదు. మీరు నిగ్రహముతో ఉండాలి. ఏది మీ చేతులు ఇలా ఇవ్వండి. 'మీరు ఇంక ఎప్పుడు గొడవ పడద్దు.' అని వాళ్ళ చేతులు కలిపి నికిత వెళ్ళిపోయింది. అప్పటినుంచి వాళ్ళిద్దరు నికిత చెప్పినట్లుగానే ఉన్నారు.



సీతి : ఎప్పుడు నిగ్రహముతో ఉండాలి.

ప్రవర్తన

ఎమ్. అనిరుద్ధ్, మూడవ తరగతి

ఒక ఊరిలో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి అందరితో దయతో ఉండేవాడు. అందరితో స్నేహంగా ఉండేవాడు. ఎవరైనా ఏదైనా అడిగితే ఇచ్చేవాడు. ఎవరైనా కళ్ళులేనివాళ్ళు రోడ్డు దాటేటప్పుడు వాహనాలు వస్తే రోడ్డు దాటించేవాడు. పెద్దలు ఎవరైనా కనిపిస్తే నమస్కరిస్తాడు. గురువులను, పెద్దలను గౌరవిస్తాడు.



సీతి : మనం ఎప్పుడు మంచి ప్రవర్తనతో ఉండాలి.

*We blow our own trumpet in our own thoughts, and lose a lot in the process.
Pujya Sri Ramchandraj Maharaj, Message at Surat on 30-04-1982*



ఎన్. తెజ
పదవ తరగతి

ఓ చంద్రమా!
నీ చల్లని వెన్నెల స్పర్శకు మురిసిన కలువరేకులు
నా ఎదను తడిమి మత్తును జల్లగా
మూతబడిన నా కన్నుల కలలో, విరిసిన నీ
సుందర రూపం
వెన్నెల చల్లని చూపుకు నా మనసు
దాసోహమంటూ...

నీ వచ్చే వేళ కోసం వేచివుంది వెన్నెల నేల జారగా....
వెన్నెల లేలేత పాదాలకు లేత విరులు రక్షణగా నిలిచాయి
ఆ వెన్నెల్లో గడిపే క్షణం, ఆ నిమిషం
నాకు ఒక తియ్యని జ్ఞాపకం



డి. శ్యామి
పదవ తరగతి

కలువ పూలు తన సఖుడు కోసం
ఎదురుచూస్తున్నాయి
ఎగిరే గుర్రంపై అందంగా తయారయి
వస్తున్నాడు చంద్రుడు
తుమ్మెదలు ఎంతో ఆనందంతో ఆ చంద్రుని
రాకకై ఎదురుచూస్తున్నాయి
తెల్లని పాలకోవలాంటి కాంతిని
పట్టుకొని వస్తున్నాడు చంద్రుడు
కలువ పూలు తన సఖుడి కాంతిని చూసి విచ్చుకున్నాయి
తుమ్మెదలతోపాటు ఎంతో ఆహ్లాదకరంగా చుక్కలనే పూలతో
ఆకాశాన్ని నింపి చంద్రుని ఆహ్వానించాయి
చీకటనే శత్రువును యుద్ధంలో జయించి చంద్రుడు
తన నవ్వుల కాంతితో విశ్వాన్ని నింపాడు

విశ్వమంతా నల్లగా కనిపిస్తుండగా
ఆ నల్లని తెరపై తెల్లని పూలలా చుక్కలు
వెలుగుతుండగా
ఆకాశం అనే చెట్టుపై
వాడిపోయిన కేసరాలు చిగురించగా
తుమ్మెదలు పొంగే తేనెల తరంగాల్లో విజృంభించగా
దిక్కులన్ని ముంచెత్తగా
ఆ నల్లని మబ్బుల చాటునుండి
తెల్లగా, నిండుగా ఆవిర్భవించింది వెన్నెల
ఆ నిండు వెన్నెలలో కలువపూల రేకులు విచ్చుకున్నాయి
అందుకే చంద్రోదయం ప్రకృతికి ఆనందమయం

మనకు తోడుగా వచ్చేవారు
ప్రతి కష్టంలో చేయి కలిపేవారు
ఆపదలో ఆదుకొనేవారు
బాధను, సంతోషాన్ని పంచుకునేవారు
ఆనందాన్ని పంచేవారు
నవ్వుని తెప్పించేవారు
మరి ఎవరో కాదండీ
మన స్నేహితులే లెండీ!

