



SPANDAN

SATKĀMA & BODH

Sahaj Seva Samsthan Educational Newsletter

MESSAGE FROM SAHAJ SEVA SAMSTHAN

Dr. K. Madhava, President

I am happy to share a few thoughts for this Krishnastami issue of Spandan. Lord Krishna gave us the Srimad Bhagavad Gita for us to lead a happy life. In one of the slokas he talks about how our mind can be our friend and how it can be our enemy also. The aim of education is to see that our mind becomes our friend. This is best achieved by following the simple method of meditation as taught in our school and also sincerely trying to imbibe the values imparted in the school. This leads to regulation of the mind and your mind becomes your friend and one can lead a happy life. So the crux of education is self control which the Srimad Bhagavad Gita teaches and our school's focus is also on this.

Wishing you all happy Janmastami .

STUDENT EDITORIAL

B. Jahnvi, IX Class

Our school teaches us values. Why does our school teach us those? Why do we need this moral education? These are the questions that may arise in the mind of the students. The reason is because these values are important as they are related to the behaviour of man. They help us to build our character, personality. These values also help in creating changes in the people, as well as the society too. We can influence the society in a good manner through these values. Values like cooperation, service and sacrifice are embedded in a true soldier. Values aren't there only to be followed but there to be learnt, to pass this knowledge to the people in the society through our actions. **PATRIOTISM:** Just saying this word gives us the energy to serve our country. **DUTIFUL:** It is the responsibility of every Indian citizen to work hard for the sake of the country. **EQUALITY:** Treating everyone in an equal manner. Though we all are different in personality and behavior, we all have divinity in our hearts and all are God's children. Following values may be difficult but if we have the determination and the perseverance, we can follow them. Gradually you would be amazed at what these values can do to you...

We thank everyone for their contributions to the newsletter. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to

spandan@sahajsevasamsthan.org

REAL EDUCATION

Sri Vidyadhar Joshi, Member, SSS

Pujya Dr. K. C. Varadachari in his commentary on Commandment 6 writes, "The whole world is one and it is one of the greatest ideals of the human race to achieve this fraternity of all races."

Students of high school know how the United Nations had been formed after World War II. Nations were in ruin and the world wanted peace. United Nations, much like a world government, was intended to promote peace, security, development, humanitarian assistance, uphold human rights, international law etc. At the surface, this effort looks like an effort to achieve the ideal of fraternity of all races. Despite this, the violent threat of wars, terrorism, civil strife, economic disparity continues to loom over the world. Dr. K. C. Varadachari, opines further "Fraternity is not capable of being merely realized by the mere concepts of economic equal distribution or even by the removal of all those conditions that breed war and strife and rivalry. Spiritual disruption that has been underway has to be removed and spiritual unity has to be forged in the hearts of men as well as in their ideologies." "Unless real education becomes in its true spiritual sense possible, brotherhood will remain an idle concept and an ideal that can only be spoken of and cannot be practised."

We thus see how he clearly emphasizes the need to feel fraternity in the core of our hearts. This spiritual unity is to be aware of the commonality of our Origin, the Divine in our heart and live accordingly. That will be real education and that alone will achieve the greatest ideal of fraternity.

Sow an Act, you reap a Habit; Sow a Habit, You reap a Character;
Sow a Character, You reap a Destiny. – Pujya Sri Ramchandraji Maharaj



A. Praveen Kumar, IX Class GOVARDHANA HILL

Lord Vishnu has many forms, one of them is Krishna. It is said that residents of Brundavana some times depended on Krishna to protect them. A good example was when Krishna lifted the Govardhana hill. Every year people of Brundavana worshipped Lord Indra for rain. Krishna asked king Nanda to worship Govardana hill instead of Indra for water and food. This made Indra angry and jealous. Then Indra said, forgetting the divine position of Krishna, "The cowherd men in Brundavana have neglected my authority on the advice of this talkative boy who is known as Krishna. He is nothing but a child and by believing this child, they have enraged me". Indra then sent a storm to devastate Brundavana. All the people and animals came to Krishna for shelter. Then Krishna with miraculous strength, lifted Govardana hill with one finger which was like a huge umbrella. Every one along with animals crowded underneath it and remained safe until the rains stopped. Later, Indra realised his mistake and apologized. This story explains how Indra became angry because he thought he was powerful of all gods and was humbled by Lord Krishna.



A. Jayaprakash Naidu, VIII Class KRISHNA & JAMBHAVANTH

Satrajit was a great devotee of the Sun God. Sun God was pleased by his devotion and gave him a jewel called "Syamantaka". It would give tons of gold everyday if it is worshipped. Sun God told Satrajit that with the gold thus derived he can be happy. One day Lord Krishna had asked Satrajit to give the jewel to him. Since such big quantity of gold is not useful for an individual and would be more useful to the society, Lord Krishna asked him. But Satrajit ignored him.



One day Prasena, brother of Satrajit wore the jewel and went for hunting. He was killed by a lion and it took the jewel. Later Jambhavanth killed the lion and took the jewel. He gave it to his daughter. Satrajit in

anger told Lord Krishna had killed his brother for the jewel. Lord Krishna went to the forest to clear his name. He saw the foot prints of the lion. After that he saw the foot prints of bear which led him into a cave. He tried to take the jewel. Jambhavanth arrived and they started a war. The war went on for twenty eight days. Then Jambhavanth knew that he was Lord Rama. He gave Lord Krishna the jewel as well as his daughter Jambhavati as a wife. Krishna gave back the jewel to Satrajit. Satrajit feeling sorry gave his daughter, Satyabhama as wife and also the jewel. Krishna refused the jewel and accepted Satyabhama.

Happiness can be had only by sharing.



Ch. Ramchandra V Class

BREAKING THE TWIN TREES

Yasodha tied Krishna to a big stone. One hour later, Krishna wanted to see what his friends were doing. So he tried to move towards his friends. On the way the stone that Yasodha tied to Krishna to, got stuck in between the pair of trees. He tried to escape and pulled with all his strength. But the trees broke, fell to the ground and two Gods came out. They said "Krishna you had released us from the curse, thank you." They bowed to Lord Krishna and went away.



G. Sojel, VI Class KRISHNA & GOPIKAS

Once all the gopikas came to Yashoda's house. Yashoda saw them and asked, "Why did you all come suddenly? What happened?" "Your son Krishna is doing naughty things". "We all can't bear it" said one of the gopikas. Yashoda surprisingly asked what it was. "Your son Krishna has to stop doing these things or we all will go out of this village, decide now itself", said another gopika. Yashoda asked again what was the reason for them to become angry. Gopikas told



all the naughty things done by little Krishna. "In our house, the pot of butter was stored very high. Your little Krishna took a stone, hit the pot and made a hole in it. He and his friends then ate all the butter", said another gopika.

