



SPANDAN

Sahaj Seva Samsthan Educational Newsletter

SATKAMA & BODH

WE WISH EVERYONE A VERY HAPPY NEW YEAR

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

- Pujya Sri Ramchandraji Maharaj

Guest Editorial

Dr. A. Subba Rao, Member, SSS

Satkama is an offshoot from the Brahma Manaska and has an inherent vision, mission and totally astounding approach towards education in the New Era of Rev. Lalaji Maharaj. Satkama School as a school is a profound concept envisaged in a unique way keeping in view the contemporary societies world over with a fond hope and conviction to remedy various and several undesirables in educational methodologies and processes. The nature of work demands a worshipable attitude, commitment and dedication to realize its objectives on the part of students, teachers, management, and parents at large. Therefore, the four pronged approach necessitates broad co-ordination and cohesive involvement in a sustainable way. The fifth factor which is constantly and perennially available is the descent of the Grace of the Masters sustaining, cementing and encouraging to move ahead with courage.

A balanced approach for growth and development in curriculum, extra curricular / co-curricular activities, Socially Useful Productive Work/activities(SUPW) and most importantly Spiritually Useful Productive Works /activities (SUPW- meditation, prayer etc) for a genesis of vital, moral and ethical fabric well twined in a synergetic way to develop a mature student with excellent competence, integrity and human dignity for carrying on the mission of the Divine in the transformation of individuals and societies at large as the years pass by is being carried out by Satkama and Bodh.

The above is bound to yield excellent results in due course by virtue of intra-active participation and cooperation between the upper and lower selves of the heart in a silent fashion under the watchful eye of the management and teaching faculty coupled with inter-active cooperation among the student, teacher and the parent(s).

Therefore it is immensely gratifying to note the approach which is Satkama Centric is sure to realize its cherished objectives and position itself as a beacon star to guide many in the field of education.

The Master's vision and mission is a certainty.

Student Editorial

A. Vijayasree, VIII Class

Namaste! First I thank God for giving me a wonderful opportunity to have education in a good school like Satkama. I thank all the members of Sahaj Seva Samsthan for giving me good education. Every year we celebrate Basant Panchami in Spring time. At this time all the buds expand as flowers, new leaves appear on trees, all the fruits, flowers and leaves look fresh and beautiful and the environment is filled with greenery. At this wonderful time we all celebrate Basant Panchami the birthday of Pujya Lalaji Maharaj very happily.

Reading is a very good habit which is very useful for us. Many students in our school write articles with a lot of hard work, so read the Spandan issues and write articles for Spandan. Respect other's knowledge and your knowledge too.

I also want to share another thing with you all. Many members of our Sahaj Seva Samsthan are giving money and many other things and thus helping our education a lot. We know only some of them but we don't know many of them. Many good persons not revealed to the society are helping us. If someone does something good for us then we also should fulfill their hopes on us. So study well and fulfill the hopes of our parents, teachers and the many members of Sahaj Seva Samsthan.

We thank everyone for the contributions to our newsletter. We always welcome all to give their contributions. Please feel free to write to spandan@sahajsevasamsthan.org

कर्मण्यकर्म यः पश्येदकर्मणि च कर्म यः ।
स बुद्धिमान्मनुष्येषु स युक्तः कृत्स्नकर्मकृत् ॥(4-18)

He who sees inaction in action, and action in inaction, is wise among men; he is a yogi who has performed all actions.

त्यक्त्वा कर्मफलासङ्गं नित्यतृप्तो निराश्रयः ।
कर्मण्यभिप्रवृत्तोऽपि नैव किञ्चित्करोति सः ॥ (4-20)

Renouncing attachment for the fruits of actions, ever content, freed of all dependence; such a person, although engaged in activity, does not at all do anything whatsoever.

यदृच्छालाभसन्तुष्टो द्वन्द्वातीतो विमत्सरः ।
समः सिद्धावसिद्धौ च कृत्वापि न निबध्यते ॥(4-22)

यस्य सर्वे समारम्भाः कामसङ्कल्पवर्जिताः ।
ज्ञानाग्निदग्धकर्माणं तमाहुः पण्डितं बुधाः ॥ (4-19)

He whose undertakings are all dissociated from desires and intentions, and whose actions are consumed in the fire of knowledge; him the wise proclaim the man of true insight.

निराशीर्यतचित्तात्मा त्यक्तसर्वपरिग्रहः ।
शारीरं केवलं कर्म कुर्वन्नाप्नोति किल्बिषम् ॥ (4-21)

Rid of all cravings, with disciplined mind and body, bereft of all sense of possession, he, performing actions by the body alone, incurs no defilement.

Satisfied by anything that chance might bring him, having overcome the pairs of opposites (like joy and grief), and void of envy; he, even-poised in success and no-success, is not fettered even when he acts.

Story of Dharmavyaadha

It is a beautiful forest near by a village. There is a prashaanta-pradesh in that forest, where a small river used to flow. On the banks of the river was a huge tree giving shade to many. Under the tree Kaushika, a Vipra, was doing Tapas. At afternoons he used to go to village, do Bhikshaatanam and divide the aahaaram into four parts — 3/4 he used to use for Daanam and other Dharma-kaaryas. The remaining 1/4 he used to eat. When he was living such a life, one day, a baka (crane) put its droppings on him. The baka got burnt just as he saw it with Krodham. That day as usual he went for bhikshaatana. He stood in front of one house and said "Bhavati! Bhikshaam Dehi". On hearing this the Gruha-lakshmi went towards the kitchen to bring him some food. But at the same time, her Bharta came back after a long journey. On seeing him, she washed his feet with cool water, fanned air for him for sometime, gave him some aahaaram and made him sleep. After doing pati-seva like this, she came with some aahaaram for Kaushika. Again Kaushika saw with Krodham. Seeing this the Gruha-lakshmi said "Swami! I do not want to get burnt like the baka. After Pati-seva-dharmam only there are other dharmas for me". Surprised, the muni replied "Amma! How did you come to know about the story that happened far off in the forest? Please do jnaana-bodha to me". She replied "Muniishvara! Little away from here is Mithilaanagaram. There lives a Vyaadha who makes his living by selling maamsam. Approach him, he will tell you everything". Immediately he left for Mithila. He enquired about Dharmavyaadha and reached his shop. Seeing different jantu-maamsam, he stood away. Dharmavyaadha, seeing the Muni, went and did namaskaaram. Is the Pativrata who sent you to me doing well?" Kaushika was awe-struck to listen to these words of Dharmavyaadha. He thought "There that woman and here this person. Even after doing so much Tapas, I don't have so much power. May be because that woman was a Pativrata, she was able to know what happened in the forest. But how come this kasai, who lives selling maamsam, have Divya-drushti?" Seeing Kaushika thinking, Dharmavyaadha continued "Swami! You can't tolerate this smell. Please come I will take you to my house and show you how I got all these divya-shaktis". With great Vinayam, Dharmavyaadha took Kaushika to his house.

