



SPANDAN

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DEEPAVALI

Dr. M. Janardhan Reddy

Deepavali is the festival of lights and happiness. We celebrate Deepavali in the memory of the victory of good over the evil. On this day evil asura Narakasura was killed by Lord Krishna and His consort Sathyabhama. Narakasura was the son of Mother Earth and said to have grown to be a mighty asura through association with another asura Banasura. He did lot of penance and obtained a boon from Lord Brahma to die only in the hands of his mother. He conquered kings of all the three Lokas. He attacked Deva Loka and took 16000 ladies as prisoners and also stole the earrings of Divine Mother Aditi. Aditi approached Lord Krishna and narrated her plight. Lord Krishna and Sathyabhama waged a war and killed the entire army of Narakasura. Sathyabhama, the incarnation of Mother Earth killed evil Narakasura. In the battle between good and evil, good always wins.

We should always develop good qualities like Truth Speaking, Karuna, Daya, Selfless Service, Tolerance, Cooperation etc. and practice them in our daily life. We should desist from developing bad qualities like anger, hatred, jealousy, greed etc. Wishing you all Happy Deepavali.

Student Editorial

Rishikesh Joshi, Class VIII

Namaste, We all know the festival of Diwali or Deepavali. Diwali means the victory of light over darkness. Here light means the good qualities in people, winning over the bad qualities in people. Like how Lord Krishna and Satyabhama who had extremely good qualities in them killed Narakasura, a demon who showed very bad qualities. The day when Narakasura was killed was on the 14th of Ashwin month and the day was called as Naraka Chaturdashi. Here Naraka means Narakasura and Chaturdashi means the 14th day of Ashwin month. The ritual on the next day is to pray to Goddess Lakshmi. But we should remember Master always so our mind will be clean (without bad thoughts) and vanish all bad qualities from the world. That day of this festival is Deepavali. On this day, everyone is happy and cheerful to see everyone. There is a feeling that people are hugging each other in joy also thinking that they are brothers and sisters. So, such festivals can make us understand fraternity which is very essential to make the world a better place and through successful fraternity comes co-operation and if there is co-operation, we can serve others. But unfortunately, this is not happening. People these days are not learning fraternity but they are becoming bad and are sharing bad thoughts among each other which can lead to serious disasters. The fraternity that we have among ourselves is not perfect. But we should attempt for perfect brotherhood by following Beloved Master, Pujya Sri Ramchandraj Maharaj. Ex: - The group of Institute of Sri Ramchandra Consciousness or also known as ISRC. The group members are very kind to each other and share good thoughts and values everywhere. So, we should focus on the good values and make this world a better place.

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

STORY OF MASTER - SACRIFICE

There was once a big businessman who donated a large sum of money to Pujya Sri Ramchandraj Maharaj for the purpose of his organization. Pujya Sri Ramchandraj Maharaj did not accept that donation. On the other hand a poor woman came and donated a small sum of 10 Rs or so. Pujya Sriramchandraj Maharaj readily accepted that with gratitude and thanked that woman very much for the donation. People wondered why he did not accept the donation of the businessman, but readily accepted the petty amount from the poor woman. The businessman wanted to show his greatness by donating a large sum of money which he could easily afford. Whereas the poor woman had sacrificed some of her comfort and saved whatever little she could. Her effort involved sacrifice and love. Pujya Sri Ramchandraj Maharaj could see the sacrifice she did for saving even that small amount. Hence he heartily accepted that amount which was given with so much love and affection. Pujya Sriramchandraj Maharaj uses the word 'sacrifice' as one of foregoing ones' comforts and pleasure to some extent and serving others with dedication and commitment. The concept of offering that is commonly associated with the word Sacrifice is restricted to offering ones' services for the good of others without any expectation of direct reward.

Illustrator: G. B. Setti

Compiled by Rishikesh Joshi, VIII Class

DEEPAVALI

Hindu people believe that Narakasura was the son of goddess Bhudevi. He established the kingdom of Pragjyotisha which is in the present day Assam after overthrowing the last of the Danava king Ghatakasura. Bhudevi is the goddess of Earth. She sought a boon from Lord Vishnu that her son should have a long life, and that he should be all powerful. Lord Vishnu granted these boons to her. Narakasura had



also gained a boon from Brahma that he would die only in the hands of his mother. After that, Narakasura became evil and brought all the kingdoms on earth under his control. Next, he wanted to rule Swargaloka also. Even the mighty Indra could not withstand the assault of this son of Earth and had to flee the heavens. Narakasura became the emperor of both the heaven and the earth. He kidnapped 16000 women and imprisoned them in his palace. He became very proud. Aditi is said to be the mother of gods. The earrings of Aditi were very precious. They even glowed in the dark. Narakasura stole the Aditi's earrings.

All the Devas, led by Indra went to Lord Vishnu and prayed to him to free them from Narakasura. Lord Vishnu promised them that he would, when he would be

incarnated as Krishna. As promised to Bhudevi, Narakasura was allowed to enjoy a long reign. At last, Lord Vishnu was born as Lord Krishna. Aditi, who was a relative of Lord Krishna's wife Satyabhama, approached Satyabhama for help. When Satyabhama heard of the Narakasura's ill treatment of women and his behaviour with Aditi, she was enraged.

Satyabhama approached Lord



Krishna for permission to fight against Narakasura.

Lord Krishna and Satyabhama sat on Garuda. Garuda flew into the kingdom of Pragjyotisha. Lord Krishna

attacked the great fortress of Narakasura. The battle between the army of Narakasura and the Lord was very short. Lord Krishna also killed

Mura, Narakasura's general. Thus Lord Krishna is called 'Murari' (the enemy of Mura). In desperation, Narakasura launched his great weapon, sataghini (a thunderbolt) on Lord Krishna. However, it made



no impact on him. On the day of the war, Satyabhama with Lord Krishna fought with Narakasura bravely, but

she was no match to his trained skills. After a few days, when Narakasura got a chance, he took aim at Lord Krishna, hurting him lightly. Lord Krishna fainted in a preordained divine plan, adopted to empower Satyabhama. As expected seeing Lord Krishna being hurt, Satyabhama became furious. She doubled her attack on the demon king and finally defeated him.

Lord Krishna and Satyabhama came towards Narakasura in his last moments. Narakasura looked at the two of them. He thought what they had for each other was love. He realised suddenly that this is what was missing

in his life. He had been very powerful but he had never loved anybody. He felt repentant. He thought he had been so powerful and he could have used that power for good but instead he used it for bad purposes. He held his hands, bowed his head and said, "My Lord! I am truly sorry. I have lived a life of ignorance, a life of hate and darkness. I have spread nothing but fear among people. I have seen the error in my ways." Lord Krishna was glad that Narakasura repented for his actions.

Before dying, the Asura requested a boon that the day of his death should be celebrated by all people on earth. This day is celebrated as 'Naraka Chaturdashi' - the first day of Diwali. This day stands for the victory of good over evil.

Lord Krishna and Satyabhama's victory on Narakasura gave freedom for all his prisoners and honour to Aditi. Having rescued the 16,000 women, Lord Krishna married them to restore them to their former dignity.