"In one house he ate all the butter and smeared on the mouth of the daughter-in-law of the house. In the morning the daughters-in-law were fighting with each other" said another gopika. "In our house, he took the utensils and kept in our neighbor's house and theirs in ours. They fought with us", said another gopika. "I warned your son that I will tell you. He asked me to close my eyes. When I closed my eyes, he ate all the butter in my house and went off", cried one gopika. Another gopika complained, "He tied my hair to the tail of a calf". While she was listening to them, Yashoda was getting angry. She took Krishna and tied him to a big stone so that he would not go anywhere.

STORY OF MASTER

Pujya Sri Ramchandraji Maharaj joined the service in the Judge's Court at Shahjahanpur after passing his SSLC examination. Just a couple of days before he joined, another person too joined the service at the same place. After a transfer, that person had joined the new post a few days later than Sri Ramchandraji Maharaj. At the time of promotion Sri Ramchandraji Maharaj's superior officers who were kindly disposed towards him wanted to promote him. They overlooked the seniority of his colleague on the pretext that he joined the promotion post later and therefore junior to Sri Ramchandraji Maharaj. When the senior officers consulted Sri Ramchandraji, he told that his colleague is senior and therefore he should be promoted. The senior officers appreciated Sri Ramchandraji for his justice and honesty. His colleague developed high regard for him. His friends and colleagues in the office irrespective of their rank were highly helpful to him and held him in high regard and esteem.

Know all people as thy brethren and treat them as such.

- Commandment 6 - Pujya Sri Ramchandraji Maharaj

SRIMAD BHAGAVAD GITA

उद्धरेदात्मनाऽत्मानं नात्मानमवसादयेत् ।
आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुपात्मनः ॥

By his own self should he raise his self; he should not cause his self to sink low. For, the self alone is the self's help-mate, and the self alone is the self's enemy. (Pujya Sri Ramchandraji Maharaj uses the word mind instead of self in this regard.) (6-5)

We all get good thoughts and bad thoughts. Thoughts about sharing, service and sacrifice, love for others, forgiveness is for the happiness of all. This is what is our higher self or higher mind. Thoughts about hatred, envy, jealousy, possessiveness, greed, selfishness etc. are of lower nature and this is called our lower mind. In the epic Mahabharata, the story of Duryodhana is well known. He does not want to give even an inch of land to his cousins, the Pandavas which they rightfully deserved though he could give a part of his kingdom to Karna. King Duryodhana was a great man. No doubt about it. A man who could give away a part of his kingdom to a person whom he thought deserved it, could not after all be a mean person. He knew that he was living with God. When Lord Krishna asked him, "Don't you know that I am God before you and is it not necessary for you to adjust with Pandavas?" He said, "I know, but I cannot help myself. I am aware of my feelings. I cannot cheat my conscience, which says I should give nothing to them". Duryodhana, as we see above, could see what is right but could not do what is right when it came to his own cousins because of his jealousy for them. A wise man always chooses and practices the thoughts of the higher mind and ignores the thoughts of the lower mind. With the help of our higher mind or good thoughts we can win over or conquer the lower mind. Such a person is called his own friend. This is what Duryodhana could not do. If the person does not listen to his higher self, he becomes his own enemy.



Illustration

T. Mounika, IX Class

ప్రార్థన - అనుభవము

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.

15.7.16 – During meditation I felt I was floating in air. After meditation I felt cool and happy.
20.7.16 – During meditation I felt relaxed. After meditation I felt happy.

C. Surya, X Class

11.7.16 – During meditation I felt so cool. After meditation I felt nothing.
20.7.16 - During meditation I felt so cool and pleasant. After meditation I felt so fresh.

P. Rajini, X Class

17.6.16 – During meditation I was thinking about Maths. After meditation I felt peace.

18.7.16 – During meditation I felt calm and happy. After meditation I felt peaceful.

A. Naveen Kumar, X Class

15.7.16 – During meditation I saw different colours. After meditation I felt calm.

21.7.16 – During meditation I saw different colours like red, purple and yellow. After meditation I felt calm and fresh.

M. Pranay Kumar, X Class



Vishnu Vardhan, V Class

MANNERS

One day Ramu was playing with the ball in his room. He dirtied his room. He kicked the ball. The ball went near the glass of water. The water fell down and the glass broke. Suddenly Ramu's mother came and saw the room. His mother was very angry. She shouted at Ramu to clean his room and went away. Ramu did not listen to his mother. He did not clean the room. His mother saw his room and got very angry. Next day was Ramu's school parent teacher meeting. Ramu's mother said to his class teacher that he does not clean his room. Next morning in the school, Ramu's teacher observed that he was not listening in the class and was talking while eating during lunch. Teacher explained to him the value of manners. Ramu felt sad and learnt a lesson. From that day Ramu listened to teachers during class, did not talk while eating and cleaned his room.



Moral: Manners is good way of behaving. We should have good manners and we will be happy and others also will be happy.



Rupa Tanmay, III Class

KINDNESS

Once there lived a boy. That boy's name is Raju. He was blind. One day Raju wants to cross the road. Then a boy saw Raju. The boy said to Raju, "stop, the bus is coming I will help you cross the road." Then they crossed the road. Raju said thank you and asked what is your name? The boy said that his name was Ravi.



Moral: We should help others.

COOPERATION

Jaya Babu, III Class

Once there lived four boys and they wanted to climb the Himalayas. To go to the Himalayas it costs lot of money. So they worked hard and earned money to go to the Himalayas. When they went to the Himalayas, by seeing the huge mountains they were scared of climbing it. But they helped each other and climbed the Himalayas.



Moral: When we cooperate with each other, we can overcome difficulty to finish the work quickly.



స్నేహలత, ఐదవ తరగతి

నిజం

మనము అందరికీ నిజం చెప్పాలి.
మనము అందరితో స్నేహంగా ఉండాలి.

మనము మన తల్లిదండ్రులను సంతోషంగా ఉంచాలి.
మనము పెద్దవాళ్ళను గౌరవించాలి.
మనము అందరిని ప్రేమతో చూడాలి.



COOPERATION

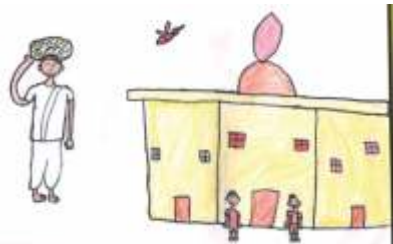
Lalitha Manogna, I Class



FRIENDSHIP

B.Avinash Reddy, V Class

In a village Krishna and Sudhama were best friends. Sudhama was very poor. Krishna became King but Sudhama was still a poor man. One day Sudhama's wife said, "your friend Krishna is rich, ask him for help." Sudhama said, "ok". When he was going he took atukulu because atukulu is favourite of Krishna. When Sudhama saw Krishna, Krishna felt happy. In this happiness Sudhama forgot why he had come. Krishna was very happy and understood Sudhama's problem. When Sudhama went back to his home, he was surprised by seeing a palace instead of his hut. He understood that this is due to his friend Krishna's blessings.



