



Message from Samsthan

Dr. K. Madhava
President, Sahaj Seva Samsthan

This academic year is coming to an end amidst severe drought, extreme heat wave conditions and severe drinking water shortages in several parts of the country. Earthquakes, wars and consequent population migrations and unemployment are plaguing the world. All this is due to materialistic based civilization which exploits mother nature for continuous unending consumption of goods and services for the sake of pleasure. Students should think seriously about this problem as it is their future. Only solution is to take to a spiritual life as taught by Sri Ramchandraji which is easy to follow. They should creatively evolve solutions for overcoming the consumption based culture.

LOVE ALL

Prof. Dr. K. V. Dakshinamurty,
Senior Consultant Nephrologist, MSRSM Hospital

"Be not revengeful for the wrongs done by others. Take them with gratitude as Heavenly gifts." The 7th commandment of our Master, Mahatma Sri Ramchandraji Maharaj is a unique philosophy with a very uncommon approach. It is the most difficult commandment to follow. We all understand that we only are responsible and are the makers of our fate. Any thing that happens to us is because of our past actions or "Karma". As God is "Samavarthi", He gives us everything that is due to us only, either pleasures or sufferings. Accordingly we undergo the effects of our past actions which have come to fruition in this life and time. When we do something by applying our mind and heart (feeling of doership), we form impressions of that action which forms our fate. This is because of the thought process. These impressions remain in seed form, till they are washed off through the process of undergoing the effect of that action, ie., Bhogam. When these layers of impressions formed by the thought processes come up for fruition, they need to be undergone through the Bhogam. This can occur either internally (during meditation) or from the external help. The external help comes in the form of sufferings caused by the wrongs done by others. We generally think of the person who caused suffering to us, by their wrong doings, in a very bad light. When we understand that God as Samavarthi, is the one who gives us what is due to us according to our past actions, our view point regarding these persons, who made us suffer, will drastically change. Actually, we need to be grateful towards them, as they have helped us by reducing our Karmic burden. Their actions may be because of the wrongs done by us in our past births, or they may be truly helping us in this life because of their love or friendship in the previous births. We generally poison our thought against such people because of our ignorance. By this we are doing a disservice to those persons who are very concerned about us and helped us, and also to ourselves by forming new impressions. When we know that this particular person has, out of love and concern towards us, willed himself to come in this life to help us to reduce our Karmic load, we can not but love him and be grateful towards him. Out of ignorance many of us are not able to recognise this truth and are harbouring ill feelings towards the person, who helped us by allowing us to undergo the Bhogam, out of his immense love towards us carried from the previous lives. They are actually to be considered as Divine messengers, to guide us to our ultimate goal. Therefore we should follow the principle of love all, treating them as brethren, and be grateful for the Heavenly gifts, they bestowed on us instead of being revengeful. At the same time we should not forget the responsibility of taking due care of the persons, duties as regards the employment and the properties under our care with the feeling of trusteeship.

Story of Pujya Babuji Maharaj



M. Anirudh
నాలుగవ తరగతి

పూజ్య బాబూజీ మహారాజ్ ఏప్రిల్ 30, 1899 పుట్టారు. ఆయన స్కూల్లో చదివే రోజుల్లో ఒకనాడు



ఆయన స్కూల్ పరిసరాలలో ఒక రూపాయి బిళ్ళ

దొరికింది. దానిని ఆయన వాళ్ళ ప్రధానోపాధ్యాయునకు ఇచ్చారు. దానికి వారి ప్రధానోపాధ్యాయులు మెచ్చుకున్నారు. ఆయనలాగే మనముకూడ నిజాయితీగా ఉండాలి.

One day Babuji Maharaj went to office. He didn't know how to work. He asked Panditji and Tiwariji to help him. They said, "You don't know how to do the work?" Then Munsifji saw Pujya



B. Avinash
V Class



Babuji Maharaj and said I will teach you how to work in this office. After some days Panditji died. Pujya Babuji helped his son in getting job. In this incident I learnt if somebody scolds us we should not scold them.



Rupa Tanmayi
III Class

Pujya Babuji Maharaj was waiting for his guests. He asked someone to go to station. It was past lunch time. At 3 o'clock disciples came. After one hour the



disciples were ready for lunch. A lady brought two plates with hot rice and some pickle. Babuji said I know you are South Indians and you like to eat rice. The disciples started to eat. Pujya Babuji, before eating food did prayer. The disciple said sorry to Babuji. I learnt that we have to do prayer before eating.

Pujya Babuji Maharaj was very honest. One day when he was playing in play ground with his friends, he found a one rupee coin. In those days one rupee was precious. He went to his head master and gave it to him. Then his head master praised him for being honest.



M. Anjani
VII Class

Pujya Babuji Maharaj also had the quality of caring and curing pain of others. One day his head master was having a troubling pain in the abdomen. He came to his headmaster, held his finger and said, "you are alright now". Immediately his headmaster fell asleep and became alright. He also had the quality of forgiving. He was very pleasant.



M. Anirudh
ఐదవ తరగతి

ఒక రోజు పూజ్య బాబూజీ మహారాజ్ వాళ్ళ గురువుగారు గణితం చేయమన్నారు. కాని ఆయనకు గణితం రాదు. ఒకసారి ఆయన గణితం లెక్కలు



చేయలేదని ఇంటిలో

కిటికీమీద ఉన్న కందిరీగపుట్టలో వేలు పెట్టారు. ఆ పుట్టలోని పురుగు ఆయన వేలుని

కుట్టింది. ఆయన మాష్టారుతో నాకు గణితం రాదు. లెక్కలు చేయలేదు. అందుకే నేను పుట్టలో వేలు పెట్టాను. అప్పుడు ఆయన మాష్టారు బాబూజీగారికి గణితం నేర్పించారు.

In his office Panditji and Tiwariji would tease him. He was new to office. If he asked for any help from them, they would tease him that he does not belong to the same caste. Then he decided to resign from the office. Munsifji stopped him and asked his problem. Sri Babuji Maharaj explained his problems. Then Munsifji supported Sri Babuji Maharaj.



I have learnt so many things and values like patience, self-control, sympathy, empathy, honesty, truth speaking and so many. He is our Guru. We have to follow Him.



A. Bharath
VI Class

Pujya Babuji Maharaj joined judge's office and he was new to work. So he did not know how to do it. He asked Panditji and Tiwariji. They said, "You are not from our caste. So we will not help you." Pujya Babuji went to his father and said, "Father, I will resign." His father said, "Why?". Babuji said, "There are two men called Panditji and Tiwariji. They are teasing me. So I want to resign." His father said, "Okay, You can resign if you want to". Babuji went to Munsifji and said he wanted to resign. Munsifji asked him why. Babuji said that Panditji and Tiwariji are teasing him when asked for help. Munsifji said, "No don't do like that. I will teach you how to do this work." Munsifji taught Babuji. After some days Panditji died. His son was crying. Babuji helped his son. We should always be forgiving. In the story Pujya Babuji Maharaj forgave Panditji.