SRIMAD BHAGAVAD GITA

बन्धुरात्मात्मनस्तस्य येनात्मैवात्मना जितः ।
अनात्मनस्तु शत्रुत्वे वर्तेतात्मैव शत्रुवत् ॥

The lower self becomes the helpmate of that higher self who has by his own higher self conquered his very lower self; but towards one that has not mastered his own lower self, his very lower self would act inimically, as would an actual enemy. (6-6)

In the last issue of Spandan we have seen the example of Duryodhana who becomes his own enemy because he did not side with his higher self(mind), the good thoughts that are opposite of fear, jealousy, hatred, possessiveness etc. Let us now see the story of Prahalada. Prahalada is the son of the Asura King Hiranayakashyapu. Prahalada is always in the thought of Lord Vishnu. His mind is always steady on God and such a person's mind is a friend to himself. He is thus free from fear and hatred. His father creates many troubles for him so that he leaves devotion to Lord Vishnu and becomes devoted to his father instead. Prahalada is neither disturbed nor is he fearful. He also does not hate his father but continues remembering Lord Vishnu. Hiranyakashyapu even tries to kill Prahalada using wicked means but Prahalada is always saved because he is surrendered to God. Because of this his mind is always calm and balanced. Through devotion and surrender to God, he has conquered his lower self(mind).

SATKAMA SCHOOL

ప్రార్థన - అనుభవము

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



Illustration
T. Mounika, IX Class

21-6-16 - During meditation felt happy, after meditation felt calm and peaceful.
15-7-16 - During meditation the feeling was inexpressible. I felt that I am flying in sky along with all the beings around me. After meditation felt very happy.
29-7-16 - During meditation felt very fresh and happy, after meditation felt peace and happy.

K. Vikas, IX Class

14-7-16 - After meditation I felt very calm and mind was amazingly fresh.
25-8-16 - I felt very irritated and my mind wasn't stable, before meditation. But after meditation, I felt calm..
28-9-16 - After meditation I felt very happy and relaxed.

B. Jahnvi, IX Class

16-7-17 - After meditation I felt very happy and for some reason satisfied.
19-8-16 - After meditation I felt so happy and I can't express my feelings in words.
10-9-16 - I went into a state of bliss.

B. Jagruti, IX Class

24-6-16 - I felt very quiet and I felt that I am the happiest person.
5-7-16 - I felt very quiet after doing meditation.
20-7-16 - I felt very fresh and peaceful.

B. Rani, IX Class

WISDOM WORDS

Reference : Pujya Sri K C Narayana garu, Bodhayanti Paraspam Vol VIII, Chapter 8

VIRTUES: We need to develop Virtues. Virtues are attitudes, dispositions, or character traits that enable us to be and to act in ways that develop this potential. They enable us to pursue the ideals we have adopted. A person of wisdom should be truthful, without arrogance, without deceit, not slanderous and not hateful. The wise person should go beyond the evil of greed and miserliness. Honesty, courage, compassion, generosity, fidelity, integrity; fairness, self-control, and prudence are all examples of virtues. Virtues are developed through learning and through practice. As Lord Krishna stated a person can improve his or her character by practicing self-discipline, while a good character can be corrupted by repeated self-indulgence. Just as the ability to run a marathon develops through much training and practice, so too does our capacity to be fair, to be courageous, or to be compassionate. Virtues are habits. That is, once they are acquired, they become characteristic of a person. For example, a person who has developed the virtue of generosity is often referred to as a generous person because he or she tends to be generous in all circumstances. Moreover, a person who has developed virtues will be naturally disposed to act in ways that are consistent with moral principles. The virtuous person is the ethical person. He is the person who can face ridicule, repression and reverence with equanimity because he is an embodiment of moral courage.

SCHOOL NEWS

Srimad Bhagavad Gita Recitation

Srimad Bhagavad Gita Sloka contest was conducted in August for all classes on account of Janmashtami Day. All the students participated enthusiastically in the contest. On Janmashtami Day, 30 students recited slokas from the book "Srimad Bhagavad Gita in the Light of the Natural Path" and 15 slokas from Chapter 1 of Srimad Bhagavad Gita and were appreciated for their rendition.



Independence Day

Satkama High School and Both School celebrated the seventieth Independence Day on August 15th. Elocution, Drawing, Role Plays and Debates were conducted on occasion of Independence Day and prizes were distributed.

Post Office



As part of educational trip, the classes of IV and V visited Post Office, Pragathi Nagar in September. They learnt how a Post Office works and different types of posts.

Visit to Sai Lara Bio Technologies



Students of classes IX and X visited Sai Lara Bio Technologies on September 2nd. They learnt about tissue culture and how new plants can be grown from banana tissues. Students were enthusiastic to learn new technology and work with plants.



Guest Visit

Sri G.S.V. Prasad, General Manager, Hindustan Petroleum Corporation Limited, Hyderabad visited the School on September 7. Sri G. S. V. Prasad Garu explained about Petroleum, its products and their uses. He interacted with students and patiently clarified all the questions in an understandable way. He liked the School and invited our students to visit the petroleum distribution facility at Ghatkesar.

September 5th – Teacher's Day

September 5th was celebrated as a mark of respect to Sri Sarvallepalli Radhakrishnan. On this occasion students of classes IX and X became teachers and taught younger classes. Later on students presented skits and conducted games for teachers. All the teachers participated enthusiastically. The program concluded with appreciation gifts to teachers.



September 14th – Hindi Diwas

The students of Satkama school celebrated Hindi Diwas on the 14th of September. They participated enthusiastically in the activities. The students presented small skits, songs and speeches. Hindi is recognized as the second largest language in the world and this day is celebrated by the Hindi speaking people all around the world.

Music & Art Competition

On September 9th, students of classes IX and X participated in Singing and Arts competition conducted by Government of Telengana. Students of different government schools from the mandal participated in this event displaying their talents in fields of arts.



Inspire Science Fair

K.Rachana of Class X presented a model of a Solar Tree at district level Inspire Awards Science Fair. The Solar Tree is a decorative means of producing solar energy and uses multiple number of solar panels which form the shape of a tree. The model was very much appreciated by judges and all the visitors in the Science Fair.



SCHOOL NEWS

Visit to HPCL

Students of classes VIII, IX and X visited Hindustan Petroleum Corporation Limited on September 29. They were warmly welcomed and were shown how petroleum products are transported in a single pipeline from the refinery to the distribution station and eventually to the petrol pumps in an automated way. They saw firsthand how the pipeline from Vizag to Secunderabad via Vijayawada, also called VVSPL, is electronically monitored for proper flow of petroleum products. They were also taught about the safety precautions that the entire staff takes. They visited the storage tanks and the laboratory. All students were also given a chance to plant saplings in the HPCL Premises. All students reported this trip as very very memorable. Satkama High School thanks the entire team of HPCL for so enthusiastically and affectionately educating us on various aspects of Petroleum production and transportation.