Moral : We should understand our friend's problem and try to solve it .



M. Durga Harshita, IX class

COOPERATION

One day air, sunlight, seed and soil were talking to each other. The air said, "I give air to all so I'm great. Without me you all are waste". The sunlight said, "I give sunlight, without me you all are of no use. So I'm great". Then the seed said, "With me only you all are required, the growth starts with me. But without me you all are of no use. So I'm great". The soil said, "Without me how will the seed grow into a plant? So without me you all are of no use". They all thought water is of no use and that they would teach him a lesson. Once the water stopped giving water to all parts of the plant, all stopped working. There was no growth. Then they all understood that even water is important. From that day onwards they all worked together and co-operated with each other.

Moral: Always co-operate with each other.



Ramya Sri, VI Class

HONESTY

One day Karthik and his friend went to a shop. They bought chocolates. Karthik's friend got more chocolates. Karthik asked his friend, "You gave uncle only two rupees. You should get two chocolates. Why do you have four chocolates?" His friend said, "I have stolen two chocolates." "No, we should not do like that. Go to the shop and tell to uncle "Sorry Uncle. I have stolen chocolates. From today I will never do it again. This is a mistake," Go tell like this and ask him to forgive you." said Karthik. His friend said, "No, I will not go. If I go, uncle will scold me." Karthik said, "Be courageous and tell uncle what happened. He will forgive you". His friend went to shop and said what happened. The shopkeeper forgave him.



Moral: We should have the confidence and strength of mind to do or say what is right.



A. Bharath, VI Class

HUMANISM

Once upon a time there was a village. In that village there lived two brothers called Ramu and Somu. They both used to quarrel with each other. One day Ramu took Somu's book and wrote something on it. After seeing this Ramu got very very angry on him and beat Somu. Somu told this to his mother. His mother scolded Ramu for beating Somu. One day they both were going to school on cycle. Ramu was behind Somu. Somu was thinking something and dashed a car, a lot of blood came out from Somu's leg. Ramu saw it and was tensed. He took him to the hospital, by thinking that he was his brother so, he saved him. Their parents came to the hospital. After some days his wound was gone and they both were happy ever after.

Moral : Humanism helps you when you are in any danger. If you are happy, all will be happy.

SERVICE

K.Sravani, VII Class



One day a boy was studying in a school. His name was Mahesh. One



day he went to the school. Principal said, "today is a holiday". So he and his friends were going back to their house. While Mahesh was going he saw a man without any dress and he gave his dress to him. The man gave some pots to him. Then he said, "No uncle. I have so

many dresses in my house but I did it without any selfish motive." They both went away to their houses.

Moral: Serve people without any selfish motive.

SHARING

T. Sreeja, VII Class



Once upon a time, in a train two old men were traveling. Their names



were Ramayya and Laxmayya. It was winter season and so cold. Both were feeling cold. Ramayya put shawl but Laxmayya did not have and he was freezing with cold. Seeing that Ramayya came near him and they both shared the shawl and drank hot tea. Their journey went happily.

Moral: We should share anything with each other.

PLAYING VIDEO GAMES

N. Dhatri, VI Class



We know that time is very valuable. We should not waste valuable time by playing video games. By playing video games our concentration won't be on studies. In video games, some games are useful. They are Chess, Dots etc. The useless games are Subway, Temple Run and Robo Racing. Instead of playing video games we can read stories, slokas, subject books etc. Playing video games does not gives us any knowledge. So, we should not play video games and we should read more and more books.



एम.अंजनी
सातवी कक्षा

अच्छे बच्चे

हम बालक रहते हँसते हँसते
हम बालक बहुत अच्छे है।
हम बालक करते ईश्वर को
और सबको प्यार करते है।
हम दिखते है रंगबिरंगे फूल जैसे
हम मिलझुल कर रहते हमेशा।
हम मिलझुल कर रहते है सदा
हम मिलझुल कर खेलते है सदा।
हम पढ़ते और बनते है महान
हम सबको सिखाते अच्छे ज्ञान।
हम बालक रहते हँसते हँसते
हम बालक बहुत अच्छे है।



డి. चైष्म
పదవ తరగతి

ప్రకృతి అందాలు-ఆనందాలు

అందమైన సూర్యోదయం
ఆకాశంలో ఎర్రని సంధ్యారాగం
కోయిలల కూతలు
చెట్లనుంచి వచ్చే చల్లని గాలులు
వర్షంముందు వచ్చే ఇంద్రధనస్సు
వసంతంలో ఆహ్లాదపరచే మనస్సు
గాలికి కొమ్మలు రెపరెపలాడుతూ ఉండడం
కోయిలలు కుహుకుహూ అంటూ కూయడం
ప్రకృతి అందాలు మనల్ని ఎంతో మురిపిస్తాయి
బాధల్ని మరపిస్తాయి
ఉందాము మనమందరం ప్రకృతిలాగ



Satvika
VIII Class

FORGIVENESS

You should forgive
People will be happy.
You should forgive
Your mind will be happy.
You should forgive
People say good things about you.
You should forgive
And tell people to forgive.
You should forgive
Our world will be full of peace.



బి. రాణి
తొమ్మిదవ తరగతి

త్యాగం

అమ్మా! నేను పెరిగే ప్రతిక్షణం
నీ బరువుబాధ్యతలు పెంచాను
అయినా నన్ను భరిస్తున్నావు
పదినెలలు పాటే కాదు
నీ ప్రాణం ఉన్నంత దాక

స్నేహగీతం

ఆకాశం...మా స్నేహాన్ని మించదు
భూగోళం...మా స్నేహాన్ని ముట్టదు
మా స్నేహం ఎన్నటికీ చెరగదు
మా స్నేహగీతం చిందుస్తుంది అమృతం
మా చెలిమే ఒక అద్భుతం...
కలగన్న నిజం చేసుకుంటాం...
ఒకరికొకరం కలకాలం తోడుంటాం



ఎ. కైవల్య
పదవ తరగతి

పల్లె బంధాలు-అనుబంధాలు

పచ్చపచ్చని పల్లెలు
గలగల పారే చెరువులు
కిలకిల పక్షుల రాగాలు
పరుగులు తీసే సాధు జంతువులు
జలజల పారే నీరు
చెట్లు ఇచ్చే చల్లని గాలి
లేగ దూడలు పాల కోసం పరుగులు
ఆవులు దూడల కోసం ఎదురుచూపులు
రైతుల చేతులకు పంట
అందిన క్షణం మధురం
రైతున్న లేని దేశం లేదు
గాలిలేని ప్రాణం లేదు
మనస్సులేని మనుషులు లేరు