SRIMAD BHAGAVAD GITA

यदा हि नेन्द्रियार्थेषु न कर्मस्वनुषज्जते ।
सर्वसङ्कल्पसन्न्यासी योगारूढस्तदोच्यते ॥

When there is no clinging on his part to the things of sense or to actions and when in fact he renounces all aims and interests, then he is called the one that has achieved highest of Yoga (union with Master) (6-4)

Most people like to enjoy the pleasures of senses and want name and recognition for their action. Such people are not free and are bonded to their desires. Such people cannot offer true service. A person who is free from the pleasure and pain of senses and is not attached to any selfish aims or interests, is totally selfless. Such persons offer highest service.

When there is service, there is no individual, the individual has to be eradicated. You can do best service when you don't live for yourself. The mother serves the child because she does not live for herself. Such mothers who want to live for themselves, will never serve their children. Service and sacrifice are possible only when you are in the stage of jeevanmukti. There are many people amongst us. When we forget all our interests and we are prepared to do service for others. Those people who are not prepared to serve others without forgetting themselves, definitely are not liberated, they are not jeevanmuktas.

Take Babuji cleaning the latrines of the abhyasis at Shajahanpur. It is a fact. He used to go and clean at around 2 in the night. These people never used to clean the latrines there. Temporary latrines used to be constructed. Around 2 o'clock in the morning he used to check if everything is correct, spray some phenyl. They are jeevanmuktas. They do not have awareness that they are gurus and somebody else has to do. They do not even think that they are far higher than this condition, they serve.

My acceptance of Master as a guru also is because of this example. First time I went to Shajahanpur, he asked me to go to inside his room, meditation room. I was lazy and was sitting down. In the meanwhile, Babuji Maharaj came and said 'I have kept hot water in the bathroom and you can go and take bath'. It was a shock to me, his going to put the hot water there. The service done by such people is service. People will laugh if we say our service is service.

An incident in Swami Vivekananda's life is depicted in the game of life to understand the condition of Jeevan Mukta. In 1898 a severe plague broke out in Calcutta, India causing many deaths. At that time, no one volunteered for service, as they were afraid of getting infected. Swamiji not bothering about him self, cleaned the streets of Calcutta of the dead rats and helped in controlling the epidemic. This gesture of Swamiji shows the condition of liberation from Self.

Reference: [Ecstasy and Agony in the Journey to Infinity](#)

ప్రార్థన - అనుభవము



Illustration
N. Vishwesh, VII Class

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

10.2.2016 - I was very happy and my mind was calm.

29.2.2016 - I felt very pleasant and happy after meditation.

22.3.2016 - I can't express my feelings in words. It's a wonderful experience.

A. Praveen Kumar, IX Class

3.2.16 – During and after meditation, I felt nothing.

20.2.16 - I felt happy and fresh after meditation.

30.3.16 - I felt that I am floating in the sky for a very short period of time.

K. Vikas, IX Class

24.3.2016 - I felt peaceful and my mind was fresh

28.04.2016 - My mind felt fresh

29.03.2016 - My mind was absent of thoughts. It was peaceful

5.4.2016 - My mind felt new and fresh

B. Jagruti, IX Class

17.2.16 – I felt like I'm flying in the sky. I felt very silent and peaceful today.

3.3.16 - I felt very happy today. I felt that I am the happiest person in the world today.

Durga Harshitha, IX Class

WISDOM WORDS

PEACE: I may say that in the system of our Master peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in our heart. That is the real meaning of peace.

Pujya Sri Iswar Sahai

Pujya Sri Ishwar Sahaiji was an intimate of the Master Pujya Sri Ramchandraji Maharaj of Shahajahanpur. He was a teacher by profession and was lovingly called masterji by Pujya Babuji Maharaj. He was a very simple person and the abhyasis who visited the Master recall that he used to keep to himself and not interact much with the people present there. He used to come to the Master everyday and be with him. He used to find ways and means to serve the Master in whichever way he could, not minding even if the work was a very small one. He in his book, *Spotlight on the True Path*, gives us some general rules for Moral Discipline. These are;

1. Lead a simple life, uninfluenced as far as possible by surroundings.
2. Be gentle, polite and sweet.
3. Maintain cordial dealings with neighbours and relations keeping yourself free from narrow bonds of relationship.
4. Husband and wife should act like the two wheels of a vehicle for the due discharge of household duties, paying proper attention to their responsibilities towards children, family and relations.
5. Give up the mania of friendship.
6. Develop uniform taste for all articles of food, with due regard to the pious and the unpious.
7. Behave with your officers with proper submission, abiding by the rules of subordination.
8. Avoid imposing your uncalled for opinion.
9. Avoid prescribing medicines to patients (physicians exempted) except in most exceptional cases where you are convinced that the case is otherwise getting out of control.
10. Avoid telling your secrets to anybody; let not one feel that it is being withheld from him.
11. Avoid accepting personal services from anyone except under unavoidable circumstances, and that too only to the extent to which you can yourself be prepared for in return.
12. Avoid indulging in loose talk or reading of novels, etc.

It is in his honour that we have the month Ishwar as one of the months of the Lalaji Era.

Gratitude



M. Mounika, X Class

I am thankful to my teachers, mother, father, friends, my sister and God. God gives us so many things like food, study, money, clothes and more. So I am thankful to God. Not only I but every human being and every creature should be thankful to God because this whole world is created by God. I am thankful to my parents because they have given birth to me and they guide me all my life. I am thankful to my friends because they share their problems with me and together we find solutions for the problems. Even I share my problems with my friends and they help me solve them. I am thankful to everyone in the world because everyone contains a special quality within them and we get to learn something from them. I am also thankful to my teachers because they teach us everything and by their influence only we can study and reach our goals.



M. Pranay Kumar, X Class

I am very thankful to God. In my life many things have happened but when I was a small child, my mother told me that when you have anything, you should share it with your friends and don't take anything from them in exchange. From that day, I changed my behaviour. When I was in class VII, one day my mother came to school and asked permission for one day to go to our village. When we reached there, I saw my mother caring for my grandmother with very pure love. So I also knew that I have been given pure hearted mother by God. I am very thankful to God for giving me a mother who cares for me a lot. She cares for me even today.

A. Kaivalya, X Class



I am grateful for my mother because she gave birth to me and has raised me. My parents work very hard to raise me. They have sacrificed their comforts for my comforts. I am grateful to my teachers who have taught me good things. They give me knowledge and they teach me how to behave in the society. My mother loves me very much. I am also grateful to my friends because they help me when I am in difficulties. They also help me in school work. I will always be grateful to God for all these people in my life.

A. Praveen, IX Class



I am thankful to my parents and teachers. They both are my well-wishers. Parents are the perfect guides who help us achieve success and happiness. Parents give us love, teachers give us knowledge, with which we can easily get success. Behind every person's success are his teachers and parents. I will always be thankful to them. To define these people, even the twenty six alphabets are not enough. There is nothing equal to them and I will forever be grateful to God for them.

