



SPANDAN

Sahaj Seva Samsthan Educational Newsletter

SATKAMA & BODH

WE WISH EVERYONE A VERY HAPPY NEW YEAR

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

- Pujya Sri Ramchandraji Maharaj

Message from Samsthan

Dr. K. Madhava, President, SSS

Happiness is a feeling arising in the mind. There is a natural craving for in all human beings to feel happy. That is why people search for happiness in possessions, friendships, relationships, name, and fame etc. But the most important point to note is that the feeling of happiness is a reaction from our mind to a situation. So, it is inside our mind and gets manifested under certain circumstances.

The method developed by Sri Ramchandraji Maharaj of Shahjahanpur helps us to develop the happy feeling at our will and not depending on outside circumstance. This easy method of regulation of mind is the beginning of new era in human civilization.

Happy Disposition

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

Happiness is next to Divine. One, who is having a happy disposition is, always in the company of the Divine. Who is the one who has a happy disposition? When one is able to stop attaching happiness to material things, is able to differentiate between need and want and is able to let go of one's wants, one is a happy one. When one understands that whatever we do, we do it for our own peace is a happy person. One who stops comparing with others, does not seek approval from others and stops proving to the world how intelligent one is, is having a happy disposition. A happy person is one, who is able to drop expectations from every relationship and gives for the sake of giving. When one is able to accept people for who they are, understands that everyone is right in one's own perspective and stops trying to change others, but instead focuses on changing self, remains a happy soul. When one learns to "let go" of things, people and situations, one is at peace. One who is at peace with oneself is always happy.

Student Editorial

G. Pallavi, VII Class

Namaste! Every year we celebrate Basant Panchami in spring time. At this wonderful time we all celebrate Basant Panchami as the birthday of Pujya Lalaji Maharaj, very happily. Pujya Lalaji Maharaj was a very simple and a great person. He didn't show his greatness. He didn't hurt anyone. He wanted everyone to be happy. He gave respect to all. Sri Lalaji Maharaj did not like luxury of any kind. Not given to superfluous talk, he spoke as little as possible. He saw all equally, even his servants were treated like members of his own family. Backbiters got no sympathy from him. Sri Lalaji Maharaj considered spiritual perfection to be based on three things 1. Love for the Master 2. Satsangh with the Master 3. Obedience to the Master. He considered love to be the greatest tapas. The real sadhana is to balance the mind and He was not only just simple but had all the good values like honesty, truth speaking, sharing, love and service. We should try and follow Pujya Lalaji Maharaj. If we have all these values we can become a good citizen like Pujya Lalaji Maharaj.

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

Pujya Sri Lalaji Maharaj



B. Jagruthi, Class IX

Pujya Lalaji Maharaj was a great man with great qualities. He came from a rich family where his father had a good position in the King's court. He used to have a sweet voice and he would sing very melodiously. He was simple by nature and kind in words. He never slept after sunrise and used to take his dinner very early. He used to wear simple clothes and always had a smile which spread goodness. People used to get transformed by just sitting with him, without any effort. He would speak as little as possible and would keep his eyes mostly down. When his family lost their lands and comforts he never complained about it. Though he lost his father and brother, he never sat and grieved. Instead he tried to find a job that would provide sufficient money to raise his family. He always said, "Take miseries as divine blessings and treat them as such".



Thota Sreeja, Class VII

Pujya Lalaji Maharaj was born in a respectable family. He had a lot of interest in spirituality due to his mother. One day while he was playing the game of tops with other boys, he was reminded of the work for which he was born and since then he took up his spiritual preparation and work. He attained perfection within a brief span of seven months and he reached a state of statelessness. After his marriage, his father and brother died. They moved in to a smaller house and they lost all their comforts. At that time his father's friend came and gave him a job. Sri Lalaji Maharaj was a simple person. The clothes he wore were very simple. He didn't wear any ornaments. He didn't laugh loudly but just smiled. He treated all people as his equal. He loved everyone.



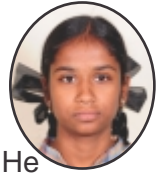
N. Prabandha Kumari, Class VIII

Pujya Lalaji Maharaj was a very kind and simple person. His mother used to sing Ramcharitmanas very well. He woke up early in the morning. He wore very neat and clean clothes like kurtha pyjama or dhoti. He ate only simple vegetarian food like dal and chapathi. He never smoked or played cards. Pujya Lalaji Maharaj had a lot of people in his house with only one bedding to cover all of them. If any one asked him a question, he used to answer them. He told many good things to his disciples.



Ch. Krishna, Class VIII

Pujya Lalaji Maharaj was a simple person. He wore simple clothes. He ate simple food and he lived in a small house with his family. He didn't accept any gifts. But when people insisted with love, he took them and he made full use of it. I too want to use everything till it is broken. When I heard his story I felt very happy and I changed my habits. Pujya Lalaji Maharaj did meditation everyday and he went walking along the river Ganga with his disciples. All people used to ask doubts on meditation and Sri Lalaji Maharaj used to answer them all. He used to talk softly and not raise his voice at anyone. This gave me a thought that I should also not shout at anyone. He also said that we should not talk bad words and words which make others feel sad. I also felt that I should get up early in the morning when I came to know that Pujya Lalaji Maharaj used to get up before sunrise. He had so many problems but he was always happy. He had a big family and sometimes there was only one bedsheet to cover everyone. Soon after his father and brother passed away and Pujya Lalaji Maharaj lost all the property. Still he did not complain.



B. Rani, Class IX

Sri Lalaji Maharaj was a simple person and wore simple clothes. He taught many values to his disciples. He used to pray for others' happiness. He treated all people as his brethren and helped them. I learnt many values from him. He used to serve people and sacrifice himself for the sake of others. He had an abscess of the liver but he did not get it cured because he thought that it is a call for him from God. He used to sing Ramcharitmanas very sweetly. I want to be very simple like him and serve people. I too want to pray for the people and treat all the people as brethren. I want to be happy like him.



G. Pallavi, Class VII

I am inspired by Pujya Sri Lalaji for the way he loved others heartfully and the way he behaved. I am inspired by Pujya Sri Lalaji by the learning of good things and his manners and discipline in talking. I am inspired by Pujya Sri Lalaji by his good nature and his common, simple type of nature.

LALAJI ERA MONTH NAMES : New Era has started with the Advent of the Grand Master Pujya Lalaji Maharaj of Fatehgarh, U.P, India. A new calendar is named after Pujya Lalaji Maharaj and 2017 is the 145th year of Lalaji Era. The year according to Lalaji Era starts on January 13th of every year. The months of the year are: Samavarti, Prana, Bhuma, Prabhu, Bhanwar, Iswar, Varada, Krishna, Samadristi, Satpad, Radha, Viveka.