కె. రచన
పదవ తరగతి

टीचर

ये हैं हमारे साहस के टीचर
जिनमें हैं कई मेन फीचर
साहस में हैं वें हमारे लीडर
समस्याओं को सोल्व करें
जैसे कम्प्यूटर ।
हम न करें कभी उनकी निंदा
वो हैं हमारे पथप्रदर्शक सर्वदा ।



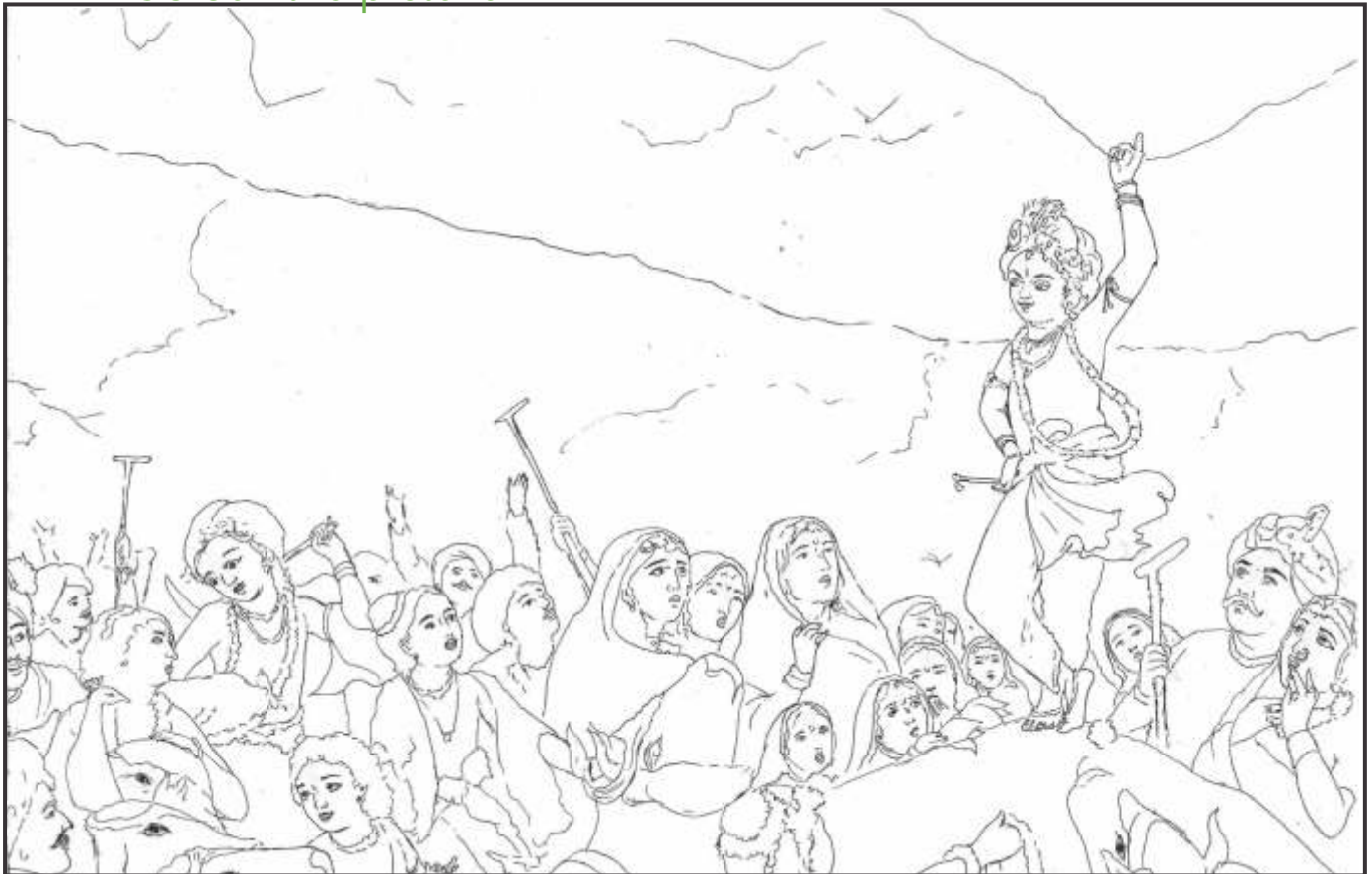
एस.के.अनिल्या
दसवी कक्षा

FRIENDSHIP

"Friend is great forever
Always to live together.
But we are not here.
We want to live ever.
We together bloom like a flower".
"Friend is like river
We didn't have rest ever
We always flow together
We never hurt one another
We will live forever".
"A friend in need is a friend in deed".



A. Akhila
X Class



Who am I?

Find out the name of the great women during India's freedom struggle movement

(Savitribai Phule, Kasturba Gandhi, Vijaya Lakshmi Pandit, Sarojini Naidu, Aruna Asaf Ali, Rani Chennamma, Begum Hazrat Mahal)

1. She was the first woman in India to hold a minister position and took part in Non-Cooperation movement and Civil Disobedience Movement. She was the first woman to become president of the United Nations General Assembly. (1900-1990)_____
2. She was an Indian social reformer and poet. Along with her husband, Jyotirao Phule, she played an important role in improving women's rights in India during British rule. She also worked to abolish discrimination and unfair treatment of people based on caste and gender. She is regarded as an important figure of the Social Reform Movement in Maharashtra and is regarded as "Rashtramata" (The Mother of The Nation)(1831 – 1897)_____
3. She was called "The Nightingale of India" who devoted herself to get freedom for women, improved the status and lives of Indians. She also stayed in jail for 21 days during 'Quit India' protest. She is much admired as an icon of courage, self-confidence and women's pride. (1879-1949)_____
4. She was the wife of Mohandas Gandhi and was fondly called as 'Ba'. She joined her husband in political protest and stood by him throughout. She was a leader of Women's Satyagraha for which she was even imprisoned. (1869-1944)_____
5. She was known as the Begum of Oudh. After her husband Nawab Wajid Ali Shah was sent away in exile to Calcutta, she took the charge of the affairs of the state of Awadh (Oudh) and rebelled against the British East India Company during the India's First War of Independence with the zest to win. Indian Government issued a stamp in her honour on 10th May 1984.(1820-1879)_____
6. She was the queen of the princely state of Kittur in Karnataka. She led an armed rebellion against British in response to the Doctrine of Lapse. She was one of the earliest Indian rulers who fought for freedom. She was considered as an icon of bravery and valour. (1778-1829)_____
7. She played a leading role during the Quit Indian Movement. She edited 'Inquilab' a monthly journal of the Indian National Congress. She was awarded India's highest civilian award, the Bharat Ratna. (1906-1996)_____