N. Supriya, X Class



I am thankful to my parents for giving me a good life. They are my first God. They give us a good future. I am also thankful to all my teachers and Satkama members for giving good education to so many students. I feel fortunate to be in this school. My friends have a very helpful nature. So I have gratitude for my parents, teachers, friends and God for giving me this life.



Discipline

T. Sainath, III Class

Once there was a girl. That girl's name was Uma. One day Uma went to a shop and in the shop she was touching the things and shopkeeper shouted at her. Her mother said you do not touch anything, things will fall. Next time when Uma went to shop she did not touch anything.



Moral: We should be disciplined.



Honesty

M. Lohana, IV Class

One day all children were playing cricket in the playground. While playing cricket Ramu hit the ball. The ball went into another house and hit the window. Ramu went to that house and said "I am sorry. I hit the ball." They did not punish Ramu and gave the ball. All the children played cricket happily.



Moral: We should always tell truth.



కలసిమెలసి

శ్రీమయి, ఐదవ తరగతి

అనగనగా ఇద్దరు స్నేహితులు ఉండేవారు. వాళ్ళు పేర్లు వాణి, సోని. వాళ్ళు ఒక రోజు బడికి వెళ్ళారు. అక్కడ టీచర్ ఒక ప్రాజెక్ట్ ఇచ్చారు. ఈ ప్రాజెక్ట్ అందరు కలసిమెలసి చెయ్యాలి అని చెప్పారు. అందరు సరే టీచర్ అని చెప్పారు. బడి అయిపోయింది. సోని అందరు మా ఇంటికి రండి చేద్దాం అని చెప్పింది. అందరు సరే అని చెప్పారు. అందరు సోని ఇంటికి వెళ్ళారు. అక్కడ అందరు రోజు కలసిమెలసి చేసారు. తరువాత ఇంటికి వెళ్ళేవారు. ఒక రోజు అందరు సంతోషంగా బడికి వెళ్ళారు. అక్కడ టీచర్ ప్రాజెక్ట్ చేసారా అని అడిగారు. అందరు సంతోషంగా చేసాం టీచర్ అని అన్నారు. అయితే ఇవ్వండి అని టీచర్ అన్నారు. వాళ్ళని పొడిగారు. అందరికీ సంతోషమేసింది. బడి అయిపోయింది. సోని ఏ పని అయినా మనం అందరం కలసిమెలసి చేస్తే తొందరగా అయిపోతుంది. అందరు సరే అన్నారు.



Helpful

Kundan Sai, IV Class

Once there lived two boys named Raju and Ravi. One day they both went to park. In the park they both were playing suddenly Raju fell down Ravi came and helped Raju to stand and gave him water to drink. Ravi took him to hospital. Doctor gave treatment and Raju's pain was gone and they both went home happily.



Moral: Be helpful.

Discipline

P. Jayababu, III Class

Once there lived a girl named Sneha. She was an intelligent girl but she used to go to school late. Her teacher said, "Sneha you're a very intelligent girl but you have to come school early". One day her teacher told we're going to picnic tomorrow. Next morning Sneha brushed her teeth and got ready, packed her lunch box but Sneha missed her bus. Sneha went home crying. Her mother said when you get up early you will not miss any picnic again. From that day she got up early in the morning and she never missed picnic again.



Moral: We should have discipline.

నిజాయితీ

మనోజ్, ఐదవ తరగతి

ఒక రోజు రాజు ఇంకా తన స్నేహితుడు రాము, ఇద్దరు దారిలో వెళ్ళుతున్నప్పుడు మరొకతను కూడ



వాళ్ళతో పాటే వెళ్ళుతున్నాడు. అప్పుడు ఆయన చేతినుంచి తాళంచెవి జారిపడి పోయింది. రాజు, రాముకి ఆ తాళంచెవి కనపడింది. అప్పుడు వాళ్ళిద్దరు కలసి ఆయనను

పిలిచి ఆ తాళంచెవి ఇచ్చారు.

నీతి : మనం ఎప్పుడు నిజాయితీగా ఉండాలి.

We blow our own trumpet in our own thoughts, and lose a lot in the process.

Pujya Sri Ramchandraj Maharaj

Rani Rudramma Devi

A.Naveen Kumar, X Class



One of the most prominent rulers in South India was Rani Rudramma Devi. She was born as Rudramba to the King Ganapati Deva who had no sons. She was formally designated as son through the ancient patrika ceremony and given the male name of Rudradeva and declared the king. Rudramma Devi was married to Veerabhadra, Eastern Chalukya prince of Nidadavolu. Despite initial misgivings by some internal rebellions and external incursions, she remains one of the few symbols of female power in South India. She is one of the inspirational models for our generation. The thing I like about Rudramma Devi is her bravery, courage, respect and love towards our country.

Be Kind

G. Santoshini, VIII Class



Once in a village there was a boy named Ramu. He was unkind to all. Once near his house he saw a man cut down a tree. Ramu ignored it and went to school. Another boy saw it and told the man not to cut the tree. He also told the man the importance of trees. The man stopped cutting the tree and next day he planted a small plant. The boy then went to school.



He was late to school so the teacher asked him why he was late. The boy said, "On the way a man was cutting a tree so I stopped him and that is why I was late". Ramu heard it and he decided to change his attitude. He was thankful to the boy for teaching him kindness.

Beauty

B. Jahnvi, IX Class



What is the true meaning of beauty?

Not knowing this is a great agony.

Is it the petal of a flower that makes it so beautiful?

Or the flower itself? I am doubtful!

During the sunset is it the sun that makes it so wonderful?

Or the colourful sky? Should I be thankful?

After all, the greatest beauty is our happiness
Which lies within us

It may not show on the outside

But I know it will never hide.

So atleast beauty has an unknown meaning,

It is an expression and a feeling

Beauty is amazing!

Internet Chatting – A Waste of Time

D. Vaishnavi, X Class



Now a days internet chatting has become a great fashion not only among the college students but also among the school students. It is nearly a waste of time. Those who sit before computers and chat with friends will not only lose a lot of precious time unknowingly but also get eye problems. Internet is like an ocean. Through internet we can learn many important things and lessons which have educational values rather than simply wasting our valuable time. When our friends are far abroad, we can chat with them occasionally but chatting with the same friends whom we meet everyday in our schools is meaningless. This habit sometimes may lead us to bad company and our life will be spoiled. Instead of wasting time in idle chatting we should utilize our time in studies to become ideal citizens.

Discipline

SreeJahnvi, VIII Class



Once in a village in Ramapuram there lived a boy called Ramu. He did not follow the traffic rules. Even if his mother told him to follow, he did not listen to his mother's words. One day, he was running on the road to cross it. He saw a man crossing the road when the signal was red. One truck came and hit the man and the man died.



Seeing this, Ramu realized that he should follow the traffic rules. His parents were very happy that he followed traffic rules.