**M.Esha, IX Class**

The students of VIII, IX and X class from Satkama High School visited HPCL on Sept 29th. We were very warmly welcomed. We saw the banner at the entrance and felt very happy. Then we entered a conference room. The members introduced us about the company. Firstly they spoke about 10 commandments of safety. Some of these are - always remember all accidents are preventable. Always remember the rules and regulations of the company. Always be prepared. Always take the safest path, never take shortcuts. Always be responsible for the safety of yourself and others. Always assess risks. Stop and think. Always be proactive about safety. Always deter from situation you are not trained to handle. Always pinpoint unsafe practices and do not condone. Always practice good housekeeping. These are the commandments for safety. We all should follow them.



This company is one of the Global fortune 500 companies. The global headquarter is in Mumbai. This company here is spread on 166 acres. They explained to us what they do. Petroleum is transported through 4 ways, railways, sea, pipelines and roadways. In this facility petroleum reaches from Vizag which has the refinery. There is a pipeline which is 572 km from Vizag to Ghatkesar. The petroleum products pass through the pipeline and reach in 7 days. They receive 400 kilolitres of petroleum every hour. From here the petroleum products, (Petrol, Diesel, and Kerosene etc) is separated and filled in trucks. The trucks then supply to petrol bunk. In the pipeline, there will be sectional valves every 20 to 30 km. Through the control room, they will operate these sectional valves. If any fire accident happens, there are some safety measures. They will activate Emergency Shutdown. (ESD).



After this we reached the control room. Here they track the filling trucks from entrance to exit gates. The whole truck is filled with diesel or petrol or both. Each tank carries 12000 litres. In 30 mins, some 15 trucks were filled. While filling the truck, earthing is done to avoid fire due to sparks. The section where trucks are filled is called gantry. There are 2 types of gantry, tank truck gantry and tank wagon gantry. In this facility 350 to 400 trucks are filled per day. Then we reached the laboratory. Here the products are tested for quality. In 100% petrol, 90% will be petrol and 10 % ethanol is used. They use Karl Fisher titration which is named after the scientist. They use an instrument to measure viscosity. Viscosity is the resistance to flow. Here they will test whether all parameters are within limits.

After this we took a break for lunch. The food served was very tasty. Then we had a field visit in a van wearing helmets. There are 17 storage tanks of petrol, diesel and kerosene. They are painted in blue and orange. After every 5 years they are painted. Every year the tanks are inspected.

This was a wonderful trip for us. They gave us a geometry box and pen as a gift. After that we took a picture with Prasad Sir and their staff. It was an awesome, memorable day for us. The company people explained very well. Many students felt like joining the company. They also felt very happy. We really thank them for giving us so much knowledge about how petroleum products are transported. We would love to visit them again. There were some slogans which I liked. "Be a safety hero, score an accident zero". "Safety first. Be careful, be aware and be safe."

Thank You HPCL members. I hope we all can come next time and learn more about petroleum products.



Visit to Sai Lara Bio Technologies



**J.Anu
X Class**

We, students of IX and X classes of Satkama High School visited Sai Lara Biotechnologies on 2nd September 2016. It is about tissue culture. The lab is full of plant tissues. They give media (food) in a glass tumbler to tissues. They change the media for every 45

days. The staff explained many interesting things excellently. Lab contains many divisions. They showed us different chambers where they explained us about how plants grow from tissues. They explained to us : Totipotency of tissues, the role of hormones in tissue culture, multiplication and rooting the tissue, the



nursery they are growing and care and protection of tissues during culture. They explained to us how they are helping the farmers. Before visiting this lab I wondered how tissues are developed into new plants. This visit motivated me to work on plant tissues. I want to work among plants. I really thank the members of Sai Lara

Biotechnologies from bottom of my heart for sharing their knowledge and having given us a chance to visit them.



సూర్య, పదవ తరగతి

కురుక్షేత్రంలో ధర్మం గెలిచిన ధర్మపరాయిణ దేశం
ఎందరో పుణ్యాత్ములు కాలుమోపిన మహాదేశం
విష్ణువు నవ అవతరాలు మోసిన భారతదేశం
శాంతిస్థాపకులు జన్మించిన శాంతిదేశం
వీరకవులు పుట్టిన పుణ్యదేశం
వజ్రాలు లేకపోయినా వేయిరెట్లు మెరిసే చైతన్యదేశం
ఎన్నో పుణ్యక్షేత్రాలు వెలిసిన పుణ్యదేశం
ధర్మరాజు ధర్మపాలన చేసిన ధర్మదేశం
పరాక్రములు జన్మించిన పరాక్రమదేశం
నా దేశం భారతదేశం, పుణ్యదేశం

Visit to Post Office



**Sreeram
IV Class**

As part of educational trip, classes IV and V visited Post Office, Pragathi Nagar in September. Post Master told us how a post office works. He told us about different types of posts. Some of the posts are Speed Post – By speed post we can send letters fast. It take one day's time. Normal post – it take time 2 to 3 days. Below 10 years girls can save money. We can send money by money order. We can post parcels. He also told us how they send to the villages. He told us about importance of pin code. The pin code system is organized in the following way. The first digit indicated the region. The next two digits indicate the sub-region. The next three digits indicate sorting district. The last three digits indicate the delivery post office.

माता पिता



**రामచంద్రా,
పాంచవీ కक्षा**

माता मेरी प्राण है ।
पिता मेरी जान है ।
वे दोनो मेरे लिए कीमती इनाम है ।
'यह इनाम मेरे लिए भगवान ने दिया है ।
माता एक नक्षत्र है ।
पिता एक चंद्र है ।
सब जगह भगवान रहता है ।
मेरे हृदय मे माता पिता रहते है ।
वे दोनो एक भगवान है ।
ओर भगवान जैसे ही रहते है ।

భారతదేశం

జి. సాజేల్, ఆరవ తరగతి



మన మాతృభూమి భారతదేశం,
దానికి చిహ్నం త్రివర్ణ పతాకం.
అందులో ఉండే మూడు రంగులు,
ఇచ్చును మనకి మంచి విలువలు.
కాషాయము రంగు త్యాగానికి,
తెలుపు రంగు పవిత్రతకు,
ఆకుపచ్చ సంపదలకు.
ఇందులో ఉండే అశోకచక్రము
ఇచ్చును మనకి అభివృద్ధికి సంకేతాలు.
తలుచుకొండి ఈ స్వాతంత్ర్యవీరులను,
జరుపుకొండి స్వాతంత్ర్యమును
జాతీయగీతం పాడండి, సంతోషంగా ఉండండి.

SOLUTIONS

What's the Value? Nishita
Crossword: Across : 2. Brinjal, 3. Peas, 6. Tomato, 7. Radish, 9. Potato
Down: 1. Cabbage, 2. Beetroot, 3. Pumpkin, 4. Spinach, 5. Methi, 8. Carrot
Unscramble: 1. Earthquake, 2. Fault, 3. Epicenter, 4. Magnitude, 5. Shockwave, 6. Seismograph

OUR PAGES



FRATERNITY

N.Roshini Satvika, III Class

There were two boys named Raju and Ravi. One day Raju fell down. Ravi saw but did not help him. Another day Ravi got hurt. Raju helped him. Ravi said sorry to him. Raju said, "Don't tell sorry. We are all brother and sister. We should help each other".