Solutions on Page 12

ACTIVITY CENTER

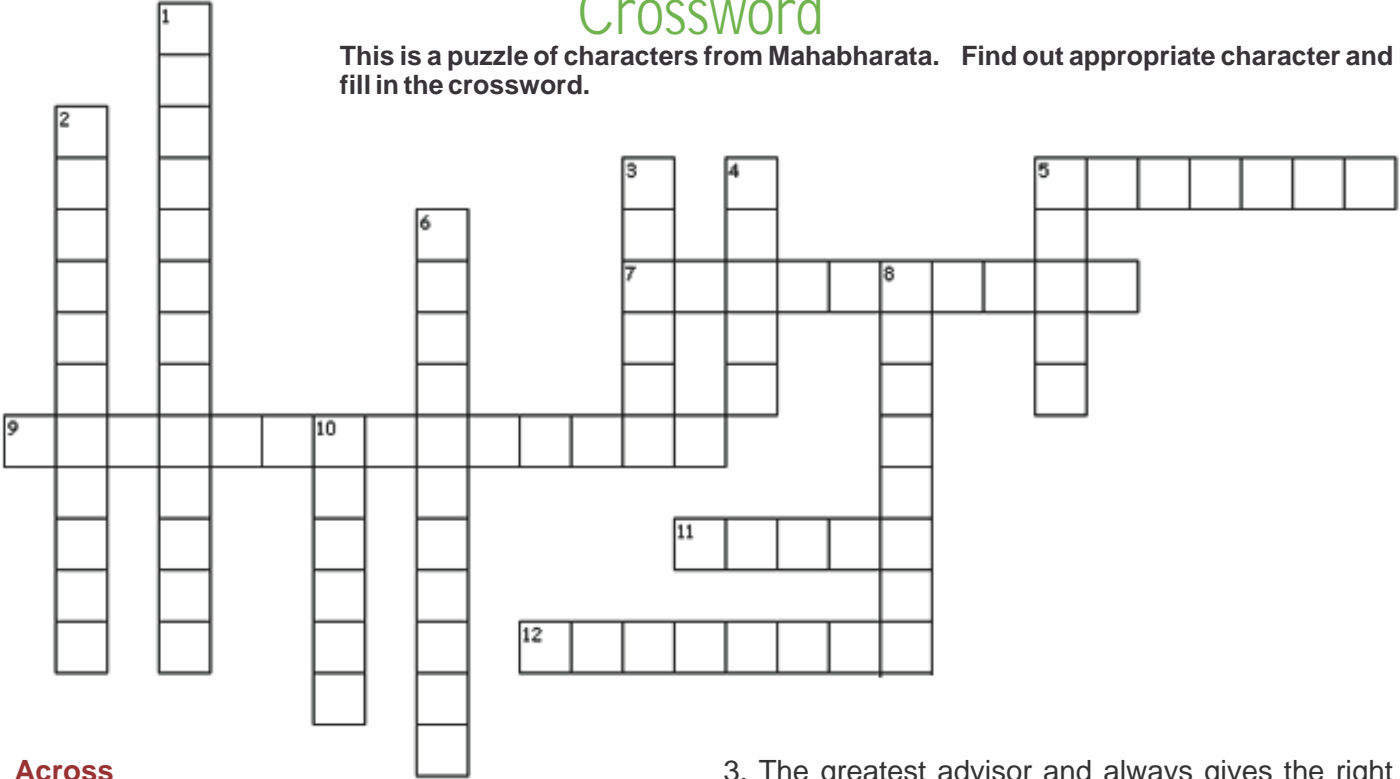
What's the Value?



In the picture a person is saving a scorpion from water. The person tries to save the scorpion from water with the help of a leaf. As the scorpion comes out of the leaf and touches the person's hand, it stings and the person leaves the leaf and the scorpion falls into the water again. The person again tries to save and the story repeats. The moral of the story is that the nature of the scorpion is to sting and the nature of the person is to save. What value is the person exhibiting?

Crossword

This is a puzzle of characters from Mahabharata. Find out appropriate character and fill in the crossword.



Across

- 5. Arjuna's charioteer who dispelled his delusion and brought him to the higher state of Divine knowledge through Srimad Bhagavad Gita.
- 7. Eldest of the Kauravas and was a great warrior and fearless fighter but being highly egoistic led to his downfall.
- 9. Known for obedience to parents, sacrificed his life for the kingdom and chose to remain chaste for life.
- 11. Strongest amongst the Pandavas and is also known for his anger.
- 12. Sacrificed her vision for the husband.

Down

- 1. His blind love for the child made his eldest son egoistic with wrong aspirations leading to the Mahabharata war.
- 2. Guru of Kauravas and Pandavas who taught them important values of life along with making them as warriors.

- 3. The greatest advisor and always gives the right advise without worrying if it'll be liked by the King and others or not.
- 4. A great dana veer. He is known for generosity. For him friendship was more important than any material benefit or even his life.
- 5. A great devotee of Lord Krishna, who in spite of going through great miseries remained in the remembrance of the Lord.
- 6. He is known for his total dedication to righteousness under all circumstances.
- 8. Dependency on God in the most adverse circumstances, God helped and saved her from humiliation.
- 10. Known for the single pointed focus on the Goal. He chose to seek Lord's help and got divine knowledge in the form of Bhagavad Gita in Mahabharata war.

Solutions on Page 12



P. Rajini, X class

MIRABAI



Mirabai was a great saint and devotee of Lord Krishna. Despite facing criticism and hostility from her own family, she lived an exemplary saintly life and composed many devotional bhajans. She was born a princess, a grand daughter of Rao Dudaji the third son of Rao Jodhajai, who established the kingdom of Rathod Dynasty in Rajasthan, with Jodhpur as its capital in the kingdom known as Jodhpur. Jodhaji gave his son Rao Dudaji a small portion of the Jodhpur kingdom. It consisted of several villages with Merta as its capital. Merta is about 60 km west of Ajmer in the present state of Rajasthan, India. Rao Dudaji had two sons, Viramaji and Ratnasingh. Rao Viramaji had a son named Jayamal and Ratnasingh had a daughter called Mira. Mirabai was born in about 1557 AD. She lived approximately 67 years during which she loved nothing but Lord Krishna. Mirabai was born in Kudki, a little village near