Respect

B. Shruti, VII Class



Illustration By Shruti, Bhavya and Pallavi

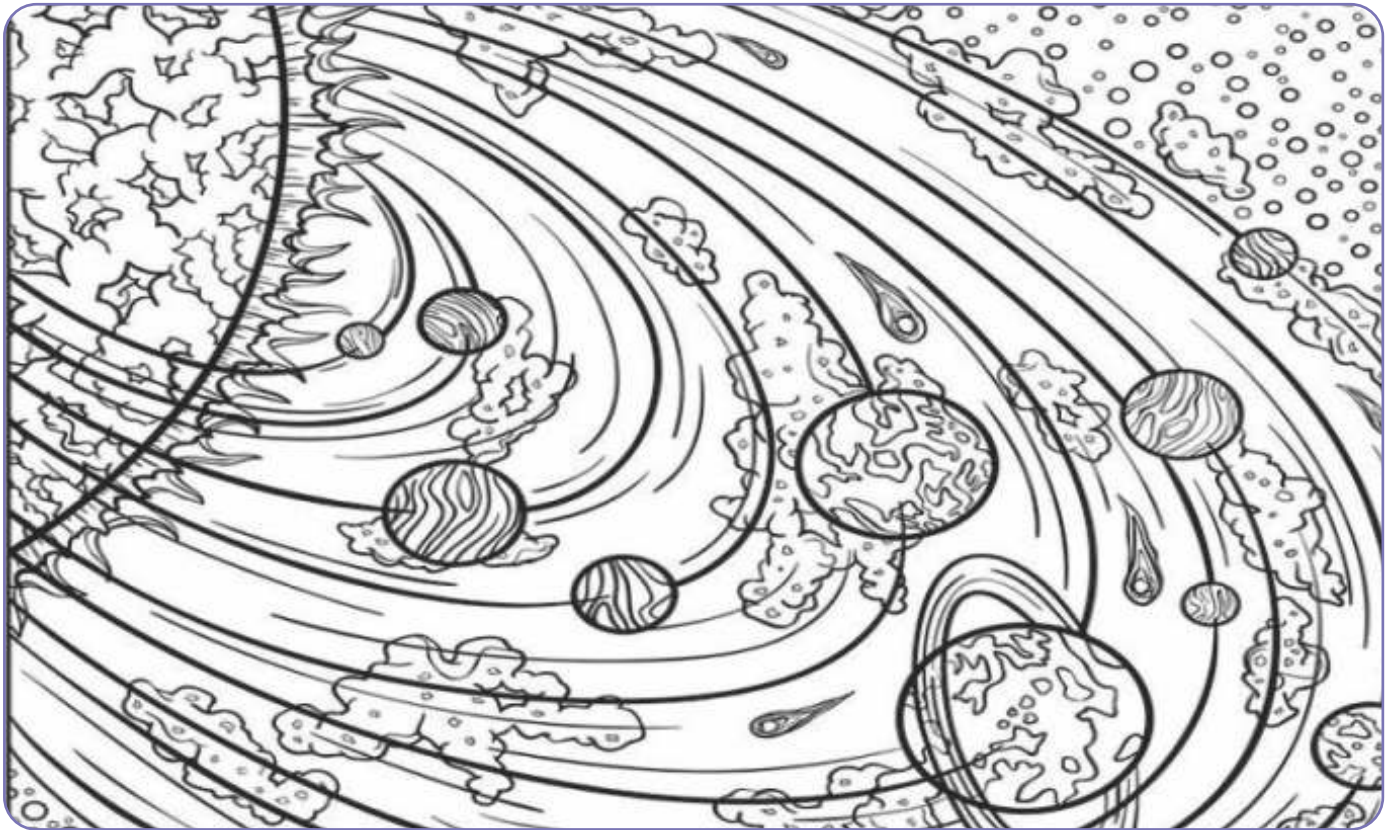
Once upon a time there lived an old man named Chandrasekhar. He was a very good person. He used to help others in different ways. He lost a leg in an accident. He sold vegetables in the market. One day when it was raining, National Anthem was being played on the radio. At that time he was sitting on the floor and covering the vegetables with a cover. When he heard the National Anthem, he stood up with the help of a stick, stood in attention and sang. All the people in the market were running to their houses. There were three small children who were observing the old man. They also stood up and sang. They were very proud of their nation.



Moral : Respect and be proud of your nation.

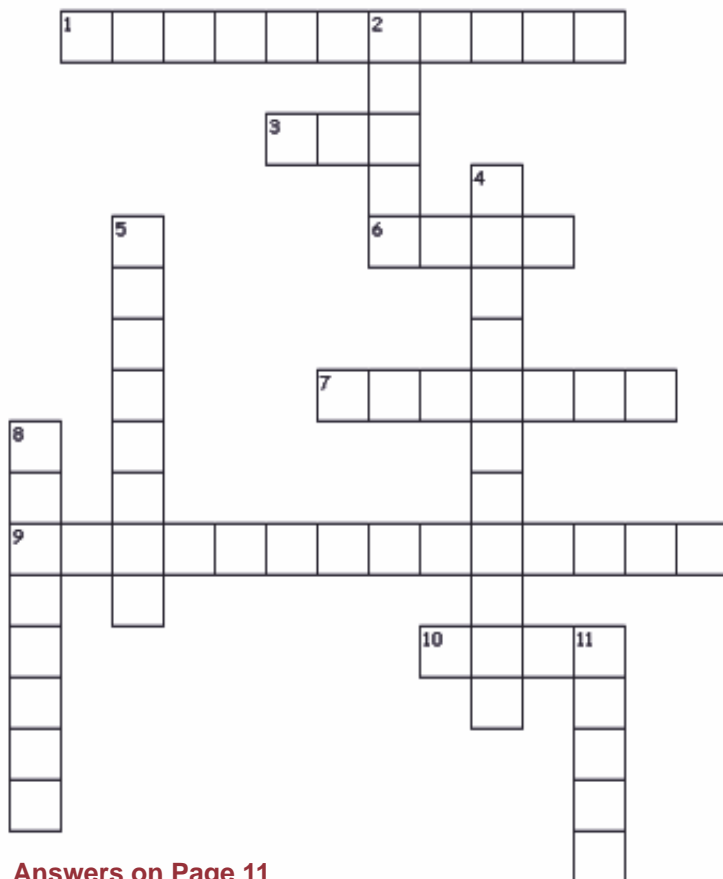
ACTIVITY CENTER

Colour the picture.



Universe

Complete the crossword



Across

1. It includes living things, planets, stars, galaxies, dust clouds, light, and even time.
3. It is our nearest star and provides us light and heat.
6. An ESA/NASA spacecraft has been constantly watching the Sun since 1996 and able to predict 'space weather' events that affect our planet.
7. This planet is so that it could easily swallow all of the other planets (or more than 1,300 Earths). It also weighs more than twice as much as all the other planets.
9. It is made up of the Sun and all of planets, moons, comets, asteroids, minor planets, dust and gas
10. It is often called the 'Red Planet'.