Moral: Treat everyone as your brothers and sisters



సాయం చేద్దాం

Sri. Nithya, III Class

అనగనగా ఒక ఊరు ఉండేది. ఆ ఊరు పేరు యాదగిరిగుట్ట. ఆ ఊరిలో రవి, సీత ఉండేవాళ్ళు. వాళ్ళు వృద్ధులతో, పెద్దవాళ్ళతో, జంతువులతో దయతో ఉండేవారు. ఒక రోజు వాళ్ళిద్దరు బడికి వెళుతుంటే వాళ్ళకి చాలా వాహనాలు కనిపించాయి. వాళ్ళు వాహనాలు చూసుకుంటూ వెళ్ళుతున్నారు. అప్పుడు వాళ్ళిద్దరికి రోడ్డు ప్రక్కన కూర్చున్న వృద్ధులు కనిపించారు. అప్పుడు పిల్లలు అనుకున్నారు, 'అయ్యో వాళ్ళు రోడ్డు ప్రక్కన ఉన్నారు. వాళ్ళు చాలా నీరసంగా ఉన్నారు.



పద, మనం వెళ్ళి అడుగుదాం' పిల్లలు వెళ్ళి వాళ్ళని అడిగారు, 'మీకు ఇల్లు లేదా! మీరు రోడ్డు ప్రక్కన ఎందుకు ఉన్నారు? మీరు ఆహారం తినలేదా? మీరు చాలా నీరసంగా ఉన్నారు.' వృద్ధులు చెప్పారు, 'మాకు ఇల్లు లేదు. మాకు ఐదు రోజులునుండి పని దొరకటం లేదు. పని దొరికితే ఆ డబ్బులతో మేము భోజనము చేస్తాము.' అప్పుడు పిల్లలు బాధపడి వాళ్ళ అన్నం డబ్బా ఇస్తుంటే, 'మాకు వద్దు. పిల్లలు మీకు బడిలో ఆహారం కావాలి కదా?' అని వృద్ధులు అన్నారు. 'ఏమీ కాదు తాతా! మేము ఒక రోజు తినకపోతే ఏమీ కాదు. మీరు ఐదు రోజులునుండి తినటంలేదు. తినండి' అన్నారు.

సీత : మనం అందరికీ సహాయం చెయ్యాలి.

Sri Sreshtha
I Class

SHARING

B.Sonia, III Class

Once there lived a boy named Charan. Charan had a brother and a sister. One day Charan went to a shop. He bought two toys and came home. His brother saw them and Charan gave one toy to his brother. Later his sister started crying and Charan gave one toy to his sister and she stopped crying.

Moral: We should share our things.



పెద్ద ఎలుక చిన్న ఎలుక కొత్త ఇల్లు

సాయివరుణ్, ఐదవ తరగతి

అనగనగా ఒక ఊరిలో ఒక కొత్త ఇల్లు ఉండేది. ఆ ఇంటిలో ఒక పెద్దాయిని ఎలుకను పట్టే పంజరం పెట్టాడు. ఆ ఇంటిలో రెండు ఎలుకలు వెళ్తుండగా పంజరం కనిపించింది. చిన్న ఎలుక ఆ పంజరం లోపలికి వెళ్ళాలని అనుకుంది. పెద్ద ఎలుక వచ్చి ఆ పంజరం లోపలికి వెళ్ళకు అని చెప్పింది. చిన్న ఎలుక పెద్ద ఎలుక మాట వినకుండా పంజరం లోపలికి వెళ్ళింది. పంజరంలో ఇరుక్కుపోయింది. చిన్న ఎలుక గట్టిగా అరిచింది. పెద్ద ఎలుక వచ్చి 'నేను చెప్పాను కదా పంజరం లోపలికి వెళ్ళద్దని. ఎందుకు వెళ్ళావు. సరే గాని, నువ్వు చనిపోయినట్టు నటన చేయి. పెద్దాయిని వస్తున్నాడు. ఆయన తలుపు తెరవగానే పరిగెత్తుకుంటూ వచ్చేయి. అప్పుడు తప్పించుకోగలవు.' అని చెప్పింది. చిన్న ఎలుక సరే అంది. పెద్దాయిని వచ్చాడు. చిన్న ఎలుక చనిపోయిందనుకొని పంజరం తలుపు తీసాడు. పంజరం తలుపు తెరవగానే చిన్న ఎలుక పారిపోయింది.



సీత: మనము పెద్ద వాళ్ళ మాట వినాలి

సహాయం

హాన్సిక, నాలుగవ తరగతి

ఒక రోజు రాజు పాఠశాలకి వెళ్ళుతుంటే, మధ్యలో ఒక ముసలాయన రోడ్డు దాటుదామనుకుంటే కళ్ళు సరిగా కనిపించకపోవడంతో రోడ్డు దాటడానికి సతమతమవుతున్నాడు. అప్పుడు రాజు వెళ్ళి అతనిని రోడ్డు దాటించాడు. ఎప్పుడు మనం ఒకరికి సహాయం చేస్తూ ఉండాలి. ఇతరుల బాధలను పాలుపంచుకోవడం వలన మనకు కూడ మంచి జరుగుతుంది. ఒకరికి మనం సహాయం చేస్తే, ఇంకొకరు మనకు సహాయం చేస్తారు. **సీత : అందరికీ మనం సహాయం చెయ్యాలి.**





DUTIFUL

Varshith Swamy, Class VI

One day Sonu was coming home from the playground. When he was coming home he saw a cute little girl but she was crying. He went near her and asked her name. She said "My name is Sunitha". He asked her why she was crying. She said, "When I was going with my mother, I held her hand. Then I left it and now I am lost." Sonu said, "Don't worry. I will take you to police station." He took her to police station. On the way he saw his friends playing his favourite game. They asked him to play but he said he would not play. He also saw his father coming home after two years. But he only greeted him and went to the police station. There he saw Sunitha's mother. They were happy. They thanked Sonu and he was very happy.



Moral: Helping others is our duty.



పంచుకోవడం

దేవిచరణ్, ఆరవ తరగతి

మా బడిలో ఒక అబ్బాయి ఉండేవాడు. అతను నా ప్రక్కన కూర్చునేవాడు కాదు. నాతో ఏమీ పంచుకునేవాడు కాదు. ఒకసారి అతను ఆటస్థలములో క్రిందపడితే నేను కాపాడాను. అయినా నన్ను పట్టించుకోలేదు. మళ్ళీ ఒకసారి అతని అమ్మానాన్నలు తిడుతూంటే అతనిని తప్పించాను. అయినా నన్ను పట్టించుకోలేదు. ఒకసారి మా గురువుగారు ఒక పాఠం చెప్పారు. ఆ పాఠం పేరు పంచుకోవాలి. ఆ పాఠం విన్నాక అతనికి అర్థమై అందరితో స్నేహంగా ఉండాలి అని అనుకున్నాడు. అప్పటినుంచి నా ప్రక్కన కూర్చుంటూ, నాతో అన్నీ పంచుకుంటున్నాడు. అప్పటినుంచి మేము ఇద్దరం చాలా సంతోషంగా ఉంటున్నాము.