SAMAVARTI

Since we owe everything to Pujya Lalaji Maharaj it is but prudent to start the year with his name. More so because it is during this month (Magha Suddha Panchami) he descended on earth. We know that He is most Just and Benevolent and it is therefore proper to call this month Samavarti. It gives hope to us that all that happens during this year will be just and God ordained and we with absolute faith in the Master continue our sadhana. Sri Lalaji had all the qualities of a truly great and perfect man being, as he is, next to God. Great men are not accidentally born. They are born when the world waits for them in eager expectation and thus the power of Nature descended in human form as Samarth Guru Mahatma Ramchandraji Maharaj. It happened as Divinity would will, on the Basant Panchami day, 2nd February 1873 at Fatehgarh, in the State of Uttar Pradesh in India. Sri Ram Chandraji Maharaj affectionately called as Lalaji Maharaj, the Great Master, the Adi-Guru was a prodigy of Nature, the Ultimate Reality, brought back to humanity the long forgotten art of transmission of the Upanishadic pranasya pranah and worked out a novel method of spiritual training which completely relieved the practicant of almost all of his responsibilities. With him dawned the new era of yogic training through transmission of which he was the Master. He could bring a man to perfection simply at a glance. It was he who made it possible that a man could attain perfection in one life - rather a part of it leading just a normal family life. He simplified the method of spiritual training to a great extent and adjusted it to suit the requirements of time. On 14th August 1931 at 1.00 A.M. in the night the light, which had illuminated and enlightened the hearts of groaning humanity with unparalleled love and changed the face of the Earth, allowed itself to be extinguished. The greatest miracle of Sri Lalaji is perfection of Sri Babuji's grand personality which is unparalleled in the history of spiritual development. His researches and discoveries in the field will be regarded as wonderful and superb and shall remain a subject of further researches for centuries. Only posterity will be able to assess and evaluate the boons bestowed upon humanity by Revered Lalaji Maharaj.

SRIMAD BHAGAVAD GITA

सर्वभूतस्थमात्मानं सर्वभूतानि चात्मनि ।

ईक्षते योगयुक्तात्मा सर्वत्र समदर्शनः ॥(6-29)

His own self dwelling within all beings, and all beings dwelling within his own self; so does the man see who has self steadied in Yoga, and who looks upon everything with an even eye.

Samartha Ramdas was the Guru of Shivaji Maharaj, the Maratha King. Samartha Ramdas entered a garden of sugar-cane along with his disciples. One of his disciples ate a sugar-cane without asking the owner. The owner came and gave a good slap on Ramdas's cheeks. The cheeks were swollen. Ramdas did not speak a word. He left the garden quietly. He knew this was his Karma. Shivaji asked Ramdas: "Guru Maharaj, what is this? I see much swelling on thy face. Kindly tell me the cause." Ramdas refused to tell. Shivaji began to insist several times. Ramdas narrated the story to him and asked Shivaji to give some lands free to the owner of the sugar-cane-garden and not to punish him in any way. Shivaji obeyed the commands of Ramdas. Look at the magnanimous heart of Saint Ramdas! He was not only a man of equal vision (Samadrishti) but a man who treated everybody alike (Samavarthi) and considered that everything was God.

ప్రార్థన - అనుభవము



Illustration

P.Sreeram, IV Class

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

28.10.16 - I felt peaceful and I felt like I was in a new world. A world where everything was silent.

9.12.16 - I felt like as if I was taking dip in total peace.

28.12.16 - I felt very happy and peaceful.

14.10.16 – After meditation I was feeling happy and comfort.

17.11.16 – After meditation my mind was relaxed and I was happy.

15.12.16 - I felt fresh and cool.

Rishikesh Joshi, VIII Class

Syed Kaif, VIII Class

28.9.16 - Before meditation I was sleepy. After meditation I felt happy and calm.

12.11.16 – Before meditation I was happy. After meditation I felt fresh.

17.12.16 – After meditation I felt calm.

P. Sree Jahnvi, VIII Class

6.9.16 – After meditation I felt pleasant.

12.11.16 - Before meditation I was feeling tension. After meditation I felt calm.

9.12.16 – After meditation I felt happy. It is calm and my mind is fresh.

G. Santoshini, VIII Class

OUR PAGES



M. Anirudh, Class IV

Swami Vivekananda was born on 12th January, 1863 to Bhuwaneshwari Devi and Vishwanath Datta, a well known lawyer in Calcutta. His mother was a pious lady. He learnt puranas from his mother, who was a good story teller. Vivekananda was an all rounder. He had a very intelligent mind. His college Principal was impressed by his philosophical insight. Vivekananda travelled extensively sometimes on foot and sometimes in train. He told us about sharing and service.

Swami Vivekananda



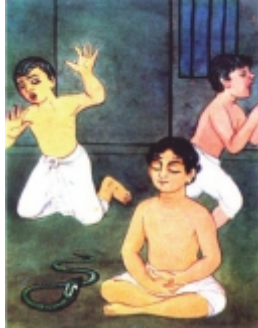
P. Sreeram, Class IV

Swami Vivekananda was named Narendranath and everyone used to call him as Biley. Biley was very naughty and it was difficult to calm him. So his mother would pour cold water on him saying, "Shiva, Shiva" then he would become calm.



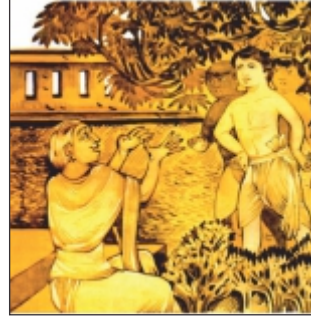
వరేణ్య, మూడవ తరగతి

ఒక రోజు సరేంద్రనాథ్ గారు ఇంకా వాళ్ళ స్నేహితులు ధ్యానం ఆట ఆడుతుంటే ఒక అబ్బాయి కళ్ళు తెరిచి చూసాడు. అక్కడికి పాము ఒకటి వచ్చింది. అందరిని లేపాడు. కానీ సరేంద్రనాథ్ గారు లేవలేదు. అందరు గోడ వెనకాలదాక్కున్నారు. కొంతసేపు అయ్యాక ఆపాము వెళ్ళి పోయింది. అప్పుడు సరేంద్రనాథ్ గారు లేచారు. అప్పుడు ఆయన స్నేహితులు ఇందాక ఒక పాము వచ్చింది అని చెప్పారు. అవునా నాకు తెలియదు అని సరేంద్రనాథ్ గారు అన్నారు. అందరు ఆ మాటకు ఆశ్చర్యపోయారు.