Just on entering his house, Dharmavyaadha did pranaamam to his Pita who was taking rest. After asking him Kushala-prashnas, he went to his Maata and did Yathaavidhi namaskaaram to her. He then did her seva. After this he told Kaushika "Swami! This is the only thing that I do. Many ever Vratas, Japams, Tapas we do, if we don't do the seva of Maata-Pita, there will be no prayojanam. A Maata carries her shishu in her Garbham for 9 months, experiences prasava-vedana and then protects the shishu like how an eye-lid protects the eye. A Pita gives us this shariiram to do paropakaaram and Daiva-prarthana. He experiences many difficulties in doing our poshana. Our very existence is because of them. How much ever seva we do to them, we will never be able to repay this runam. I do seva of my Maata-Pita and so poshana of my Samsaaram. That's all. Also I don't cheat people while selling maamsam. I don't expect adhika-laabham and be happy with what I get. I never leave my Sva-dharmam of being a Vyaadha, neither do I take up Para-dharmam. I try to do poshana of people who come under my aashrayam and enquire their Yoga-kshemam. More important than all of these, one must have Samyamam. We must never have Raaga-dvesham. With Nirmala-chittam, we must always do Parameshvara-aaraadhana". Listening to these Amruta-vaakyas of Dharmavyaadha, Kaushika went away and continued his Tapas, this time with a nishchala-manas.



Pujya Sri Lalaji Maharaj



Syed Kaif, VII Class

In Sri Lalaji's life everything was nice. Then suddenly his father died. For some time he was sad and then after some days his brother also passed away. Now he lost all his property and became poor. He did not ask God why only me? His father's friend gave him a job in which he used to earn rupees ten per month. Many a times there was only one blanket to cover the entire family. He was a very kind person and he used to tell people about meditation.

I feel inspired by Sri Lalaji Maharaj and feel that we should be kind like him. When we get happiness because of something then that time we won't ask God why me only? When we get sadness we should not ask, why me only? We should have patience in our life.



B. Jahnvi, VIII Class

No words or sentences could ever explain the greatness or the life of Sri Lalaji Saheb. Pujya Sri Lalaji Maharaj was a spiritual person who was sent by God himself. He had many special qualities that have changed many of his neighbours and disciples as well. Pujya Lalaji Maharaj was such a person who had divine powers to transform one's character along with his behaviour and personality. When he was in pain from the liver disease, he used to sing just as we cry our heart out from pain. He always took miseries as divine blessings. Even when he was forced to move into a smaller house, even when he had several members in his family who were dependent on him, he didn't get angry or sad. He believed that it was just a display of misfortune that would pass away in time. Sri Lalaji Maharaj disliked people who talked bad about others (backbiters). He never slept after sunrise and took sufficient food for himself. I didn't idolize him because of his personality or behaviour. I idolize him because he believed that people can change. He always believed that the way of spirituality is life. He was a great man who merged into his disciple Pujya Sri Babuji Maharaj and still remains in our hearts till today.



U. B. Murari, VII Class

I am inspired by Pujya Sri Lalaji Maharaj. I have learnt many values from the life of Pujya Lalaji Maharaj like discipline, respect, helping, service to others, fraternity, etc. Sri Lalaji Maharaj used to wake up before dawn. Before I used to wake up at 7 am but now I wake up at 6 am. Sri Lalaji Maharaj used to meditate daily. Now I too do meditation daily from 6:30 am to 7 am. After doing meditation my mind feels fresh and I feel very active. Sri Lalaji Maharaj said, 'do not purchase a new thing if you can manage to carry on with your old belongings'. After listening to these words I have repaired my old cycle which I had put aside for 2 years.

Vishnu Vardhan, IV Class



Pujya Lalaji Maharaj's mother died when he was three years old. A woman brought up Sri Lalaji Maharaj. He was a good student. He heard songs once and he could repeat the song in the same tune. He woke up before sunrise, brushed, had bath, wore neat and washed clothes and after that closed his eyes and did prayer. After that he taught meditation to his students. Sri Lalaji Maharaj did not like gifts. He took gifts because the person gave him with lot of love. Sri Lalaji Maharaj did not like people who talk good things before a person and behind him bad things. The neighbours of Sri Lalaji Maharaj were very happy with him. I learnt values of discipline, unselfish and love from his story.

Hakeem, VIII Class



Pujya Sri Lalaji Maharaj was born in a respectable family. He was a very good person. He never said bad things and he never lied. He used to be silent. He was a very simple man. He used to wear kurtha and dhoti. He wore no ornaments and he used to tell others to not buy a new thing unless the existing one could be used with some repairs. He used to eat dal with little rice and he loved kachori. He never slept after sunrise. His father's name was Harbuxrai. He taught us good things. We should learn what to do and what not to do. I respect him very much.

Rishikesh Joshi, VII Class



Pujya Sri Lalaji Maharaj was a rich person before. His great grandfather was awarded with 555 villages. So they were very rich. But after Pujya Sri Lalaji Maharaj's marriage, he lost all his comforts because his father and brother had passed away. His brother's family also lived with him. Sometimes he did not even have food to eat. The thing that inspires me from this incident is that we should be happy even if many bad things happen to us. Value: Happiest man is he who is happy under all circumstances.