Vasavi, Class VII

Once Sita went to college. This was her first day. She saw a group of girls enjoying. She felt very lonely and went to join them. The girls said, "You can join us but with some conditions". Sita asked "What are they"? They said, "You should not put bindi. You should wear jeans, you should not tie your hair up, you should not put those ear rings, you should not put oil on your hair. These are the conditions. Will you follow them." "No, I won't follow" said Sita. "I am not going to change myself just to be friends with you. If anyone wants to be friends with me, they will come to me for who I am." Then the girls felt ashamed.

Moral: We should have respect and confidence in one's own self.

SELF RESPECT

FRATERNITY

N. Prabandha Kumari, Class IX

Once a poor man was begging in a street. The poor man's name was Rangaiah. Rangaiah had a family. The family didn't have any proper food. The children should have gone to school but instead they were begging in the street. One day a rich businessman was going in a car. His name was Murali. He was a very bad person and he didn't know how to respect others. One day Murali was going in a car. On the side of a road Rangaiah's family was eating some food. Mud fell into Rangaiah's food as the car passed by. Rangaiah shouted at him for driving the car at high speed. Murali did not even care. Murali's son was very clever and a good citizen. His name was Satvik. After going home, Satvik asked his father why he behaved like that. He told his father to respect everyone. "If you give respect they will also give respect. Please help them but don't think they are inferior." Satvik spent some time with his father. Next day Murali went to Rangaiah and said sorry to him. Murali gave him a house to stay and a job to work. He even joined his children in a school. From that day Rangaiah and Murali were lived very happily.



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

COOPERATION

P. Abhishek, Class VII

In one village, there was water scarcity. In that village a rich man Ram was ready to construct a dam. On that day Sam was not cooperating with Ram. So the construction of the dam was stopped. In a few days Sam was suffering without water. Later Sam went to Ram's house and told to construct dam again. In this story we learn we should cooperate with each other for good of every one.



ACTIVITY CENTER

What's the Value



Shabari stayed alive in anticipation of Lord Rama. She would get up early morning every day and go to the forest to collect the berries to serve Lord Rama. She didn't know when Rama would come. She would go to the forest and collect berries every day. In that manner she spent many years. She didn't look for anybody else except him. All the time she waited for Rama, looking in a particular direction as somebody has told her he will be coming from that direction. Finally her dreams came true and Lord Rama came to her hut. Her eyes filled with tears and heart filled with joy. She offered tasted berries so the Lord can have only sweet berries. The moral of the story is that he or she should not think about any other person, except for God. Clarity of goal, Spiritual discipline, Practicing only one thing are the qualities of a person having this value. Find out the value associated with story?

Solutions on Page 6

Crossword

Across

2. It's most common variety is glassy purple and used in lot of Indian curries. It contains many essential B-complex groups of vitamins and is low in fat but rich in soluble fiber content.

3. This vegetable originated in Middle East. They are starchy but high in fiber and protein. This vegetable is botanically a fruit since they contain seeds in pod.

6. This vegetable is rich in Carotene. In intestine it is converted to Vitamin A. It is round and red in color. This is used to make gravies of maximum Indian Curries.

7. They are roots white in color and when globular they are purple. The tops will be bright green leaves. They have moderate amount of Vitamin C.

9. This a starchy tuber which is rich in Vitamin C, Vitamin B and Calcium. It is the most liked, cheapest and used vegetable all over the world.

Down

1. This is a vegetable rich in minerals especially Vitamin K and Magnesium. It is vegetable that you find around the year.

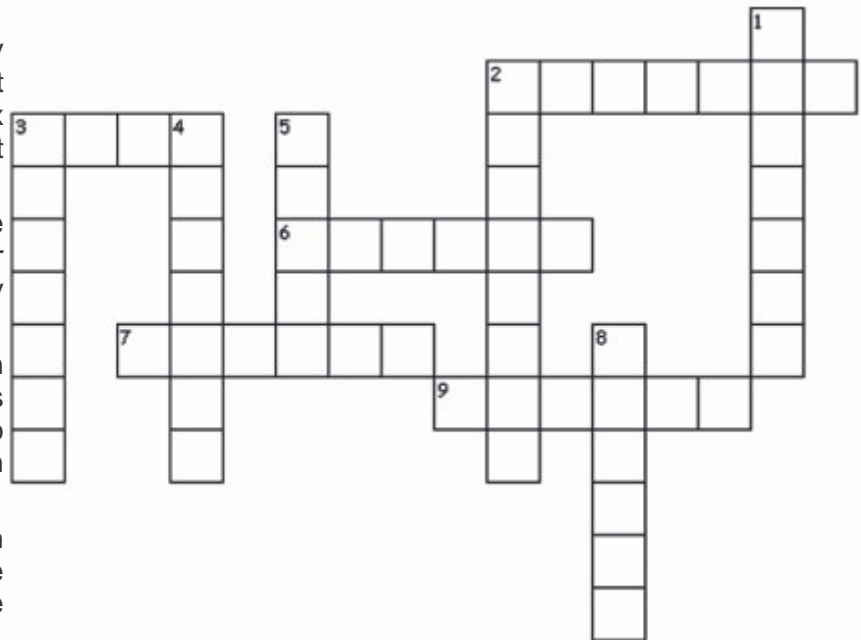
2. It is a root of a plant. The root color is usually a deep magenta or red. They are rich source of Calcium, Iron, Vitamins A and C and Glutamine which is an amino acid.

3. This is a vegetable which is round and hard. It is orange from inside. It is used in making curries as well as sweets. It is rich source of vitamin A and antioxidant Beta-Carotene and Potassium.

4. It has broad, thick dark green leaves. It is rich in Magnesium and Potassium also contains lots of nutrients like Vitamin K, Vitamin A, Folate, Copper, Vitamin B2, B6, Zinc etc. It is one of the healthiest vegetable.

5. It is a leafy green vegetable. It is little bitter in taste and has medicinal value as well. It provides Calcium. Dried seeds of same vegetable are rich sources of protein dietary fibre, B Vitamins and Iron.

8. It is a root of a plant. It is bright orange in colour. It contains good amount of Vitamin A and Vitamin K and Vitamin B6. Some minerals present in it are good for vision and eye.