ప్రకృతి నవ్వింది, విరజాజి విరిసింది
అలలులాగే విరిసిపడే నీటి బిందువులు
చల్లని గాలి, పచ్చని చెట్లు
ప్రకృతి విరికొన్నే విరజాజి వెన్నెలకు
ఆకాశం వైపు చూపింది చిలకమ్మ
చెట్లను చూపింది గుమ్మానికంది
పూలను చూపింది అందానికంది
అటు ఇటు చూసింది నా వంక చూపింది
నన్ను చూసి నవ్వింది ఏంటో మరి అంది
ప్రకృతిని చూడమ్మా, ప్రగతికి మెట్లమ్మా
కాపాడు ఓయమ్మా స్వేచ్ఛనీయమ్మా



కె. సుధ
పదవ తరగతి



బి. మేఘన
తొమ్మిదవ తరగతి



ఆన్విత
తొమ్మిదవ తరగతి



బి. మిథు
పదవ తరగతి

వెన్నెల వెలుగు కాంతివంతం
కలువ పువ్వుల సువాసనలు అతి మధురం
కుసుమలు వైపు వస్తున్న తుమ్మెదల బృందం
పచ్చపచ్చని ప్రకృతి పరిమళం
కోటి రాగాలతో కోకిలలు చేస్తున్న నాదం
చూస్తే మనసుకు ఎంతో ఆనందం



డి. అక్షయ్
తొమ్మిదవ తరగతి

నాకున్నది కోరిక ఇల్లునై
అందరికీ ఆశ్రయం ఇవ్వాలని
నాకున్నది కోరిక గొడుగునై
వాననుండి అందరిని కాపాడాలని
నాకున్నది కోరిక చెట్టునై
అందరికీ చల్లని గాలి అందించాలని
నాకున్నది కోరిక ఉపాధ్యాయుడినై
అందరికీ పాఠాలు చెప్పాలని
నాకున్నది కోరిక చదవాలని
సత్కామా పాఠశాల పేరు నిలబెట్టాలని

తొమ్మిదవ తరగతి విద్యార్థులు

నిన్న కలిశావు మిత్రమా అని
నేడు పలకరించావు నేస్తమా అని
కథలు వల్లించావు ప్రియతమా అని
చేయి కలిపావు సహృదయమా అని
నడక నడిపించావు ప్రాణమా అని
అభయమిచ్చావు సఖ్యమా అని
చూపించావు అలలను ఎప్పటికీ అలసిపోవని
వివరించావు కలలకు రూపులేదని
గమనించావు శిలలకు చూపులేదని
పరితపించావు జీవులకు నీతిలేదని
ఆశ్చర్యపోయావు జంతువులకు మాటలేదని
బోధించావు మౌనానికి భాషలేదని
ప్రభోదించావు స్నేహానికి చావులేదని
చాటి చెప్పావు ప్రపంచానికి
స్నేహమంటే ఇదేరా అని.

ACTIVITY CENTER

Colour the picture.



Who am I?

Tick the correct animal based on the clues below.



- I am a tiny mammal with fur, small in size and like to eat nuts.
- I can climb up and down a tree very fast galloping like a tiny horse.
- I was fortunate enough to have served a great personality by helping him build a bridge across the sea by wetting myself, rolling in sand and depositing off the sand over the bridge being prepared. Guess who this great personality is?
- I was blessed by this great personality with a beautiful pattern over my back and you can see it even today.



We should have good heart for all human beings. Then the Power will run to them automatically.

