



## TRUTH SPEAKING

**Dr. M. Janardhan Reddy**

I would like to share few thoughts on the qualities of simplicity, honesty and Truth speaking in our daily life. They should be practiced from early in life as a child so that they become our way of living. Simplicity should be in our living like food, dress and other activities, without craving for unnecessary and costly things. We learn this from the life of Pujya Babuji Maharaj. He practiced utmost simplicity in his life in dress, wearing a dhoti, kurta and a coat. He used to eat only pulkas, dal and vegetables. He used to travel in trains in unreserved third class compartments during the visit to the places of the abhyasis. We should be honest in all respects. It helps to build our character. We can learn this from the life of Pujya Babuji Maharaj. While He was studying in the school, He found a one rupee coin in the ground. He handed it over to the head master to be given to the school mate, who had lost it. This was appreciated by the head master.

Truth speaking is an important quality which we should practice early in life so that it becomes our real nature. It helps to build our character. We should be truthful in such circumstances which also which may likely, be harmful to others. But our good will and trust in the Master will provide a solution to the problem.

## STUDENT EDITORIAL

**N. Dhatri, VII Class**

**N**amaste. I am very happy and thankful to get the opportunity of writing an article about Pujya Sri Ramchandraj Maharaj. Sri Ramchandraj Maharaj was born on Sunday, 30th April 1899 at Shahjahanpur, U.P. India. He was very sensitive by nature. He had a craving to know the real nature of God. He practised 'Rama japa' as advised by a local priest. He was very honest and truthful. He followed all moral values. Once he found a rupee coin (a big amount in those days) in the school compound. He dutifully handed over the same to his head master who praised and suggested others to emulate him. He would always think positively. His studies were very good. He developed interest in philosophy and he used to write essays on philosophy and the subject. His English teacher used to appreciate his articles on subject. Like him we also have to be honest and we should always think positively. We should study nicely and we should have interest in our subjects. 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](mailto:spandan@sahajsevasamsthan.org)

## SRIMAD BHAGAVAD GITA

मत्तः परतरं नान्यत्किञ्चिदस्ति धनञ्जय ।  
मयि सर्वमिदं प्रोतं सूत्रे मणिगणा इव ॥

**There exists nothing else other than Me, O Dhananjaya. All are dependent upon Me even as the multitude of beads on a string. (7-7)**

Everything in the Universe is God's and is dependent on God. There is nothing separate from Him or It. A necklace is made of different beads. However, each bead is woven in the same thread that runs through all other beads. Only then we see a beautiful necklace made. A bead by itself does not have any value unless it is woven in the necklace. It depends on the common thread to be part of the necklace. The thread may be hidden, but it alone binds all beads to create the valuable necklace.

If we think of this Universe as a necklace, then all individual things, people, animals etc are like beads or jewels in the necklace. Just like the necklace's thread, God, though hidden is the Supreme thread that binds all these together to make the beautiful necklace of Universe. All beings are dependent on Him and Him alone and in reality, it is only God that exists.

## Understanding of Commandments by Students

### Commandment 1

**Rise before dawn. Offer your prayer and puja(Worship) at a fixed hour preferably before sunrise, sitting in one and the same pose. Have a separate place and 'asan'(seat) for worship. Purity of mind and body be specially adhered to.**

**R**ising before dawn is a habit of only a few people! This is very sad. Getting up early is a very useful habit for people of all ages! For students, it gives them extra time for studying. For people going to offices or places of work, getting up early gives them a chance to have a peaceful morning without any tensions or worries about office work. They can do exercise or they can do meditation. The point is with a fresh and peaceful morning comes a fresh and happy mind. The person will be optimistic during the day no matter how much burden there is on them.

B. Jagruti, X Class

**P**raying after bath: Before taking bath, our breath smells bad, our hair is a mess, our clothes are rumpled etc. After taking bath, our mind will be fresh, our body will be clean etc. At a time like this, if we pray to God, it is very good. We pray with a pure heart full of love and devotion. After praying whole heartedly we feel a kind of happiness and peace.

B. Jagruti, X Class.

**T**he above commandment tells us to be disciplined. Means to get up before sunrise and have a separate seat for worship and offer prayer and puja by sitting in the same position.

Bhavya, VIII Class.

**W**e sometime sleep after sunrise thinking it is a holiday. But even if it is a holiday or not we should get up early in the morning. We should do puja at fixed hours not at any time. Once we sit for puja we should not move from that place. We should not do puja in any place. A particular place should be there.

Sankruti, IX Class.

### Commandment 2

**Begin your puja with a prayer for spiritual elevation with a heart full of love and devotion.**

**W**e begin our day in the morning. We get ready for pooja. When we are doing pooja, some one may call us or ask something. But we should not get up from pooja. We should do pooja with love and devotion towards God. Not only thinking about our self but also for every one in the world.

Sankruti, IX Class.

**W**e should get up early in the morning and we should take bath. After that we should pray to God. We should not ask anything to God, because God knows what is best for us. Pujya Lalaji Maharaj and Pujya Babuji Maharaj prayed to God every day.

Kavya Prasanthi, VII Class

### Commandment 3

**Fix up your goal which should be 'Complete Oneness' with God. Rest not till the ideal is achieved.**

**A**s human beings, we all have many goals to become a doctor or to become a lawyer etc, but our true goal should be to reach the state of happiness, to reach the abode of God. Pujya Babuji Maharaj achieved that state of happiness and even reached a stage where his guru, his Master, Pujya Lalaji Maharaj merged into him.

B. Jahnvi, X Class

**W**e have to fix a goal in our life. If you achieve your goal you will be happy. Pujya Lalaji Maharaj once was playing with tops then he understood why he has come to the Earth. He fixed a good goal. We have to fix a goal in our life. If you achieve your goal you will be happy.