Down

2. It is the hottest planet in our Solar System with a surface temperature of over 450°C.
4. It is shaped like a huge whirlpool and the Sun and its planets (including Earth) lie in this quiet part of the galaxy, about half way out from the centre.
5. It is a massive group of stars, star clusters, interstellar gas and dust, and dark matter which is all gravitationally bound together.
8. There is a belt which lies between the orbits of Mars and Jupiter. It features a large number of irregular shaped asteroids.
11. A complete vacuum, no one can hear you scream as Sound waves cannot travel through a vacuum.

Answers on Page 11

ACTIVITY CENTER

Who am I?

1. It is in the sky.
2. It is bright and round in shape.
3. It appears red in color at dawn and most people choose this time for meditation.
4. You can't see it at night though it is always there.
5. Sometimes it plays hide and seek with clouds in the sky.
6. It is the only source of heat and light to everyone on Earth.
7. Without it life is not possible on Earth.
8. It sacrifices by burning itself to give light and heat to us.



Kings of India

India is one of the richest countries in the world in terms of its history and heritage; in terms of rulers and ruling clans. Identify the great kings of India.

1. He was the founder of the Maurya Empire and the first emperor to unify most of Greater India into one state. He ruled from 324 BCE until his voluntary retirement and abdication in favour of his son, Bindusara, in 297 BCE. He and his chief advisor Chanakya passed a series of major economic and political reforms. His empire extended from Bengal in the east to Afghanistan and Balochistan in the west, to the Himalayas and Kashmir in the north, and to the Deccan Plateau in the south. It was the largest empire yet seen in Indian history. _____



2. He was a great Indian emperor of the Maurya Dynasty who ruled almost all of the Indian subcontinent from 268 to 232 BCE. He embraced Buddhism after witnessing the mass deaths of the Kalinga War, which he himself had waged out of a desire for conquest. Our National Emblem is taken from this great king's era _____



3. He was the successor of Chandragupta I belonging to the Gupta Dynasty and was the greatest king of that dynasty. He is the ruler who is known to have ushered in the Golden Age of India. He was a great warrior, a connoisseur of art, a generous ruler and also he is remembered for his tolerance and patronage for other religions. _____

4. He was the founder of the Sikh Empire based in Punjab in the early half of the 19th century. He was a tolerant king and was also known as the "Maharaja of Punjab". _____

5. He was the greatest emperor of the Vijayanagara Empire who reigned from 1509 to 1530. He earned the titles Kannada Rajya Rama Ramana, Andhra Bhoja and Mooru Rayara Ganda. Travelogues indicate that the king was not only an able administrator, but also an excellent general, leading from the front in battle and even attending to the wounded. _____



6. He was the founder and the greatest king of the Maratha Empire. He is remembered as a great warrior and a hero who united most of India against the Mughals. He is also a spiritual person and offered his entire kingdom, at the feet of his guru Sri Ramdas and wanted to serve him. _____



7. He was Mughal Emperor from 1556 until his death. A strong personality and a successful general. He formed a new religion Din-i-Ilahi, derived from Islam, Hinduism, Zoroastrianism, and Christianity. Holy men of many faiths, poets, architects and artisans adorned his court from all over the world for study and discussion. Birbal and Tansen were two of the nine gems of his court. _____

Answers on Page 11



తియ్యని ప్రేమ

అమ్మ! అనే తియ్యని మాట...
నాన్న! అనే కమ్మని భావం..
కన్నా ఇంకెక్కడుంది స్వర్గం!
ప్రపంచమంతా తిరిగినా దక్కని హాయి
అమ్మ ఒళ్ళో వాలితే దొరికింది.
ఏం చేసినా దక్కని ఆనందం
నాన్న స్వరం వింటే దొరికింది.
ఎంత తిన్నానిండని కడుపు
అమ్మ చేతిముద్ద ఒక్కటి తిన్నా నిండుతుంది.
నాన్న వర్ణం సువర్ణం
ఈ జన్మంతా వాళ్ళకే అంకితం.

ఎ. అభిల
పదవ తరగతి

భారత నదులు

నదులతో ముడిపడినది ప్రాణము
మధురమైన నీళ్ళు లభ్యము
మన మధ్య స్వచ్ఛమైన మైత్రి
అవునుకదా! చెప్పు గంగోత్రి.
కృష్ణుడు ఈ నదిలో స్నానం చేసాడు.
ఈ నదిని పవిత్రం చేసాడు.
నీవు పవిత్ర నదివి అవునా?
చెప్పు పవిత్ర యమునా.
పురాతనమైన నదీ నది
అందరు మెచ్చే అద్భుతనది
ఎంతో ప్రసిద్ధమైనది మరి
దీని పేరు గోదావరి.
తమిళనాడు ప్రజల పరమాత్మ ఇది
దక్షిణ భారత ప్రజల ప్రాణమిది
బొట్టు బొట్టు నీరు ఒక దగ్గర చేరి
నదిలా మారాయి, ఇదే కావేరి.
మహబూబ్ నగర్ కి నేస్తములాంటిది
మెరుస్తున్ననీళ్ళతో ప్రవహించే నది
మంచినీటికి ఇది ముద్ర
ఈ నది తుంగభద్ర.



కే. వికాస్
తొమ్మిదవ తరగతి



పల్లె

ఓ పల్లె ఓ బంగారు పల్లె
ఎన్నెన్నో చెట్లతో, చెరువులతోనిండి ఉన్న పల్లె
మట్టి ఇళ్ళతో, పెద్ద పెద్ద చెట్లతో ఉన్న పల్లె
ఓ పల్లె ఓ బంగారు పల్లె
ప్రకృతి ఎంతో అందంగా కనిపించే పల్లె
ఎన్నో ప్రసిద్ధ అందాలు చెందినపల్లె
ఓ పల్లె ఓ బంగారు పల్లె
ఎన్నో అనుబంధాలు కలిగి ఉన్న పల్లె
ఎన్నో సంప్రదాయాలు కలిగిన పల్లె
ఓ పల్లె ఓ బంగారు పల్లె

బి. పల్లవి
ఏడవ తరగతి

Nature

Some thing is visualizing in my eyes
I know it is the wonderful picture of nature

I reflect this is a wonderful feeling
I know we are trouble makers of nature
We have to regiment to protect nature
We are swarmed with many trees and many creatures
I am inclined to protect the nature
I know the lovely nature animates us
I call it a day where ever a solitary person harms it
I am longing to ride in an open place where there are rose banks
I know it is breaking because of us
I always glance to see in my life
I know you are a wonderful creature in the world.



J Anu
X Class



Self Discipline

Self-discipline the best way
To become the master
Guide yourself if you can do
Anything a little better
Be smart and always alert
Till you come near death
Without finishing your duty
Never take a rest
Never point at anyone
Without changing your own
For achieving success
You should try to be good
Never let any words out
Which hurts anyone
Be courteous and serious
And try to coin every heart
Life is the longest highway
And we have to pass our way
In this long journey of life
It is self-discipline which steers.