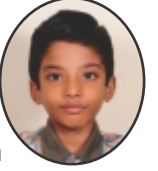


V. Tharun Sai, Class III

One day Swami Vivekananda and his friends were playing in the garden.

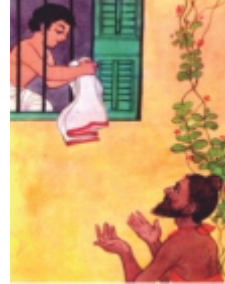


The gardener saw children and said there is a ghost on the tree so run away. Vivekananda and friends went away. Vivekananda came again to the garden at night. He climbed the tree and waited for the ghost to come. Morning he climbed down the tree and said to the gardener there is no ghost on the tree. I slept here only.



P. Jaya Babu, Class III

One day Vivekananda's mother locked him in a room. He saw beggars from the window. They didn't



have clothes and he threw some of his mother's clothes from the window. One of the servants saw this and said to Vivekananda's mother and his mother quickly opened the door and asked, "why are you throwing clothes?" Vivekananda said, "Mother we have so many clothes to wear but these beggars don't have clothes." His mother felt very happy.

WISDOM WORDS

Pujya Sri K C Narayana garu, The Practice of Sri Ramchandra's Raja yoga and its Efficacy

Athithi: 'Athithi' is who comes to us without even informing and we are ordained to sacrifice everything we have got to him. This is said to be the basis of family. This is further elaborated in the concept 'athithi devo bhava' (treat the guest as God himself after having said that the mother, father and teacher are to be treated as Gods in the Vedas and Upanishads). Thus sacrifice and service have been upheld as the real values of life and this is due to the thinking process that churned out this truth by the Vedic times. This is why when they said this is the dharma of a grhastha; they were trying to tell you what is the basis of family. When they indicated the guest as the most important person, as the God, they are sending you a message. Basically the point we should remind ourselves in this present day polluted atmosphere, that is not restricted to physical and atmosphere, but to the very thought process, is that it is our dharma to share even at the point of our deprivation. Those of us who know the story of the mongoose often quoted by Swami Vivekananda, which exemplifies the glory of sacrifice of a poor teacher, will understand the glory of sacrifice and the duties to be performed when we are part of a family. Please note the extent to which we have been exhorted by our tradition to live up to, and to what levels we have fallen. It is for us to decide.

POEMS

మన అఖండ భారతదేశం
అనేక గ్రంథాలతో విలసిల్లే
ఆధ్యాత్మిక వైభవంతో ప్రజ్వరిల్లే
మహావీరులు, మహాశూరులు జన్మించిన ఈ దేశం
సంస్కృతీ సాంప్రదాయాలతో
సహజ సంపదలతో నిండిన ఈ దేశం
అందమైన ప్రకృతితో, నైతిక విలువలతో
సౌభాగ్యంతో, పచ్చని పైరులతో
నిండిన ఈ దేశం మన భారతదేశం



డి. వైష్ణవి
పదవ తరగతి

వదాన్యులు, వా:పురాలు కల దేశం మన దేశం
అంగనలు రివాజు పాటించే దేశం మన దేశం
వాభావశిలాంటి దేశం మన దేశం
శక్రధనస్సులాంటి దేశం మన దేశం
సౌధామనుల్లాంటి పౌరులుగల దేశం మన దేశం
అన్నదాతలుగల దేశం మన దేశం
తల్లిలాంటి ఈ దేశం మన దేశం
సలాం చేయాలి ఈ దేశానికి మన దేశానికి



ఎమ్. మానిక
పదవ తరగతి

ఈ దేశం మా దేశం బంగారు దేశం
ఎన్నో పచ్చపచ్చని పంట పొలాలతో
నిండి ఉన్న మా దేశం బంగారు దేశం
అనేక జాతిమతాలతో ఉన్న మా దేశం
బంగారు దేశం
ఐకమత్యమే ఆభరణం
అహింసే ఆయుధం
శాంతే నిలయము
సత్యమే సర్వసౌభాగ్యం
ఇదే నా దేశం బంగారు దేశం



ఎమ్. డి. అర్షియా
పదవ తరగతి

దేశం...
భారతదేశం...
జాతి మతాల బేధాలులేకుండా
అన్నదమ్ముల అనుబంధం ఉన్న మా దేశం
కలసిమెలసి ఆనందాలు పంచుకుంటూ
మా దేశం భారతదేశం
సౌభాగ్యాలతో మెలుగుతున్న మా దేశం భారతదేశం
నా జన్మభూమి ఎంతో అందమైన దేశము
నా పాఠశాల అంతకన్నా కమ్మని ప్రదేశము



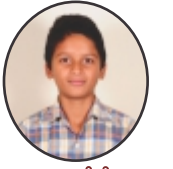
ఎన్. సుప్రియ
పదవ తరగతి

ఓ దేశం నా బంగారు దేశం
సహజ వనరులతోనిండి ఉన్న నా దేశం
అనేక జాతిమతాలతో ఉన్న నా దేశం
ఓ దేశం నా బంగారు దేశం
పరవశించే ప్రకృతిగల దేశం
శాంతియోధులు జన్మించిన ప్రశాంత దేశం
ఓ దేశం నా బంగారు దేశం
ఎన్నో అనుబంధాలతో ముడిపడిన దేశం
మరెన్నో సంస్కృతీ సాంప్రదాయాలు కలగలసిన నా దేశం
ఓ దేశం నా బంగారు దేశం



ఎ. నవీన్ కుమార్
పదవ తరగతి

రామలక్ష్మణులు తిరుగాడిన భూమి
రామపాదుకలు రాజ్యమేలిన భూమి
బుద్ధుడికి జ్ఞానం అందించిన భూమి
ఎందరో కవులు వెలసిన భూమి
సుసంపన్నమైన సహజ వనరులతోనున్న భూమి
చారిత్రక కట్టడాలతో వెలసిన భూమి
సాంప్రదాయాలకు కట్టుబడిన మాతృభూమి
మన భారతభూమి



ఎ. లోకేశ్
పదవ తరగతి

అమ్మ తన పిల్లలను పడుకోపెట్టడానికి వారిని
లాలించి, బుజ్జగిస్తుంది. వారిని
బుజ్జగించాలంటే ఒక మంచి పాట పాడుతుంది.
అలాంటిదే ఈ క్రింది పాట :
చిట్టి పొట్టి చిన్నారి పాపాయి
చిరునవ్వుల పాపాయి
అందాలొలికించే పాపాయి
నిదురపోయే పాపాయి
నీలోని అల్లరిని ప్రక్కన పెట్టి
నీ నలగి సొలగిన కాళ్ళకి
నీ చిన్నారి చిట్టి కాళ్ళకి
జో లాలి.....
లాలి జో.....
జోజోలాలి.....
లాలీ లాలీ లాలీ లాలీ అని లాలించాలి నిన్ను ఆ గాలి
నా చిట్టి పొట్టి పాపాయి
చిన్నారి పాపాయి
నువ్వు అందమైన కలలోకి జారాలి
లాలీ లాలీ లాలీ లాలీ
జోజోలాలి.....