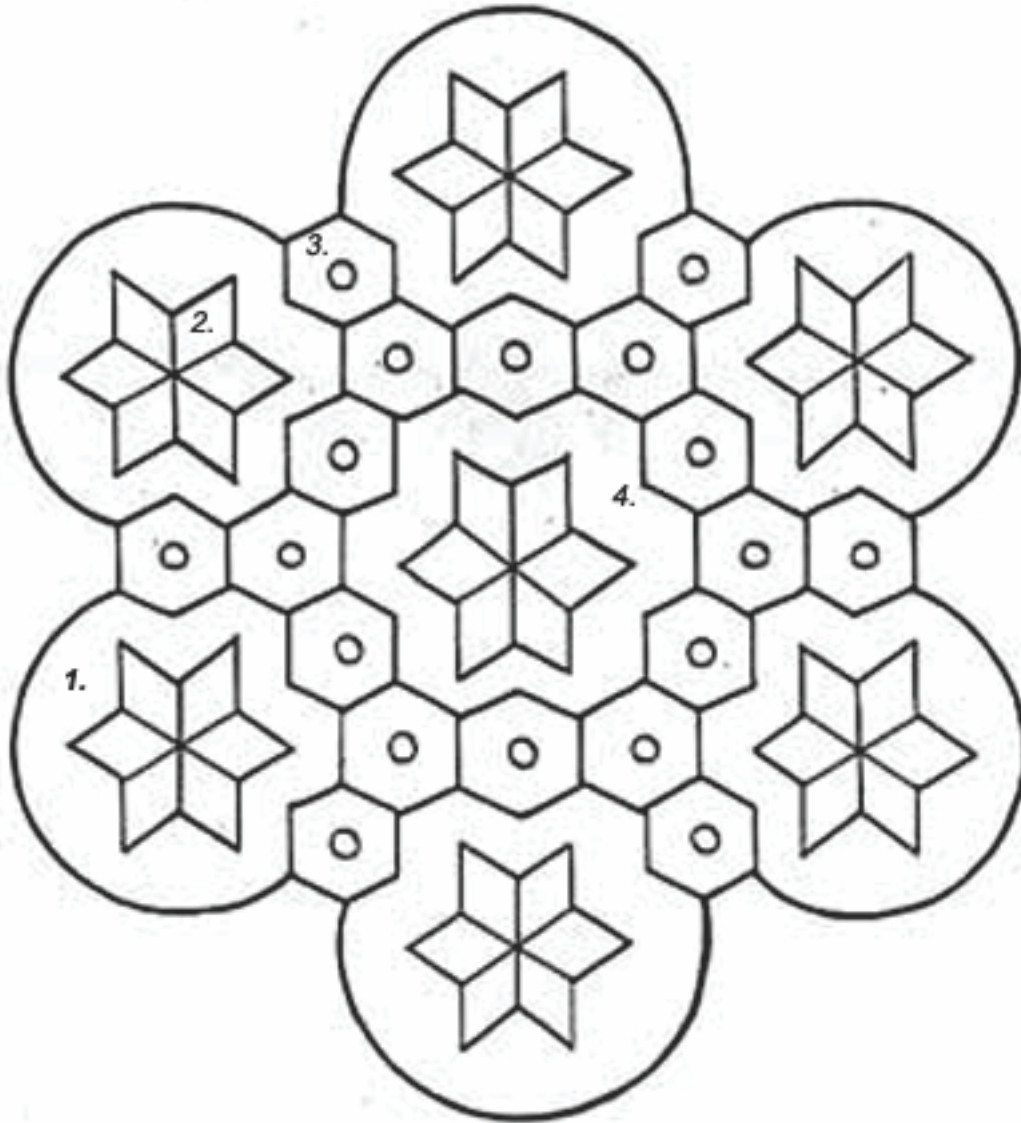


Colour the picture below

ACTIVITY CENTER

Colours are seen in the traditional rangoli patterns gracing the entrance of every home. The rangoli represents the tradition and culture that we belong to. Color this rangoli by following number code.

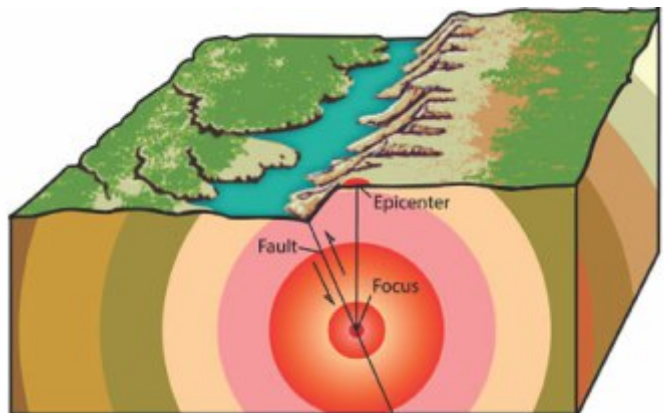
1. Yellow, 2. Blue, 3. Green 4. Orange 5. small circle orange



Natural Calamity : Earthquakes

Unscramble

- 1) qseearutakh _____
- 2) tlufa _____
- 3) nipeeterc _____
- 4) uigandtme _____
- 5) whsoakcev _____
- 6) parhsiemosg _____



BODH SCHOOL

Special School for Slow Learners (Children with Learning Difficulties)

Bodh School children celebrated 15th August along with Satkama High School. They participated in speeches, elocution competition and won prizes. Teacher's Day was celebrated with Satkama High School. On Janmashtami Day, Chi. Kavyabai, studying 6th class participated in reciting slokas from the book "Srimad Bhagavad Gita in the Light of the Natural Path" along with Satkama High School students. Apart from education, children are encouraged in the creative arts of singing, drawing and painting. They sang songs during Independence Day Celebrations. Children painted diyas colourfully. The diyas were kept for sale and distribution before Diwali.



నిజాయితీ

శ్రీరామ్ ప్రసాద్, ఆరవ తరగతి

ఒక ఊరిలో రవి ఇంకా రాము ఉండేవారు. రవి ఎప్పుడు నిజం చెప్పతాడు. ఒక రోజు వాళ్ళు స్కూల్ కి వెళ్ళారు. వాళ్ళు ఆడుతుంటే రాము రవిని క్రింద పడేశాడు. అప్పుడు గురువుగారు వచ్చారు. 'ఎవరు క్రింద పడేశారు?' అని గురువుగారు రాముని అడిగారు. రాము నేను తోయలేదు అన్నాడు. రవి కాళ్ళకు మందు రాసుకున్నాడు. అప్పటినుంచి రాముతో ఎవరు ఆడుకోవట్లేదు. రాము తన తప్పు తెలుసుకున్నాడు. గురువుగారి దగ్గరికి రవిని రాము తీసుకువెళ్ళాడు. రాము గురువుగారితో రవిని నేనే క్రింద పడేశాను, నన్ను క్షమించండి అని అన్నాడు. ఆ తరువాత నుంచి రాముతో అందరు ఆడుకుంటున్నారు. అప్పటినుంచి రాము నిజం చెప్పేవాడు. **నీతి: ఎప్పుడు నిజం చెప్పాలి**



COURAGE

Lakshmi Prasanna, VI Class

Once there was a boy called Rajesh. One day he was going home from school. On the road side he saw a shop. From that shop one tall person was coming out without paying money. Rajesh saw that person and he told the watchman. The watchman caught that person and gave the things back to shopkeeper.

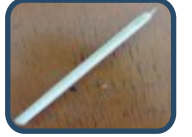


Moral: We should be courageous.

