



# SPANDAN

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## WORLD PEACE AND EDUCATION

Sri Vidyadhar Joshi, Member, SSS

In the previous issue of Spandan, we had an occasion to share the letter of Pujya Babuji Maharaj that He sent to the United Nations.

It is a good time to ponder on the purpose of education yet again. A common notion which is unquestionably accepted by most people is that education should lead to a career. The underlying assumption is that only a successful career leads to happiness. If this were to be true, we should see so called successful people in their careers to be truly happy. Whether one is successful in one's career or not, the malady of discontent, greed, fear, competitiveness, insecurity, hatred, jealousy and selfishness easily destroys the peace and balance of mind which is the basis of real happiness. This, as is noted in the message "Spiritual Way of Life" by Pujya Babuji Maharaj, is the root cause of lack of peace in the world. He says "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."

The problem lies in the narrow and faulty outlook towards modern day education, especially School education where a career is the only outcome that is desired. Let us make an attempt to understand the purpose of education as put by Pujya Dr. K. C. Varadachari. "Education is thus central to our entire development and basic as a programme for peace". I understand "entire development" as holistic development that encompasses not just the peace and good of the individual but that of the humanity. Unfortunately, a career as the cause and end of education achieves little. It never seeks to explicitly arouse within the pupil, the motivation and inspiration for individual peace or world peace because of its singular focus on career. It can be rightly termed as learning for earning. Learning for earning is needed but is not complete by itself and cannot be called education. It is not uncommon to see so called educated men committing grave acts of crime and violence. The world has already seen two world wars. Weapons of destruction are becoming more advanced and no one is sure what kind of destructive outcome future wars will produce.

Thus it is important for us to relook at education from a very broad perspective. It should actively seek to develop within an individual the qualities to promote individual peace of mind and of the humanity. It must regenerate that pure will and inspiration within the pupil in a natural way. The universal prayer given by Pujya Sri Ramchandraj Maharaj to be done at 9:00 PM that all are developing true love and devotion towards the Master, is a practice that requires such a pure will and inspiration. That would be real education.

### *Student Editorial*

K. Rachana, Class IX

Diwali is the festival of lights. Every year we celebrate Diwali festival. Lord Krishna was glad that Narakasura repented for his actions. Before dying, the asura requested a boon that the day of his death should be celebrated by all people of the Earth. This day is celebrated as Naraka Chaturdashi, the first day of Diwali. This stands for the victory of good over evil. Diwali is celebrated on the day of 'Asweeyuja Bahula Amavasya'. On that day people do puja to Goddess Lakshmi Devi. People wear new dresses. All the people decorate their houses with flowers and leaves and lights and earthen lamps. People burst fire crackers too.

Precautionary Measures when bursting firecrackers:

1. Wear cotton clothes and slippers.
2. Burn crackers in the presence of elders.
3. Keep a bucket of water near the place where firecrackers are being burst. After the fire crackers are burnt, dump them in the bucket.

Lord Krishna fought for the victory of good over the evil asura, Narakasura. In my opinion the amavasya resembles the darkness of our thoughts. i.e. negative. This festival teaches us to light our hearts with the light of the Divine light over our negative thoughts and be always good and positive.

We thank everyone for their contributions to the newsletter. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to [spandan@sahajsevasamsthan.org](mailto:spandan@sahajsevasamsthan.org)

## STORY OF MASTER - SUBTLE SADHANA

Reference Book : Spirituality

The Divine light that glows in everyone and makes us live is the torch for seekers of liberation. We often hear the meditation being done on the tip of the lamps(deepams)considering it as this light. But for us to understand the speciality of meditating on Divine light without luminosity in the system of Pujya Babuji we need to know the nature of jyothi, brightness and light. A lamp, when filled with oil or ghee, and lit with a cotton wick becomes a jyothi. The light we see at the bottom of this is wider, gradually becoming thinner and becomes a peak(shikha). The light travels on all sides and gives brightness. There is a necessity for the Divine light (Param Jyothi) to be different from the normal light (jyothi). Otherwise there is no need to call it as Divine. The normal light has more heat at the bottom than at the top. Pujya Babuji says, 'the lower part of it is heat, because weightless weight is there above it, (SDG, "Longing for Reality'). It is the experience of the sadhakas that in case of Divine light the intensity of the brightness is more on the top side than on the bottom side. It is because our method of meditation is very subtle, there is no heaviness and as a result there is not much heat in the lower portion. We are aware that the heat of the lower mind is less due to this fact. Along with this, due to the assistance of the trainer, the lower portion heat reduces considerably and the light becomes Divine. No sadhaka likes the external light and brightness. Some people meditate differently in the moonlight. Maybe they are depending on the mind for achieving progress. People seeking the company of Divine will always seek self luminous light. A lamp is not self luminous. It is dependent on the five elements. The SriKrishna Consciousness that is lit inside and which is immeasurable is self luminous. To know this, it is necessary to meditate on light without luminosity.

The method given by our Master is the correct one to know the true nature of this light. When the thoughts of the lower mind start diminishing, the higher feelings gather strength and make us progress towards the betterment of self. If we encourage the lower feelings for whatever reason thinking about the mundane, it leads to debilitation of self. There is a responsibility to tell this to people who say that all paths are the same. Banasura was a great bhakta of Lord Shiva. He was a fool to ask the Lord and his wife to guard him rather than seek His company. We all know that Lord Krishna to save his grandson cut Banasura's thousand hands and was about to eliminate him when, at the behest of Parvati who asked the Lord to spare Banasura thinking him to be her son, spared his life. What we have to learn from all this is that there is necessity to observe etiquette with elders. Bhaumasura was a friend of Banasura. He was the son of Srihari and Bhoodevi. Spoilt due to bad company, due to leela of Lord SriKrishna, he met his fate in the hands of his own mother. Light should give us viveka. The viveka regarding the Divine is subtle. It is not the light of the moon, the sun, the stars or the normal lamp that takes us towards our goal. Our goal also must be of the nature of the Divine. We must know that meditation on light without luminosity is very special, that it is very subtle and obtaining the Divine light is possible only through such subtle sadhana. Mantras, Tantra, idol worship, Yantras are observed to be increasing more in the recent times. We have to know that these methods not only do not help seekers of the Divine, it also says that people who follow these along with the subtle methods given by Pujya Babuji do not have proper goal clarity. Therefore, such people reach a state where spiritual progress is not possible due to their practices. Although reduction of kama, krodha may be possible to some extent by them, the burden of lobha, moha and ahamkar cannot be got rid of by these people. It is because the intention of the practices followed by these people is that. Banasura, Narakasura and others were sadhakas undoubtedly, but without any goal clarity. If their desires were humungous, the desires of these people are the sizes of ant hills. That is all the difference is. Lord SriKrishna's avatar did not end with the deaths of Shishupala and Dantavakra. Due to the curse on them, Jaya and Vijaya were born as Hiranyaksha and Hiranyakashipu, and the Divine duty was carried out by the avatar of Varaha and Narasimha. Later when they were born as Ravana and Kumbhakarna, the avatar of SriRama came and went back. When SriKrishna avatar took place, the avatar did not end with the deaths of Jaya and Vijaya, but continued till all the people with evil tendencies were eliminated (controlled). Control or victory is an animal tendency by nature. There is an excess of emotion and lack of discrimination when this is used. It is known to the sadhakas that difficulties of Mother Earth have not reduced, inspite of the elimination of wicked kshatriyas by Parashurama and many Asuras by SriKrishna, the Divine has sent Sri Ramchandraj Maharaj for transformation of human nature. It is our faith that others will know this secret soon. His statement that He will be useful not only during his life time but also after His Mahasamadhi is known only by the persons who are getting His help in innumerable ways. My request is for everyone to participate in the work of the Institute in making His blessings available to all.