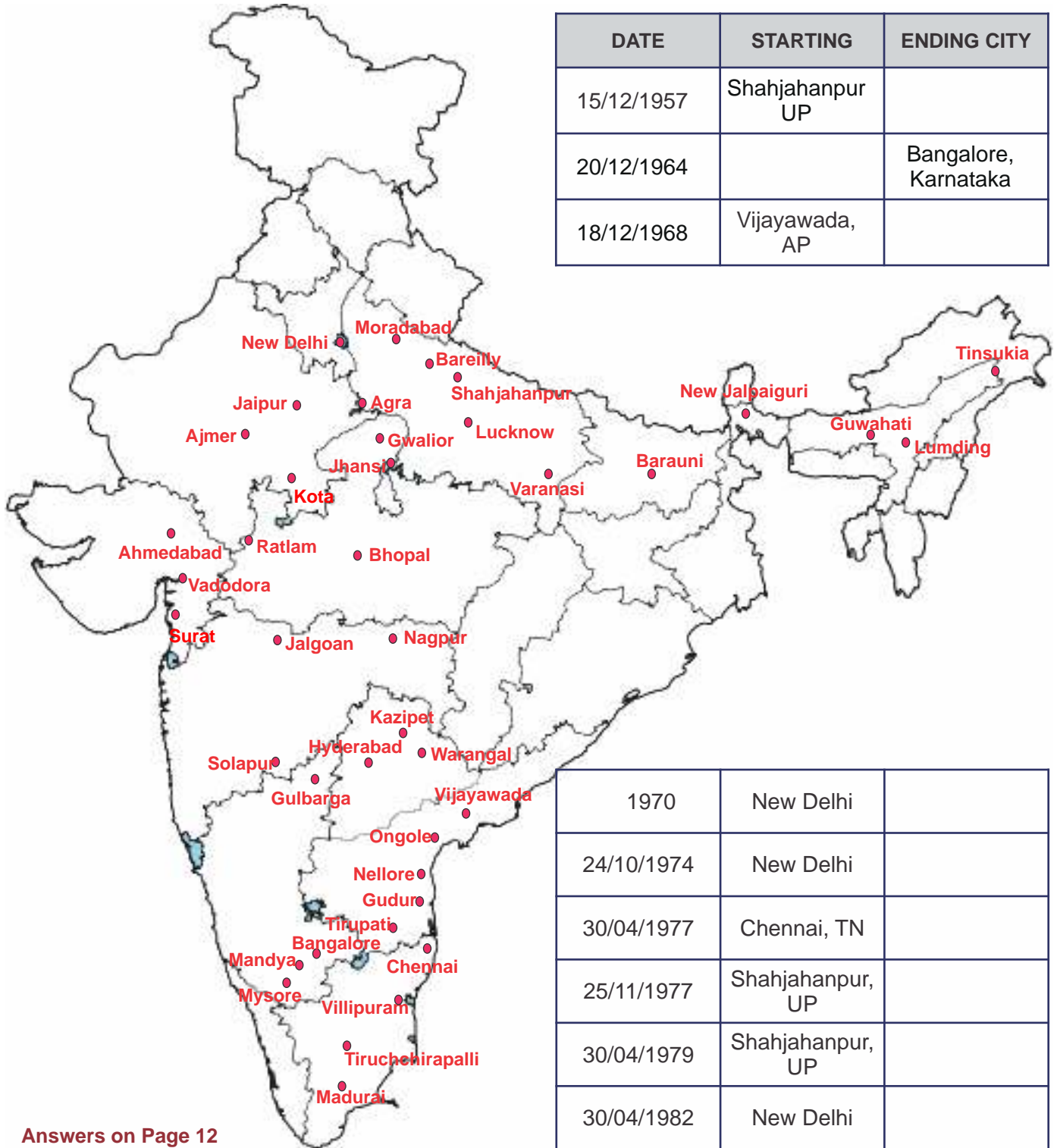
Pujya Sri Ramchandraji Maharaj, Message at Ahmedabad on 30-04-1979

ACTIVITY CENTER

Train Travel

Pujya Sri Ramchandraji Maharaj, Shahjahanpur, U.P., India has delivered messages on various occasions at different places. The tables below mentions the date on which He delivered the messages. The empty cell in the table indicates the place where He delivered the message. Look for the messages given by the Master in this newsletter at the bottom of each page. Read the message and for that date write the corresponding place in the empty cell of the table. Once the table is completed, draw the train tracks from the starting city to the ending city for each row in the table passing through some of the places the train might have travelled. For example the train from Shahjahanpur, U.P. to New Delhi passes through Bareilly and Moradabad places.

DATE	STARTING	ENDING CITY
15/12/1957	Shahjahanpur UP	
20/12/1964		Bangalore, Karnataka
18/12/1968	Vijayawada, AP	



1970	New Delhi	
24/10/1974	New Delhi	
30/04/1977	Chennai, TN	
25/11/1977	Shahjahanpur, UP	
30/04/1979	Shahjahanpur, UP	
30/04/1982	New Delhi	

Answers on Page 12

My heart remains connected with you all, here and elsewhere, giving impulse in unbroken silence to affect the hearts naturally in due course.