జె. అను
పదవ తరగతి

SOLUTIONS

Page 7 - Ancient India - Across : 1. Sanskrit 6. Takshashila 7. Shataraanj(c)hess) 8. Aryabhata 9. Gujarat Down : 2. IndusValley 3. Bhaskaracharya 4. Charaka 5. Samaveda Page 10 - What's the Value - Patience Page 10 - Swami Vivekananda - 1. f, 2. a, 3. i, 4. g, 5. j, 6. c, 7. e, 8. d, 9. b, 10. h

NEW YEAR GREETING CARDS BY CHILDREN FOR LALAJI ERA



Hansika, IV



Chinmayee, IV



Jayababu, III



Eesha, IX



Vishnu Vardhan, V



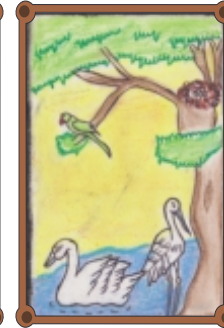
Pranay Kumar, X



Anjani, VII



Loukya, VII



Mounika, IX



Hyma Durga Bhavani, III

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



Nirmala, X



Rajini, X



Sree Jahnvi, VIII



Vaishnavi, X



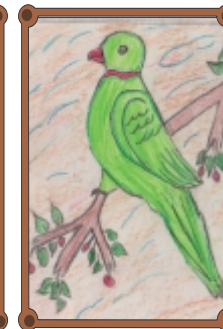
Nitisha, V



Sri Sreshta, I



Pavani, I



Anilya, X



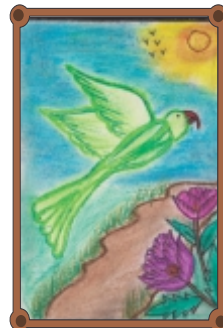
Gyandeep, II



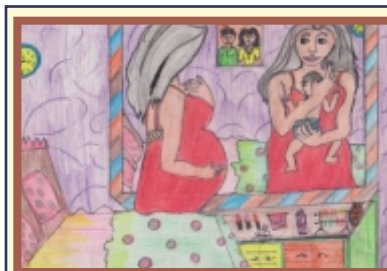
Lavanya, VIII



Poojitha, IV



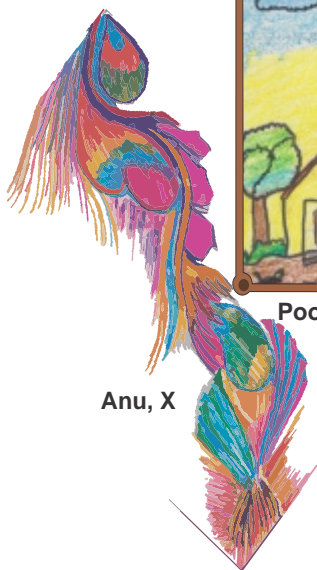
Chandrasekhar, IX



Laxmi Prasanna, VIII



Roopa Tanmayi, III



Anu, X



Supriya, X

Konaseema
Chitrakala
Parishad
Gold Medal
Winners



Abhishek, VII

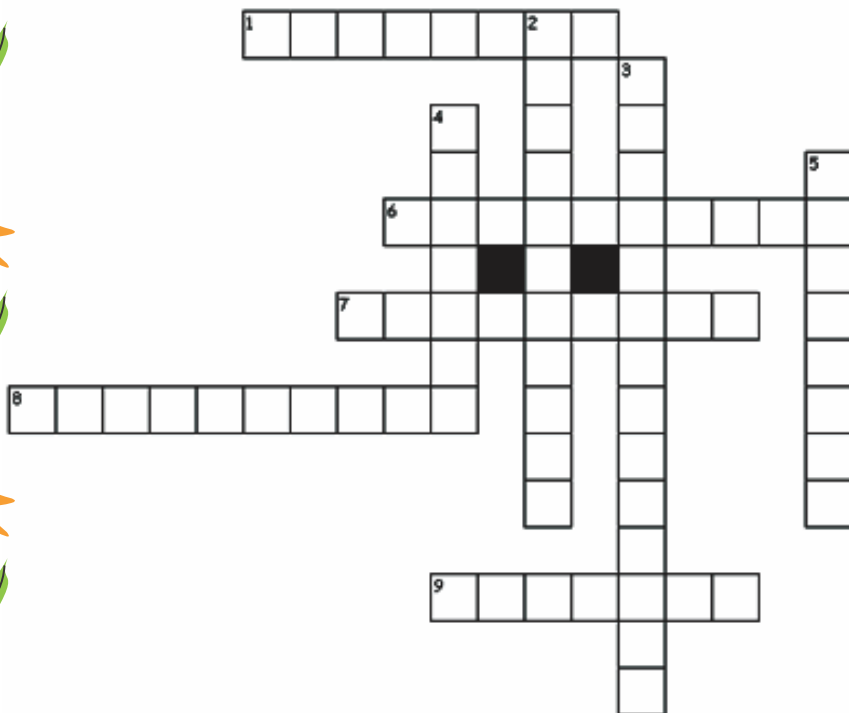
ACTIVITY CENTER

Colour the picture

Illustrator : G. B. Setti



Ancient India



Across

1. The ancient language of India and the basic language of computers were also constructed along the principles of this language.
6. Which place in ancient India is known as the "Center of Education"?
7. An ancient indoor game of India.
8. Who invented zero?
9. The earliest reservoir and dam for irrigation was built in this state.