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

**Pujya Sri Ramchandraj Maharaj**

## SRIMAD BHAGAVAD GITA

मयि सर्वाणि कर्माणि सन्न्यस्याध्यात्मचेतसा ।  
निराशीर्निर्ममो भूत्वा युध्यस्व विगतज्वरः ॥

With your thought directed towards higher self,  
dedicate all your actions unto Me; rid yourself of  
all desire and all sense of 'my'-ness, and engage in  
the combat, free of your turmoil. (3-30)

One day sage Narada out of his pride wanted Lord Vishnu to certify that none other than him is most devoted to Lord Vishnu, because he recites the name of the Lord all the time. Lord Vishnu thought for a few minutes and said, "There is a little village on the Earth. In that village lives a poor farmer and his family. That farmer is my biggest devotee." Narada was shocked and wanted to see this soul that Lord Vishnu considered his best devotee.

So Narada went down to earth and found the man Lord Vishnu was talking about. He decided to follow him for a day and see what he did. The farmer lived in a small hut on the outskirts of the village. Narada watched the farmer as he got up in the morning, prayed to God, went about his morning duties, looked after his children, went to the fields, ploughed the field, came back in the evening, and finally after the entire household went to sleep, the farmer prayed and then went to sleep. Narada was perplexed. He was not convinced that the farmer is as devoted as he is.

Lord Vishnu then put him to test by asking him to carry a pot of oil on his head around the field without spilling a single drop. Narada successfully completed the round of the field with the pot of oil on his head. Lord Vishnu asked Narada, "Tell me, how many times did you remember me during your walk around the field?". Narada confessed, "Not once, I am afraid. How could I? All my attention was fixed on the oil and the vessel.

Lord Vishnu then said to Narada, "That farmer works hard in his fields all day and still has time to think about me a few times. You, on the other hand couldn't think of me even once!" Narada was thus humbled.

The farmer is poor, works hard all day and looks after his family. He does his duties with his thought on God and dedicates all his actions to Him.

## SATKAMA SCHOOL

## ప్రార్థన - అనుభవము

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



Illustration  
N. Vishwesh, VI Class

1-8-15 – I felt peaceful and calm during meditation. I felt calm, peaceful and active after meditation.

3-8-15 – I felt disturbed initially but I felt relaxed when I sat for meditation. I felt relaxed after Meditation.

25-8-15 – I felt peaceful and calm during meditation. I felt peaceful, calm and freshness after meditation.

12/08/2015 - I felt calm and I heard some bird chirping during meditation. I felt my mind was fresh after meditation.

18/08/2015 - I thought about the Divine during meditation. I felt peace after meditation.

26/08/2015 - I felt calm and some thoughts came to my mind during meditation. I felt fresh after meditation.

T. Tarun, X Class

N. Sowjanya, X Class

7/7/2015 - I felt pleasant and colours were appearing during meditation. I felt cool and all my tension was gone after meditation.

24/7/2015 - Many thoughts came in my mind and my mind was full of them during meditation. My mind felt clean and free after meditation.

3/08/2015 - Many thoughts came in my mind but I thought about the divine light during meditation, My mind was free and there were no thoughts after meditation.

Bharat Kumar Reddy, X Class

6-7-15 - I felt I was in a peaceful park during meditation. I felt calm and fresh after meditation.

8-8-15 - I felt calm during meditation. I felt happy after meditation.

18-8-15 - I felt nothing and I do not remember during meditation. I felt calm after meditation.

K. Pawan Kalyan, X Class

My thoughts on Prayer

O'God, you are the real goal (happiness) of human life. We wish big and then if we don't get it we will feel sad. So we are putting a bar to our advancement (goal). So we should pray to the Master and become happy which is our goal.

- Rishikesh Joshi, Class VII

## OUR PAGES



A.Kavya Prasanthi, V Class

## FRATERNITY

Once upon a time there was girl named Sudha. There was another girl named Ammu. She was Sudha's neighbour. There was another girl named Dhana. Her family was very poor. Sudha, Ammu and Dhana were studying in 6<sup>th</sup> class. One day Dhana had a doubt in a subject. So she went and asked Ammu. Ammu said, "I will not tell". Sudha heard Ammu and said, "What happened to you Ammu? Why are you saying like that?". Ammu replied that Dhana is very poor and she could not talk to poor people. Sudha said, "You should not talk like that. We should feel all as our brothers and sisters". After going home Ammu thought about that incident. She thought from then on she will think everyone as her brothers and sisters. Next day Sudha and Dhana were playing. Ammu went there and said sorry to Dhana. Dhana and Sudha were happy for the change. Ammu said, "Yes I have changed. Come on we will play". All girls played together.

**Moral: We should feel all as brothers and sisters. We are all equal.**



## నిధి

T. Vallab, ఐదవ తరగతి

ఒక రోజు ఒక రైతు పంటలు పండింస్తుంటే ఒక చోట ఒక మొక్క క్రిందకి పడిపోయింది. దానిని మళ్ళీ నిలువుగా పెట్టాడు. కాని అది మళ్ళీ పడిపోయింది. ఆ మొక్కని వేరే చోట పెడదామని అనుకున్నాడు. ఒక చోట శ్రవ్వి చూసాడు. అక్కడ నిధి కనిపించింది. అప్పుడే అతని స్నేహితుడి భార్య వచ్చింది. తన స్నేహితుడికి గుండెపోటు వచ్చి, పెద్ద వైద్యం చెయ్యాలని తెలిసింది. వెంటనే దొరికిన నిధి ఇచ్చేసి స్నేహితుడిని కాపాడుకున్నాడు.

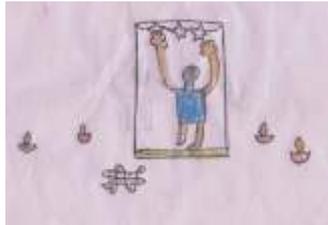
**నీతి : సేవా భావమే నిజమైన నిధి**



## దీపావళి

P. Ramyashree, మూడవ తరగతి

పండుగరోజు మన ఇంటిని శుభ్రం చేసుకుని పూలతో, మామిడి తోరణాలతో అలంకరించుకుంటాము. ప్రొద్దుటే నిద్రలేచి తలస్నానం చేసి క్రొత్తబట్టలు ధరించుతాం. బంధుమిత్రులలో కలసి విందుచేసి ఆనందంగా గడుపుతాము. నాకు దీపావళి పండుగ అంటే చాలా ఇష్టం. ఎందుకంటే టపాకాయలు కాలుస్తాము, అమ్మ మిఠాయిలు నాకు, నా స్నేహితులకు పంచుతుంది. నేను సంతోషంగా ఉంటాను.