P. Rajini
X Class

Solutions

Crossword : Across: 1. The Universe 3. Sun 6. SOHO 7. Jupiter 9. The Solar System 10. Mars
Down: 2. Venus 4. The Milky Way 5. Galaxies 8. Asteroid 11. Space
Who am I? The Sun
Kings of India : 1. Chandragupta Maurya 2. Ashoka 3. Samudragupta 4. Ranjit Singh 5. Krishnadevaraya 6. Shivaji Maharaj 7. Akbar

SCHOOL EVENTS

Annual Day



The Annual Day along with the Science and Languages Arts Fair for the year 2015 - 2016 was held in the school on the 9th of April 2016. All the students from Class I to Class X participated in the fair. Sri R. Radhakrishnan garu was the Chief Guest for the event.



The students presented different Science projects, Telugu, English and Sanskrit skits and English and Hindi language displays. This year many students presented science projects based on ways to harness the solar energy. Students came up with creative



ideas to display the uses of clean and renewable energy sources. Many students presented skits taken from the rich cultural heritage of our country. Notable among them were: The story of Sravan Kumar, Krishnarjuna Dhuryodhana Samwadham, Telangana Kavulu, Shivaji and Samarth Ramdas. For the first time, this year students presented a Sanskrit skit on the story, The Hare and the Tortoise. This was very well received by all. All the judges and the visiting dignitaries greatly appreciated the enthusiasm of these young students. Given the very little time that the students had at their disposal, the Science and Language Arts Fair was a great success.

Farewell



The students of Class IX gave farewell to the students of Class X. They had invited the students of Class X and all the teachers for the farewell function. The class IX students presented songs and skits for the guests. They felt nostalgic seeing the photographs of the students of class X right from when they were in first grade. The students enjoyed the function a lot. They expressed their gratitude and happiness to all the teachers and students present.

SSS VOCATIONAL WING NEWS

Sugandhi Water

M. Anjani & A. Divya, VII Class

Take 2 kgs of Sugandhi roots in one container and pour water in it. Soak it for one hour. After that wash it four to five times till mud is cleaned. Again pour 10 litres of water and soak it. Next day boil the sugandhi water till it become 5 litres. Filter the sugandhi water using a cloth. Cool the liquid. Take 10 kgs of sugar and pour five litres of water and mix 2 table spoon of lime salt in another container and boil it for 20 minutes. Cool it till it comes to the normal temperature. Now mix the sugandhi water in this. Sugandhi juice is ready.

Gardening



Children take care of the trees in the school ground. This year Sapota tree bore 100 fruits. Children plucked and shared with everyone.

Biscuit Making

The school members want us to be healthy. They distribute nutritive biscuits and milk every day. They also teach us how to make these biscuits. My school is giving health to everyone. - **K. Sravani, VII Class**

The teacher is very friendly with us. She taught us how to prepare the Sahaj Sakthi Powder, Biscuits and Ready Mix Powder. - **N. Viswesh, VII Class**

I feel very happy to go to SUPW class for biscuit making. In that period we learn how to make biscuits. I am happy to learn how to make biscuits. - **Swapna, VII Class**

I feel very happy by doing Sahaj Sakthi Biscuits. Our teacher is explaining everything clearly. If we do any mistake, the teacher explains us. I love doing Sahaj Shakti Biscuits. - **Vasavi, VII Class**

In our school there is SUPW period. In that I am attending biscuit making class. I like it because in that we learn how to prepare biscuits, filling the dough in the tray and sealing the biscuits. I like doing these activities. So I like SUPW period. - **P. Sreeja, VII Class**

When we are out of Reality we become Satan. - **Puja Sri Ramchandraj Maharaj**



सहायता

शशांक, छोटी कक्षा

सहायता, सहायता हम सहायता करेंगे
दोस्त होया दुश्मन हम सहायता कर सकते है ।
रामजी की गिलहरी ने सहायता की ।
गिलहरी बहुत छोटी है ।
राम जी को छोटी सहायता की ।
गिलहरी जैसे हम सबकी सहायता करनी चाहिए ।



సహాయం

కె. శ్రీరామ్మప్రసాద్, ఆరవ తరగతి

ఒక ఊరిలో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు రాము. రాము స్కూల్ కి వెళ్ళాడు. స్కూల్ నుండి ఇంటికి వస్తుంటే ఒక అబ్బాయి కనిపించాడు. రాము అడిగాడు, 'నువ్వు ఎందుకు ఏడుస్తున్నావు?' నేను తప్పిపోయాను అని చెప్పాడు. రాము అతనిని వాళ్ళ ఇంటికి తీసుకువెళ్ళాడు. రాము వాళ్ళ అమ్మ అడిగింది. 'ఈ అబ్బాయి తప్పిపోయాడు. ఈతని అమ్మ నాన్న దొరికేవరకు మన ఇంటిలో ఉంటాడు.' అని రాము చెప్పాడు. రాము ఆ అబ్బాయి వాళ్ళ అమ్మానాన్నని వెతికాడు కాని కనిపించలేదు. ఇంటికి తిరిగివచ్చాడు. అయితే ఆ అబ్బాయి వాళ్ళ అమ్మానాన్న కూడ బాబు కోసం వెతికారు. వాళ్ళు రాము ఇంటికి వెళ్ళారు. 'మా అబ్బాయి తప్పిపోయాడు. మీ ఇంట్లో ఉన్నాడా?' అని రాముని అడిగారు. రాము మా ఇంట్లో ఉన్నాడని చెప్పాడు. బాబు వచ్చి అమ్మానాన్నని చూసాడు. అతను అమ్మానాన్నతో, 'వీళ్ళు నన్ను జాగ్రత్తగా చూసారు' అని చెప్పాడు. ఆ అబ్బాయి వాళ్ళ అమ్మానాన్న రాముకి బహుమతి ఇచ్చారు.



నీతి : ఎవరైనా తప్పిపోతే వదిలేయకూడదు. మనం వారికి సహాయం చేయాలి.

అమ్మ పేరు

యువరత్నం, ఆరవ తరగతి



లలిత అనే ఒక అమ్మాయి ఉండేది. వాళ్ళ అమ్మ పేరు లత. రోజూ లలిత బడికి వెళ్ళేటప్పుడు వాళ్ళ అమ్మ జాగ్రత్త అని చెప్పుతుంది. లలిత ఏమీ చెప్పకుండా వెళ్ళిపోతుంది. ఒక రోజు బడిలో క్రిందపడింది. ఆడుకునేటప్పుడు బాల్ తగిలింది. లలిత ఇంటికి వచ్చాక వాళ్ళ అమ్మను ఇలా అడిగింది, 'అమ్మా నువ్వు ఎందుకు రోజు జాగ్రత్త అని చెప్పుతావు.' 'ఎందుకంటే నువ్వు బాగుండాలని రోజు జాగ్రత్త అని అంటాను.' లలిత ఆ రోజంతా వాళ్ళ అమ్మ దగ్గరే పడుకుంది. ప్రొద్దున్న లలిత బడికి వెళ్ళేటప్పుడు వాళ్ళ అమ్మ జాగ్రత్త చెప్పింది. లలిత సరే అమ్మ అని అంది.