Pujya Sri Ramchandraji Maharaj, Message at Gulbarga on 15-12-1957

SCHOOL EVENTS

Compiled by student editorial team

Republic Day



We celebrated the 66th Republic Day in our school. This was a day to remember the efforts made by our great legendary leaders who framed our Constitution and to understand the importance of rules and regulations mentioned in the Constitution. We paid tribute to the leaders and people who laid their lives for the sake of independence of our country. The flag was hoisted by the chief guest, Sri M. Narayana Murthy garu and prizes were distributed for the painting contest winners. The importance of that day was explained with speeches and song. We ended the day with heartfelt patriotism.



Moral Story Contest



We conducted Moral Story Contest on 21st January 2015. We were grouped in to teams and the contest was conducted with different interesting rounds. All the children participated enthusiastically. It was not a contest but a stage to learn moral values and to build moral character.

Annual Day



Annual Day and Science, Arts and Language Fair was held on 21st February – a day of making a joint resolve, a day of making united efforts to make the spring of education develop into a powerful river.

Teachers did an excellent job in bringing out creativity of the children. The performance of students in language and science exhibits is a testimony to the untiring efforts of the teachers. Students participated with great pleasure. The fair not only came up with extremely innovative exhibits in Science but also in languages with models like Wright Flyer, Automatic Irrigation System, Bionics as well as skits like Burrakatha, Fortune Telling, the skit on cow and tiger etc. Few children performed the skit of Pujya Babuji Maharaj. Introduction of values was the special highlight of language skits. Many parents had tears of pride when they saw the expertise, competence and confidence of their own children at the fair. It was a great experience for all of them.

Farewell

The valedictory function for class X students was held on 23rd March. The program started with a prayer and few games were conducted. X class students spoke about their sweet memories and experiences in the school.



Art Competition

Congratulations to Ch. V. Krishna of VI Class and B. Rani of VII Class for winning gold medals at National level art competition conducted by Konaseema Chitra Kala Parishad.

When we are out of Reality we become Satan.

Pujya Sri Ramchandraji Maharaj, Message at the seminar in Tirupati - 1970



Until India got independence on August 15, 1947 the country was a colony of Britain. It was on January 26th, 1950 that the constitution of India as a Sovereign, Secular and Democratic nation was adopted. Dr. Rajendra Prasad was the first President and Dr. B. R. Ambedkar was elected as the chairman of the drafting committee. There was a country wide discussion over the draft constitution and finally it was approved on 26th November, 1949 with many changes in it, but was adopted on 26th January, 1950 with a democratic government system because it was on this day in 1930 when the declaration of Indian independence (purna swaraj) was proclaimed by Indian National Congress. It has been well past six decades as a democratic republic that we have been guided by the principles of Liberty, Justice, Equality and Fraternity. Our Constitution has given us the framework for a strong nation, a union of states and between various institution of our democratic policy.

On Republic Day, martyrs and heroes who showed courage and bravery for the country's sake without bothering about their own lives are also remembered and conferred prestigious and significant awards including Kirithi chakra and Ashoka chakra. These are conferred by the President.

Though India was able to attain substantial progress in the areas of science and technology, economic development, education, industrial growth, terrorism negates those achievements and takes the nation back by the few years. Some achievements of India in the year 2014 are:

- + On 5th January GSAT-14 was launched from Sriharikota using geo synchronous satellite launch i.e, GSLV-D5 launch vehicle which incorporated an Indian built cryogenic engine on the third stage. It is an Indian communications satellite.
- + On 7th January Prithvi-II missile was tested at Chandipur test range. Prithvi is a tactical surface to surface short range ballistic missile developed by DRDO of India under the integrated guided missile development programme. It is developed by India's strategic force command.
- + On 19th February Street Vendors Act 2014 was

passed by the Rajya Sabha and on 6th September 2013 by the Lok Sabha. The act came into force from 1st May 2014.