**G**oal is a main important thing in our life. If we do not have a goal we cannot reach what we want. The main goal of our life is happiness. Goal is not just having job, having money. Goal means a happy life.

Ramya Sree, VII

**T**he most supreme goal is to be happy. We have to be happy all the time. Pujya Babuji Maharaj left all his comforts and was still happy. He took many discomforts to spread awareness about Raja Yoga Meditation.

Rishikesh, IX Class

We should utilize this occasion in getting into the Master and Master alone, which will act as food and tonic for spiritual elevation. - Pujya Sri Ramchandraji Maharaj

## Understanding of Commandments by Students

### Commandment 4

**Be plain and simple to be identical with Nature.**

**W**hen we read the 4th commandment itself, we remember Pujya Babuji Maharaj and Pujya Lalaji Maharaj. Pujya Lalaji Maharaj wore plain slippers which were very hard. He shared only one blanket with his family members. He took many discomforts. He was plain and simple. We should follow the same thing.

Rishikesh, IX Class

**I**f we observe nature, we can understand that nature itself is a perfect representation of peace and simplicity. Every man should lead a simple life. We should be happy with whatever we have and always try to have a positive attitude. Pujya Lalaji Maharaj used to lead a simple life. He wore simple clothes and always used to eat food in a contented manner.

B. Jahnvi, X Class

**B**e plain and simple to be identical with nature. Nature is the big example for simplicity Pujya Lalaji Maharaj always wore simple clothes and he was always simple. If we are simple and plain, our heart also will be simple and plain without thinking of any problems. Nature is always peaceful.

Ramya Sree, VII Class.

### Commandment 5

**Be truthful. Take miseries as Divine Blessings for your own good and be thankful.**

**W**e should be truthful. Pujya Babuji Maharaj found a coin in his school premises. Then he went to his headmaster and gave that coin to the headmaster.

B. Jagruti, X Class



**I**nderstood that we should be truthful and we take divine blessing for our own good. Pujya Lalaji Maharaj got an infection. Then sang songs to bear the pain. By seeing this, the disciples got tears in their eyes. Our Master said that "I can prevent it but this is a blessing from God so I should have it."

Jayaprakash Naidu, IX Class

### Commandment 6

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



**W**e should treat all people as brothers and sisters. Siblings quarrel sometimes but they forgive each other after the fight. We should also follow the same. Babuji Maharaj used to treat everyone as his brothers and sisters. When Pujya Babuji Maharaj worked in his office, his colleagues used to tease him. Babuji Maharaj wanted to resign from the job. But after his colleague passed away, he took care of their children. So, this says that Babuji Maharaj always was forgiving his colleagues when they were teasing him. We should follow his footsteps.

Rishikesh, IX Class

**W**hen Panditji died, Sri Babuji Maharaj went to Panditji's house. He took care of Panditji's son and his mother. Even though Panditji teased him, He treated all people as his brothers and sisters. We have to treat people as our brothers and sisters. If they are sad, we have to make them happy.

Sri Jahnvi, IX Class

**I**n all our hearts there is God. God is our father. We all are God's children, so we should have fraternity towards everyone.

Ramya Sree, VII Class

**W**hen headmaster was suffering from stomach ache Ramchandraj Maharaj took care of him like a brother.

Lavanya, IX Class

### Commandment 7

**Be not revengeful for the wrongs done by others. Take them with gratitude as heavenly gifts.**

**W**e should not be revengeful for the mistake done by others to us. We must think that it is a gift from God to us. We must not hurt others.

Balaji, IX Class

**W**hen Pujya Babuji Maharaj did not know the work, he asked his colleagues. They teased him. After a few days, Panditji died. Then Babuji Maharaj helped Panditji's son.

Sri Jahnvi, IX Class.

My heart remains connected with you all, here and elsewhere, giving impulse in unbroken silence to affect the hearts naturally in due course. - Pujya Sri Ramchandraj Maharaj

## Understanding of Commandments by Students

### Commandment 8

**Be happy to eat in constant divine thought whatever you get, with due regard to honest and pious earnings.**

Once Babuji Maharaj was waiting for some guests. They came very late. They were eager to eat. They started eating very fast. But Babuji Maharaj prayed to God, and then he started eating food slowly. The guest felt sorry by seeing this because he didn't wait for him and he didn't feel thankful to God.

Krishna, IX Class

We should be content and we must always be happy with we have, what God has given to us. We should be honest - Balaji, IX Class

### Commandment 9

**Mould your living so as to rouse a feeling of love and piety in others.**

Pujya Lalaji Maharaji was very kind to others. He would not say anything to others and just he would smile at the person – when the person saw him automatically the person felt change in him. If the person had any bad things, He would leave it and in his life good change would come. We also have to be like him.

Sathvika, IX Class

We should change ourselves and by seeing that, others should be happy with us. We should always be happy and keep happy others.

Balaji, IX Class

### Commandment 10

**At bed time, feeling the presence of God, repent for the wrongs committed unknowingly. Beg forgiveness in a supplicant mood, resolving not to allow repetition of the same.**

At bed time, we have to do prayer. We should not do prayer on the bed, instead, we should pray in the prayer room. We should repent for our mistake and beg for forgiveness too. We should try not to do the mistake again.

- Rishikesh, IX Class

We are knowingly or unknowingly doing some mistakes in our life. Sometimes even if the person forgives us, our heart cannot be happy. So, for this when we beg forgiveness from God for what we have done, before going to the bed feeling that God is present in our heart, then we can feel happy, so that we can lead a good life.

Lakshmi Prasanna, IX Class

At bed time, we should ask for forgiveness to God for wrongs done by us. We should not repeat the same mistake, feeling that the God is present in us.