నీతి : అమ్మ ప్రేమ

కొండ -కోసం

కె. కావ్యబాయి, ఆరవ తరగతి



మేము 9-2-16 రోజున ప్రగతిసగర్ చివరకి వెళ్ళాము. అక్కడ పెద్ద కొండలు ఉన్నాయి. ప్రశాంతమైన ఆ ప్రదేశములో పక్షుల శబ్దాలు వింటుంటే ఆనందం పొంగింది. బాతులు చెరువు నీళ్ళలో ఆడుతున్నాయి. అక్కడ చాలా నిశబ్దంగా ఉంది. అక్కడ కొండలు చూస్తుంటే పేర్పడంలాగ ఉంది. వీటన్నింటిని చూస్తూ మేము బొమ్మలు గీసాము, రంగులు వేసాము. అక్కడికి మళ్ళీ మళ్ళీ వెళ్ళాలనిపిస్తోంది. అది చూసి నాకు ఒక పాట రాయాలనిపించింది. చూద్దాం చూద్దాం పెద్ద పెద్ద కొండలను చూద్దాం ప్రార్థన చేస్తూ నిశబ్దంగా ఉందాం బొమ్మలతో రంగులతో పూటలు గడుపుదాం చూద్దాం చూద్దాం చెరువుని చూద్దాం చెరువులోని బాతుని చూద్దాం! అదిగదిగో అదిగదిగో కొండల మధ్య చెరువు! వద్దాం వద్దాం మళ్ళీ వద్దాం

By the grace of the Master, total eight students have availed the services of Bodh School in the year 2015-16. Students participated in Science, Arts and Language exhibition along with Satkama High School Students conducted during Satkama School Annual day celebrations. Sixth class students of Bodh won third prize in the science fair by exhibiting medicinal values of neem tree. They have prepared their exhibit entirely on their own and they were well appreciated by judges and visitors for their presentation skills and confidence level. Two of the children learnt concepts well during their schooling in Bodh and have improved their confidence level. They have joined back in normal school for next academic year. Parents of earlier academic year students of Bodh who have joined in regular school are very happy and also they have appreciated for the assistance given by Bodh to their children. They are now performing well in normal school and getting good grades.



నేను ఒక రోజు సాయంత్రము సమయంలో మా పాఠశాలకి వెనుక కొద్ది దూరంలో ఉన్న ప్రదేశానికి వెళ్తుండగా అక్కడ చాలా సుందరమైన ప్రదేశం కనిపించింది. చిన్న చిన్న కొండలు, కొండలపై ఎవరో పెట్టినట్లుగా రాళ్ళు ఒకదానిపై ఒకటి పేల్చి చూడటానికి చాలా అందంగా కనిపిస్తున్నాయి. కొండలగుండున చెరువు, చెరువులో తేలయాడుతున్న పక్షులు, సన్నగాలికి ఊగుతున్న అలలు నన్ను ఎంతగానో ఆకట్టుకున్నాయి. నాకు వెంటనే ఆ సుందర దృశ్యాన్ని రంగులతో చిత్రీకరించాలని అనిపించి వెనుతిరిగి వస్తుండగా నా మనస్సులో ఒక ఆలోచన వచ్చింది. అది ఏమిటంటే నేనేకాకుండా మా పాఠశాలలో చిత్రలేఖనంలో ఆసక్తి కనపల్చే విద్యార్థులను తీసుకువెళ్ళి వాళ్ళ చేతకూడ ప్రకృతి అందాలని రంగులతో చిత్రీకరించాలని. ఆ విషయాన్ని మా ప్రధాన ఉపాధ్యాయులతో చెప్పాను. వారు కూడ ఆనందించి అంగీకరించారు. రెండు రోజుల్లో పాఠశాల వాహనం ఏర్పాటు చేసారు. నేనే కాకుండా సహ ఉపాధ్యాయులు, ప్రధాన ఉపాధ్యాయులు, నాతో పాటు వచ్చారు. నాకు చాలా ఆనందం కలిగింది. అందరం వెళ్ళి ఒక చోట కూర్చుని కొండలు, చెట్లు, చెరువు చిత్రీకరించడం మొదలుపెట్టాము. విద్యార్థులను విద్యార్థుల్లో ఎప్పుడు చూడని ఉత్సాహాన్ని ఆనందాన్ని నేను గమనించాను. చిత్రలేఖనం చేస్తున్నంత సేపు నేను వాలినే గమనిస్తున్నాను. వాళ్ళ ఆనందానికి హద్దులు లేవు. చిత్రలేఖనం వలన మెదడు చురుకుగా పని చేస్తుంది. అంతేకాకుండా మానసిక ఉల్లాసాన్ని ఇస్తుంది. క్లాసులో కంటే కూడ విద్యార్థులు చాలా ఉత్సాహంగా ఉండి చిత్రీకరించటం నాకు చాలా ఆనందాన్ని కలిగించింది. నాతోపాటు సహ ఉపాధ్యాయులు, ప్రధాన ఉపాధ్యాయులు కూడా వాళ్ళని గమనించి చాలా ఆనందపడ్డారు. మళ్ళీ మళ్ళీ ఇలాంటి ప్రదేశాలకి వెళ్ళాలని అద్భుతమైన ప్రకృతి చిత్రాలు గీయాలని ప్రధాన ఉపాధ్యాయులు కోరారు. దానికి నేను విద్యార్థులు కూడ చాలా సంతోషించాము. విద్యార్థులు ప్రకృతి చిత్రాలు చాలా అద్భుతంగా చిత్రీకరించారు. ప్రకృతి చిత్రాలు (స్థూలజీవజాలం, స్థూలజీవజాలం) గీయటానికి సీబీరంగులు (జానపతి ఎ.శ్రీశ్రీబతిం) చేతితో తయారు చేసిన పేపర్ (స్థూలజీవజాలం)ని వాడటంవలన పేపరులో పలికంటూ రంగు పీల్చుకుని ప్రకృతి సహజంగా వచ్చాయి. విద్యార్థులు చూసిన దృశ్యాన్ని చూసినట్లుగా ముందుగా పెన్సిలుతో వేసుకుని తరువాత రంగులతో షేడింగ్ చేసారు. సీబీరంగులు సీబీలో కలిపివేయటం కొద్దిగా నేర్చుకుంటే ఇలా ఆసక్తిగల విద్యార్థులు ఎవరైనా వేయగలుగుతారు.



Sri G. B. Setti, BFA



Ayurvedic way of living in Summer season

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

Ayurveda is a holistic approach to health that is designed to help people to attain good health, to live long and to maintain balanced life. The basic principle of Ayurveda is to prevent disease and treat illness by maintaining balance in the body & mind through proper diet, lifestyle modification and herbal medicines (remedies). Ayurveda is the science of life which explains in detail about the changes that occur in each climatic seasons and its influence on human body. In summer, due to intense heat, there will be heavy sweating which results in water loss from the body. Excessive sweat also causes depletion of ions from the body and may cause electrolytic imbalance & muscle cramps in the body. Ayurvedic medical system helps us to enhance our health and happiness. During summer season, as the outside temperature increases the metabolic rate also increases in the body.