- + On 22nd March Genetic engineering appraised committee re-approves field trials of ten hybrid crops.
- + On 27th March India and the entire South East Asia region was declared polio-free by WHO (World Health Organisation).
- + On 4th April India's second navigation satellite Indian Regional Navigation Satellite system-1B i.e, IRNSS-1B was successfully launched. The IRNSS constellation of satellites is stated to be launched to provide navigational services to the region was placed in geo-synchronous orbit on 4th April 2014.
- + On 24th September India's Mars orbiter mission of ISRO successfully entered Mars orbit. It is also called Mangalyan. It was launched on 5th November 2013 by ISRO (Indian Space Research Organisation). It is India's first interplanetary mission and ISRO has become the fourth space agency to reach Mars, after the Soviet Space program, NASA and European Space Agency. It is also India's first attempt, and the first Asian nation to do so.
- + On 2nd October Prime Minister Narendra Modi launched Swachh Bharath Abhiyan (i.e, Clean India Mission). It is a national level campaign of the Government of India, taking up the work to clean the streets, roads and infrastructure of the country. Campaign is India's biggest ever cleanliness drive.
- + On 10th October Kailash Satyarthi was announced for 2014 Noble peace prize. He is an Indian Child Rights Advocate and an activist against Child Labour. He started Bachpan Bachao Andholan in 1980 and has acted to protect the rights of more than 83,000 children from 144 countries. He shared the Nobel prize with Malala Yousafzai.
- + Wing Commander Pooja Thakur became the first lady officer to lead the Inter-Service Guard of Honour which was inspected by the US President Barack Obama, Chief Guest for the Republic Day.

Solutions

Who am I? Indian Squirrel and it was blessed by Lord Rama

Map Marking : 1) 15/12/1957 - Shahjahanpur, Bareilly, Moradabad, New Delhi, Agra, Gwalior, Bhopal, Jalgoan, Solapur, Gulbarga

2) 20/12/1964 - Mysore, Mandya, Bangalore

3) 18/12/1968 - Vijaywada, Ongole, Gudur, Chennai, Bangalore

4) 1970 - New Delhi, Jhansi, Bhopal, Nagpur, Warangal, Vijayawada, Nellore, Tirupati

5) 24/10/1974 - New Delhi, Jhansi, Bhopal, Nagpur, Kazipet, Hyderabad

6) 30/04/1977 - Chennai, Villipuram, Tiruchi, Madurai

7) 25/11/1977 - Shahjahanpur, Bareilly, Lucknow, Varanasi, Barauni, New Jalpaiguri, Guwahati, Lumding, Tinsukia

8) 30/04/1979 - Shahjahanpur, Bareilly, Moradabad, Delhi, Jaipur, Ajmer, Ahmedabad

9) 30/04/1982 - New Delhi, Kota, Ratlam, Vadodora, Surat

If anybody wants that he should get benefited, he should encourage himself to cultivate right faith, right cognition and right morals.

Pujya Sri Ramchandraji Maharaj, Message at Madurai on 30-04-1977

Special School for Slow Learners (Children with Learning Difficulties)

By the grace of the Master, total sixteen students have availed the services of Bodh School in the year 2014-15. Students participated in Science Arts and Language fair along with Satkama High School students conducted during Satkama School Annual day.



Fifth class students won first prize in science - primary category, sixth and seventh class students won second prize in science - secondary category, Rohail of sixth class won first prize for Hindi

kavitha, Prabandha Kumari of seventh class won a group prize (second prize) in language section for acting as Arjuna.

Students participated in National level drawing competition conducted by Konaseema Chittrakala

Parishad. They exhibited many of their paintings during arts and craft fair of Satkama/Bodh. Some of the children developed confidence and learnt math



concepts well and will join back normal school in the next academic year. Parents of the students who have already studied in Bodh, appreciated the assistance given to their children as those students are performing well in normal school and getting good grades. Their performance is well appreciated by their class teachers also.



Digestive System

M. Ramya, A. Divya and M. Shashank
First prize winner in the science fair.

On February 21st during Science and Arts fair, our science teacher helped us in explaining digestive system. I felt very happy to explain about our digestive system.

Divya, Shashank and I explained what happens when we eat a tomato and the nutrition value in it. Before explaining we cut some tomatoes into circles and gave them to parents and judges. When they were eating tomatoes, we explained them what happens to the tomato in the mouth. First it is chewed by teeth. It is then swallowed and goes into Oesophagus. Oesophagus carries the tomato pieces to stomach. It is mixed with digestive juices. It is made into small pieces. After that it goes into small intestine and large intestine. It takes 3 – 5 hours to digest tomato. While taking food remember God then pure blood passes through the whole body.