Lokesh, VIII Class.

## వార్తన - అనుభవము



Illustration  
P. Sreeram, V 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.

24.3.2017 - During meditation I felt peaceful and I felt relaxed after meditation.

13.4.2017 - I was in a state of joyfulness.

19.4.2017 - During meditation, I felt joy, peace. After meditation I am very happy and I am in a state of fresh mind.

N. Vishwesh, VIII Class

24.3.2017 – I felt joyful and very happy today.

15.4.2017 - I felt calm and peaceful.

19.4.2017 - I felt very very happy today.

P. Abhishek, VIII Class

6.2.2017 - I felt like I was flying in the sky

21.3.2017 - I felt happy and excited

27.3.2017 - I felt fresh

M. Anjani, VIII Class

21.3.2017 - I felt very happy.

25.3.2017 - I felt peace.

7.4.2017 - I felt excited

Lokesh, VIII Class

## Food Adulteration

Aishwarya, Sai Varun, Aniruddh, Class VI, I Prize winners, Level II, Science & Language Arts fair

**Honey:** Honey is delicious and has lot of health benefits which is mainly due to the large number of vitamins and minerals that it contains. However, this is true only in pure honey. There are some easy tests to test whether the honey is pure or not.

**Glass of water test:** Pour some water in a glass and add some honey, if it disintegrates and mixes with the water then it is not pure. But if it form a lump and stays at the bottom of the glass without mixing with water then it is pure.

**Burning test:** Try to immerse cotton pad tip into the honey and try to burn it with lighter. Pure honey burns and impure honey does not burn.

**Finger test:** Put a drop of honey on your finger, if it runs around immediately it is impure, if it stays in one place it is pure.

**Chilli powder:** Add chilli powder to some amount of water, if it is brick powder it starts setting down as soon as the adulterated sample was put into the water.

**Adulterant Brick Powder Effect: Stomach disorder.**

**Reason: To give chilli powder reddish colour and to increase the quantity.**

**Black Pepper seeds:** Add pepper seeds to some water in a glass. Papaya sees will float where as the black pepper seed will settle down.

**Adulterant – Papaya seeds Reason: To increase the quantity.**

**Turmeric powder:** Add few drops of oil to the capture. Turmeric powder instantly turns violet and disappears on dilution with water indicated pure turmeric.

**Adulterant – Metanil Yellow Effect: Stomach disorder Reason: To increase the quantity.**

**Sugar:** Add sugar to a glass of water. Sugar settles down and chalk powder floats.

**Adulterant: Chalk powder Effect: Stomach disorder Reason: To increase the quantity.**



## Rain Water Harvesting

Chinmayee, Vanshika, Keerthana, Class V, II Prize winners, Level II, Science & Language Arts fair

**R**ain water Harvesting is the accumulation and deposition of rain water of reuse, rather than allowing it run off. Rain water can also be collected from rivers and roofs and in many places the water collected is redirected to a deep pit. It includes water for gardens, livestock, irrigation, domestic use with proper treatment and indoor heating for houses etc. The harvested water can also be used as drinking water and other purposes such as ground water recharge.

**Advantages :** Rain water harvesting is an effective and eco friendly method for reducing water usage in your home, which will lead to reduced water bills, making the switch to an eco friendly way of living. Rain water harvesting system is neither complicated nor time consuming and will result in a wide range of benefits for your home or business.

**Disadvantages :** Rain water harvesting is unpredictable as it depends on rainfall. Rainfall is hard to predict and sometimes little or no rainfall, can limit the supply of rain water. It is not advisable to depend on rain water alone for all your water needs in areas where there is limited rainfall.

Rain Water Harvesting in some states of India:

**Tamil Nadu :** Tamil Nadu was the first state to make rain water harvesting compulsory for every building to increase ground water deposition. The scheme was launched in 2001 and has been implemented in all rural areas of Tamil Nadu.

**Karnataka :** In Bangalore it is mandatory for deposition of rain water harvesting for every owner or the occupants of a building.

**Rajasthan :** The people of Rajasthan living in the Thar desert have been traditionally practising rain water harvesting. These water systems are widely used in other areas of Rajasthan as well.

**Maharashtra :** At present, in Pune, rain water harvesting is compulsorily used in every building. In Mumbai city, rain water harvesting is considered as a good solution of water crisis.



There must be one and only one goal so that one may not form different channels for the different goals. - Pujya Sri Ramchandraji Maharaj

## Automatic Street Lights

Praveen, Class X, I Prize winners, Level I, Science & Language Arts fair

**N**amaste! My project name is Automatic Street Lights with Solar Power. Now a days with the growing population and energy demand, we should take a renewable option of energy source and also we should keep in the mind that energy should not cause pollution and other natural hazards. In this case the solar energy is the best option for us. India is the second most populated country. So, we should take the advantage of such energy which requires very less space to produce energy efficiently. In this case solar tree could be the best option for us.

Solar energy is the free energy that we get from the sun. There is an increased demand of renewable sources of energy in the recent years. Solar energy is clean and environment friendly. So many countries are investing their money to produce useful electrical energy from the solar energy, solar panel are made of silicon and convert solar energy to electrical energy. What is a solar tree? A solar tree is a decorative means of producing solar energy and also electricity. It uses multiple number of solar panel which forms a shape of tree. the panels are arranged in a tree structure in a tall pole.



Automatic Street Lights with Solar Tree

**TREE** stands for: **T**: tree generating **R**: renewable **E**: energy **E**: electricity

This is like a tree in structure and the panels are like leaves of the tree which produces energy.

### **BENEFITS:**

- Builds awareness and interest in solar technology, thereby promoting its adaptation.
- Provides shade and a meeting place.
- Differentiate properties, especially those with other hidden green building measures.