## జ్యోతి - చిలుక

M. Lohithan, నాలుగవ తరగతి

ఒక ఊర్లో జ్యోతి అనే అమ్మాయి ఉండేది. ఆ అమ్మాయి ఒక రోజు బయటకి వెళ్ళుతుండగా ఒక చిలుక క్రిందపడి గిలగిలా కొట్టుకుంటోంది. అప్పుడు జ్యోతి చిలుకను ఇంటికి తీసుకువెళ్ళి మందు రాసి కట్టు కట్టింది. జ్యోతి చిలుకను ప్రేమగా చూసుకుంది.

**నీతి : మనం జంతువులను ప్రేమగా చూసుకోవాలి.**



## దృష్టి

P. Ramyashree, ఐదవ తరగతి

ఒక రోజు రాము బడికి వెళ్ళాడు. ఆ రోజు వాళ్ళ టీచర్ గుండె బొమ్మ గీసుకుని రమ్మంది. రాము ఇంటికి వెళ్ళాడు. రాము ఆ బొమ్మను వాళ్ళ అమ్మను గీయమని అడిగాడు. వాళ్ళ అమ్మ రాముకి చెప్పింది, 'నువ్వు ముందు ప్రయత్నం చేయి.' రాము కాసేపు ప్రయత్నం చేసాడు. వేస్తున్నాడు, తుడిచేస్తున్నాడు. సగం వేసి తుడిచేస్తున్నాడు. వాళ్ళ అమ్మ చెప్పింది, 'శ్రద్ధగా దాని మీదే దృష్టి పెట్టి గీయి, తప్పకుండా వస్తుంది.' రాము వాళ్ళ అమ్మ చెప్పినట్టే దాని మీదే దృష్టి పెట్టి గీసాడు. బొమ్మ చాలా బాగా గీసాడు. బడికి వెళ్ళిన తరువాత, టీచరుకు బొమ్మను చూపించాడు. టీచరు చాలా బాగుంది అని చెప్పింది.

**నీతి : చేస్తున్న పని మీదే దృష్టిపెట్టి చేస్తే పని పూర్తి అవుతుంది.**



B. Aiswarya, Class IV

## MANNERS

One day Raju went to school. His teacher was explaining a lesson. Raju was talking with his friends. Teacher asked them to go out of the class. Raju was very sad. Next day he came to school. When teacher was explaining the lesson, he did not talk. Later his teacher called him and said, "When teacher is explaining the lesson, you should not talk. You were a good boy today".

**Moral : When teacher is explaining the lesson we should not talk.**





## INDIA

**A. VijayaSree, Class VIII**

Here are great persons,  
Who fought for freedom.

Here are the Real Heroes,  
Subhash Chandra Bose & Alluri,  
Who sacrificed their lives to make our lives better.  
Here are the Great Rulers,  
Akbar, Shah Jahan & Shivaji,  
Who defeated many other kingdoms.  
Here are the Great Masters,  
Lalaji, Babuji and Vivekananda,  
Who made the people peaceful.  
They were born in India.

## WORK

**N. Vishwesh, Class VI**

God created man to work  
Work is man's greatest duty.  
If you are poor – work, If you are rich – work  
If failure discourages you – work  
If success encourages you – work  
If you have been paid fairly – work  
If you have been paid unfairly – work  
When hope seems lost – work  
Work is the best laziness beater  
If you neglect your work, you invite worry, fear and laziness  
Work is the greatest solution for all problems.  
So, work, and work sincerely.



## SACRIFICE



**K. Sravani, Class VI**

Once a boy named Somu lived in Siripuram village. One day he was taking a pot to the school for an experiment. While he was going, he saw a boy crying. He went to the boy and asked what happened. The boy said, "My father is a potter. He made pots and asked me to take them and put them in the shop. While I was going one pot fell down and broke. So I am crying. Now my father will scold me. What should I do now?" Somu gave his pot to that boy. The potter boy said, "Why are you giving me? You also want this." Somu said, "Nothing will happen. Take it. I will tell the reason to my teacher." The boy took the pot and they both went happily.



**Moral: Sacrifice for each other.**

**Ch. Jahnvi, Class VI**

Once upon a time there was a farmer and his family in a village. It was a poor family. They had no food to eat. They were very hungry. One day they got some food from their neighbours. They felt very happy. They sat for eating the food. Just then the farmer's friend came to his house. He was happy but also sad because he will not have food if he feeds his friend. The farmer thought, "We should not send our guests with empty stomach". Thinking that he sacrificed his food and his family's food to not keep his friend's stomach empty. The friend was happy. The farmer was happy but the farmer's family was again hungry like ever.



**Moral: Give your things to others even though they are more valuable to you.**



**K. Lavanya, Class VII**

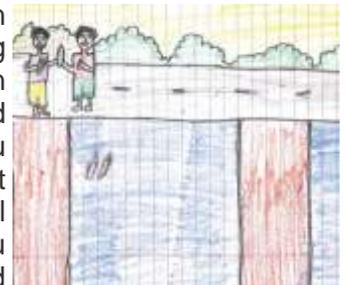
One day Ravi was playing with a balloon. A small boy named Sonu and his mother were walking. Sonu saw the balloon with Ravi and started crying because he wanted the balloon. His mother tried to control him but Sonu did not stop crying. Ravi came to him and gave the balloon to Sonu. Sonu stopped crying. Sonu's mother was giving money to Ravi, but Ravi didn't take it. He said, "My mother told me to sacrifice anything without taking anything in return". Sonu's mother was very happy.



**Moral: We should sacrifice anything without taking anything in return.**

**Ch. V. Krishna, Class VII**

Once upon a time in a village there lived a boy named Ramu. He always liked everybody. Whatever they asked he used to give. One boy named Somu was going over the bridge. Then his new pencil and pen fell down in the river. So he was crying and going home. Then Ramu saw him and asked, "Why are you crying?" Somu said that his new pencil and pen fell down. On that day, Ramu bought a new pencil and pen so he sacrificed his two things and felt happy.



**Moral: If we sacrifice anything for others, God will be happy and people will be happy.**

**ప్రకృతి**



పల్లెపట్టణాన్ని శాంతం ప్రశాంతం  
 రౌద్రదారిద్ర్యాలు దూరం దూరం  
 పక్షుల కిలకిలలు సెలయేటి గలగలలు  
**ఇ. అస్మిత** విరిసే కలువల కొలనులు అందం ఆనందం  
**పదవ తరగతి** వాగులు వంకలు పారు కొండా కోనల్లోన  
 బావులు చెరువులు నిండు వర్షధారలతోన  
 పసిడి గింజలు రాల్చు పచ్చని వరిచేలు  
 అన్నా, తమ్ముడూ అంటూ సోదరులే కలసి  
 అత్తా అవ్వా అంటూ అమ్మలక్కలు మాటలుకలిపి  
 పలెటూర్లన్నీ పచ్చగా మెరిసే!