According to Ayurveda every individual is a unique combination of the three Doshas (or) psycho-physiological principles i.e. Vata, Pitta and Kapha. Vata is mainly air & space (Vaayu and Akash), Pitta is fire & water (Agni and Jala) and Kapha is water & earth (Jala and Prithvi). These three doshas also govern the seasons of the year. The pitta is the fire element which governs the hot summer months. Our eating habits and daily routine should follow with the seasons. By regularly adjusting our life style and eating habits, we can live in harmony with the cycles of nature. Pitta dosha, the subtle energy that controls metabolism in the body can cause overheat to the body and tends to flare up when the temperature rise in the atmosphere. Increase of Pitta in the body can cause health related problems like sunburn, hot flashes, exhaustion, acne and diarrhea. Emotionally, excess Pitta can manifest as anger, jealousy and impatience.

Ayurveda guidelines to prevent Summer heat Disorders

- ✦ Eat a fist full of neem flowers daily for 30 days in Chaitra Maasam to protect from summer heat.
- ✦ Eat light & easy to digest food like ragi jawa.
- ✦ Wear loose and light colored cotton clothes.
- ✦ Avoid going out in sun between 10 AM to 4 PM to avoid sunstroke.
- ✦ Drink water from earthen pot. Avoid drinking of water immediately after stepping into house from outside. Wait for at least 5-10 minutes before taking water. Adding chandam & vattiveru (wet) gives better results.
- ✦ Avoid taking cool drinks, ice cream, flavored juices and outside fast food as it disrupts the digestion.
- ✦ Avoid hot, spicy and greasy foods in summer.

Homemade drinks to prevent Dehydration

- ✦ Drink daily 10-12 glasses of water
- ✦ Summer is the best time to enjoy fresh coconut water from tender coconuts. These are great cooling drinks that can beat the summer heat.
- ✦ **Aampanna:** Take one raw mango and boil it in water till mango get softened. Then remove skin and mix it in water. Add sugar, salt and jeera powder to it and drink. It will give adequate hydration to the body.
- ✦ **Paanakam:** Take sufficient jaggery and dissolve it in water. Add a pinch of cardamom seeds and few drops of lemon juice. Drink it.
- ✦ **Fresh Lime Juice :** Make fresh lime juice at home by adding sugar and a pinch of rock salt (Saindhava lavanam) to adequate lime juice and drink it.
- ✦ Sugar cane juice lends a cooling effect to the body and relieves the burning sensation while urinating. Loss of blood from the nostrils due to heat is also controlled by the regular intake of sugar cane juice.
- ✦ Daily take 2-3 glasses of butter milk.
- ✦ Decoction made of Flame of the forest flower (Moduga tree flower): Take 1 -2 grams of flower and boil it in 200 ml of water. Filter and drink the liquid by

adding misri.

- ✦ Take 1 tsp of dhaniya (coriander seeds) powder, boil in 200ml water and add misri & cardamom to it and drink the liquid.
- ✦ Take Shatavari churna 2-3 grams with water twice a day.

General Weakness

- ✦ Take 10 -20ml of Amla juice daily.
- ✦ Take 2-3 grams of amla powder with water or butter milk for general weakness.

Loose Motion

- ✦ Take 2-3 grams bilwa churna twice a day with buttermilk
- ✦ Add a bunch of vattiveru (khus) roots in a pot of water and keep drinking daily to prevent diarrhea

Nasal Bleeding due to summer heat

- ✦ Put 2-3 drops of garike (grass) juice in nose (both nostrils).
- ✦ Put 2-3 drops of onion juice in nose or even just smelling onions stops bleeding nose.

Uncontrolled Thirst

- ✦ Mix a banana in coconut water and eat
- ✦ Sip pot water slowly in a glass in sitting position
- ✦ Drink amla juice, coconut water, sugar cane juice and sugandhipala juice.

Controlling Body Temperature

- ✦ Apply onion juice behind ears and on foot soles, hand & palms to get immediate relief.
- ✦ Apply paste of sandalwood or aloe vera paste over the body
- ✦ Cold water sponging by adding rose petals and lotus flowers in cold water.

Skin irritation due to heat stroke

- ✦ Take 15-20 mango leaves in half bucket of water and add 20 neem leaves. Keep water over night and take morning bath with this water.

వేమన శతకము

మిరెము దింజ చూడ మీద నల్లగనుండు
కొటికి చూడ లోనజాటుకు మనుసు
సజ్జనులగువారి సారమిట్లుండురా
విశ్వేదాభిరామ వినురవేమ!

తాత్పర్యము : మిరియపు దింజ పైకి నల్లగా, అందము లేకుండ ఉండును. కాని కొటికి చూచినచో కారము చురుక్కుమనును. అట్లే సజ్జనులైనవారు పైకి నిరాడంబరముగా కనబడుదురు. కాని వారిని కదిపి చూచినచో ఎన్నో మహా విషయములు తెలియును. మిరపదింజ ఆరోగ్యకరమైనట్లు సజ్జనుడు చెప్పే మాటలు ఇహపర సాధనములుగా నుండును.

संत कबीर के दोहे

मेरा मुझमें कुछ नहीं, जो कुछ है सब तोर ।
तेरा तुझ को सौंपते, क्या लागेगा मोर ॥

There is nothing in me that I can call mine. Whatever is there belongs to you (God). What can I own when I have surrendered all belongings to you.

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.

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 వయస్సు ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

Website : www.sriramchandra.org

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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 Ramchandraj 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 Ramchandraj Maharaj of Shahjahanpur as the Special Personality a new Era in human life has started. The new Era initiated the process of divinization of man through a modified system of Rajayoga which has been closely knit into the Natural path. SSS following the message of the great Personality, who is governing the destinies of humanity, is committedly advocating His philosophy through practical means of service, cooperation and sacrifice. Love Him and thereby Love all is the motto. Samsthan offers opportunities for self-less service in the fields of Education, Vocational and Health care.



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- www.sahajsevasamsthan.org/satkama/
- email:satkama@sahajsevasamsthan.org

BODH

SPECIAL SCHOOL FOR SLOW LEARNERS
(CHILDREN WITH LEARNING DIFFICULTIES)

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

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

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



MSRCM HOSPITAL

HOLISTIC HEALTH CARE
10-3-783/254/3 RT,
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+91-40-23341380

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 - Alternative Systems of Medicine:** Homeopathy and Ayurveda
- www.sahajsevasamsthan.org/Health/Health.htm
email:msrcmh@gmail.com

VOCATIONAL WING: Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits making, Sahaj Sakthi Ready Mix making and Citronella candle making. Students spend one period a week in learning these activities. Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of 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 Vijay Nagar Colony, Hyderabad. We would be happy to avail your services.

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