### **NEEDS:**

- Due to less land as equipment, it requires less land as compare to traditional at PV systems (Photovoltaic). So we require such a plant which can generate maximum energy using minimum land.
- Efficient energy generating it can generate quickly as compare to traditional system.

Now coming to street lights – Street Lights are the major requirements in today's life of transportation for safety purposes and avoid accidents due to absence of lights. This project introduced here gives solution to this by eliminating manpower and reducing power consumption. Needs no manual operation of switching ON and OFF buttons. When there is a need of light it is automatically switches ON. When darkness rises to a certain level then sensor in that gets activated and switches ON and when there is other source of light gets OFF i.e., daytime, the street light gets OFF. In this project we have used L.E.D. as a symbol of street light. mber of solar panel which forms a shape of tree. The panels are arranged in a tree fashion in a tall pole.

Advantages:

- Complete elimination of manpower.
- Reduces energy costs.
- Reduces maintenance costs applications.
- Balcony / stair case / parking lights / street / garden lights.

## Wind Electricity

Rishikesh, Balaji, Kaif, Class IX, II Prize winners, Level I, Science & Language Arts fair

**A**s we know wind plays a very important role in our daily life. It helps in the process of water cycle. If wind is not there, then there will be no movement of clouds which would result in rainfall at only one place. But fortunately that is not the case. There are many other uses also and a new use is added due to the invention of a wind turbine by Daniel Halladay, who created a wind turbine that could generate electricity when it is spun due to wind. Our small wind turbine does the exact same thing but in a little different way. So, the kinetic energy(wind) causes the fans to spin by which the dynamo also rotates and converts kinetic energy to mechanical energy. Then this mechanical energy is converted to electricity by completing the circuit. Our wind turbine is actually a fan connected to a motor and then to an LED. We made four wind turbines and connected them in series connection and then to an LED. So, when the turbine spins, there are magnets and a copper coil in it that act like a dynamo. When the turbine spins, the copper coil also spins with the motor rubbing the magnets and creating an electromagnetic field. Then the circuit is completed by connecting LED. These are mostly used in open places and can form a lot of electrical energy when many are connected together. This is called a wind farm. So, we think there are almost no disadvantages and now-a-days it is very affordable too. We can say that even some rich farmers could afford atleast one wind turbine for their farms.



# ACTIVITY CENTER

Color the picture

Art by Sri G B Setti



## Potential vs Kinetic Energy

Look at the picture below and label them potential and kinetic based on what types of energy they are showing.

a.



b.



c.



d.



e.



f.



# ACTIVITY CENTER

## What's the Value?

There is an incident in the Great epic Ramayana .Vibheeshana seeks refuge in Lord Rama, and the incident goes like this, when Rama and his army are camping on the other side of the sea, Vibheeshana tries to reason with Ravana and urges him to return Sita to Lord Rama. At this suggestion, Ravana becomes furious and throws Vibheeshana out of Lanka. Vibheeshana with four of his followers leaves everything (friends, family and property) behind in Lanka and takes refuge in Lord Rama. Lord Rama was overjoyed and said that He would never refuse anyone who takes refuge at His Feet. Lord Rama accepts Vibheeshana and promises his protection. Now, this incident's shows which value?



## Great Indian Scientists

Fill in the following blanks using below clues.

(Prafulla Ray, Benjamin Pal, Prasanta Mahalanobis, S.S. BHATNAGAR, Dr. Vikram Sarabhai, Meghnad Saha, J.C. BOSE, Jayant Vishnu Narlikar)

1. His research covered a wide range of problems including those of medicinal drugs and food adulteration. He analysed a number of rare Indian minerals. While dealing with compounds of mercury, important in Ayurveda medicine, he chanced to isolate in 1896 **mercurous nitrite**, not known till then .....
2. He was an eminent scientist, a very good administrator and an innovator in the field of chemistry. He was appointed Director of Scientific and Industrial Research by the then Indian Government. On his initiative, a chain of research institutions was started between December 1945 and April 1947. Before his retirement, he had set up around 40 National Laboratories and Central Research Institutes now under the CSIR. ....
3. He was among the agricultural scientists who spear-headed India's Green Revolution in the late sixties. He was appointed the first Director General of the newly-formed Indian Council of Agricultural Research .His research, especially on wheat, helped save our country from famine and raised it almost to the world's pinnacle in terms of production and area in the growth of several major food crops.....
4. He was a distinguished cosmic ray physicist, who fathered and piloted India's eminently successful space programs. He founded several institutions, among them was the Physical Research Laboratory in Ahmedabad .He was the head of many very prestigious and important institutions like Indian National Committee for Space Research (INCOSPAR), Space Science and Technology Centre, later named after him, Indian Space Research Organisation (ISRO). To honour his immense contribution, The International Astronomical Union decided to call the Crater Bessel in the moon's Sea of Serenity in his name. ....
5. He was a pathfinder for the science of statistics. He pioneered the application of statistics to various fields of activity and sectors of national development and the opening of Departments of Statistics for teaching and research in a number of universities in India. He was awarded with number of prestigious awards like the Weldon Medal from Oxford in 1944, elected as Fellow of the Royal Society (F.R.S.) next year, Ramanujan Gold Medal in 1968, and Padma Vibhushan the same year.....
6. He is ranked among eminent astrophysicists and cosmologists of the world. He is credited with a new concept regarding the mysteries of the origin and structure of the Universe. He has been highly successful in writing science fiction. For his meritorious work as a science writer, he was awarded the UNESCO's prestigious Kalinga Prize.....
7. He was a renowned astrophysicist. He was the first to envision and propose the setting up of major river valley projects in the country to tackle floods and other ravages. He was the founder of the National Institute of Science, now called the Indian National Science Academy.....
8. His first field of exploration was the properties of electric waves. He devised a compact generator of electromagnetic waves of about 5 mm wavelength, the shortest then known (now known as radio waves). He was able to transmit electric signals (radio waves) over a distance of 22 m with three walls intervening and activate a receiver (coherer) which, in turn, managed to ring a bell, fire a pistol, or explode gunpowder. ....