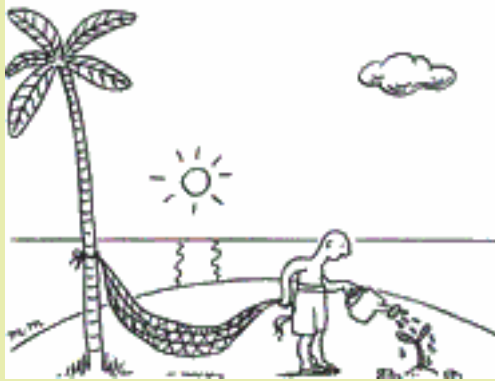
Down

2. Which is the oldest civilization of India and also known as the Harappan Civilisation?
3. Who calculated the time taken by the Earth to orbit the Sun hundreds of years ago?
4. The father of medicine who consolidated Ayurveda 2500 years ago.
5. One of the ancient core Hindu scriptures known as the Vedas.

Solutions on Page 11

ACTIVITY CENTER

What's the Value?



You should not get irritated or frustrated even if a situation is not to your liking or somebody behaves in a way which is disturbing to you. What we have, therefore, to do under the circumstances is not to give way to the feeling of anger or grief but to assume an unquestioning attitude thinking that we ourselves are in the wrong for which we have to forbear with a cool mind. Other means to understand that some things take time and we should not be annoyed, frustrated or restless if it takes time. Look at the first picture, boy is watering a plant everyday so it will grow in to a big tree some day.

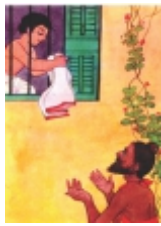


Here in second picture, you can see Garuda, the vehicle of Lord Vishnu is ever ready with his wings open to take off immediately at the call of the Lord. He is ever waiting in attendance on God for getting entrusted with work.

Swami Vivekananda

Match the paragraphs with the pictures given.

a.



b.



f.



g.



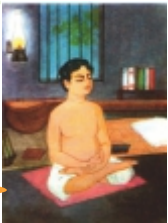
h.



d.



j.



c.



i.



e.



1. **Game of Meditation:** The boys played game of meditation with Naren. A snake came and boys fled but Naren was lost in his meditation and could not hear anything.
2. **The kindness of Naren:** He gave away everything to the poor and needy. Once he gave away his mother's valuable sarees to beggars.
3. **Education:** A teacher used to come and teach him at home. He did not forget what he had heard once. He remembered everything.
4. **Courage and Sense of Duty:** He knew no fear and overcome every hurdle that came in his way. Under careful attention and nursing of Naren, the sailor got better completely within a week.
5. **Urge to realize God:** He started practicing real and ardent meditation. He lived alone in his study. Very often, he spent sleepless nights in meditation. He thought of God.
6. **At Dakshineswar:** That was the day when Narendranath asked Sri Ramakrishna, "Have you seen God?" Shri Ramakrishna answered, "Yes, I have. I have seen Him vividly, as I see you now. If you wish, I can show you too".
7. **At Kanyakumari:** Abject misery of country haunted Swamiji. He was groping for a way out. At last he saw the light at Kanyakumari on the last rock of India in meditation.
8. **Commandment for travel abroad:** One day in Madras he saw Sri Ramakrishna walking over the sea and beckoning to him. He must go to America and deliver there, message of India.
9. **Parliament of Religions at Chicago:** Swamiji started his speech addressing the audience as "the sisters and brothers of America". He looked upon everyone on this earth as his own brother or sister and loved the people of every country and every religion as his own. That is why every heart was touched by the deep love that emanated from his speech.
10. **Service of people:** In Calcutta, scores were dying of plague at that time. The disease was of awful type and everybody was dead scared of it. Swamiji along with his brother monks started attending on the plague patients.

Solutions on Page 5

SCHOOL EVENTS

Birla Science Museum



Classes IV - VII visited B.M.Birla Science Museum as a part field Trip on 22nd November. Students saw Planetarium, Science Museum and Dinosaurium. Students saw sky show and experiments on properties of air, sound, optical. Students also saw a rare fossil of Dinosaur which is 160 million years old.

Rendezvous with Nature



Students of classes I, II, III went to Shilparamam for picnic on 17th December, 2016. The children saw models of Village bazaar and Pongal festival.

Mathematics Day

Students of VI to X classes exhibited math projects on 22nd December on the occasion of Srinivasa Ramanujan's birthday. Students of IX class performed a skit on "Biography of Srinivasa Ramanujan" and students of Class VIII explained about Vedic Maths. Students learnt many things about Srinivasa Ramanujan.



Satakam Contest



Moral Stories Contest

As part of Swami Vivekananda Birthday celebration, Moral Stories contest was held on January 9th, 2017 for all classes. The contest was held based on Moral Stories books Volumes 1 - 4, Weekly values and Spandan. Students participated with great zeal.



All through the centuries Satakams have been extremely popular with parents and teachers to teach the right conduct and values to children. The poetic language is very simple and heart touching. Every year Satkama School has been conducting Sataka Contest to imbibe moral values in children. On the occasion of Swami Vivekananda's Jayanthi, Satakam Contest was held on January 6 and 7, 2017. Students participated enthusiastically and recited Satakams well.

Sports Day



Sports Day was celebrated on 31st December 2016. All students enthusiastically participated in the events conducted. To develop sportsman spirit in students, we conducted different sports like Kho-Kho, Volleyball, Throwball, Chess, Carroms and few others.

Rangoli in School

Students have decorated the School with colourful rangolis on account of Pongal Festival and New Year (145 Lalaji Era)



C. Surya of X Class and K. Vikas of IX Class participated in CCMB Young Innovator's Program on December 30. They attended a lecture demonstration by an eminent scientist.

CONGRATULATIONS

Students of Satkama and Bodh School participated in the Konaseema Chitra Kala Parishad Painting contest this year. Rupa Tanmay of III class, Lakshmi Prasanna of VIII and P. Abhishek of VII class won gold medals from Satkama School. Yuvaratnam from Bodh School won the gold medal in the competition.

Students of Satkama School participated in National Level Painting Competition organised by Satguru, The School of Arts on 26th November, 2016. G. Pallavi and M. Anjani of VII class got appreciation certificates for their paintings.

SCHOOL EVENTS

Republic Day

Satkama High School and Bodh School celebrated 68th Republic Day. Dr.A.Subba Rao was the Chief Guest for the event. The students presented patriotic songs on the occasion. Students were given prizes for Sports Day, Srimad Bhagvad Gita Sloka, Moral Stories and Satakam Contests.