ప్రార్థన

ఎ. బివ్య, ఐదవ తరగతి



పూజ్య బాబూజీగారింట్లో భోజన సమయం అయ్యింది. ఇంట్లో అందరిని అతిథులు వచ్చారా అని అడుగుతున్నారు. దేసాయిజీగారు వెళ్ళి స్వామి, ఆయన భార్యని తీసుకుని వచ్చారు. స్వామి, ఆయన భార్యకి చాలా ఆకలి వేసింది. ఒక మహిళ వంటగదిలో నుంచి ఒక కంచంలో అన్నం వేడివేడిగా తీసుకువచ్చింది. కొంత సేపటికి పూజ్య బాబూజీగారికి కంచంలో చపాతీ ఇంకా కూర తీసుకువచ్చింది. పూజ్య బాబూజీగారు ప్రార్థనచేసి తినడం మొదలుపెట్టారు. అది చూసి స్వామి ఎప్పుడూ ప్రార్థనచేసి తినాలని తెలుసుకున్నారు.

Laxmi Prasanna, IV Class

One day Pujya Babuji Maharaj, when he was young was playing in the play ground with his friends. They saw one coin. Babuji Maharaj said, "See there is one rupee coin here". Pujya Babuji Maharaj said, "We will give it to the teacher". They went to their teacher and gave it to him.



Moral : We cannot take others things.



గీతాంజలి, రెండవ తరగతి

కొంగ తెలివి

అనగనగా ఒక అడవిలో ఒక నక్క ఉండేది. నక్కకి కొంగ మాంసం తినాలనిపించింది. నక్క కొంగ దగ్గరకి వెళ్ళి సువ్వు మా ఇంటికి భోజనానికి రా అంది. కొంగ నక్క ఇంటికి వెళ్ళే తినడానికి ఏమీ లేదు. నక్క మోసాన్ని పసిగట్టిన కొంగ అందకుండా పారిపోయింది.

సీతి : ఉపాయంతో అపాయంనుండి తప్పించుకోవచ్చు.

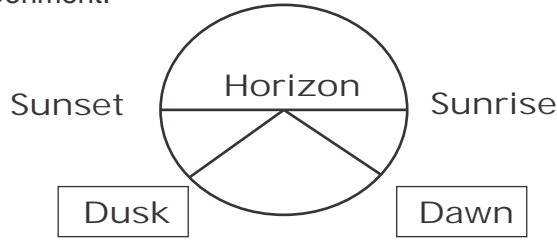
Only remove the hatred, I say, and universal love is there.

Pujya Sri Ramchandraji Maharaj, Message at Hyderabad on 24-10-1974

Temperature at different times of the day

Following is the experience of children while doing the experiment for the science fair.

Chakridhar: I felt happy when I was doing experiment 'measuring temperature at different times of the day' with my friends. We measured the temperature using thermometer and observed that early hours of the day is the coolest time of the day. People say that those who get up before sunrise have a better chance of having a good life. They also say that this is the best time for reading and also meditation. We came to know many benefits of getting up early in the morning when we did this experiment.



Harish : We also explained how sunrise and sunset happens with the help of Globe.

Mounika : We noted the temperatures in the morning and afternoon, evening and at night. We observed there is variation of temperature. Here is one of the days measurement.

- 12 PM - 28° C;
- 4 PM - 34° C;
- 6 PM - 30° C;
- 8 PM - 28° C;
- 4 AM - 24° C; 6 AM - 25° C; 7 AM - 25° C



We came to know many benefits of getting up early in the morning, we can watch sunrise, we can enjoy the nature, we should get up early and sleep early. I started getting up by 5 AM after doing this experiment. We explained the same to the visitors of the science fair.