PEN WITH PAPER

K.Kavya Bai, VI Class

Now a days we are using plastic pens. After finishing the pen we are throw it out. We can prepare pen with paper and we can use it again and again. Now I will tell you how to make paper pen. **Materials:** One paper, one pen refill, gum, colours and stickers. **Preparation:** Take A4 sheet and cut into half. Take one refill and roll half part to it tightly. Then roll second half to it and paste it with gum. We can decorate it with different designs with colours or stickers. Now paper pen is ready. We can use wedding card also for rolling the refill. After the refill is finished we can put new refill into it and reuse it.



దైర్యం

యువరత్నం, ఆరవ తరగతి

అనగనగా ఒక ఊరిలో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు లోకేష్. ఒక రోజు లోకేష్ మైదానానికి వెళ్ళుతుంటే దొంగలు ఒక అమ్మాయిని బెదిరించి తీసుకువెళ్ళడం చూశాడు. లోకేష్ చాటుగా వెళ్ళాడు. ఒక ఇంట్లో ఆమెను కట్టేసారు. వాళ్ళు వెళ్ళిపోయాక లోకేష్ వచ్చి ఆ అమ్మాయి కట్లు తీసేసి అతనింటికి తీసుకువెళ్ళాడు. లోకేష్ వాళ్ళ అమ్మ ఎవరో అమ్మాయి అని అడిగింది. 'అమ్మా నేను మైదానానికి వెళ్ళుతుంటే ఈ అమ్మాయిని దొంగలు తీసుకువెళ్ళి ఒక ఇంట్లో కట్టేసారు. అప్పుడు నేను వెళ్ళి కాపాడాను.' అని అన్నాడు. లోకేష్ వాళ్ళ అమ్మ ఆ అమ్మాయిని వాళ్ళ అమ్మవాళ్ళకు అప్పగించాలి కదా అని అంది. లోకేష్ సరే అని, ఆ అమ్మాయిని, 'నీ పేరు ఏమిటి? మీ ఇల్లు నీకు తెలుసా?' అని అడిగాడు. ఆ అమ్మాయి, 'నా పేరు శ్రీజ. నాకు మా ఇల్లు తెలుసు అన్నయ్య. అక్కడ అదిగో అదే మా ఇల్లు' అని అంది. లోకేష్ శ్రీజను వాళ్ళ అమ్మ, నాన్నలకి అప్పగించి వచ్చేసాడు. ఇంటికి వచ్చాక లోకేష్ ని వాళ్ళ అమ్మ చాలా మెచ్చుకుంది.



A VISIT TO POST OFFICE

Gitanjali, IV Class

On September 17th, IV and V Class students visited Post Office, Pragathi Nagar. Post Office Sir told us about Post Office. Post Office was built in 1876. Post cards, envelopes, stamps and covers are available in the Post Office. There are different types of posts. They are Speed Post and Ordinary Post. Speed Post is delivered within 2 or 3 days. In Post Office below 10 years girls can open an account and that money can be used for their studies and marriage. I felt happy to visit. I came to know many things.



SSS VOCATIONAL WING

Biscuit Making

In our school we have SUPW period. It is for classes 6th to 10th. I am going to this class since 6th class. It is a special class to learn stitching, biscuit making and gardening. We have different teachers for different classes. They teach us each and everything about each activity to us. I learnt many things after going to this class.



In stitching class I had learnt many stitches like running stitch, back stitch, chain stitch, stem stitch, blanket stitch etc. If there is any tear in my dress, I can stitch it on my own without depending on others. In biscuit making class I learnt so many things like how to clean the soya beans and how to fry and grind them to make the beans into powder, how to handle an oven and what are the main ingredients that we have to use in biscuits and how to weigh biscuits and pack them. In gardening class, I learnt how to sow seeds and how to plant them and how to take care for them to grow.



I planted different types of seeds and plants. I water them daily. I felt very happy while planting the saplings. I enjoy this class very much. We can plant saplings in our houses or in our surrounding areas. We can stitch our clothes or any designs on our own. We can make some delicious cookies, biscuits if we know the process and ingredients. I felt very happy to learn all these things like stitching, biscuit making and gardening. I wish to learn more and more in SUPW class. During this class we also learnt basic values like cooperation, teamwork, patience, peaceful etc. I thank my teachers for teaching all these to us which are helpful in our future too. **- P.Rajini, X Class**

DIYAS

Students enthusiastically painted diyas with different colours. They were put for sale.



Gardening

From SUPW class I learnt how to stitch clothes, preparation of biscuits, candle making, spiral binding. It teaches many useful things which are very much useful in our life. We can make candles and do part time job when we are not capable to pay fees to our study.



We can also help others teaching them what we know. We can also grow wheat grass which is very good to our health. I learnt how to take care and protect plants. From this we can maintain a nursery also. **- J.Anu, X Class**

In this class I learnt how to stitch and how to make biscuits and candles. I came to know how many plants can be grown in our house. **- N.Supriya, X Class**

Tailoring

In gardening, I learnt about different types of soil used for different plants. I planted small plants near my house. It is useful to us and society. I enjoy a lot. In tailoring, I learnt how to stitch a bag, hook, button, hemming, knitting etc. If my button is gone, I stitch the button myself. I help my mother in doing hemming for blouses. **- K.Rachana, X Class**



Electronics

Every Monday we have electronics class from 4 to 5 pm. In this class, we are learning how to repair a phone. We learnt how to open a phone and its parts.



If our phone has a minor problem, we can repair it ourselves. We also got to know about mike and speakers and how to repair

them. I really felt happy as we got a chance to know about electronics. I thank our school for arranging such an interesting and useful class.

- D.Vaishnavi X Class

MSRCM HOSPITAL NEWS

వంటింటి దినుసులతో ఇంటి వైద్యం - పసుపు**Dr. G. Vijay Kumar, BAMS, MS, Consultant Ayurvedic Physician & Surgeon**

సంస్కృతం పేరు : హరిద్రా, తెలుగు : హల్దీ, హారదీ, తమిళ్ : మంజల్, కన్నడ : అర్జీనా, ఇంగ్లీష్ : Turmeric

సైంటిఫిక్ నామము : Curcuma Longa

పసుపుకు మన జీవితాలలో మన సంస్కృతితో విడదీయలేని బంధముంది. శుభకరమైన, మంగళకరమైన, పవిత్రమైన ద్రవ్యంగా పసుపు ప్రాధాన్యతను సంతరించుకుంది. పెళ్ళి, పేరంటాలలో పసుపు రాసుకోవడం శుభసూచకంగా భావిస్తారు.

పసుపు యొక్క ఔషధగుణాలు :

రస (రసము) : తిక్తా (bitter), కటు (pungent), గుణ (qualities) : రూక్ష (dryness), లఘు (lightness)

విపాకము : కటు విపాకము, వీర్యము : ఊష్ణ

Useful part : పసుపు దుంప (కొమ్ము)**పసుపు యొక్క ఔషధవిలువలు**

పసుపు ఆహారంగా మరియు ఔషధంగా అనేక విధాలుగా ఉపయోగపడుతుంది.