## అభినందన

అవినాష్, విష్ణువర్ధన్, ఆరవ తరగతి

వందనాలు వందనాలు  
అభినందన చందనాలివే

మా అభినందన చందనాలివే  
జన్మనిచ్చిన అమ్మకు  
సంతోషంగా ఉంచే నాన్నకు  
ప్రేమను పంచే వీళ్ళకు  
మా హృదయాలలో దాగి ఉన్న వీళ్ళకు  
వందనాలు వందనాలు, అభినందన చందనాలివే  
చదువును నేర్పే గురువులకు  
విలువలను పెంచే గురువులకు  
క్రమశిక్షణ ఇచ్చే వీళ్ళకు  
వందనాలు వందనాలు, అభినందన చందనాలివే  
బాధలో ఉన్నప్పుడు  
సంతోషంగా ఉన్నప్పుడు  
మన మనోభావాలను పంచే మంచి మిత్రులకు  
వందనాలు వందనాలు, అభినందన చందనాలివే  
దేశంకోసం ప్రాణాలు తెగించిన భగత్ సింగ్ కి  
దేశభక్తిని ఆయుధంగా తీసుకున్న సుభాష్ చంద్రబోస్ కి  
అహింస మార్గంలో నడిపించిన గాంధీకి  
స్వాతంత్ర్యం కోసం పోరాడిన గొప్పవీరులకు  
వందనాలు వందనాలు, అభినందన చందనాలివే



## మన కుటుంబం

లక్ష్మీప్రసన్న, తొమ్మిదవ తరగతి

ఇది మన ఊరు, పచ్చటి చక్కటి ఊడల చెట్టు  
ప్రతి చిగురుటాకు, జీవించే ప్రయత్నాల చిగురు

ప్రతి పండు ఒక తల్లి  
ఒక జీవనాన్ని సృష్టించే దైవం  
ఒక్కో కొమ్మ ఒక్కో తండ్రిగా  
మనకంటూ ఒక ధైర్యాన్నిచ్చే అండగా  
ఈ ఊడలు మన ఉయ్యాలలు  
మనకు సంతోషం వచ్చినప్పుడేగాక  
దుఃఖం వచ్చినప్పుడు కూడ  
స్థైర్యాన్ని నేర్పే మామలు నానమ్మలు  
ఇక వేర్లు మనకు వేధాంగాలు  
మన కోసమే వేధింపులు పడ్డారు మన తాతలు  
ఇదే మన ప్రపంచం  
అందాలతో సౌందర్యంగా  
ముడిపడివున్న అనుబంధాల  
చెట్టే మన ఇల్లు, మన కుటుంబం



## I have a dream

K. Vikas, Ex student

I have a dream to change the world  
with affectionate *Love*  
I have a dream to see the world with no arrows and bow  
Ever since I see upwards, I see the stars sharing the sky  
They are really beautiful and they are very *high*  
I thought that we were them and I am happy that *night*  
I was nearly mad when I saw the *sunlight*  
I realise that it was the god of *stars*  
The symbol of humanity with no *scars*  
What happened to the Earth *today?*  
It is dying *everyday*  
What about the life *tomorrow?*  
There is nothing except *sorrow*  
We have a chance to change the *future*  
The better way is just to follow the *culture*  
Stop the smoke to mix, filter the *ocean*  
I am begging you, don't give me higher *promotion*  
Every night I see the stars but every *day*  
They are moving far *away*  
I need to escape this, better jump to planet *red*,  
But I am not selfish, I am not leaving you *dead*  
Either living with you or dying with *you*  
Because you are brothers and sisters in my *view*  
Let us try to make a *change*  
Don't think it is not our *range*  
Let's start with Man in the *mirror*  
And you will be the *winner*.



## My Mother

M. Anjani, VIII Class

My mother is my goddess  
My mother is my heart  
If she is not there  
I am not there  
I love my mother  
I respect my mother  
She gave me birth  
She gave me love  
She always sacrifices  
her time and strength  
She cares for me a lot  
I share my feelings  
So, my mother is my everything



## అమ్మ ప్రేమ

యస్. సాయిశ్రీ, ఏడవ తరగతి

అనురాగానికి అర్థం అమ్మ  
మమకారానికి మూలం అమ్మ  
అలసటకు దూరం అమ్మ  
సహనానికి తీరు అమ్మ  
నిస్వార్థమైన ప్రేమకు గుర్తుగా  
దేవుడు పంపిన నిలువెత్తు రూపం అమ్మ



## భక్త పోతన

బి. జాహ్నవి, తొమ్మిదవ తరగతి, శ్రావణి, ఎనిమిదవ తరగతి, నితిష, ఆరవ తరగతి, శ్రీజ, ఎనిమిదవ తరగతి