నాని - అమ్మ

యువరత్నం, నాలుగవ తరగతి

ఒక ఊర్లో ఒక అబ్బాయి ఉండేవాడు. అతని పేరు నాని. ఒక రోజు వాళ్ళ అమ్మ బూరెలు చేస్తుంటే నాని ఇంటికి వచ్చాడు. నాని అమ్మకి తెలియకుండా బూరెలు రెండు తీసుకుని తిన్నాడు. ఇంతలో వాళ్ళ అమ్మ వచ్చింది. అతనిని అమ్మ అడిగింది, 'నాని, నువ్వు నేను చేసిన బూరెలు తీసుకున్నావా?' 'నేను తీసుకోలేదు అమ్మా' అని అన్నాడు. అప్పుడు నాని వాళ్ళ అమ్మ ఇలా అంది, 'నాని, నువ్వు అబద్ధం చెప్పకు. నువ్వు బూరెలు తీసుకున్నావు కదా!' నాని ఇలా అన్నాడు, 'అమ్మా, నేను బూరెలు తీసుకున్నాను.' 'మరి ఇంక ఎప్పుడూ అబద్ధం చెప్పకూడదు' అని నాని వాళ్ళ అమ్మ అంది.

నీతి : ఎప్పుడూ అబద్ధం చెప్పకూడదు



స్నేహం

కె. కావ్యబాయి, నాలుగవ తరగతి

స్నేహం స్నేహం మనం అంతా స్నేహంగా ఉండాలి మనం అంతా పోట్లాడుకోవద్దు స్నేహం స్నేహం మనం అంతా స్నేహంగా ఉండాలి మనం స్నేహంగా ఉండి ఆడుకోవాలి మనం అంతా కలసి మెలసి ఉంటూ మన తరగతి గొప్పదని పేరు తెచ్చుకోవాలి స్నేహం స్నేహం మనం అంతా స్నేహంగా ఉండాలి మనం స్నేహంగా విహారయాత్రకు వెళ్ళాలి మనం అంతా స్నేహం పంచుకోవాలి మనం అంతా స్నేహంగా, ఆనందంగా, సంతోషంగా ఉండాలి స్నేహం స్నేహం మనం అంతా స్నేహంగా ఉండాలి

A child who has a sense of his true Inner value is resilient. He strives to achieve his goals. Some ideas that strike me to nurture the students inner values are :

- + Avoid and if not possible restrict T.V. time and video games. This will work as a defence against over stimulation of modern life and technology.
- + Try to ensure that the child has unstructured time so that they can relax or play freely and allow their creativity a chance to express. Try to teach children relaxation skills and simple meditation.
- + Allow scope for the children to participate in and appreciate arts. Enable them to listen to beautiful music.
- + Encourage them in the creative arts of dancing, singing, drawing and painting.
- + Teach them embroidery, stitching and tailoring.
- + Allow them to spend time in nature and teach them to have reverence for all living things.
- + Encourage your child to tell you how he feels. Involve the child in helping others.
- + Express gratitude and encourage the child to think of what he or she is grateful for.
- + Avoid bragging about and labelling the child. Do not become overly attached to your child's accomplishments.
- + Give sincere praise, but avoid over praising, as constant, excessive praise can discourage a child from finding the value in what he does from inside himself, independent of external rewards.

All that is stated perhaps already the teachers and parents know and it is only an appeal to practice these methods to enable the students develop proper inner values.

Excerpt from Address to Parents and Teachers of SATKAMA SCHOOL ON SCHOOL ANNUAL DAY Feb 13th 2007 by Sri K. C. Narayana garu

SSS VOCATIONAL WING NEWS

Shiva Sai, VI Class and Chakridhar, VI Class, Bodh School

B. Jagruti, VII Class

In our school we have SUPW period. In that period we learn stitching. We like stitching very much. We enjoy the stitching period. We have a special teacher for teaching us how to stitch. We learnt chain stitch, back stitch, button stitch, stem stitch, hook stitch, satin stitch and hemming. Learning to stitch has many purposes. All classes from 6th to 10th take the class.

Stitching class is part of SUPW. It is not everyday that we learn the stitches that tailors use for making designs in our clothes. Very few schools have SUPW. We learnt many different stitches like back stitch, stem stitch, chain stitch, satin stitch etc. I learnt so much. Now stitching has become a hobby. Before I had no intention to learn stitching but now it is very interesting. Now if there is any tear in my dress, I can stitch it without depending on my mother.



Chain Stitch

Shiva Sai : "On Thursday my shirt was torn. I stitched the shirt myself. I am really thankful to my school for having this period."

Chakridhar : "I stitched my shirt button after I learnt stitching here."