అదిగో ఆ మావికొమ్మను అడిగాను  
 ఇదిగో ఈ చింతచిగురును అడిగాను  
 అల్లదిగో ఆ పచ్చని పైరుని అడిగాను  
 వచ్చి పోయే ప్రతిపిల్లగాలిని అడిగాను  
 మా ఊరి సౌందర్యాన్ని వివరించమని  
 ప్రతి చెట్టు పుట్టలని అడిగాను  
 కనిపించిన ప్రతి రాయి రప్పలని అడిగాను  
 చెరువు గట్టును అడిగాను  
 పెద్ద వృక్షాలను అడిగాను  
 మా ఊరి సౌందర్యాన్ని తెలుపమని

**ఎ.హేమంత్ కుమార్**  
 పదవ తరగతి



అవనినందు అమృతకాసారాలు  
 అలవికాని ఆనంద డోలికలు  
 అచ్చెరువొందించె మన చెరువులు  
 ఆనాందానిచ్చి ఆహ్లాదపరిచె  
**సి.హెచ్. హాలప్రీయ** అజరామరాలు మన చెరువులు  
**పదవ తరగతి** అలమటించే ఆన్నార్థుల

ఆకలితోడించి దాహము తీర్చే  
 అద్భుత అమృత భాండాగారాలు మన చెరువులు  
 కప్పల బెకబెకలు, కీచురాళ్ళ సవ్వడిలు  
 ఏటికి ఎదురీదే చేపలు  
 నునుపెక్కిన గులకరాళ్ళు  
 గలగలపారే సెలయేళ్ళ సరిగమలు  
 అన్నింటికి అందమైన చిరునామా  
 మధురానుభూతి మన చెరువు  
 కాని అవి అన్నీ నేనిప్పుడు చెప్పలేనోయి.

**కె. పవన్ కళ్యాణ్, ఎ.హేమంత్ కుమార్, పదవ తరగతి**

అలలకు అలుపులేదు  
 కలలకు రూపులేదు  
 శిలలకు చూపులేదు  
 ప్రకృతికి చావులేదు  
 దాని సౌందర్యానికి ముగింపులేదు  
 ప్రకృతి.. ఏగా ప్రగతికి మెట్లు  
 జీవనానికి ముందడుగు చూపు  
 మన ప్రకృతికి వచ్చేనే మార్పు  
 మనకు చేకూరనే ఓదార్పు  
 నిస్వార్థ సేవే ఆనందం



చక్కని చోటు, చూడచక్కగా ఉన్నది.  
 ప్రకృతి సోయగం చూడడానికి ముచ్చటేస్తుంది.  
 ఆకుపచ్చని చెట్లు నిండుగా ఉన్నాయి  
 చిన్న చిన్న గుబుర్లు గుంపు గుంపుగా ఉన్నాయి.  
**బి. శ్రావణి** పూలమొక్కలు గుమాలింపుతున్నాయి.  
**పదవ తరగతి** పల్లె చుట్టూ ఇళ్ళు భవనాలు

చుట్టూ పొలాలు, చెలకలు.  
 పొలిమేరలో మల్లె తీగలా  
 మలుపు మలుపుకు వంకలు  
 తిరిగే చెరువు, చల్లని వాతావరణం, నిండు వెన్నెల  
 స్వచ్ఛమైన గాలి, అద్భుతమైన ప్రదేశం.  
 వచ్చే పోయే ప్రతి అల పలకరింపు  
 గుడిముందు శిల్పాలు, గుడిపైన గోపురం.  
 ఆహా! ఎంతో అద్భుతమైన  
 మా పల్లె సోయగం!

పరిహారమిచ్చి పొమ్మన్నంత తేలికకాదు ఊరు  
 ఊరంతా లేచివెళ్ళిపోవటం  
 పెనవేసుకుపోయిన పల్లెబంధాన్ని ఒక్కసారిగా  
 తెంచుకోవటం



**టి. తరుణ్**  
 పదవ తరగతి

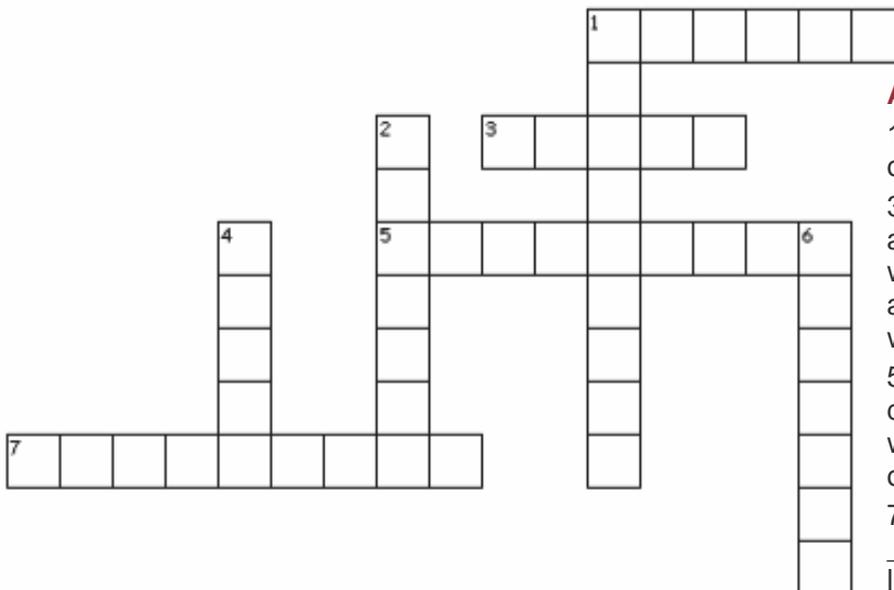
గుండెనుపెరికి సలసలకాగే నూనెలోవేసి  
 దేవినంత సలపరంగా ఉంది తలచుకుంటేనే...  
 ఏళ్ల చరితకు సాక్షిభూతమై  
 నమ్మకంగా పాతుకుపోయిన దేవరచెట్టు  
 మండువేసవిలో కూడ విశ్రాంతంగా సేదతీర్చే గిలకబావి  
 ఊరి ఆయకట్టును పచ్చని తివాచీగా మార్చే పంటకాలువ  
 వరద భీభత్సానికి భరోసానిచ్చే మురుగుకాలువ  
 కష్టాల్లో కన్నీటిని, సుఖాల్లో పన్నీటిని  
 పీల్చుకున్న మట్టి ఓదార్చినా, ఉక్కిరి బిక్కిరి చేసినా  
 ఊపిరై కష్టాన్ని తడిమి చూసిన గాలి  
 అమ్మిన గేదె దొడ్డిని వదలేక ముప్పుతిప్పలు పెడుతుంటే  
 తరతరాల ఉనికిని, తనలో ఇముడ్చుకున్న  
 పొలియేరును దాటి శాశ్వతంగా పోవాలంటే  
 అడుగుముందు పడని నిస్సత్తువ  
 ఎదుగుదలే పెనుభూతమై మింగేసినట్టు  
 ఇప్పుడిది అనగనగా ఒక ఊరు కాదు, వినగవినగా ఒక ఊరు

**ACTIVITY CENTER**

Colour the below rangoli



**Crossword**



**Across**

- 1. What festival is known as festival of lights.
- 3. Before Diwali people \_\_\_\_\_ and decorate their houses. Similarly we should also keep our heart clean and pure to welcome or see the God within us.
- 5. Diwali reminds us of the killing of demon \_\_\_\_\_ by Lord Krishna which symbolizes the victory of good over evil.
- 7. In Diwali everyone makes lots of \_\_\_\_\_ at home which children love to eat.