FIELD TRIPS

A Day at Shilparamam

శివసాయి తేజశ్వీ, రెండవ తరగతి
మేము శిల్పారామంనకు వెళ్ళాము. అక్కడ చాలా బొమ్మలు
ఉన్నాయి. కొంతమంది బొమ్మలు తయారు చేస్తున్నారు. అక్కడ



చాలా చెట్లు ఉన్నాయి, ఒక
పడవ కూడా వున్నది. ఒక
విమానాన్ని చూసాము.
అక్కడ అందరికీ బిస్కట్లు
ఇచ్చారు. మేము అక్కడ
చాలా సంతోషముగా
ఆడుకొన్నాము.

M.Siddharth, Class II

On 17th December, 2016 our school has taken us to Shilparamam. We started at 9.30am in the morning from school in our school van. We went inside along with our teachers. First, we saw different varieties of toys made of clay, jute, wood etc. We saw some special stalls like potter's house, bonalu festival, Pongal festival, village bazaar, blacksmith's house, carpenter's house and we also saw a puppet show. I liked it very much. Then we went tonight bazar and had our lunch, played for sometime and we went back to our school.

A trip to B.M.Birla Science Centre

M.Siddharth, Class II

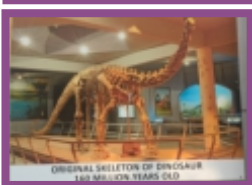
In our educational trip IV to VII classes went to Birla Science Center. We went to see the planetarium show. In the planetarium show it was about solar system. We came to know many new things about solar system. After that we went to 3D universe. We kept 3D glasses and saw it was nice. We all enjoyed the show and then we had snacks and went to museum. There is an Ivory idol of Rama and there are so many England Royal Vessels, Perfumes, etc. There are so many wall hangings which are very nice. There is one picture of evolution and real bones of an early man. There were different experiments. They are also good from there we went to Dinosaurium. There is a big dinosaur 's bones From there we returned to School.

P. NagaVyshnavi, Class IV

As part of field trip our school took us to Birla Science Center. In that we first visited sky theatre. The show is about the Solar System. We understood about different planets and the Black Hole. After that we visited 3D Universe. It is about different aquatic animals. After lunch, we visited Museum. In the museum, there are ornaments of kings and articles which they used. There are many experiments on sound, light and air. Next we saw dinosaur skeleton which is 160 million years old it was found in Adilabad district. There are skull, egg and thigh bone of a dinosaur. After visiting all, we started back to school by bus. We enjoyed the trip very much.

P. NagaVyshnavi, Class IV

We went to field trip on 12-11-16 from Classes IV to VII. We went to planetarium. In that I saw museum. In museum I saw photos. I saw Dinosaur's bones. I saw elephant's tusk. I saw 3D Universe. I saw sky show. It is very nice. I played electric games/ I saw Dinosaur egg. I enjoyed the field trip. I went with my friends and teachers. It is wonderful field trip. We all are very happy. Thanks for taking us to wonderful field trip.



M.Anjani and T.Sreeja, Class VII

On 18-11-2016 we went to Birla Science Center. In that we saw a show about Solar System. From there we went to 3D Universe. There we saw amazing aquatic nature by keeping 3D spectra which they gave. After lunch we went to Birla Museum. There were lots of photographs, idols and different bowls that kings used. The one thing which I felt amazing was that the whole Ramayana was sculptured on an elephant's tusk. We saw a magnificent carpet of Mughals with full of precious stones. We saw so many science experiments. Then we went to Dinosaurium where we saw a huge skeleton of a big Dinosaur. We are so thankful for our school for taking us to such educational trip.

Special School for Slow Learners (Children with Learning Difficulties)

Children happily made many varieties of Greeting Cards for New Year day of 145th Lalaji Era with the help of Art Sir Sri G.B.Setti. Children of Bodh visited Birla planetarium and museum along with Satkama School during the month of November. Some of the paintings drawn by the children were sent to National Level painting competition of Kona Seema Chitrakala Parishad. Chi. Yuvaratnam of 6th class won gold medal. They participated in sports day and moral story contest and vemaana satakam contest along with Satkama School students. They are improving in writing skills which can be seen in their stories, poems and articles.

I studied in Bodh school from 6th to 7th class. I learnt in Bodh School to have interest in all subjects and I learnt to speak English, Telugu and Hindi. I also learnt not to harm others and not to speak bad words, not to fight with everyone, be friendly with each other. I learnt to draw pictures and I participated in science fair, drawing diyas painting and I learnt values.

M.A.Rohail
(presently studying 9th class in Hindi school)



ప్రేమ

శ్రీరామ్ ప్రసాద్, ఆరవ తరగతి

ఒక ఊరిలో ఒక చెట్టు ఉంది. ఆ చెట్టు చాలా మంచిది. ఒక రోజు ఒక చిన్న అబ్బాయి, ఆ చెట్టు దగ్గర కూర్చుని ఏడుస్తున్నాడు. అప్పుడు ఆ చెట్టు బాబు ఏమైంది అని అడిగింది. ఆ బాబు నాకు ఆకలిగా ఉంది అన్నాడు ఆ చెట్టు ప్రేమగా జామకాయ ఇచ్చింది. అది తిని ఇంటికి వెళ్లాడు. ఒక రోజు ఆ అబ్బాయి ఇంటికి



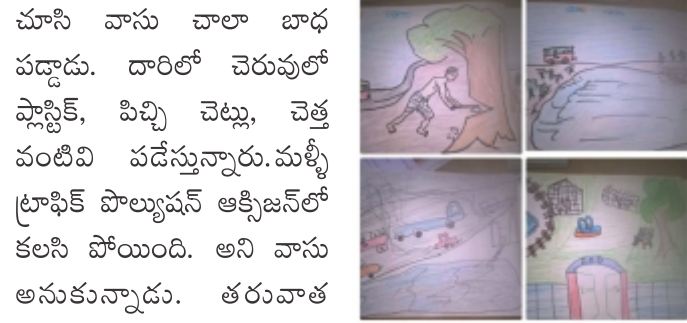
చుట్టాలు వచ్చారు. అప్పుడు వాళ్ల అమ్మ కొట్టుకు వెళ్లి పండ్లు తెమ్మంది. బాబు వెడితే కొట్టు మూసి వుంది. అప్పుడు ఆ బాబు చెట్టు క్రిందకు వెళ్లి మళ్ళీ ఏడుస్తున్నాడు. అప్పుడు ఆ చెట్టు ఏమి అయ్యింది అని అడిగింది. మా అమ్మ కొట్టుకు వెళ్ళి పండ్లు తెమ్మంది అని చెప్పాడు. నువ్వు నా పండ్లు తీసుకో అని చెట్టు అన్నది. అప్పుడు ఆ అబ్బాయి ఇంటికి వెళ్ళాడు. కొన్ని రోజులు తరువాత ఆ అబ్బాయి చెట్టు దగ్గరికి వెళ్ళాడు. అక్కడ చెట్టు లేదు. అతడు చాలా బాధ పడ్డాడు. చెట్టు పండ్లు ఇచ్చింది నేను ఆ చెట్టును నేస్తంగా చూసాను. కదా, అని బాధతో ఇంటికి వెళ్ళాడు. వాళ్ళ అమ్మ తో జరిగింది అంతా చెప్పాడు. వాళ్ళ అమ్మ బాధ పడకు అని ఓదార్చి ప్రేమతో ఒక చెట్టు నాటమని ఇచ్చింది. ఆ అబ్బాయి ప్రేమతో చెట్టును నాటి నీళ్ళు పోసి జాగ్రత్తగా చూసుకుంటున్నా