I Prize winners, Level I, Science & Language Arts fair

నేను భక్త పోతన తెలుగు నాటికలో ఒక వ్యాఖ్యాతగా పాల్గొన్నాను. నాటికలోనున్న వాళ్ళందరము ఆయన వ్రాసిన గజేంద్రమోక్షము, ప్రహ్లాద చరిత్ర మరియు భక్తి పాటలు నేర్చుకున్నాము. పోతనామాత్యులు ఒక మహాకవి. ఆయన చేసిన ప్రతి పని కూడ ఆ భగవంతునికే అంకితం చేసాడు. ఆయనకు శ్రీరామునిపైనున్న నిశ్చలమైన ప్రేమ చాల గొప్పది. ఆయననుంచి అడిగిన మాట తప్పకూడదని నేర్చుకున్నాము. బమ్మెర పోతన ఒక సహజ పండితుడు. ఆయనలోని నమ్మకము, విశ్వాసం, నిజాయితీ, ఆత్మాభిమానం మాకు ఎంతో ఉత్తేజాన్ని కలిగించాయి. ఆయనలోని విశిష్ట గుణాలు ప్రతి విద్యార్థి అలవరుచుకోవాలని ఆశిస్తున్నాము. ఆయన కేవలం ఒక గొప్ప కవియే కాకుండా, మహా ఆదర్శనీయులని గ్రహించాము. మేము ఈ నాటికకి మొదటి బహుమతి గెలుచుకున్నాము. అందరికీ ఆయన జీవితంలో ఒక భక్తి తత్పరమైన సంఘటనను తెలియజేసామని గర్వపడుతున్నాము.



## వామానావతారం

II Prize winners, Level I, Science & Language Arts fair

మేము వామానావతారం అనే నాటికలో పాల్గొన్నాము. మేము చేసింది ఒక పద్యరూప నాటకం. దానిలోని పద్యాలు నేర్చుకోవడానికి మేము ఎంతో కష్టపడ్డాము. మేము వాటిని ఎంతో సంతోషంగా, ఆనందంగా నేర్చుకున్నాము. మేము చేసిన నాటికలో ప్రతి ఒక్క పాత్రకీ కొన్ని విశిష్ట లక్షణాలున్నాయి. బలిచక్రవర్తికి అడిగిన మాట తప్పక పోవడం, గారవం, త్యాగం, కీర్తి. అలాగే శుక్రాచార్యుని యొక్క గురువు ధర్మాని నిర్వర్తించడం, విష్ణుమూర్తియొక్క దుష్టశిక్షణ, శిష్టరక్షణ మాకు స్ఫూర్తినిచ్చాయి. మేము ఈ నాటిక చేయడం ద్వారా ఎన్నో మంచి ఉన్నత విలువలను నేర్చుకున్నాము. వాటిని మా నిజ జీవితంలో పాటించాలనే భావన రావడానికి స్ఫూర్తినిచ్చాయి.



## Fox and the Crane

Vishnu Vardhan, Class VI, Rajesh Suri, Class V, T. Mounika, Class X

This drama was presented in Sanskrit by students. II Prize winners, Level I, Science & Language Arts fair

Once in a forest lived a crane. He was a happy crane and treated everyone with kindness. To that forest came a fox. He went near the pond where all cranes lived.

Fox: Dear crane, I am new to this forest. Will you be my friend?

Crane: Yes.

From that day on, both spent a lot of time together near the pond. One day

Fox: Friend, I am very happy that we are friends. I would like you to come to my house for lunch.

Next day, when the crane reached fox's home, it could smell the soup. It felt very hungry.

Fox: Come my dear friend. I am glad you are here.

Crane: What are you cooking? The nice smell is making me very hungry.

Fox: Let's eat. Please take your seat.

Fox goes inside and takes out two plates.

Fox (thinking..) If crane is my friend, he has to be like me.

Fox brings out two plates of soup. Fox hungrily licks the soup.

Crane (sad): I am very hungry with this nice smell. But how can I eat from this plate?

Fox: How's the soup my friend?

Crane: The soup is very nice. Thank you. I have to go home now.

After few days, crane invites fox to his home for lunch. When fox reaches crane's home, he could smell the sweet aroma of payasam.

Fox: Are you cooking payasam? I like it a lot.

Crane: Yes dear. Why don't you sit? I will bring payasam.

Fox (thinks): When crane came to my house, I gave soup in a plate. I think he wants to take revenge. He will give me payasam in a jug.

Crane brings out a jug and plate with payasam.

Fox (surprised): Friend, you gave me payasam in plate?

Crane: Yes. I know its difficult for you to eat from a jug. You will enjoy from a plate:

Fox: I am very sorry friend for the way I treated you last time.

**We have to accept everyone for who they are.**



# SCHOOL EVENTS

## Annual Day



Satkama and Bodh School celebrated its Annual Language, Arts & Science Fair on April 8th, 2017 in the School premises. It was presided by Chief Guest Sri C K Narasimha, Dy. General Manager, HPCL, Secunderabad. The function started in the morning at 9.00am. Along with the Chief Guest, it was presided by senior managers of HPCL Sri K. S. Takhi, Sri Ramesh Suri along with HPCL staff, Ms Neha Katariya, Ms. Preethi, Ms. Chaitali. Dr K Madhava, President SSS, Sri Ramesh Bandi, Correspondent, Sri C V Koteswara Rao, Vice President SSS and other members of SSS, Dr. Jyoti Ramakrishna, Dr. N. Sundari, Sri T. V. Rao, Sri Prasad Tipparaju, Sri R. Radha Krishnan also graced the occasion. Sri Vidyadhar Joshi introduced the Chief Guest to the audience. The Chief Guest also addressed the students with his invaluable words. He emphasized the importance of Self Confidence and Determination by

narrating two episodes from the epics Ramayana and Mahabharata. He explained an episode from Ramayana where Hanuman crosses the ocean in search of Sita. He also narrated an episode from Mahabharata in which Ekalavya taught himself the skill of Archery without the presence of guru and mastered it. The Chief Guest inaugurated the function by lighting the lamp. The exhibition was declared open to the public after that. All the students exhibited their models very well. On the Language and Arts part, students enacted skits in Telugu, English and Sanskrit. The students of 10th class enacted the Biography of Pujya Sri Babuji Maharaj. The Chief Guest was impressed over the performance of the students congratulated them and appreciated the good work done by the students. Guests gave suggestions to the students for improvement. Arts and Crafts exhibition was very well presented by the students. The exhibits like paintings, pot paintings, quilling articles, purses, bagsetc were put for sale. The Chief Guests along with other HPCL members were very appreciative of the effort taken by the School Children. We are thankful to them for the time took to whole heartedly participate in the School's Annual Day and encourage the students.