**Down:**

- 1. Row of lights is called \_\_\_\_\_.
- 2. Name of beautiful patterns and designs made in front of houses to welcome guests.
- 4. Diwali symbolises the victory of \_\_\_\_\_ over darkness, knowledge over ignorance, good over evil and hope over despair.
- 6. Diwali is celebrated to mark the return of Lord Rama, his wife Sita and his brother Lakshmana from exile of 14 years to \_\_\_\_\_.





## ACTIVITY CENTER

### What am I?

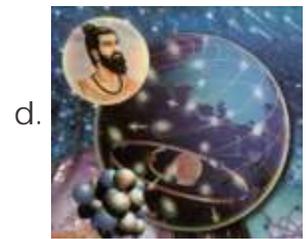
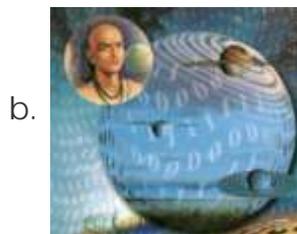
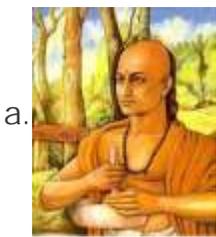


#### VALUE TO LEARN

We should not worry whatever obstacles comes in our path and be stable and move on towards our goal.

- ★ I am a group of animals that travels from one place to another.
- ★ The animals that form who I am, can be camels, horse carriages and bullock carts.
- ★ These animals are disciplined and move in the path without getting diverted.
- ★ You can find me across the hot deserts transporting people or goods. You can also find me moving across small towns.
- ★ I maintain the speed and always keep my destination in view and do not pay attention to anything else.
- ★ I am very useful to all.

### Fill in the blanks of ancient rishis according to their work and also join with correct picture



1. This rishi is considered to be the compiler of the Yoga sutras. He prescribed the control of prana (life breath) as the means to control the body, mind and soul.  
\_\_\_\_\_

2. This rishi made some of the most important contributions to the ancient Ayurvedic medical science through his work, the Charaka Samhita. His principles, diagnoses and cures retain their potency and truth even after a couple of millenia. \_\_\_\_\_

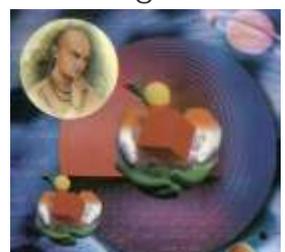
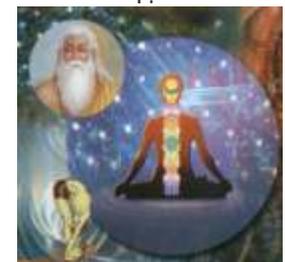
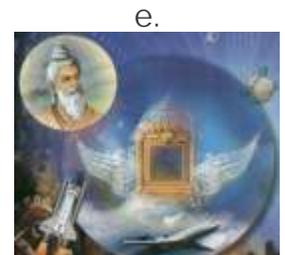
3. This ancient rishi was the author of the book Sushruta Samhita, in which he describes over 300 surgical procedures and 120 surgical instruments. He is venerated as the father of plastic surgery and the science of anesthesia. \_\_\_\_\_

4. This ancient sage wrote a text on astronomy and an unparalleled treatise on mathematics called "Aryabhatiyam". He formulated the process of calculating the motion of planets and the time of eclipses. \_\_\_\_\_

5. This archarya's work in Algebra, Arithmetic and Geometry catapulted him to fame and immortality. He was the first to discover gravity, 500 years before Sir Isaac Newton.  
\_\_\_\_\_

6. The ancient sage classified all the objects of creation into nine elements, namely: earth, water, light, wind, ether, time, space, mind and soul. His statement, "Every object of creation is made of atoms which in turn connect with each other to form molecules" ushered in the Atomic theory for the first time ever \_\_\_\_\_

7. This sage made astonishing and outstanding discoveries in aviation science, space science, and flying machines. He has described three categories of flying machines: 1. One that flies on earth from one place to another. 2. One that travels from one planet to another. 3. One that travels from one universe to another. \_\_\_\_\_



CREATIVE ARTS

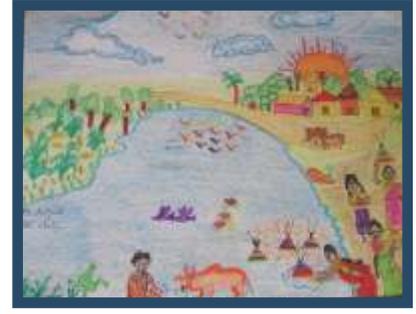
Gold medal winners Konaseema Drawing Contest



K. Lakshmi Prasanna, Class VII



T. Mounika, Class VIII



M. Anjani, Class VI



K. Chinmayee, Class III



K. Sankruti, Class VII



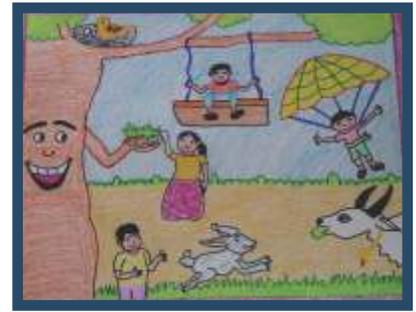
M. Eesha, Class VIII



Kundan Sai, Class III



B. Shruti, Class VI



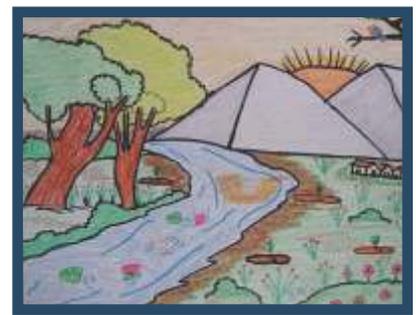
T Sathvika, Class VII



T. Harshitha, Class IV



V. Vasavi, Class VI



G. Pallavi, Class VI

SOLUTIONS

**Crossword:** Across :1. Diwali 3. clean 5. Narkasura 7. sweets Down: 1. Deepavali 2. Rangoli 4. light 6. Ayodhya

**Who am I:** Caravan

**Ancient Rishis of India :** 1. Sage Patanjali - f, 2. Sri Charaka Muni - a, 3. Sri Sushruta Muni - c, 4. Sage Aryabhata - b, 5. Sri Bhaskaracharya - g, 6. Sage Kanad - d, 7. Sage Bharadwaj - e

WISDOM WORDS

**Self-respect:** Being reserved with everybody; not giving opportunity for too much to talk to anybody, i.e. not giving long rope for discussion, not revealing one's household secrets to all and sundry; not considering oneself as weak; not to utter something that may drive others to become unmannerly to you. (PP - page 59)

## SCHOOL NEWS

September 5<sup>th</sup> – Teacher's day

Teachers' Day is observed as a mark of respect for Sri Sarvepalli Radhakrishnan, on the 5<sup>th</sup> of September every year. On this occasion the students of classes IX and X became teachers and taught lessons to the younger classes in the school. Later on the students conducted games like tug of war, volley ball, musical chairs, etc for the teachers. The teachers participated wholeheartedly in the different games that were organized. The students then presented some skits and songs for their teachers. The program concluded with the prize distribution for the teachers. The students' love and happiness in arranging different activities for their teachers shone through in everything that they did that day.