మధుమేహము : మధుమేహముతో బాధపడు రోగులు పసుపు 2 గ్రాములతో ఉసిరికాయ (అమ్లా) చూర్ణమును 2 గ్రాములు కలిపి, ఉదయం మరియు సాయంత్రం భోజనానికి అరగంట ముందు సేవించిన మధుమేహము అదుపులో ఉంటుందని ప్రయోగాలలో గమనించారు.**మొటిమలు (pimples) :** పసుపు మరియు తులసి ఆకుల రసమునందు ముద్ద కర్పూరము కలిపి మెత్తగా నూరి, ముఖానికి రాసిన మొటిమలు తగ్గుతాయి.**అంటలమ్మ (మశూచి, smallpox, chickenpox) :** పసుపు, వేపాకు, చందనం కలిపి మెత్తగా నూరి, అమ్మవారు వచ్చిన వారిలో బొబ్బలువచ్చి రసి కారుతున్న యెడల, రోగులకు రాసిన మంట, నొప్పి, దురద తగ్గుతుంది. ముఖంపై వచ్చు మచ్చలు వికారంగా కావడం నివారించబడుతుంది.**అజీర్ణము (indigestion) :** పసుపు, శొంఠి, మిరియాలు, పిప్పలి, సైంధవ లవణము మరియు జీలకర్ర, దానిమ్మ గింజలను మెత్తగా నూరి, భోజనంనందు కలిపి సేవించిన, ఆహారం చక్కగా జీర్ణం అవుతుంది. ఆకలి పెరుగుతుంది.**జలుబు (cold) :** పసుపు చూర్ణాన్ని వేడి నీళ్ళలో వేసి ఆవిరి పడితే జలుబు తగ్గుతుంది.**దగ్గు, ఆయసము :** డస్ట్ అలర్జీ మరియు దగ్గుతో, ఆయసముతో బాధపడుతున్నవారు చిటికెడు పసుపునందు తేనె కలిపి సేవించిన, దగ్గు, ఆయసము యొక్క వ్యాధి లక్షణాలు ఉపశమిస్తాయి.**బోదకాలు (filarial leg) :** కరక్కాయ, పసుపు, బెల్లంలను గోమూత్రంతో కలిపి తిన్నయెడల బోదకాలు లక్షణాలు తగ్గుతాయి.**కామెర్లు (jaundice) :** పసుపునందు నాలుగు రెట్లు పెరుగు లేక మజ్జిగ కలిపి రోజు తిన్నయెడల కామెర్లు తగ్గుతాయి.**కాళ్ళకు పాచి చేరుట (foot fungal infections) :** పసుపు, కరక్కాయ చూర్ణము కలిపి రాసిన, నీళ్ళలో నానటం మూలాన ఏర్పడిన పాచి, ఫంగస్, కాళ్ళు పగలటంలాంటివి శమిస్తాయి.**పంటినొప్పి (tooth pain) :** పసుపుకొమ్మును నిప్పులమీద కాల్చి దానిని నమిలిన పంటినొప్పి తగ్గుతుంది. నోటివుండ్లు తగ్గుతాయి. నోరు కూడ శుభ్రమవుతుంది.**ముఖసౌందర్యము (facial complexion) :** కొబ్బరినీళ్ళలో పసుపు, చందనము కలిపి ముఖానికి పట్టిస్తే ముఖం ప్రకాశవంతమవుతుంది. పాలమీగడయందు పసుపు, నిమ్మరసం చేర్చి ముఖానికి పట్టించి ఒక గంట తురువాత నలుగు పిండితో కడిగేస్తే ముఖసౌందర్యము ఇనుమడిస్తుంది.**చర్మసౌందర్యము :** పసుపు, వట్టివేళ్ళు, చందనము కలిపి సేవించిన, చెమట దుర్గంధం తొలుగుతుంది. చర్మం ప్రకాశవంతమవుతుంది.**చర్మవ్యాధులు :** పసుపు, వేపాకు చిగుళ్ళు, తులసీ రసములను సమభాగములుగా తీసుకొని మెత్తగా నూరి రాసిన దీర్ఘకాలంగా బాధిస్తున్న వుండ్లు (వ్రణాలు), గజ్జి మరియు ఇతర చర్మవ్యాధులు నయమవుతాయి.**కడుపులో నులిపురుగులు :** పసుపు 2- 3 గ్రాములు ఉదయం, సాయంత్రం సేవించిన కడుపులోని నులిపురుగులు నశిస్తాయి. జీర్ణశక్తి పెరుగుతుంది. రక్తహీనత తగ్గుతుంది.**Be happy to eat in constant divine thought whatever you get, with due regard to honest and pious earnings. - Pujya Sri Ramchandraji Maharaj**

శతకము

మాటలాడుటాకటి, మనస్సులోనొక్కటి,

ఒడలి గుణమువేరె, యోజవేరె

ఎట్లు గలుగుముక్తి యాలాగుతానుండ?

విశ్వదాభిరామ వినురవేమ

తాత్పర్యము: చెప్పెడిదొకటి, ఆలోచన వేరొకటి, చేయునది మరొకటి. ఆలోచన వేరు, భావము వేరు. ఇట్లు త్రికరణ శుద్ధిలేనిచో మోక్షము ఎట్లు లభించును.

संत कबीर के दोहे

जहां दया वहां धर्म है, जहां लोभ तहं पाप ।

जहां क्रोध वहां काल है, जहां क्षमा वहां

आप ॥

Where there is compassion, resides righteousness. Where there is greed, resides vice. Where there is anger, resides darkness. Where there is forgiveness, resides the Divine.

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 వయసున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.



Website : www.sriramchandra.org

Email: imperiance@sriramchandra.org

**SAHAJ SEVA SAMSTHAN**

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

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

 <p>SATKAMA SCHOOL FOR INTEGRATIVE DEVELOPMENT EDUCATION FOR A NEW SPIRITUAL ERA Plot No. 1735, Pragathinagar Kukatpally, Hyderabad, INDIA Phone: 91-40-64518979</p> <ul style="list-style-type: none"> 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) <p>www.sahajsevasamsthan.org/satkama/ email:satkama@sahajsevasamsthan.org</p>	<p>BODH SPECIAL SCHOOL FOR SLOW LEARNERS (CHILDREN WITH LEARNING DIFFICULTIES)</p> <p>Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs(Slow Learners) who are unable to study or who face repeated failures in normal schools and who are school drop-outs.Objectives of school are:</p> <ul style="list-style-type: none"> 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 <p>www.sahajsevasamsthan.org/Educational/Bodh.htm email: bodh@sriramchandra.org</p>	 <p>MSRCM HOSPITAL HOLISTIC HEALTH CARE 10-3-783/254/3 RT, Vijaya Nagar Colony , Hyderabad, India – 500 047, +91-40-23341380</p> <p>Services available in the hospital -</p> <ul style="list-style-type: none"> 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 <p>www.sahajsevasamsthan.org/Health/Health.htm email:msrcmh@gmail.com</p>
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VOCATIONAL WING: Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits making, Sahaj Sakthi Ready Mix making and Citronella candle making. Students spend one period a week in learning these activities. Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of Centenary birth year of Pujya Dr. K. C. Varadachari in 2002. Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan distributes free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

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

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