Merta. Her mother passed away while she was still about 5 to 7 years old. Her father Ratnasingh died in a battle defying the kingdom against the Moghul Badshah, Akbar. Thus, Mirabai had experienced very little affection of her parents. However, Rao Dudaji, her grand father, raised her with love. It is said that little Mira would play in his lap as he conducted the business of his kingdom with his ministers and advisors. Mira was a beautiful child princess and the beloved of everyone who came close to her. One day, her mother was combing her hair in a balcony of her palace. She was about 5 years old at that time. Mira saw a parade of a bridegroom. There was loud music and dancing. Several beautifully clothed women as well as men were in high spirits. Mira saw the procession and asked her mother about it. The mother responded that the bridegroom was going to get married. Young Mira asked innocently whom she would marry. Her mother was puzzled for a minute. Then she saw the Sri Krishna's Murti in the room, pointed to it and said, "He is your bridegroom". Mira took this seriously and started to regard Sri Krishna as her bridegroom from that moment on. From the tender age of about 5 she nurtured the idea that Sri Krishna was her husband. Her father had unfortunately little time to spend with her since he was constantly busy in matters of the kingdom. Mira now began to play with and think of Krishna as her beloved husband.

At an early age Mira's father arranged for her to be married to Prince Bhoj Raj, who was the eldest son of Rana Sanga of Chittor. They were an influential Hindu family and the marriage significantly elevated Mira's social position. However Mira was not enamoured of the luxuries of the palace. She served her husband dutifully, but in the evening she would spend her time in devotion and singing to her beloved Sri Krishna. Whilst singing devotional bhajans, she would frequently lose awareness of the world, entering into states of ecstasy and trance. Her new family did not approve of her piety and devotion to Krishna. Once her husband angrily ordered Mirabai to commit suicide by drowning in a river. Mirabai intended to honour her husband's command, but as she was entering the river Sri Krishna appeared to her and commanded her to leave for Brindaban where she could worship him in peace. So with a few followers, Mirabai left for Brindaban, where she spent her time in devotion to Sri Krishna. After a while her husband became repentant, feeling that his wife was actually a real saint. Thus he travelled to Brindaban and requested her to return. Mirabai agreed, much to the displeasure of the rest of her family. However soon after Mira's husband died; (fighting in battles with the Moghul emperors). This made the situation even worse for Mirabai. After this experience her family continued to torture her. They restricted her movements and sought to make her life as uncomfortable as possible. Yet in the face of all these trials and tribulation she remained detached from her physical suffering. There was nothing that could disturb her devotion to Lord Krishna. It is said that twice her family tried to kill her, once through a venomous snake and once through poisonous drink. On both occasions it is said Mirabai, protected by the Grace of Sri Krishna, came to no ill harm.

Mira was dedicated to her spiritual goal and purpose of life and did not compromise the truth under any circumstances. Mira was always prayful, humble, gentle and firm in her determination and didn't allow even the worst circumstances to interfere in her love for Lord Krishna.

WORDS OF WISDOM

MAITRI: The word Maitri, many think means friendship. It is really a feeling of concord that is felt when we understand that all of us are parts of a whole, whose interests are intertwined invariably and inextricably. It is an awareness of integral oneness with all that is in expression. Ill will to any being is really an ill will to oneself. Hatred to any is hatred to oneself. This understanding or more correctly feeling that is felt deep within the core of the heart, leads naturally to a feeling of compassion to all beings. Ahimsa or non-injury to others follows as a companion to the feeling of maitri.

Reference : Imperience Beckons, Commandment 6, Commentary by Pujya Sri K C Narayana

SATYAKAMA

Satyakama was the son of a woman named Jabali. He had a strong wish to study and so he left home in search of a guru. He went to the ashram of sage Gautama and requested him to make him his pupil. Gautama questioned him, "Before I make you my pupil, I need to know about your family." This puzzled Satyakama, as he had no idea about his family except his mother. But to join the ashram he would not lie. He told the sage that he would ask his mother. So he went to Jabali.



His mother told him, "Go to the sage and tell him 'I am the son of Jabali and my name is Satyakama Jabali'." Satyakama went to Gautama and told him what he knew. The sage was pleased with his love for truth and accepted him as his pupil.

One day Gautama told him that before he could teach him, Satyakama should take the herd of 400 weak cows of the ashram and return only when it had multiplied to 1000. After that

Gautama would impart him knowledge. Without uttering a single word Satyakama

left with the cows. He took them to the forest and looked after them with loving care.

After many years the herd grew to 1000. Every cow was strong and healthy. It was time for Satyakama to return to Gautama's ashram. All the gods and deities were happy with Satyakama's obedience and dedication to his guru. Along the way he was blessed with knowledge by fire, a bull, a swan and a waterfowl. Now enlightened, Satyakama reached



the ashram. Gautama saw the glow of enlightenment on his face. He was also very happy that Satyakama had looked after the cows very well. He then accepted Satyakama as his pupil and blessed him with Brahmavidya (knowledge of The Divine). Satyakama is an ideal of truth, obedience and true service to the guru.

Moral: One should always be truthful, obedient to his guru and serve him with full devotion.

SCHOOL EVENTS

Congratulations to the tenth standard students of SSC batch 2015-16 for their excellent performance in SSC board exams. Out of 13 students 6 students scored 9.2+ GPA, 6 students got 8+ GPA, 1 student scored 7.5 GPA.

Haritha Haram



Students of classes V, VIII to X classes have visited the Haritha Haram program which was conducted in the locality of Pragathinagar on July 8th. The students were given saplings, and they planted them in the pits which were beside the road and around the school surroundings.

Visit to INCOIS

Students of classes VII to X visited INCOIS (Indian National Centre for Ocean Information Services) on July 27th that happened to be their foundation day. They were shown the Tsunami warning system and mechanism to obtain and disseminate ocean parameters to fishing communities.



SOLUTIONS

Who am I ? 1. Vijaya Lakshmi Pandit 2. Savitribai Phule 3. Sarojini Naidu 4. Kasturba Gandhi 5. Begum Hazrat Mahal 6. Kittur Rani Chennamma 7. Aruna Asaf Ali
 What's the Value? Daya
 Crossword Across : 5. Krishna 7. Duryodhana 9. BhishmaPatimah 11. Bhima 12. Gandhari Down: 1. Dhritarashtra 2. Dronacharya 3. Vidura 4. Karana 5. Kunti 6. Yudhishtira 8. Draupadi 10. Arjuna

Special School for Slow Learners (Children with Learning Difficulties)

School reopened on 12th June 2016 with 6 students. Parents of 3 students who studied last year in Bodh opted to continue in normal school as there was satisfied improvement in their academics.

Children are painting Diyas beautifully which will be kept for sale during arts and crafts fare which will be conducted before Diwali. Children have planted tree saplings given by the Government under Telanaganaku Haritha Haram program near our school.