Stem Stitch



Back Stitch



Embroidery

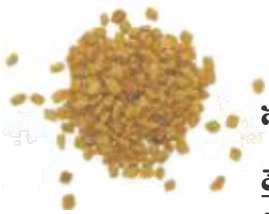


Net Stitch

MSRCM HOSPITAL

వంటింటి దినుసులతో ఇంటి వైద్యం - మెంతులు :

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



సంస్కృతం: మేధికా హింటి: మేధి

మెంతులు: దీనిని భారతదేశమంటతా సాగు చేస్తున్నారు. మెంతి ఆహారంగా,

ఔషధంగా అనేక విలువలను కలిగి ఉంది.

ఔషధగుణాలు :

మధుమేహము : మెంతి చూర్ణమును మూడు గ్రాములు ఉదయం, సాయంత్రము టిఫిన్ చేయటానికి మరియు భోజనానికి అరగంట ముందు తిన్నయెడల మధుమేహ వ్యాధి అదుపులో ఉంటుంది. ఇది పరిశోధనలో గమనించడమైనది.

సాందర్భ సాధనం : మెంతులను మెత్తగా నూరి పాలతో కలిపి ముఖానికి కాళ్ళు చేతులకు రాసిన శరీరం ప్రకాశవంతమౌతుంది.

చక్కని జుట్టు : మెంతుల చూర్ణమును, ఉసిరికాయ చూర్ణమును కలిపి దానికి నువ్వుల నూనెను చేర్చి తలకు రాసిన వెంట్రుకలు గట్టిపడి తొందరగా రాలిపోవు.

రక్త గ్రహణి : మెంతులను వెన్నెతో లేదా నీళ్ళతో తినిపించిన రక్త గ్రహణి తగ్గుతుంది. మెంతులను వేయించి దానిని మజ్జిగతో కలిపి త్రాగిన కడుపుబ్బరం, అజీర్ణము, అర్షమెలలు, అతిసారం, జిగురు విరేచనాలు తొలుగుతాయి.

మూత్రంలో రాళ్ళు : మెంతిపిండి మరియు ఉలవల చూర్ణమును సమాన భాగములుగా తీసుకుని వేయించి ఒక చెంచా ఉదయం, సాయంత్రం తిన్నయెడల మూత్రంలో రాళ్ళు కరుగుతాయి.

When all of my associates gather at one spot, it becomes a temple for me and it is their duty to make their hearts as the temple themselves.
Pujya Sri Ramchandraji Maharaj, Message at Bangalore on 18-12-1968

బలవంతుడ నాకేమని
పలువురతో నిర్మహించి పలుకుటమేలా?
బలవంతమైన సర్పము
చలిచీమల చేత జిక్కి చావదె సుమతీ!

తాత్పర్యము : నేను బలవంతుడను కదా, నాకేమి హాని జరుగునను
అహంకారముతో పదిమందితో విరోధపడి మాట్లాడుట మంచిది కాదు.
బలము కలిగిన పాము కూడ చలిచీమల బాలిన పడి చచ్చును అనగా సంఘ
బలముముందు ఎంత బలవంతుడును నిలువలేడని భావము.

सब धरती कागद करुं, लिखनी सब बनराय
सात समुद्र का मसि करुं, गुरु गुण लिखा
न जाय ॥

If a pen were to be made with all the available wood on the earth, with all the seven oceans as its ink, to write on a paper of the size of earth's surface, it is still not enough to describe the Glory of the Guru.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS
Training Programme

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

ధ్యాన శిక్షణా కార్యక్రమము

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

Website : www.sriramchandra.org

Email: imperience@sriramchandra.org



SAHAJ SEVA SAMSTHAN

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

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

SATKAMA
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EDUCATION FOR A NEW SPIRITUAL ERA
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- Associative and Integral Approach to Value Based Education
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www.sahajsevasamsthan.org/satkama/
email:satkama@sahajsevasamsthan.org

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

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

- To make the child realise that he/she carries the Divine Master in the heart and is loveable and useful in the society for that reason
- Initial assessment at the time of admission
- To develop goals individually for each child
- Individualized Education Plans
- Teacher pupil ratio 1:5 for individual attention

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

MSRCM HOSPITAL
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10-3-783/254/3 RT,
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- Other Services:** General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.
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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 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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