## Farewell

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



1. Pratulla Ray 2. S.S. Bhatnagar 3. Benjamin Pal 4. Dr. Vikram Sarabhai  
5. Prasanta Mahalanobis 6. Jayant Vishnu Narlikar 7. Meghna Saha 8. J.C. BOSE  
9. Potential energy: a, c, d Kinetic energy: b, e, f

Answers:-  
1. What's the value: "Surrender"  
2. Great Indian Scientist  
3. Potential/Kinetic energy

## Biscuit Making & Wheat Grass

**C.H.V Krishna and Syed Kaif, Class IX**

In our school there is a period called SUPW. Where there are different sections like gardening, biscuit making, stitching. We are in biscuit making section. In that period we learn many things like making of Sahaj Shakthi biscuits, wheat grass, candle making, readymix. To make Sahaj Shakthi biscuits the ingredients are



1) Butter - 250gms 2) Maida - 250gms 3) Sugar - 250gms 4) SSP Powder - 250gms

To prepare SSP powder, we should clean soya and roast them and add 15gms of

Shankapushpi and 15gms of Saraswathi powder. This is ready.

After adding butter, maida, sugar, SSP powder, we should add 1 pinch of preservative powder. Then we should take about 70 gms of ginger and prepare its juice. After we add all this, dough is prepared. We should roll this and cut into the required shape. This should be kept in the oven for 30 minutes and the biscuits are ready.

Now, we are going to talk about how to prepare readimix. The ingredients are:

1) 1 kg - SSP powder 2) 1 kg - milk powder 3) 2 kg - sugar

We should make mix all of these, readimix is ready.

We add this in hot water and it will be ready and we can drink it. We do this work very sincerely and feel very happy while doing. We also show cooperation between us.

We have SUPW class in our School. In that we learnt many things such as Biscuit making, growing Wheat grass and candle making. To prepare these Laxmi teacher helps us. We prepared candles with citronella oil. It kills Mosquitoes and other insects. We can get colour of a candle by adding crayon in it. Wheat grass is very good to eat. It



removes diseases out and purifies our blood. Biscuit making is also taught to us. The biscuits are prepared with saraswati, shankapushpi, soya powder and butter which are ayurvedic and good for health. They help us in memory development and we don't get tension. We even learn some values there such as unity and teamwork. I enjoyed this class everyday as it is very interesting.

మేము బిస్కట్ మేకింగ్ క్లాస్ లో బిస్కట్ తయారీ, కాన్డిల్ మేకింగ్

మరియు వీట్స్ తయారీ

నేర్చుకున్నాము. వీట్ గ్రాస్ వల్ల

రక్తం శుభ్రపడుతుంది. మరియు

బాడీ రెసిస్టెన్స్

పెరుగుతుంది. మేము చేసిన

కాన్డిల్స్ లో సిట్రినెల్ ఆయిల్

కలపడం వల్ల కాన్డిల్ వెలిగించినప్పుడు ఏదోమలు పురుగులు

రావు. బిస్కట్ తినటం వల్ల మనకి తెలివి తేటలు

పెరుగుతాయి. మాకు అక్కడ కొన్ని విలువలు నేర్పినారు. అవి

ఐకమత్యము, టీమ్ వర్క్ మరి ఎన్నో.



## WISDOM WORDS

**Pujya Sri K C Narayana garu, Balanced Existence & Stages of Progress, Bodhayanti Parasparam, Vol 1**

**BALANCED LIVING:** Many of us are disabled to think. Not mentally retarded, there are other reasons for that. Namely our pride prejudice, and arrogance. These three things come to us as basic barriers in sadhana. Some trees are long, some other trees are short but there is no comparison between them. They don't compare. Each one is happy to be what he is. But then pride comes when we compare. Comparison leads to pride. While God has given all of us equal rights to love him and to be happy, here we unfortunately look at the other person and say he seems to be happier than me and then we get into troubles. Comparison - contrast, when we have got a plus side it leads to arrogance, pride and prejudice is common for both. And this thing definitely affects our balanced living. If one is seeking balanced living, first he should try to get rid of the idea of comparing himself with others. Know that we have come from the same source where the other person has come and one has as much right to go to him as the other has. There is no need for oneself to compare himself with others. Once comparison is lost, hierarchy is lost. Then there will be a universe of people who are prepared to understand each other compassionately each other and the great Krishna's dictum 'Bodhayanthi parasparam' will come. We try to exchange our views, our thoughts, our difficulties. We move on, we move on the path, nobody is superior, nobody is inferior. There is only one superior and that is the Divine, and every one of us is the child of that God. Once we understand this we get balanced living. You will see behind all this the stream of the Divine running all the time. We have to keep ourselves parallel to it. If we go against it then we are going to have distortions. We will definitely end up in unbalanced living or imbalanced living. So balanced living is essentially a call for all of us to be in tune with the Divine.