పరోపకారం

యువరత్నం, ఆరవ తరగతి

అనగనగా ఒక ఊరిలో రాహుల్ అనే ఒక మంచి అబ్బాయి ఉండేవాడు. అతను ఆరవ తరగతి చదువుతున్నాడు. ఒక రోజు రాహుల్ వాళ్ళ అమ్మ అతనికి ఇష్టమైన ఆహారాన్ని ఇచ్చింది. దారిలో బిచ్చగాళ్ళను చూసాడు. వాళ్ళని చూసి బాధపడ్డాడు. అప్పుడు అతనికి ఇష్టమైన ఆహారాన్ని వాళ్ళకి ఇచ్చాడు. వాళ్ళు, 'నువ్వు చాలా మంచి అబ్బాయివి బాబు. నువ్వు మా ఆకలి తీర్చావు' అని అన్నారు. రాహుల్ ఆనందంగా ఇంటికి వచ్చాడు. ఇంటికి వచ్చి, 'అమ్మా! నేను ఈ రోజు అడుక్కునేవాళ్ళకి నా ఆహారాన్ని ఇచ్చాను' అని అన్నాడు. వాళ్ళ అమ్మ అతనిని మెచ్చుకుంది.



నీతి: మనం మన గురించి కాకుండా ఇతరుల గురించి ఆలోచించాలి.

పల్లె

కె. కావ్యబాయి, ఆరవ తరగతి



పోదాం పోదాం పల్లెకు పోదాం
పల్లెను చూస్తూ పరవశించుదాం
రంగురంగుల పక్షుల్ని
రకరకాల పువ్వులని
పచ్చపచ్చని పొలాన్ని చూద్దాం
పొలాన్ని చూస్తూ బొమ్మలు
గీద్దాం
పక్షులు చేసే సందడిని
సీతాకోకచిలుకలని
పొలంలో కురిసే వర్షాన్ని
పచ్చని రంగుల అందాన్ని చూద్దాం
తోటలోని పండ్లన్ని
తింటూ తింటూ పరవశించుదాం
పోదాం పోదాం పల్లెకు పోదాం
పల్లెను చూస్తూ పరవశించుదాం



సహాయం



శ్రీరామ్ పుసాద్, ఆరవ తరగతి

రవి అనే ఒక అబ్బాయి ఉండేవాడు. రవి మంచివాడు. రవికి స్నేహితులు కూడ ఉన్నారు. రవి బాగా చదువుతాడు. రవిని చూస్తే సోముకి కోపం. ఎందుకంటే రవి ఎప్పుడు ఫస్ట్ వస్తాడని, సోము సెకండ్ వస్తాడని. రవి అందరికీ సహాయం చేస్తాడు. సోము కోపంగా అనుకున్నాడు, 'అందరు నన్ను ఎందుకు అడగరు?' ఒకరోజు సోము క్రింద పడ్డాడు. ఎవరూ సహాయం చేయలేదు. కాని వేరొక రోజు రవి క్రింద పడ్డాడు, అందరూ సహాయం చేసారు. ఒకరోజు సోముకి దెబ్బ తగిలింది. ఎవరూ సహాయం చేయలేదు. రవి పరిగెత్తుకుంటూ వచ్చాడు. సోము కాళ్ళను చూసాడు. సోముకి దెబ్బ తగిలిందని చూసి రవి సోముని ఎత్తుకుని వాళ్ళ ఇంటికి తీసుకువెళ్ళాడు. కాళ్ళకు కట్టు కట్టాడు. సోము అన్నాడు, 'రవి నేను కూడ అందరికీ సహాయం చేస్తాను.' అప్పటినుంచి రవి సోము కలసిమెలసి అందరికీ సహాయం చేస్తున్నారు.

నీతి: అందరికీ సహాయం చేయాలి



"Education' is a multidimensional in nature. Not only the intellectual aspect of development and social and emotional adjustment is the task of education but more than all this essentially making a person 'human' is the real task of education. Human perfection lies in 'man' becoming 'real man' according to the Great Master of the day Sri Ramchandrajaji Maharaj of Shahjahanpur, U.P. India."

- Excerpt from Address to teachers and parents of Bodh school
- by Pujya Sri K. C. Narayana

Special School for Slow Learners (Children with Learning Difficulties)



Lakshmi Prasanna VI Class
Geetanjali IV Class

FLOWER MAKING

Take two different colour papers and fold it to half . Again fold it to half. Then cut the paper into four parts. Take one paper and cut edges like stripes. After that roll it to the pencil. Remove the pencil from the paper. Paste it with gum. Take another colour paper and repeat the same procedure. Take wire and keep it under the flower. Take green paper and cut into leaf shape. Roll green paper with wire and put gum. Stick the leaves to the wire with gum. Then paper flower is ready .



Praveen, II Class



GREETING CARD WITH QUILLING PAPER

K.Kavya Bai, VI Class

Materials : Quilling tool, Card, Quilling papers and Gum
Procedure : Take Quilling papers . Roll with tool, after that we should stick it on the card . We can press different shapes and make flowers and leaves on the greeting cards. We can also make earrings with Quilling set.



SSS VOCATIONAL WING NEWS



GARDENING

M. Eesha, IX Class

We have S.U.P.W. class on every Tuesday. It is a special class where we learn stitching, gardening and biscuit making. We have different teachers for these classes. We did gardening for almost 6 weeks. We have learnt how to sow seeds, how to plant and how to take care of these plants. By doing gardening we have learnt values like co-operation, team work and patience etc.

Sapling : We kept soil in a tray. Then we leveled the soil. Then we made rows in it and sowed the seeds of chilly, tomato and brinjal. They grew very nicely. We took care of them by watering them. We even observed the process of germination. Later we planted them in the soil. We enjoy S.U.P.W. class by doing gardening.



KNITTING

Syed Hakeem, IX Class

Material required : Crochet needle, wool

Method: Take wool of any colour and make 5 chain with the help of the needle. Now connect the last chain to first chain to form a circle. Next line we have to do double crochet (dc) in all the chains total 12 dcs and we have to connect last double crochet to first double crochet. Next line we have to make double crochet in all the double crochet of previous line. Next line we have to make two double crochet in one double crochet.

Like this we have to repeat these three lines once more. A telephone mat will be ready. We can make more different types of mats like Telephone mat, Table mat, Door mat. So, I made a telephone mat which is round. The mats can be any shape like square, circle, triangle.

We can use this mat in any where we want. And there are so many types of mats. Since we make it out of wool, it will be soft for the skin. And we can make



AYURVEDIC HOME REMEDIES IN VARSHA RITU (MONSOON SEASON)**Dr. G. Vijay Kumar, BAMS, MS, Consultant Ayurvedic Physician & Surgeon**

Ayurveda emphasises more on Diet, Life style, Hygiene to attain good health. The role of 'Dina charya' (specific daily routine) and Ritucharya (seasonal regime) plays very important role to attain good health.