Srimad Bhagavad Gita Recitation

The Bhagavad Gita Sloka Contest was conducted on 4<sup>th</sup> September for all the classes on account of Janmashtami Day. The students recited the slokas from the book "Srimad Bhagavad Gita in the Light of the Natural Path" and explained them with simple meanings. Students participated enthusiastically in the contest.

State Science fair

Ch. Harichandra Prasad presented a working model of a Bionic Hand at district level INSPIRE awards Science Fair held from Sept 9<sup>th</sup>-11<sup>th</sup>. The model was very much appreciated by judges and all the visitors in the Science Fair.

September 14<sup>th</sup> – Hindi Diwas

The students of Satkama school celebrated Hindi Diwas on the 14<sup>th</sup> of September. They participated enthusiastically in the activities for Hindi Diwas. These activities were presented in the General Learning classes that happen once every week. The students presented small skits, songs and speeches. Hindi is recognized as the second largest language in the world and this day is celebrated by the Hindi speaking people all around the world.



## BIONICS

**This is a working model presented at district level INSPIRE awards Science Fair****Ch. Harichandra Prasad**

Bionics is an application of biological systems and methods found in nature to the study and design of Engineering systems and modern technology.

The word, Bionics is formed by combining two technical terms i.e. Bio from Biology and nics from Electronics (or) mechanics. So, applying mechanical methods to solve biologically arisen problems is known as Bionics.

In olden days, if a person lost his limb then he remained like that and after some days they developed an artificial part which resembled the hand but did not function at all. But now the time has come when an artificial hand no longer needs to be just a piece of nicely moulded plastic. It can be connected and reactive, and even respond to commands directly issued by the brain and this bionic hand replaces an arm that is affected due to disease, accidents or congenital defects.

One of the reason for the replacement of hand may be the damage of brachial plexus nerves present in our hand. So, in this case the hand is cut till where the brachial plexus is damaged and then the bionic hand is transplanted.

Even though a person's hand is removed, if he thinks of moving the hand then the brain sends signals through the brachial plexus. These signals sent by the brain are captured by the tiny electrodes present in the overlapped portion of the bionic hand and then those signals are transferred from the electrodes to the microcomputer present in the bionic hand.

Then the computer analyzes the signals as per the brain's instructions. It commands the delicate sensors and these sensors move tiny motors hidden in the artificial fingers.



## BODH SCHOOL

**Special School for Slow Learners (Children with Learning Difficulties)**

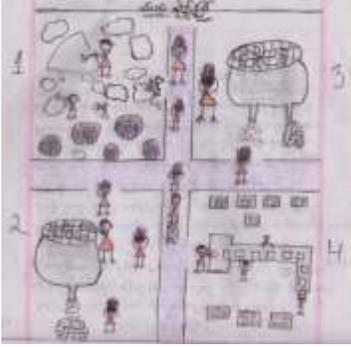
Bodh School children celebrated 15<sup>th</sup> August 2015 along with Satkama High School children. They participated in speeches, elocution competition and won prizes. Teacher's Day was also celebrated with Satkama High School children. Along with education, children are encouraged in the creative arts, singing, drawing and painting. Few children wrote poems on Diwali. They sang songs during Independence Day Celebrations. Chi. Geethanjali studying 3<sup>rd</sup> class won Gold Medal in painting competition conducted by Kona Seema Chitrakala Parishad of Amalapuram. Children painted colourful diyas. They made pen stands and money pots. All these items were displayed and kept for sale and distribution in the days before Diwali.

**ముగ్గు తయారీ**

కావ్యబాయి, ఐదవ తరగతి



మనము రోజు ప్రొద్దున్నే ఇంటి ముందు నీళ్ళు చల్లి ముగ్గు వేస్తాము కదా! మరి ముగ్గు ఎలా చేస్తారో మీకు తెలుసా? అది



ఎలాగ చేస్తారో చదివి తెలుసుకోండి. ఒక రోజు నేను ముగ్గు ఫ్యాక్టరీకి వెళ్ళాను. అక్కడ ముగ్గు తయారు చేస్తున్నారు. అది ఎలాగంటే ముందు పెద్ద పెద్ద తెల్ల కంకర రాయిలను పగలగొట్టారు. పగలగొట్టిన రాయిలను ఒక మిషన్లో వేసారు. మిషన్లో వేసిన రాళ్ళు తెల్లని పిండిలాగ అయ్యాయి. దీనిని మళ్ళీ ఇంకో మిషన్లో వేసారు. ఆ మిషన్ జల్లడలాగ ఉంది. రాళ్ళు ఒక దాంట్లోకి వచ్చాయి. ముగ్గుపిండి ఇంకొక దాంట్లోకి వచ్చింది. మంచి ముగ్గుపిండి మొత్తం ప్యాకింగ్ చేస్తారు. అదే మనకి అమ్ముతున్నారు. అప్పుడు నేను వెళ్ళి ఒక ఆయనను అడిగాను, నాకు కొంచెం ముగ్గుపిండి ఇస్తారా అని. ఆయన తీసుకోమని చెప్పారు. అప్పుడు నేను తీసుకుని ఇంటికి వెళ్ళాను. అప్పుడు మా అమ్మ నన్ను పొగిడింది.



ఎ. దివ్య  
ఆరవ తరగతి

**దీపావళి వచ్చేరా**

దీపావళి వచ్చేరా  
వెలుగులే చిమ్మేరా  
మట్టితో చేసేరా  
దీపాలు పెట్టేరా  
వెలుగులే నింపేరా  
చిలిపి శీను వచ్చేరా  
కాకొరొత్తులు కాలేచేరా



చిచ్చుబుడ్డి కాలేచేరా  
పిల్లలు వచ్చేరా  
చిలిపి శీనుకు చెప్పారా  
కాలుష్యం చెయ్యకురా  
పక్షులు జంతువులు కాపాడురా!  
అమ్మేమో వచ్చేరా  
మిఠాయిలు పంచేరా

అందరు కలిసేరా  
సందడే చేసేరా  
ఊరంతా వెలుగుతో నింపేరా

**దీపావళి**

ఎమ్. వి. యస్. శశాంక్, ఆరవ తరగతి



పూర్వం నరకాసురుడు అనే రాక్షసుడు ఉండేవాడు. అతను భూదేవి కుమారుడు. అతను చాలా బలవంతుడు. ప్రజలను హింసించేవాడు. నరకం చూపించేవాడు. 16000 మంది ఆడువారిని బంధించాడు. శ్రీకృష్ణుడుతో యుద్ధం మొదలుపెట్టాడు. యుద్ధంలో శ్రీకృష్ణుని భార్య సత్యభామ నరకాసురుడిని వధిస్తుంది. అందుకని మరునాడు ప్రజలందరు



అనందంగా దీపావళి పండుగ జరుపుకుంటారు. దీపావళి పండుగ ఆశ్వయుజ బహుళ అమావాస్యనాడు జరుపుకుంటారు.

ఆరోజందరు కొత్తబట్టలు కట్టుకుంటారు. ఆ రోజు సాయంకాలం దీపాలు వెలిగిస్తారు.