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

Swami Vivekananda

Swami Vivekananda was born as Narendra Nath Datta, in an affluent family in Kolkata on 12th January, 1863. His father, Vishwanath Datta, was a successful attorney, and his mother, Bhuvaneshwari Devi, was endowed with deep devotion and a strong character. A precocious boy, Narendra excelled in music, gymnastics and studies. By the time he graduated from Calcutta University, he had acquired a vast knowledge of different subjects. Born with a yogic temperament, he used to practice meditation even from his boyhood. One day in November 1881, Narendra went to meet Sri Ramakrishna who was staying at the Kali Temple in Dakshineswar. He straightaway asked him a question which he had put to several others but had received no satisfactory answer: "Sir, have you seen God?" Without a moment's hesitation, Sri Ramakrishna replied: "Yes, I have. I see Him as clearly as I see you, only in a much intense sense". Apart from removing doubts from the mind of Narendra, Sri Ramakrishna won him over through his pure, unselfish love. Narendra now became a frequent visitor to Dakshineswar and, under the guidance of Sri Ramakrishna, made rapid strides on the spiritual path. During one of his travels in India, on April 13, 1890, Swamiji, who was then staying at Varanasi, received the sad news that Balaram Bose, his brother disciple, had passed away. He was so shocked that he could not restrain his tears. Pramadas Mitra, a renowned scholar of Varanasi, noticed this and said, "Swamiji, you are a spiritual person. You should not lament like this". Pramadababu's remark hurt Swamiji. He said, "What do you mean, Pramadababu? It is true that I am a spiritual person. But does that necessarily mean that I should be heartless?" Then he continued, "You see, a genuinely spiritual person is much more tender-hearted than ordinary souls. After all, we are human beings. And, on top of it all, Balarambabu was my brother disciple. I don't like the kind of behaviour which makes one unfeeling and pitiless!" Swamiji often used to tell his disciples that he who does not try to do good to others can hardly be called a spiritual person. He used to always say that we are born to live for others.

ప్రార్థన - అనుభవము



Illustration
N. Vishwesh, VI Class

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

29.10.15 - I felt very pleasant and my mind is very relieved.

30.10.15 - I felt very relaxed.

31.10.15 - I felt very happy and calmness continued in my mind.

20.11.15 - I was very joyful after doing meditation

24.9.15 – I felt very nice and fresh by doing meditation.

28.10.15 – I felt relaxed and peaceful.

29.10.15 - I felt like I am flying in the sky.

15.12.15- Even though some sounds disturbed me a lot I felt peaceful.

A. Vijaya Sree, VIII Class

Durga Harshitha, VIII Class

18.11.15 - My heart was full of peace after meditation.

30.11.15 – I felt very happy and calm.

3.12.15 – I felt very sleepy during meditation. But after meditation I felt happy.

6.1.2016 - I felt fresh after meditation.

30.11.15 – I saw some colors while doing meditation and felt very happy.

8.12.15 - I felt very happy.

28.12.15 – I felt peaceful, calm and happy within.

29.12.15 - I feel very happy.

M. Eesha, VIII Class

N. Prabandha Kumari, VIII Class

WISDOM WORDS

Integrity : The word integrity has been used extensively suggesting as though it is a moral strength. Integrity is what we achieve by following the fourth commandment of the Master by being plain and simple. Integrity means wholeness, completeness. A person with wholeness can focus his energies in one direction. A whole person achieves his life's purpose without the dissipation of energies caused by internal conflicts. He gets things done with ease, and then move on to the next activity which further pursues his sense of inner joy.

LALAJI ERA MONTH NAMES : New Era has started with the Advent of the Grand Master Pujya Lalaji Maharaj of Fatehgarh, U.P, India. A new calendar is named after Pujya Lalaji Maharaj and 2016 is the 144th year of Lalaji Era. The year according to Lalaji Era starts on January 14th of every year. The months of the year are: Samavarti, Prana, Bhuma, Prabhu, Bhanwar, Iswar, Varada, Krishna, Samadristi, Satpad, Radha, Viveka.



Dhatri, V Class

Kindness

Once there was a king. He was a very bad king. He killed all animals, trees. One day he was killing animals. That time some people came and told, "Don't hurt animals". Then the king said, "okay but what will you give me?" They told, "We will give our wealth". The king asked them to bring their wealth. The king was overjoyed. The king then got one idea. He thought, "If I cut trees, the full village will work in my palace by working as servants." So he started cutting trees. Again the people came and said, "Don't cut trees". The king said, "Okay, but what will you give me". This time they told they will sacrifice their lives. The full village sacrificed their lives. That time the king cried a lot. After sometime he thought that because of his bad thinking, his village people sacrificed their lives.

Moral: We should be kind to all living beings.



G. Sojel, V Class

Fraternity

Treat all as brother and sisters
Treat all as brother and sisters

- Don't scold anyone
- Don't beat anyone
- Don't tease anyone
- Tell others don't scold or beat
- If anybody teases tell them to not tease
- If some beggars are hungry
- Treat them as your brother and give them food
- Treat all as your brother and sister

Sharing

Jaya Babu, II Class



There lived a boy named Ramu. One day Ramu's mother asked him to go to market and bring vegetables.



Ramu bought all the vegetables. When he was coming back home, it started to rain. Ramu opened his umbrella. One boy didn't have an umbrella. Ramu shared his umbrella with the boy. Ramu took the boy to his home. The boy's mother said thank you and the boy said thank you too.

Moral: When we share our things with others they will also be happy.



Nitisha, IV Class

Sacrifice

Once there was a family. Father's name was Suresh. Mother's name was Ramadevi. Their daughter name was Chikki. One day Chikki's mother had fever, still did all the work. Chikki's father saw it and said to Chikki, we should do the work together and mother's fever will go. Chikki and her father did all the work that day. Next day Chikki's mother's fever was gone.



Moral : We should sacrifice for each other.

నిజాయితీ

సూరి, మూడవ తరగతి



ఒక రోజు రాజు వాళ్ళ బడిలో గురువుగారు పుస్తకం తేబులు మీద పెట్టారు. రాజు ఆ పుస్తకం తెరిచి చూసాడు. అప్పుడు అది చిరిగింది. గురువుగారు అది చూసి ఇది ఎవరు చింపారు అని అడిగారు. రాజు నిజాయితీగా లేచి ఇది నేనే చింపాను అని చెప్పాడు.

సీతి : ఎప్పుడు నిజాయితీగా ఉండాలి.



V. Tharun Sai, II Class

Honest

One day a boy named Sai, went to the market. He got many vegetables but they fell on the road. One girl, Lavanya saw those vegetables. She said to Sai, "Your vegetables fell on the road. Take your vegetables". Sai thanked her.