Varsha Ritu includes Shravana masam and Bhadrapada masam (from mid-July to mid- September). In Varsha ritu the atmosphere is cool due to rainfall. Humidity in the climate increases and this causes aggravation of dosahs (vata, pitta, kapha) in the body. Due to this, doshas starts vitiating one another. This results in poor strength of digestive fire (Jataragni) and it leads to Mandaagni (indigestion). Vata increases, Pitta also accumulates. The vitiation of doshas causes many health problems in rainy season.

Ayurveda primarily aims at maintaining the health of healthy individual and treatment of diseases. In rainy season due to increased humidity level in the environment, the number of bacteria also increases rapidly. Lots of mosquitoes, flies and virus starts proliferating due to polluted environment and contaminated water. For this reason the probability of catching infections and diseases are very high in rainy season. Infections reduce the natural immunity level of the body. Common health problems in rainy season are Low digestive power (indigestion), Low immunity in the body, Cold, Cough, Diarrhoea, Dysentery, Jaundice, Skin related problems, Viral fevers, Typhoid, Dengue fever. Good diet and proper life style and hygiene play very important role in keeping away from health problems in rainy seasons.

DIET: Food having madhura, amla, lavana rasas are good to take in rainy season. Madhura means sweet, amla means sour, lavana means salty.

- * Consumption of bitter vegetables like karela (bitter gourd) and herbs like tulasi, neem, haldi (turmeric contains antibacterial, antioxidants and medicinal properties that prevents infections and improves the body immunity).
- * Food should be hot and light with ghee
- * Lukewarm is better than cold water to drink in rainy season
- * Try to avoid outside food (street foods like bhel puri, panipuri, bajji etc.) and don't drink outside water (unfiltered water).

LIFE STYLE :

- * Avoid sleep in the day
- * Avoid wearing wet clothes and staying in air conditioner rooms
- * Do regular exercises and yogasanas.

HYGIENE: Always keep our surroundings clean and tidy so that flies and mosquitoes will not come. Personal hygiene and cleanliness in the house is also very important to keep away insects, flies and mosquitoes. Keep your house pest free.

Home Remedies For Health Problems In Monsoon Season**COMMON COLD**

- + Boil water with dry ginger and drink for immediate relief.
- + In a cup of hot milk mix half tea spoon of turmeric and drink for good relief from cold.
- + Tulasi leaves juice 5 ml and honey equal quantity should be taken orally twice daily for common cold.
- + Dalchini oil and Eucalyptus oil for steam inhalation will give good relief.

COUGH

- + Heat 2-3 Cloves and make powder of it and take orally.
- + Black pepper powder, honey, tulasi leaves mix in equal quantity and take twice a day.
- + Take turmeric, shunti, haritaki, pippali, saindhava lavanam. Mix all in equal quantities and make it powder form. Daily take powder 3-5 grams twice a day with hot water.
- + Yestimadhu (athimadhuram) root or stem put it in the mouth and chew and slowly swallow the juice.

INDIGESTION

- + Lime juice and ginger has great potency to improve digestive fire, so add lime and ginger to normal food we take.
- + An Ayurvedic drink made by adding a pinch of salt, ginger and pepper is ideal to take as an oral drink. It helps to improve digestive power.

- + Take tulasi leaves juice 5ml to 10 ml daily three times a day
- + 5 ml of honey, 3 gms of sugar, grapes 5 to 10 – taking all together is good for indigestion
- + Mix shunti and jaggery and take every day in the morning
- + Take pippali churnam and jaggery every day evening for good digestion
- + Take ginger and jaggery every after afternoon
- + Every day early in the morning drink 1 litre of water on the empty stomach slowly for about 15 minutes to 20 minutes in sitting posture. After drinking have a small walk. It is a good water therapy to overcome indigestion problems.

DIARRHOEA

- + Peel off Pomegranate fruit skin layer and bark of the stem. Dry it and make powder. Take 5 gms powder twice a day with buttermilk.
- + Collect Neem tree bark and dry it. Make into powder form. Add 20 gms of powder to 300 ml of water. Heat the liquid till it becomes 50 ml. Make this 50 ml kashayam into two divided doses. Take it twice a day (25ml each).
- + Fry pepper with ghee and make powder. Take this powder with lukewarm water for loose motions.

For all other health problems like any fevers and skin related diseases immediately consult a doctor.

శతకము

ఇనుము విలగెనేని ఇనుమారుముమ్మారు

కాల్చి అతుకవచ్చు క్రమముగాను

మనసు విలగెనేని మలకూర్ణవచ్చునా

విశ్వదాభిరామ వినురవేమ

తాత్పర్యము: ఇనుము విలగినచో రెండుసార్లు, మూడుసార్లు కాల్చి

చక్కగా అతుకవచ్చు. మనసు విలగినచో మరల అంటించుట ఎవల

తరముకాదు.

संत कबीर के दोहे

जब मैं था तब गुरु नहीं, अब गुरु हैं मैं नाहिं ।
प्रेम गली अति संकरी, तामें दों न समाहि ॥

When "I" (ego), was there, Master was not there. Now Master is there, "I" am not there. The love lane is very narrow. It cannot accomodate both.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS

Training Programme

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

ధ్యాన శిక్షణా కార్యక్రమము

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

Website : www.sriramchandra.org

Email: imperience@sriramchandra.org



SAHAJ SEVA SAMSTHAN

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

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



SATKAMA

SCHOOL FOR INTEGRATIVE DEVELOPMENT
EDUCATION FOR A NEW SPIRITUAL ERA
Plot No. 1735, Pragathinagar
Kukatpally, Hyderabad, INDIA
Phone: 91-40-64518979

- Free Education from I to X class
- Dedicated to Divine Resource Development
- Teacher student ratio 1:15 for effective teaching
- Associative and Integral Approach to Value Based Education
- Recognised by State Govt. of Andhra Pradesh, India (LDis No. 1035/B2/2010)
- 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 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,
Vijaya Nagar Colony ,
Hyderabad, India – 500 047,
+91-40-23341380

Services available in the hospital -

- Consultations:** General Medicines, Gastro Enterology, Nephrology, ENT and Paediatrics
- Other Services:** General Surgery, Surgical Gastroenterology, Laparoscopic Surgery, Laboratory Services.
- Alternative Systems of Medicine:** Homeopathy and Ayurveda
- www.sahajsevasamsthan.org/Health/Health.htm
- email:msrcmh@gmail.com

VOCATIONAL WING: Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits, Sahaj Sakthi Ready Mix 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 is distributing free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

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

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