నీతి: మనం అందరిని ప్రేమించాలి.

శుభ్రత

యువరత్నం, ఆరవ తరగతి

ఒక ఊరిలో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు వాసు. ఒక రోజు వాసు వాళ్ళ అమ్మ నాన్నలు విహారయాత్రకు వెడదామని అనుకున్నారు. వాళ్ళు విహారయాత్రకు వెడుతూ వెడుతూ వాసు బస్సులో నుండి చెట్లను చూసాడు. చూస్తుంటే ఒకతను చెట్లను నరికేస్తున్నాడు. అది చూసి వాసు చాలా బాధ పడ్డాడు. దారిలో చెరువులో ప్లాస్టిక్, పిచ్చి చెట్లు, చెత్త వంటివి పడేస్తున్నారు. మళ్ళీ ట్రాఫిక్ పొల్యూషన్ ఆక్సిజన్ లో కలసి పోయింది. అని వాసు అనుకున్నాడు. తరువాత



వాళ్ళందరు జూకి వెళ్ళారు. వాసు ఆ జంతువులను చూసి ఇలా అనుకున్నాడు. పాపం ఈ జంతువులను బోనులో పెడుతున్నారు. ఇంక వాటికి స్వతంత్ర్యం లేదు. ఆకలితో వున్నాయి. అది చూసిన వాసు మళ్ళీ బాధ పడ్డాడు. ఇలా ఇవన్నీ చూసిన వాసు భూమి ఇంకా ఎలా ఉంది అని అనుకున్నాడు. వాసు వాళ్ళ అమ్మ నాన్నలు ఇంటికి వెళ్ళారు. తరువాత వాళ్ళకి చూసినదంతా చెప్పాడు. వాళ్ళ అమ్మ నాన్నలు కూడా చాలా బాధ పడ్డారు. వాసు ఇలా అనుకున్నాడు. నేను బాగా చదువుకుని పెద్దయ్యి మంచి ఉద్యోగం తెచ్చుకుని నా దేశాన్ని, మా ఊరిని శుభ్రంగా ఉంచుకోవాలని అనుకున్నాడు.

నీతి: మనం మన దేశాన్ని శుభ్రంగా ఉంచుకోవాలి.



Lakshmi Prasanna, VI Class

Friend

Once upon a time there was a girl. Her name was Rani. One day she sat under the tree with a sad face. Suddenly a voice came from the tree, "What happened, why are you looking so sad?" Then Rani said, "I don't have friends. I want to play, but with whom can I play with?" Then the tree said, "You can play with me." Then Rani said, "How can I play with you?" Then tree said, "You can play with me. Tie one thread to the branches and swing happily." From that day, she played happily and took care of the tree.



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

BODH



A visit to Birla Planetarium

Kavaya Bai, VI Class

On 18th November, 2016 we went to a picnic with our friends to Birla Science Museum. First we saw Birla Planetarium show. The show was very interesting. We saw all the planets in the solar system. We saw several stars and they were very beautiful. We went to 3D Universal show. We all wore 3D spectacles and watched the show. It was amazing! We felt as if the animals were coming in front of our faces! Next we went to Science Museum. We saw weapons, stones, costumes etc. We saw an elephant tusk which was very big. Next we played Electronic games. They were very interesting and we enjoyed a lot. Lastly we saw a dinosaur. It was very big. We enjoyed the trip very much!

NEW YEAR GREETING CARDS BY CHILDREN FOR LALAJI ERA

According to Lalaji Era, New Year begins on January 13th this year. We celebrated by making greeting cards and gave everyone.

Konaseema Chitrakala Parishad
Gold Medal Winner



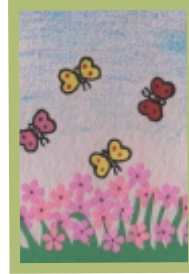
Sriram Prasad, VI



Kavaya Bai, VI



Geetanjali



Lakshmi Prasanna, VI



Praveen, II



Yuvaratnam, VI

SSS VOCATIONAL WING NEWS

SUPW

C. Surya, X Class

I am Surya. I am studying 10th class. Since I have come to the higher class i.e. to the 6th standard, I have come to know that an extra class (SUPW) is added. In SUPW there are separate wings - Biscuit making, Stitching, Gardening, Candle making, File folder etc. However me and my group firstly went to the stitching class. Before I joined this class I was excited about the class. But I have come to know that this class is beyond my expectations. It was the same for joining gardening, stitching, biscuit making. I didn't know the basic things like the ways and precautions for planting a plant, mechanism of stitching, what are the main ingredients in the making of biscuits etc. It is useful and linked with our daily household works. But these are important in the future. There are some situations where we can use the SUPW class teachings like in 7th class, on Tuesday 5th period is SUPW class and next class is English class. I've learned how to stitch a button in the class. But unfortunately I've lost my two buttons of my shirt in lunch break. After eating I've stitched my buttons as to escape scolding from my English teacher for wearing buttonless shirt. So I was with a peaceful heart listened to the lesson. I express my gratitude towards the SUPW teachers.



N. Mounika, X Class

I have joined this school in 2013. SUPW class includes gardening, stitching and biscuit making. In these three years I have learnt so many things. In gardening class I learned how to sow a seed. Sowing seeds is a beautiful experience of my life which I learned in this school. From three years I have been sowing seeds on my birthday. In stitching class, I learned knitting and many types of stitches from Davana teacher like how to stitch a button, designing on clothes, kerchief, bag and mat. First I started stitching my old clothes and then slowly I started stitching my school dress and other clothes and buttons. I made a mat using wool and I have given it to my mother and she felt very happy. I have even stitched a bag to keep my pocket money. By seeing all this my mother felt happy and I hope I have reduced some burden of my mother by learning these. From Laxmi teacher, I learned how to make biscuits and how to make candles in biscuit making class. I told the whole process to my mother and asked my mother to bring those materials which are used to prepare biscuits so that I can make them at home. These activities not only useful for me now but will be useful in the future also. These activities are physically good for us. Doing all these activities makes me happy.