Moral: We should be honest.

Fraternity

Varshitha Lakshmi, IV Class



We all have fraternity. We are all connected with each other. We all are brothers and sisters. We have God inside our hearts.



Rishikesh Joshi, VII Class

Cooperation

Once upon a time there was a group of mountaineers. They thought that they could climb Mt. Everest, the highest mountain in the world. So they worked in summer and earned enough money to go there. At the base camp, the sherpas lead them to the climbing spot. They were surprised to see that it was so tall and cold. So they were confused and started blaming each other. They forgot that they had proper shoes which would help them climb the mountain. They thought to pile up on each other and use the ice-axe and rope to climb properly. Thus they started climbing. As they were climbing they saw some of their friends fall down. They helped their team mates and finally they climbed the mountain and broke the record. They were happy that they reached the goal with the help of each other.

Moral: Co-operation always leads to success.



N. Bhoomika Sai, VI Class

Missing Money

Once there lived two girls named Shailu and Gayatri. Gayatri did not like Shailu. But Shailu was a good girl. She had fraternity in her heart. Gayatri always teased Shailu. But, Shailu was not angry with Gayatri. She talked sweetly and was very kind, respectful with elders and also with Gayatri. One day Gayatri brought 1000 rupees to school. When she opened it she saw the money missing. Shailu was standing nearby and saw her crying. Shailu went near Gayatri and asked what happened. Gayatri said that "I brought 1000 rupees to school now it was missing. Shailu told her not to cry. She searched all the class and school. She found it. Shailu took the money and gave it to her friend Gayatri. Gayatri realised her mistake and told sorry for teasing her. Now, Gayatri became a very good girl. She gives respects to elders. She stopped teasing everyone. Shailu and Gayatri became good friends. They have fraternity.



Moral: Do not tease others. Be happy with fraternity.



Md. Kaif, VII Class

Forgiveness

Once there was a small puppy. It was a good and kind puppy. In the same area there also were some big dogs. They use to tease the puppy and bark at him. Once the puppy got a bone. It was holding it in its mouth and it was walking. Suddenly a big dog saw the small puppy and pulled the bone. The puppy was very sad and they teased the puppy and after sometime they threw that bone. As they were leaving, the puppy picked the bone and shared it with the big dogs as he has forgiven them.



Moral: We should always forgive others.

Truth Speaking

Lokesh, VI Class



One day a boy was going to the school. The boy's name was Viren. He was walking to school. It was raining and he did not bring an umbrella. Another boy was also walking to school. He had an umbrella, they both shared the umbrella. They went to school. They studied social and they played games. The school was over. He went home and he found his mother was not at home. He saw money on the table. He was hungry. He took the money and bought a biscuit packet. After sometime, mother came back and she saw the money was not on the table. She was searching for money. Then Viren came home. His mother asked "Viren I had kept money here on the table, did you see it?". Viren said, "I don't know". He went outside for playing and came home late. Then through out dinner time he thought that what he did was wrong, he shouldn't lie. Then he realized his mistake and went to his mother and said, "Mother I was very hungry after coming from school so I took that money and purchased biscuit." Mother said, "You are a good boy. You at least realized your mistake and spoke the truth. I am very happy today."



Moral: Always tell truth.