**LEMON****Dr. G. Vijay Kumar, BAMS, MS, Consultant Ayurvedic Physician & Surgeon****The name of Lemon in Indian languages :**

Sanskrit name: Nimbukam	Hindi name: Nimbu
Tamil name: Yelumi champalam	Telugu: Nimma pand
Latin name: Citrus Medica	Family: Rutaceae

**Classical Ayurvedic Categorization:**

According to charaka lemon is considered as phala varga ( group of fruits), and Amla varga ( group of sour substances). According to Susruta and Vagbhata- phala varga (group of fruits)

**Medicinal properties of Lemon**

Rasa(taste) – Amla (sour) ; Guna(qualities) – Laghu (light to digest), teekshana (piercing) ;\Veerya—Ushna (hot potency); Vipaka – taste conversion after digestion Amla (sour)  
Lemon acts as Vata kapha hara and Deepana ( improves digestion) and pachana (helps in digestion)  
Lemon fruit contains more of Vitamin 'C' in it. Lemon purifies blood and blood vessels.

**HEALTH BENEFITS OF LEMON**

**Effect of Lemon on Tridosha ( vata,pitta,kapha) :** Unripe lemon is sour in taste. It decreases Vata and Kaphabu increases Pitta. Ripe lemon decreases pitta and kapha.

**Lemon use in weight loss:** Hot water lemon therapy is a famous house remedy for weight loss. Drinking a glass of hot water mixed along with 1-2 spoon of lemon juice and honey early in the morning on empty stomach decreases fat deposition. Obesity is related with kapha dosha and lemon decreases kapha.

**Lemon benefits for skin and face :** It is attributed with qualities like Varnya - improves complexion and skin texture. Pustiprada - it nourishes the skin (ref.Rajanigantu). Being sour it enters deep pores and brings about cleansing action on the skin.

**Lemon in liver disorders:** The lemon is a wonderful stimulant to the liver and is a dissolvent of uric acid and liquefies the bile. It is a good liver detoxifier.

**Lemon juice gargling:** Lemon juice gargling helps in reliving bad breath.

**Lemon juice helps in digestive system:** It promotes digestion, relieves pain in epigastric region (chest region) due to gastritis

**Lemon is used in abdominal colic pain:** useful in abdominal colic caused due to imbalance of vata, pitta and kapha.

**Lemon used as krimihara:** lemon is used in relieving intestinal worms

**Trushnahara :** Lemon relives excessive thirst in the body and gives cooling effect.

**Kasa Nivarana (useful in cough):** Lemon is extremely useful to relieve cough. It soothes the mucous of the throat by reducing cough and sore throat pain.

**Useful in vomiting :** Lemon helps to relieve excessive accumulation of kapha in the stomach leading to vomiting. Hence lemon juice reduces feeling of nausea. Smelling lemon while travelling also reduces nausea, vomiting, excessive saliva in the mouth.

**Lemon cures constipation:** lemon juice is useful in regulating bowel movements. Regular drinking of lemon juice helps to release nitrogenous wastes and toxins from the alimentary canal and control constipation and diarrhea

Lemon juice is a natural antiseptic and prevent from many diseases caused by bacteria.

**Lemon juice in dandruff:** lemon juice should be applied properly on the scalp and wash the hair after 30 to 40 minutes. It relieves from dandruff.

Be happy to eat in constant divine thought whatever you get, with due regard to honest and pious earnings. - **Commandment 8, Pujya Sri Ramchandraji Maharaj**

గాజు కుప్పెలోనగదలక దీపంబు  
దెట్టులుండు జ్ఞానమట్టులుండు  
తెలిసినట్టి వారి దేహంబులందున  
విశ్వదాభిరామ వినురవేమ

తాత్పర్యము : తెలిసినవారి మనసులో జ్ఞానము గాజుబుడ్డిలో  
దీపమువలె అటు ఇటు కదలక నిశ్చలముగానుండును

As quoted by Babuji Maharaj in Silence Speaks “God remains twenty paces off from a Brahmachari and thirty paces off from a sannyasi; whereas He resides within a grihastha who entertains Him in his heart.”

**INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS**

**Training Programme**

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

**ధాన 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](http://www.sriramchandra.org)



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**SAHAJ SEVA SAMSTHAN**

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

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

 <p><b>SATKAMA</b> 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"> <li>•Free Education from I to X class</li> <li>•Dedicated to Divine Resource Development</li> <li>•Teacher student ratio 1:15 for effective teaching</li> <li>•Associative and Integral Approach to Value Based Education</li> <li>•Recognised by State Govt. of Andhra Pradesh, India (LDIS No. 1035/B2/2010)</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/satkama/">www.sahajsevasamsthan.org/satkama/</a> email:satkama@sahajsevasamsthan.org</p>	<p><b>BODH</b> 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"> <li>•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</li> <li>•Initial assessment at the time of admission</li> <li>•To develop goals individually for each child</li> <li>•Individualized Education Plans</li> <li>•Teacher pupil ratio 1:5 for individual attention</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/Educational/Bodh.htm">www.sahajsevasamsthan.org/Educational/Bodh.htm</a> email: bodh@sriramchandra.org</p>	 <p><b>MSRCM HOSPITAL</b> 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"> <li>•<b>Consultations:</b> General Medicines, Gastro Enterology Nephrology, ENT and Paediatrics</li> <li>•<b>Other Services:</b> General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.</li> <li>•<b>Alternative Systems of Medicine:</b> Homeopathy and Ayurveda</li> </ul> <p><a href="http://www.sahajsevasamsthan.org/Health/Health.htm">www.sahajsevasamsthan.org/Health/Health.htm</a> 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 Vijay Nagar Colony, Hyderabad. We would be happy to avail your services.**

<b>EDITORIAL BOARD</b>	<p><b>Editors:</b> J. R. Iswari, G. Padmaja, Y. Santhi <b>Co-Editors:</b> Dipti Joshi, Kanchan Joshi <b>Designer:</b> Meghana Shah</p>	<p><b>Students :</b> B. Jahnvi Class X, B. Rani Class X Rishikesh Joshi Class IX G. Pallavi, Class VIII, N. Dhatri Class VII</p>
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