Eat less and earn a honest living - Pujya Sri Ramchandraj Maharaj, Fatehgarh, UP

Honey

Dr. G. Vijay Kumar, BAMS, MS, Consultant Ayurvedic Physician & Surgeon

Honey has been used by people in India since ancient times. According to Ayurveda classic Ashtanga Hridaya, honey was used against many diseases, especially for healing internal health problems and cleaning wounds externally. Honey is known as “Madhu” (meaning perfection of sweet). In Hindi, honey is known as shahad, in Telugu as thene, in Tamil as then and in Malayalam as thean.

Qualities of honey according to Ayurveda: Rasa – Madhura Rasa, Kashaya Anurasa. Gunam – Guru gunam (heavy), Ruksha gunam (dry). Veeryam: sheeta veeryam. Honey is thri dosha haram. New fresh honey is sweet in nature, gives good strength to the body. Old honey (one year old) is medhoharam (obtains qualities of lipolysis). In Ayurveda according to Acharya Susruta, there are eight different types of honey. They are as follows.

1. Makshikam: This is used in the treatment of eye diseases, hepatitis, piles, fistulas, cough and tuberculosis.
2. Bhraamaram: This type of honey used in the treatment of blood vomiting (Blood is vomited).
3. Kshoudram: This type of honey is used in the treatment of Madhumeha (Diabetes).
4. Pauthikam: This is used in the treatment of Madhumeha and Pramehas (Urinary tract infections).
5. Chatham: This is used in the treatment of Krimiroga (worm infestation) when blood is vomited and Madhumeha.
6. Aardhyam : This type of honey is effective for eye diseases (Nethra Roga), cough, pandu roga (anaemia).
7. Ouddalakam : This type of honey is used in the treatment of Kusta (leprosy skin disease).
8. Daalam: This honey increases digestion and helps in the treatment of cough, vomiting, hyper acidity and Diabetes.

Honey is considered as “Anupana” a vehicle or carrier for other medicines (herbs). To increase their efficacy by mixing medicines into honey, it enhances their medicinal qualities and helps to reach deeper tissues in the body. It is written in Ayurvedic texts that enjoying a spoonful of honey a day will give a long and healthy life. Honey is natural immune booster. Honey is full of vitamins, essential minerals, antioxidants, iron, and amino acids and has many antibiotic and anti-septic properties. The latest research indicates that the pollen in honey contains all 22 amino acids, 28 minerals, 11 enzymes, 14 fatty acids and 11 carbohydrates.

HONEY'S NATURAL HEALTH BENEFITS AND CURATIVE PROPERTIES

1. Digestion (Gastro Intestinal Problems): Honey is useful in maintaining the health of the stomach. It helps in proper digestion and prevents stomach diseases. Honey also decreases over production of hydrochloric acid (HCL), thereby preventing symptoms like nausea, vomiting and heart burns. Honey acts as natural laxative and emetic and cleans the digestive canal of the waste matter. Honey is easily digested and assimilated.

2. Skin Problems: Honey acts as an antiseptic and in the healing of the wounds and sores and it is especially effective in curing burns and carbuncles. Apply honey on face for freshness and good complexion of the skin.

3. Good For Heart: Daily intake of honey with lime juice in a glass of water before going to bed reduces palpitation of heart and arteriosclerosis of weak heart.

4. Anaemia: Honey is remarkable in building haemoglobin in the body since it contains minerals like iron, copper and manganese etc. It is beneficial in the treatment of anaemia as it helps maintain the right balance of haemoglobin. Regular consumption of honey will increase calcium absorption and haemoglobin count and help to fight anaemia.

5. Insomnia: Honey should be taken with water before going to bed. 1 to 2 spoons of honey in glass of water will help in getting sound sleep.

6. Oral Diseases: Honey is good in keeping mouth healthy. When honey is applied over the teeth and

gums, it cleanses the gums and teeth. It prevents the deposits of tartar at the base of the teeth and prevents decay and early falling of the teeth. Being antiseptic, it prevents the growth of harmful microorganisms in the oral cavity. It also keeps gums in a healthy state by increasing their vascularity. In case of ulcers in the oral cavity honey helps in their early healing and prevents further sepsis and pyogenic infections and bad odour. Daily honey with water gargling is very useful in gingivitis due to inflammation of gums.

7. Irritating Cough: The regular use of honey mixed with herbs like Tulasi, Ginger etc is highly beneficial in the treatment of irritating cough. Honey used as demulcent (soothing effect) on the inflamed mucous membrane, upper respiratory tract infections and relieves the cough. Honey mixed in Tulasi swarasa is very useful in all types of coughs and bronchitis.

8. Obesity: Daily 1 to 2 spoons of honey and lime juice mixed in lukewarm water will help in reducing over weight.

Other Health Benefits of Honey: Honey helps to remove dead skin cells and prevent appearance of wrinkles on the skin. Honey possess antifungal properties. It can help cure infections like athletes foot when applied externally along with turmeric and manjishta. Honey also helps lower cholesterol while increasing HDL (good cholesterol). As honey helps modulate the immune system it prevents recurrence of infections. Honey acts as memory booster.

NOTE: Raw honey has to be purchased from nearby places. The best honey is raw, unprocessed one. Do not heat honey as it can give toxic qualities.

వేమన శతకము

అంతరంగమందు నపరాధములు చేసి
మంచి వానివలెనే మనుజు డుండు
ఇతరులెఱుగకున్న నీశ్వరుడెఱుగడా
విశ్వధాబిరామ వినురవేమ

తాత్పర్యము : మనస్సులో అనేక అపరాధములు చేసి పైకి
మంచివాని వలె కనబడుచుండును. ఆ విషయము మనుష్యులు
తెలుసుకొనలేక పోయినను భగవంతుడు తెలుసుకొనును.

संत कबीर के दोहे

कहा भरोसा देह का, बिनसि जाय छिन
मांहि ।
सांस सांस सुमिरन करो और जतन कछु
नाहि ॥

Life is uncertain. It can go anytime.
Remember the Master in every breath.
That is the only solution of life.

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

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

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

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