My School

Sathvika, VII Class

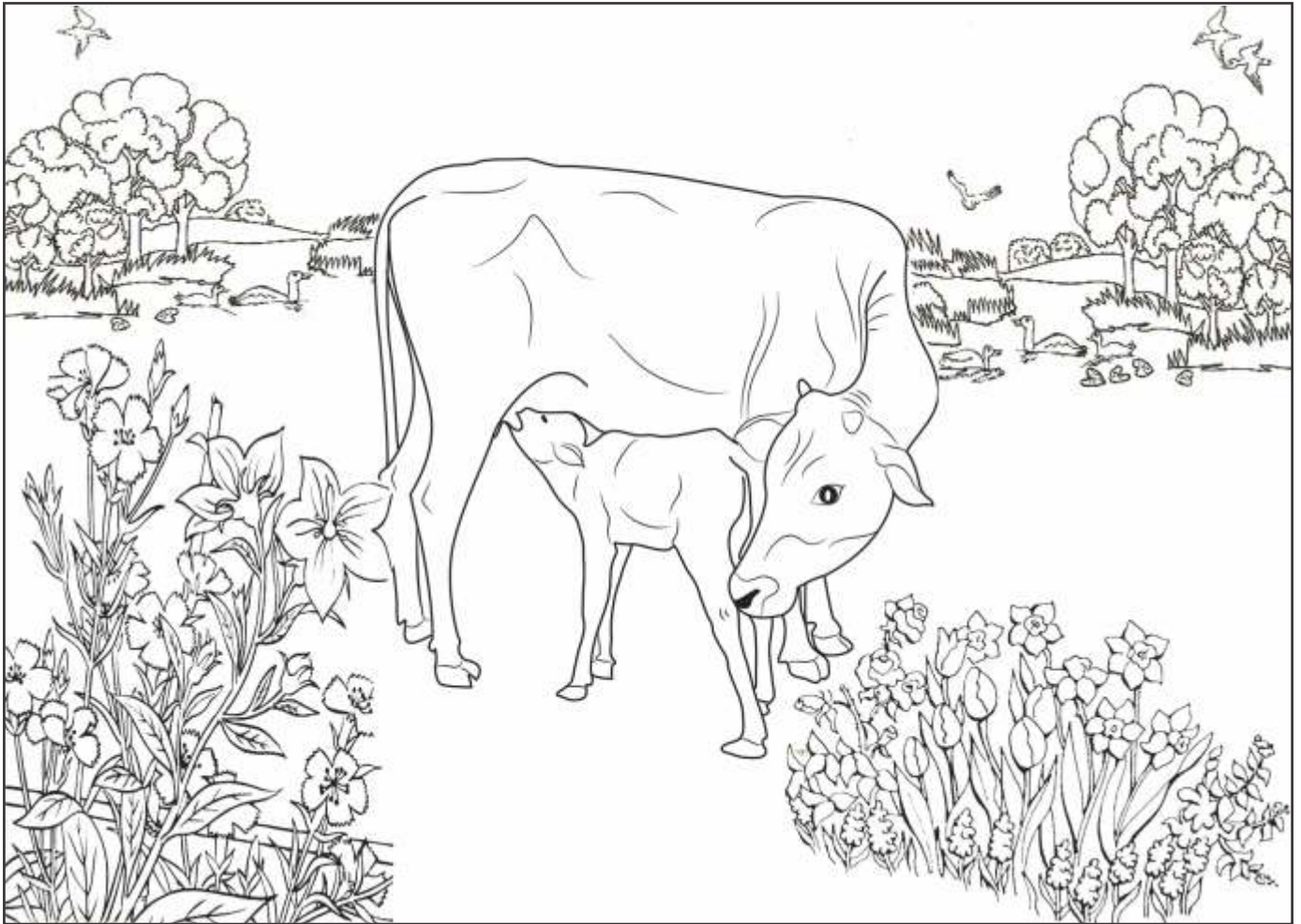


My School, My School
Very truthful my school;
My School, My School,
Teaches me values.
My School, My School,
Gives me freedom.
My School, My School,
Forgives me when I do a mistake.
My School, My School,
Stays with me full day.
My School, My School,
Is my best friend.

ACTIVITY CENTER

Colour the picture

Illustrator : G. B. Setti



Fill in the blanks

Laxmana, Ekalavya, Prahlada, Harishchandra, Garuda, Sibi, Hanuman, Karna, Janaka, Sabari, Bharata, Sudama


1. In Mahabharat, _____, son of Kunti is known for his valour, loyalty, charity and many other good qualities. He was doomed because he preferred loyalty to a friend as against will of God.
2. Emperor _____ never compromised on the principle of truthfulness even it meant the loss of kingdom, loss of wife and loss of son.
3. _____ is the vehicle of Lord Vishnu who is ever waiting, always in attendance. He shows qualities of endurance and patience.
4. _____ is a great person in the story of Ramayan. He discharged his duties as command of God. During the period of Ramayana, people have gone to him for knowledge.
5. In Ramayan, _____ waited for Lord Rama for ages. Without any concern for food or shelter, she was waiting for him.
6. In Mahabharat, _____ exhibited obedience to his guru by giving his thumb when asked for it.
7. Emperor _____ tries to protect the dove (prey) from the eagle (Predator). To protect the helpless dove he offered his flesh as an alternative food to the eagle exhibiting the quality of compassion.
8. _____, brother of Lord Rama is an example of service to God. He ruled the kingdom on behalf of his brother.
9. _____ a young boy, son of Hiranyakashipu showed exemplary devotion to God. This alone helped him in all bad things that his father did to him.
10. Lord Krishna and his friend _____ show true friendship. Lord Krishna became very happy even to receive simple rice from this friend.
11. _____ is a great devotee of Lord Rama who was always in his thought. He never expressed his greatness.
12. _____, brother of Lord Rama was always attentive to him and did not eat, drink or sleep for fourteen years.

Solutions on Page 13

ACTIVITY CENTER

Waterfalls of India

Write the name of the places where these waterfalls are located for the clues given below. Locate these on the map by matching the number and the alphabet on the map.



- Dudhsagar Waterfall with an height of 1,020 ft also known as “Sea of Milk” is one of the highest waterfalls in India and is 227th in the world. _____, _____
- Jog Waterfalls are the most famous waterfalls and second-highest plunge falls in India with a height of 830 ft and also declared as one of the UNESCO ecological hot spots in the world. _____, _____
- Nohshingthiang waterfalls are also known as the seven sisters waterfalls, 4th highest waterfalls in India. These falls only flows during the monsoon season from a height of 1,033 ft on the cliffs of the Khasi hills. _____, _____
- Talakona falls is with a height of 270 feet in the startingpoint of the Tirumala mountain ranges. Talakona area is well famous for its waterfalls, dense forests and wildlife. Its declared as biosphere reserve and home to rich variety of flora and fauna. _____, _____
- Khandadhar Falls is the tallest waterfall. The horse tail type waterfall is the 12th highest waterfall of India with the total height of 801 ft. It is created by a perennial stream which flows here throughout the year. _____, _____
- Chitrakoot waterfalls is one of the largest and amazing waterfall of the country. These waterfalls also known as Niagara falls of India. Height of this gorgeous waterfall is about 29 meters and breadth varies, as the water level, during the monsoon, changes drastically and the fall turns wild and violent. _____, _____
- Dhuandhar Falls are created by the holy river Narmada through the gorge of marble rocks in Bhedaghat. The world famous Marble Rocks of Bhedaghat is one of the most popular Indian tourist destination. The smoke cascade waterfall is counted as one of the most powerful falls in India and its roar is audible from a far distance. _____, _____

Who am I?

Solutions on Page 13



- I am respected in India by everyone and people worship me as a mother.
- I come in different shades like Brown and Black, but I am mostly white in colour.
- I lick my baby with great love and affection to keep it clean and healthy.
- I am a symbol of affection and motherly love.
- I am often shown along with the great Lord Sri Krishna.
- I provide nutritious food which is used to make curd ,butter.
- Every product of mine is useful in one form or the other.
- I am an herbivorous animal.

POEMS

అక్షర పూమాల

నీరు లేని సంద్రంలేదు
దేవుడు లేని గుడిలేదు
ఆకులు లేని చెట్టులేదు
అమ్మ ప్రేమ మించి మరో ప్రేమలేదు
బంధువులు లేని అనుబంధాలు లేవు
వాక్కు లేని మాట లేదు
కన్ను లేని చూపు లేదు
కవి లేని కవిత లేదు
అలాగే మంచి మనసు లేని మనుషులు లేరు



పి. సూర్య
తొమ్మిదవ తరగతి

Spend Time

Spend time to work
It is the price to success.
Spend time to talk with others,
It maintains good relationship.
Spend time to help others
It becomes a zippy day for you.
Spend time to know problems of others,
It gives relief to mind.
Spend time to meditate,
It gives peace to mind.
Spend time to pray,
It gives the real devotion of God.
Spend time to learn good habits from others,
It develops good character.