A person tries to save a scorpion from water with the help of a leaf. As the scorpion comes out of the leaf and touches the person's hand, it stings and the person leaves the leaf and scorpion falls in water again. The person again tries to save and the story repeats. The moral of the story is that the nature of the scorpion is to sting and the nature of the person is to save. This quality of the person is Daya. Daya is a willingness to forgive. Daya improves willingness to forgive, an attitude of forgiving.



**రాజు-రాణి**

**డి. లక్ష్మి ప్రసన్న, ఐదవ తరగతి**

దీపావళి రోజు అందరు సందడిగా ఆడుకుంటారు. ఒక రాజ్యంలో ఒక పక్షి టపాకాయల వాసనతో పడిపోయింది. రాణి వాళ్ళ ఇంటిముందు పడింది. రాజు దాన్ని చూసి ఇలా అన్నారు, ఇదేంటి పక్షి ఇలా ఎందుకుపడింది. మనము టపాకాయలు కాల్చడం వదిలేసి, ఈ పక్షికి సహాయం చేద్దాం అన్నాడు. ఇద్దరూ ఇంట్లోకి వెళ్ళి ఆ పక్షికి సహాయం చేసారు. పక్షి లేచింది. ఇద్దరు పక్షికి నీరు, తినడానికి గింజలు పెట్టారు. ఒక రోజు రాత్రి అది కిటికీనుంచి ఎగిరి వెళ్ళిపోయింది. రాణి, రాజు ప్రొద్దున్న లేచి చూస్తే అది లేదు. ఇంట్లో అంతా వెతికారు. అది ఎగిరిపోయిందని గ్రహించి రాజు, రాణి చాలా సంతోషించారు.



**ధైర్యం**

**శ్రీరామ్, ఐదవ తరగతి**

ఒక ఊరిలో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు రాము. రాము ధైర్యంగా ఉంటాడు. ఒక రోజు రాము స్కూలుకి వెళ్ళాడు. అక్కడ స్కూలువారు జూపార్కుకి తీసుకువెళ్ళారు. పిల్లలందరు జంతువులను చూస్తున్నారు. అక్కడ మొసలి బయటకు వచ్చింది. పిల్లలందరు భయంతో పారిపోయారు. మొసలిని చూసి రాము భయపడలేదు. రాము ధైర్యంగా జూ అధికారి దగ్గరికి వెళ్ళాడు. అన్నీ అధికారికి చెప్పాడు. అధికారి వచ్చి మొసలిని పట్టుకుని వెనక్కి కంచెలో వేసారు. అప్పుడు టీచరు వచ్చి రాముని మెచ్చుకున్నారు.



**యువరత్నం, ఐదవ తరగతి**

**ధైర్యం**

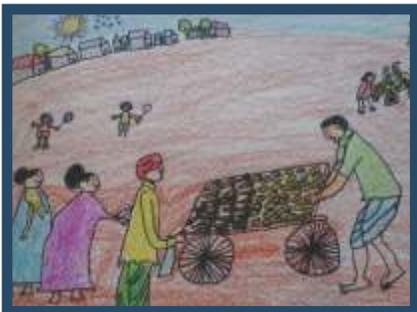
ఒక ఊర్లో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు రామయ్య. రామయ్య చాలా ధైర్యవంతుడు. రామయ్య ఒక రోజు తన పంట దగ్గరకు వెళ్ళాడు. అప్పుడు అకస్మాత్తుగా పంట దగ్గరకు ఒక నెమలి వచ్చింది. ఒక దొంగ నెమలి వెంట వెళ్ళాడు. రామయ్య 'నెమలిని పట్టుకోవద్దు. ఎందుకంటే నిన్న పోలీసులు పట్టుకుంటారు.' అని దొంగతో అన్నాడు. దొంగ అన్నాడు, 'నేను నెమలిని వదలను. నువ్వు ఏమి చేసుకుంటావో చేసుకో.' రామయ్యకు కోపం వచ్చింది. రామయ్య దొంగని కొట్టాడు. అప్పుడు దొంగకు కూడ కోపం వచ్చి కత్తి తీసాడు. రామయ్య భయపడలేదు. రామయ్య దొంగని కొట్టి కత్తిని తీసుకున్నాడు. అప్పుడు ఆ దొంగ పారిపోయాడు. నెమలి సంతోషంగా అడవిలోకి వెళ్ళిపోయింది.



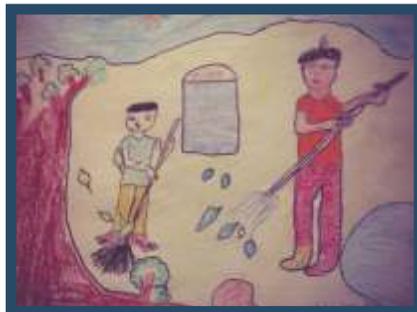
**సీత: ధైర్యంగా ఉండాలి**

**Gold medal winner  
Konaseema Drawing Contest**

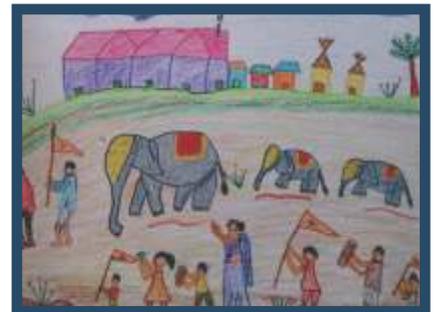
**ARTS & CRAFTS**



**Geetanjali, Class III**



**Sai Sree, Class V**



**K. Kavya Bai, Class V**



Diwali Diyas



## SSS VOCATIONAL WING



Ved Vyas, Class VII

Gardening

I am in Gardening class. After summer there were many grass plants. So our teacher asked us first to remove all the grass plants because grass plants will compete with prime crops for food, minerals, sunlight, water etc. As a result, the prime crops won't grow. Then we leveled the soil. We put cocopeat for the fertility of the soil and then we sowed seeds of Methi, Coriander, Mustard and Ladyfinger and we watered the plants. After a week we saw germination of new saplings. We felt happy. Again grass plants grew then we again did weeding. We saw fungus on some fruits like Guava, Sapota. We saw tiny worms on Methi leaves we plucked out the leaves of Methi which was spoiled. We work just for 1 hour 15 minutes for a week. But, farmers do hard work everyday in hot sun with patience. They wait till the crops germinate into plants. We should show gratitude towards farmers and respect towards the food we eat. Teacher gave us guava. It is very tasty. Teacher taught us to enjoy gardening. Gardening is also like an activity which should be done daily.

Electronics - Pen Torch

This was the first project made by the students of classes VIII, IX and X as part of electronics training in vocational wing. The students used basic materials to make a pen torch. This pen torch can be used in the dark during power cuts. The brightness of the torch is good enough to see in a hall, a medium sized room or for seeing the path in the night-time. The torch can give light up to 10 to 15 meters and for a time of an hour and half. The materials for making the torch are, used white board marker, white LED, used refill, used pressing pen spring, two AAA batteries and a copper wire.