Anvitha
X Class

నిజమైన స్నేహం

మా ఫ్రెండ్‌షిప్ ఎన్నటికి ములగని షిప్
మా ఫ్రెండ్‌షిప్ అందమైన పార్ట్‌నర్ షిప్
మా ఫ్రెండ్‌షిప్ ఎంతంటే...
ఐఫిల్ టవర్‌ని చూపిస్తాం
మా ఫ్రెండ్‌షిప్ ఎలాంటిదంటే....
హాంట్‌ఎవరెస్టేని చూపిస్తాం
లాంగ్‌లాస్టింగ్ ఫ్లేవర్‌లాంటిది మా ఫ్రెండ్‌షిప్
ఎప్పుడూ ఎన్నడూ కంటతడిని చూడదు నా ఫ్రెండ్‌షిప్



ఎమ్. డి. అనిరుజ్
తొమ్మిదవ తరగతి

పల్లె - ప్రకృతి

పచ్చ పచ్చని చెట్లు
పక్షుల కిలకిలరావాలు
పరుగులు తీసే జంతువులు
గలగల పారే సెలయేరులు
కొలనులో వికసించే కలువలు
ఉదయాన్నే పరమశివే పువ్వులు
చిట్టి పొట్టి బిడ్డల బోసినప్పులు
బడి అయిపోగానే పరుగులు తీసే పిల్లలు
ముచ్చట్లు చెప్పే ముసలి తాతలు, బామ్మలు
తోటల్లో పండే పూలు, పండ్లు, కూరగాయలు
పచ్చపచ్చని పైరులు
వీటన్నింటిని చూస్తే మనసు పులకరిస్తుంది
మన కనులకు ఎంతో విందు ..కనువిందు
ఇదే పల్లె ప్రకృతి



ఎ. లోకేశ్
తొమ్మిదవ తరగతి

అమ్మ

అమ్మే వేదం, తాను చెప్పిందే వేదం
అమ్మ ఉండేది అందంగా
అది చూస్తే నాకు ఉంటుంది ఆనందంగా
అమ్మ మనకి ఓ నేర్పు
దానితో మనలో వస్తుంది ఓ మార్పు
అమ్మ చెప్పే మార్గం
మనకి ఓ స్వర్గం
అమ్మ చేసేది కష్టం
అమ్మంటే నాకు ఇష్టం
అమ్మ ఎవరికైనా అమ్మే
మన సంతోషానికి కారణం ఆ అమ్మే



కె. సంకృతి
ఏడవ తరగతి

ప్రేమ

కె. రచన, కె. నిర్మల, తొమ్మిదవ తరగతి

సముద్రాలనుంచి వచ్చే అలలుకన్నా
చెట్లనుంచివచ్చే మంచి గాలికన్నా
మల్లెపువ్వునుంచి వచ్చే వాసనకన్నా
అమ్మ ప్రేమ ఎంతో మిన్న
రాత్రి వెన్నెలకన్నా
మధురమైన తేనెకన్నా
కిలకిల పక్షుల రాగాలకన్నా
నాన్న ప్రేమ ఎంతో మిన్న
చీకటి వెలుగు లేని ఊరు లేదు
కష్టాలు సుఖాలు లేని జీవితం లేదు
నాన్నపంచే అనుబంధం
అమ్మపంచే మమకారం
కన్నా ఏది గొప్పది లేదు

Follow

Tenth Class Students

Tears of eyes are valuable.
Heart with love is audible.
Speech of lips is powerful.
Work with sincerity is dutiful.
Life with friends is joyful.
Man with humanity is successful.
Words with honesty is truthful.
Mind with meditation is peaceful.
Country with soldiers is powerful.
Nation with democracy is lawful.
Bhaarath with swach is beautiful.
Life with all values is wonderful.

NEW YEAR GREETING CARDS BY CHILDREN FOR LALAJI ERA



B. Jahnavi, VIII



Mithula, III



M. Eesha, VIII



Nirmala, IX



T. Mounika, VIII



Gyandeep, I



S. K. Anilya, X



Sai Sowjanya, I



A. Akila, IX



A. Naveen Kumar, IX

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



Sudeepti, III



Md. Arshiya Begum, IX



Poojitha, III



Chandrasekhar, VIII



K. Sriram, Bodh



A. Divya, Bodh



T. Yuva Ratnam, Bodh



D. Laxmi Prasanna Bodh



P. Geetanjali Bodh



M. V. S. Shashank Bodh



Dhatri, V

Konaseema
Chitrakala
Parishad
Gold Medal
Winners



Sai Durga Prasad, X



Hemant Kumar, X



Gurucharan, I



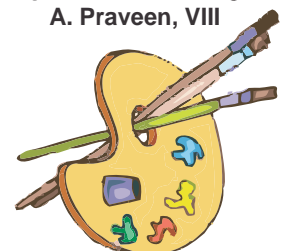
Ch. Haripriya, X



A. Praveen, VIII



N. Prabandha Kumari, VIII



SCHOOL EVENTS

Art Fair



Art Fair was held on 7th November. The paintings and drawings done by students were kept on sale. Students also prepared items like pen stands, money saving pots, painted diyas, bird houses, flower vases, etc. These items were also put for sale. Students enthusiastically helped the teachers arrange the items for

display and sale. The Arts and Crafts Fair was open to parents and guests. All the guests liked the exhibited items and encouraged the students. Sri M. Narayana Murthy garu, Secretary, SSS inaugurated the Arts and Craft Fair and appreciated the students' effort.

Satakam Contest

Satakam contest was conducted for I - IX classes on January 1st 2016. All students participated very enthusiastically, learnt and recited them well. Satakams were taken from Sumati, Vemana, Krishna, Narayana and Dasaradhi.



Republic Day



The students of Satkama High School and Bodh School celebrated the 67th Republic Day with great enthusiasm. The students presented patriotic songs on the occasion. Dr. K. Madhava, President of Sahaj Seva Samsthan was the Chief Guest for the event. Students were given prizes for the Sports Day, Sataka, Moral Stories Contests and other contests held in the school.

Mathematics Day

Students of IX and X classes conducted the event on 22nd December on the occasion of Srinivasa Ramanujan's birthday. Other classes visited and learnt many concepts like multiplications by using lines, Ramanujan's magic squares, etc



Rendezvous with Nature



On the occasion of Childrens' Day November 14th, all the students of Satkama School and Bodh School had gone to Gandipet Lake. The students walked to the lake and played in the park near the lake. The students enjoyed spending time in nature and had a lot of fun. On the way back they also stopped over at the Taramati Baradari and marvelled at the architecture.



Sports Day

Sports Day was celebrated on 24th December 2015. All students enthusiastically participated in the events conducted. To develop sportsman spirit in students we conducted different sports like Kho-Kho, Volleyball, Throwball, Chess, Carroms and others.



Moral Stories Contest

As part of Swami Vivekananda Birthday celebration Moral Stories contest was held on January 9th, 2016 for all classes. The contest was held based on Moral Stories books volumes 1 - 4. Students participated with great zeal.

CONGRATULATIONS

Students of Satkama and Bodh School participated in the Konaseema Chitra Kala Parishad Painting contest this year. N. Dhatri of V class, B Sai Durga Prasad and A Hemanth Kumar from X class won the gold medal from Satkama School. M. V. S. Sashank and Kavya Bai from Bodh School won the gold medal in the competition.

SOLUTIONS

Page 7 - Fill in the blanks - 1. Karna, 2. Harischandra, 3. Garuda, 4. Janaka, 5. Sabari, 6. Ekalya, 7. hini, 8. Bharatha, 9. Prahlada, 10. Sudama, 11. Hanuman, 12. Laxmana
Page 10 - Waterfalls of India - 1 - Goa - 1, 2 - Karnataka - d, 3 - Meghalaya - b, 4 - Andhra Pradesh - c, 5 - Odisha - g, 6 - Chattisgarh - h, 7 - Madhya Pradesh - a
Page 10 - Who am I? - Cow

Special School for Slow Learners (Children with Learning Difficulties)

Children of Bodh visited a park near Gandipet along with Satkama School Children. Few paintings were sent to National level painting competition of Kona Seema Chitrakala Parishad. Chi. M. V. S. Shashank and Chi. Kavyabai won gold medals. Children participated in Sports day and won prizes in Lemon & Spoon and Throw Ball. They are improving in writing skills which can be seen in their stories, poems and articles. Children happily made many varieties of Greeting Cards for New Year day of 144th Lalaji Era with the help of art sir Sri GB Setti. Children celebrated 67th Republic Day along with Satkama High School students.



పూజ్య శ్రీ లాలాజీ మహారాజ్

ఎ. బిష్య, ఆరవ తరగతి

పూజ్య శ్రీరామచంద్రజీ మహారాజ్ గారు ఫిబ్రవరి 2, 1873న బసంత్ పంచమి రోజున పుట్టారు. ఆయన సూర్యోదయానికి ముందే లేచేవారు. ఆయన ఎప్పుడు నిరాడంబరంగా ఉండేవారు. పూజ్య శ్రీరామచంద్రజీ మహారాజ్ గారు ఎప్పుడు అందరితో కలిసిమెలిసి ఉండేవారు. ఆయనకి చామదుంప కూర, కచోరి అంటే చాల ఇష్టం. ఆయన ఎప్పుడు ఎవరిని ఏమీ అనేవారు కారు. పూజ్య శ్రీ లాలాజీ మహారాజ్ గారి శిష్యుడు బాబూజీ మహారాజ్ గారు.

Our visit to park
Yuva Ratnam, V Class



We liked to see Gandipet Park. I liked to be there only. All children were playing happily. There was good air, good shades of trees and it was a good place. There were many trees around. We want to come here again and again and be happy. We drew paintings by seeing nature.



सहायता

साइश्री, पांचवी कक्षा

हमे सबकी सहायता करनी चाहिए ।
हमे सबकी सहायता करनी चाहिए ।

हम सहायता करते हैं तो
वे हमारी सहायता करते है ।
जिनको समस्या होती है तो
हमे उनकी सहायता करनी चाहिए ।
किसकी वस्तु नहीं है तो
हमे उनकी सहायता करनी चाहिए ।
हम सहायता करे तो
वे हमारी सहायता करते है ।

అహింస

శ్రీరామ్ ప్రసాద్, ఐదవ తరగతి



ఒక ఊరిలో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు రవి. రవి ఐదవ తరగతి చదువుతున్నాడు. ఒక రోజు స్కూల్ వాళ్ళు పిల్లలను జూకి తీసుకువెళ్ళారు. పిల్లలందరు జంతువులని చూసారు. తరువాత పిల్లలందరు ఇంటికి వెళ్ళారు. రవివాళ్ళ అమ్మ చెప్పింది, 'రవి ఈ రోజు ఆదివారం కదా, చికెన్ షాపుకి వెళ్ళాం.' అప్పుడు రవికి గుర్తొచ్చింది, 'టీచర్ చెప్పారు జంతువులను చంపకూడదు కదా.' అప్పుడు రవి కోడిని చంపద్దు అన్నాడు. అప్పుడు అమ్మ షాపువాడిని మా కోసం జంతువుని చంపవద్దు అని చెప్పింది. రవికి సంతోషం కలిగింది.

సీత : జీవహింస చేయకూడదు.



M V S Shashank, VI Class

Greeting Cards

Greeting card with natural flowers : Material: Beautiful small flowers, glue, colors and card. Step 1: Take some real flowers and put it neatly in the flower press or you can put in any old book and put weight on it. Leave for 3 to 4 days.

Step 2: Take a white handmade paper. Draw a stem with water or acrylic colors. Stick the dried flowers carefully on stem with glue.

Greeting card with Color papers : Material: fluorescent papers, glue and card. Step 1: Take different color papers and cut into small kites and birds shapes. Step 2: Stick them on the handmade paper. Stick thread to the kites. stick birds also. Stick thread as border. Your greeting card is ready !



A. Sai Sree



Kavya Bai

Diya Painting & Floating candles

C. Surya, IX Class

On the occasion of Diwali, we the students of Satkama High School and Bodh actively participated in colouring Diyas. That was a great experience for the students as students have chosen colours for diyas of their choice. Our drawing teacher helped us in painting the diyas. Everyone, enthusiastically took part in this activity. The brown coloured earthen diyas were first needed to be coated with white colour, so that we could draw designs on the white coated layer. This art improves our art skills like designing and combination of colours. This activity develops qualities like patience, teamwork, discipline and cooperation. It helps us be creative.