## MSRCM HOSPITAL NEWS

వంటింటి చినుసులతో ఇంటి వైద్యం - మిరియాలు

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



**English : Black Pepper**  
**Hindi : Kalimirch**  
**Malayalam : Kurumulaku**  
**Tamil : Kurumillagu**  
**Telugu : Miriyalu**  
**Kannada : Karimenasu**

మన వంటింటి ఆహార దినిస్సుల్లో అతి ముఖ్యమైన విలువైన ఔషధ విలువలు కలిగినది మిరియాలు. మిరియాలు రెండు రకాలున్నాయి. ఎర్రవి, నల్లవి. నల్ల మిరియాలు ఆహార పదార్థాలలో ఎక్కువగా ఉపయోగిస్తుంటారు.

మిరియాలతో గృహ చికిత్సలు :

మిరియాలు 100గ్రాములు శొంఠి 100గ్రాములు సమభాగాలుగా తీసుకొని మూకుడులో దోరగా వేయించి చూర్ణము చేసి ఒక సీసాలో భద్రపరచుకోవాలి. రోజు పూటకీ 3-5గ్రాములు చొప్పున రెండు పూటలు తేనెతో కలుపుకుని తింటూవుంటే అన్ని రకముల కీళ్ళనొప్పులు, వారం పదిరోజుల్లో తగ్గిపోతాయి. దీర్ఘకాలంనుంచి కీళ్ళనొప్పుల వాపులతో బాధపడేవారు కొంతకాలం పాటు కొనసాగించాలి.

**దగ్గు, జలుబు, ఆయసముసక :** మిరియాలపొడిని ప్రతినిత్యము వేడిపాలలో త్రాగుతుంటే దగ్గు, జలుబు, ఆయసము, శ్వాస సంబంధించిన రోగాలనుంచి ఉపశమనము కలుగుతుంది. మిరియాలకు వేడిచేసే గుణమెక్కువ. జలుబు తగ్గించుటలో

అమోఘముగా పని చేస్తుంది.

ముక్కునుండి నీరుకారుతుంటే, మిరియాలను సూదికి గుచ్చి కాల్చి పొగపీలిస్తే మంచి ఉపశమనము కలుగుతుంది. దోరగా వేయించిన మిరియాల చూర్ణము 2.5గ్రాముల పెరుగు, బెల్లంతో తీసుకొనుటవలన ముక్కు సంబంధించిన సమస్యలు తగ్గుతాయి.

**జిగురు విరేచనములు :** శొంఠి, వాము, మిరియాలు వెన్నతో కలిపి తింటే జిగురు విరేచనములు తగ్గుతాయి.

★ మిరియాలు ఆకలి పెంచుతుంది. సుఖ విరేచనము కలిగేలా చేస్తుంది.

★ దోరగా వేయించిన 5గ్రాముల మిరియాల చూర్ణము తేనెతో కలిపి చప్పరిస్తూ తింటే గొంతులో దురద మరియు నొప్పి తగ్గిపోతుంది.

★ మిరియాల చూర్ణము 2.5గ్రాములు తులసి ఆకురసం 5గ్రాములు కలిపి ఒక మోతాదుగా రెండుపూటలు సేవిస్తూ ఉంటే చలిజ్వరాలు తగ్గిపోతాయి.

★ మిరియాలను మంచినీళ్ళతో మెత్తగా నూరి ఉడకబెట్టి ఆ ముద్ద నుదురుకి, కణతలకి పట్టువేస్తే తలనొప్పి తగ్గుతుంది.

★ తలపై పేనుకొరుకుడు ఉన్నవారు మిరియాలపొడి పేనుకొరికిన స్థలమునందు లేపనము చేసినయెడల మరల వెంట్రుకలు పెరుగును.

## సుభాషితము

తివిలి యిసుమున కైలంబు తీయవచ్చు  
దవిలి మృగత్వస్థలో సీరు ద్రావవచ్చు  
తిరిగి కుందేటి కొమ్ము సాధింపవచ్చు  
చేల మూర్ఖుల మనసు రంజింపరాదు.

**తాత్పర్యము:** ఏ ప్రయత్నము చేతనైనను ఇసుకనుండి నూనెను తీసినను తీయవచ్చును. తరిమి ఎండమావులలోని నీటిని త్రాగినను త్రాగవచ్చును. అసాధ్యమైనను తిరిగి తిరిగి కుందేటి కొమ్మునుకూడ సాధింపవచ్చును. ఎన్ని అసాధ్య కార్యములు చేసినను చేయవచ్చును. కాని మూర్ఖుని చేరదేసి వానిని ఆనందింప చేయజాలము.

## संत कबीर के दोहे

आया था किस काम को, तू सोया  
चादर तान ।  
सुरत संभाल ए काफिला, अपना आप  
पहचान ॥

Forgetting the purpose of your life, you kept sleeping. O Men, awake and know your condition. Work towards knowing your true self.

### INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

#### Training Programme

Imperiance 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.

#### ధాన్ 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](http://www.sriramchandra.org)

Email: [imperiance@sriramchandra.org](mailto:imperiance@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 Homic (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.

 <p><b>SATKAMA</b> SCHOOL FOR INTEGRATIVE DEVELOPMENT EDUCATION FOR A NEW SPIRITUAL ERA Plot No. 1735, Pragathinagar Kukatpally, Hyderabad, INDIA. Phone: 91-40-64518979</p> <ul style="list-style-type: none"> <li>•Free Education from I to X class</li> <li>•Dedicated to Divine Resource Development</li> <li>•Teacher student ratio 1:15 for effective teaching</li> <li>•Associative and Integral Approach to Value Based Education</li> <li>•Recognised by State Govt. of Andhra Pradesh, India (LDis No. 1035/B2/2010)</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/satkama/">www.sahajsevasamsthan.org/satkama/</a> email:satkama@sahajsevasamsthan.org</p>	<p><b>BODH</b> SPECIAL SCHOOL FOR SLOW LEARNERS (CHILDREN WITH LEARNING DIFFICULTIES)</p> <p>Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs(Slow Learners) who are unable to study or who face repeated failures in normal schools and who are school drop-outs.Objectives of school are:</p> <ul style="list-style-type: none"> <li>•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</li> <li>•Initial assessment at the time of admission</li> <li>•To develop goals individually for each child</li> <li>•Individualized Education Plans</li> <li>•Teacher pupil ratio 1:5 for individual attention</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/Educational/Bodh.htm">www.sahajsevasamsthan.org/Educational/Bodh.htm</a> email: bodh@sriramchandra.org</p>	 <p><b>MSRCM HOSPITAL</b> HOLISTIC HEALTH CARE 10-3-783/254/3 RT, Vijaya Nagar Colony , Hyderabad, India – 500 047, +91-40-23341380</p> <p>Services available in the hospital -</p> <ul style="list-style-type: none"> <li>•<b>Consultations:</b> General Medicines, Gastro Enterology Nephrology, ENT and Paediatrics</li> <li>•<b>Other Services:</b> General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.</li> <li>•<b>Alternative Systems of Medicine:</b> Homeopathy and Ayurveda</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/Health/Health.htm">www.sahajsevasamsthan.org/Health/Health.htm</a> email:msrcmh@gmail.com</p>
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**VOCATIONAL WING:** Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits making, Sahaj Sakthi Ready Mix making and Citronella candle making. Students spend one period a week in learning these activities. Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of Centenary birth year of Pujya Dr. K. C. Varadachari in 2002. Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan distributes free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

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

#### EDITORIAL BOARD

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