B. Jahnvi, Chandrasekhar, Praveen, Durga Harshita, VIII Class

To make the floating candles we need moulds, butter, gel wax and two small sticks. First take gel wax and heat till it become liquid. After heating the wax let it cool for five minutes. Gently apply oil for moulds and put a wick in the middle of the mould. Put a stick to support the wick according to the distance of length and breadth of the mould. We can take moulds of any shapes that we like. Hold the wick slightly above the bottom of the mould and gently pour the wax. Make sure that the wick doesn't fall into the wax. Leave it for one hour. After one hour carefully remove the solidified wax from the mould. And your amazing candles are ready!



MSRCM HOSPITAL NEWS

వంటింటి దినుసులతో ఇంటి వైద్యం - కలివేపాకు

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



సంస్కృతం: కాలశాక,
కృష్ణనింబ
హిందీ: కరిపత్తా, మీరానీమ్
ఇంగ్లీష్: కర్రీలీఫ్

అర్షమొలలు (Piles) : లేత కలివేపాకుల రసం మరియు తేనె కలిపి సేవించిన అర్షమొలలుతో బాధపడేవారికి ఉపయుక్తంగా ఉంటుంది. కలివేపాకు చూర్ణమును మజ్జిగతో కలిపి త్రాగినచో మలబద్ధకము తొలగి అర్షమొలలుతో బాధపడేవారికి ఎంతో ఉపయుక్తంగా ఉంటుంది.

మన పరిసర ప్రాంతాలలో అన్ని చోట్ల పెరిగే మొక్క కలివేపాకు. ఆహార పదార్థాలకు సువాసన అందించటానికి వేస్తుంటారు. కలివేపాకు అన్ని రకములైన ఔషధవిలువలు కలిగి ఉన్నది. 100గ్రా కలివేపాకులో దాదాపు 16గ్రా ప్రోటీన్లు, కాల్షియం, ఐరన్, ఫాస్ఫరస్, ఎ, బి, సి విటమిన్లు ఉంటాయి. ఆరోగ్య రక్షణలో కలివేపాకు మేలైన పాత్ర పోషిస్తుంది. అన్ని వయసులవారికి ఇది మంచిది. అందుకే ప్రతి ఇంటి పెరటిలో ఓ కలివేపాకు చెట్టు పూర్వీకులు విధిగా పెంచేవారు.

జీర్ణశక్తి (Digestion) : ధనియాలు, జీలకర్ర, ఎండిన కలివేపాకులను నెయ్యితో వేయించి దానిని మెత్తగా చూర్చించి, అందులో కొంచెం సైందవలవణం కలిపి ఒక సీసాలో భద్రపరచుకోవాలి. ఈ చూర్ణమును ఉదయము బ్రేక్ ఫాస్ట్ లో, మరియు మధ్యాహ్నం, సాయంకాలం భోజనంతోవాడిన జీర్ణశక్తి పెరుగుతుంది.

కలివేపాకు యొక్క ఔషధ గుణాలు:

వాంతులు, వేలికృత్తి (Vomiting and Morning Sickness) :

తాజా కలివేపాకు రసము 1 స్పూన్, నిమ్మరసం 1 స్పూన్, పంచదార 1 స్పూన్ కలిపి రోజుకు రెండు సార్లు తీసుకోవడంవలన వాంతులు, వాంతులు వచ్చినట్లుండుట (Nausea) వేలికృత్తి మొదలగు వాటినుండి ఉపశమనము కలుగుతుంది.

వెంట్రుకలు సలవ్వబ్బకావడం : నువ్వులనూనెలో లేదా కొబ్బరినూనెలో కలివేపాకువేసి బాగా మరిగించి , ఆ నూనెను చాలా రోజులవరకు తలకు పెట్టుకుంటే, తెల్ల వెంట్రుకలు నల్లగా మారవచ్చు అని శాస్త్రకారులు తెలిపినారు.

డయబెటీస్ లో చక్కరశాతం పెరగకుండా ఉండాలంటే: చక్కని వ్యాయామము ఆహారనియమాలు పాటిస్తూ రోజుకు 8 - 10 కలివేపాకు ఆకులను పరిగడుపున 3 నెలలవరకు తిన్నయెడల రక్తంలో చక్కరశాతం తగ్గి సమస్థితికివచ్చే అవకాశం ఉంది.

కడుపుబ్బరం, కడుపులోమంట : కలివేపాకును ఎండించి చూర్ణము చేసుకొని దానిని మజ్జిగతో కలిపి సేవించితే కడుపుబ్బరం, కడుపులోమంటనుండి ఉపశమనము కలుగుతుంది.

కలివేపాకు వృద్ధుల ఎముక బలాన్ని పెంచుతుంది. పిల్లల కళ్ళ ఆరోగ్యానికి మంచిది. చాలామంది కలివేపాకు ఔషధ విలువలు తెలియక ఆహారంలో తీసి ప్రక్కన పడేస్తుంటారు. కలివేపాకును ఆహారంతో తీసుకోవడం మంచిది.

సుభాషితము

విద్య నిగూఢ గుప్తమగు విత్తము రూపము పూరుషాళికిన్
విద్య యశస్సు భోగకరి విద్య విదేశబంధుడున్
విద్య విశిష్ట దైవతము విద్యకు సాటి ధనంబు లే దిలన్
విద్య నృపాల పూజితము విద్య నెరుంగనివాడు మర్త్యుడే.

తాత్పర్యము : విద్య మానవులకు దాచుకున్న ధనము. పురుషునకు విద్యయే సౌందర్యము. విద్య సౌఖ్యములను, కీర్తిని ఇచ్చును. విద్య గురువువంటిది. విదేశప్రయాణములందు విద్యయే చుట్టము. విద్య గొప్ప దైవము. ఈ ప్రపంచమున విద్యకు సమానమైన ధనములేదు. విద్య రాజులచేత సహితము పూజింపబడును. ఇట్టి విద్యనెరుంగనివాడు మనిషికాడు.

संत कबीर के दोहे

प्रीति बहुत संसार में, नाना विधि की सोया
उत्तम प्रीति सो जानियो, सतगुरु से जो
होय ॥

There are many attachments of different kinds in this world. The best attachment is that alone which is had with the Master.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS Training Programme

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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.

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SAHAJ SEVA SAMSTHAN

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

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

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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 the Birth Centenary year of Pujya Dr. K. C. Varadachari in 2002. Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan distributes free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

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

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