



# SPANDAN

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## VICTORY OVER EVIL

Dr. Janardhan Reddy

Navaratri celebrations are done in honour of the Divine Mother taking incarnation to kill the evil but very powerful Asura King Mahishasura. Mahishasura was granted a boon by Brahma that he cannot be killed by anyone except a woman. Mahishasura thinks he is immortal now since any woman will be too weak to kill him. He starts torturing and killing people. He conquers the earth and wants to conquer the heavens (devloka) also. All Gods and Goddess approached Lord Vishnu for a solution. Thus the powers of Trimurtis - the Trinity of Lord Brahma, Vishnu and Mahadeva - joined together for the creation of a power that can destroy the evil Mahishasura. Other goddesses and gods like Indra, Agni, Vayu also give their power for this. The Divine Mother then incarnates as Goddess Durga who is endowed with all the powers to kill Mahishasura. After a long battle that wages for 10 days, Goddess Durga defeats and kills the evil Mahishasura on the tenth Day. Life and balance on this earth is restored and people become happy again. This is celebrated as Vijaya Dashami or Dashera after nine days of Navaratri. Evil is born when arrogance and greed for power starts to increase. The story teaches us that whenever evil is born, the Divine always incarnates in some form to destroy evil and restore peace and order. The story also teaches that one should always be humble and never think that he is above Nature.

## *Student Editorial*

B.Jagruti, Class X

Every year we Indians celebrate Diwali as it symbolises an important part of our culture, the known fact that good being victorious is inevitable. All the kids with jubilant faces burn crackers with their friends and family and there is absolutely nothing wrong with it. The only one mistake that Indians commit during this time of the year is spending thousands of rupees, no, sometimes even lakhs on buying crackers! Is it really that necessary? When Lord Rama, along with Sita Devi and Lakshmana came back to Ayodhya, the people there decorated their streets and houses with beautiful diyas. All these years we have been celebrating Diwali too in a similar manner but now, Diwali is about just crackers. There is nothing wrong with burning a few crackers but too many is just too much! Small advice. When lighting up those diyas, remember how much goodness that small light represents. This is the time of year that this good reigns over the entire world. Let that goodness seep inside of you. We are living in a country where we can do as much good as we want. Help people. Sacrifice, service, imbibe at least one of the values that we are taught at school and become an example of it.

We thank everyone for their contributions to the newsletter. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to [spandan@sahajsevasamsthan.org](mailto:spandan@sahajsevasamsthan.org)

## STORY OF MASTER - PURITY

By Rev. Sri K.C.Narayana - Book Spirituality

Recently, while talking with abhyasi brothers, one of them said "Sir, I am able to rise before dawn and do my prayer but not able to take my bath". We are seeking the company of the divine. Therefore cleanliness of body is also necessary. While thinking about this, I remembered an incident on a visit to Shahjahanpur. As usual, the train reached Shahjahanpur at 8.00 p.m. The craving to see Pujya Babuji that was even there when I started in Hyderabad became more intense. I went straight to the cottage where he was sitting. Upon seeing me, and pausing a little, he said "Did you wash your feet and face?" Even though my mistake was obvious to me, I sat there for a while silently. Repenting later for my stubbornness, I went immediately towards the tap for cleaning. Thinking how inappropriate my urgency, impatience was, I came back and sat near his feet, enjoying the relentless shower of grace. Divinity is pure and clean. Any impurity is rejected by it. On the same subject, Pujya Babuji has explained how thoughts arise and the nature of mind. Only sadhakas can have an understanding of this. It is our duty to achieve both purity of mind and body.

## SRIMAD BHAGAVAD GITA

कायेन मनसा बुद्ध्या केवलैरिन्द्रियैरपि ।  
योगिनः कर्म कुर्वन्ति सङ्गं त्यक्त्वात्मशुद्धये ॥

युक्तः कर्मफलं त्यक्त्वा शान्तिमाप्नोति  
नैष्टिकीम् ।

अयुक्तः कामकारेण फले सक्तो निबध्यते ॥

Those practising Yoga take to actions, be it by the body, by the mind, by the intellect, as also by the sense-centres, after abjuring all the attachment with a view to realise the Self. (5-11)

One intent on union with Master abjures the fruit of actions and wins peace eternal; while one not intent on union with Master, because actuated (in his actions) by desires, is attached to the fruit, and falls into fetters.

**A**rjuna was disturbed that his action to participate in the war against his own cousins would be wrong and he was also disturbed with the outcome of the war. It was his duty as a warrior to protect what is Just but he was thinking of himself as the doer and hence he was disturbed. It is then that Lord Krishna brings Arjuna to the state of mind to feel the truth that duty done as a Divine command, becomes the action of Divine and one is relieved of the feeling of being a doer. In such a state, neither the action nor its result disturbs the mind.

A person living in this world is bound to perform action. The person can get disturbed because of the action and also because of the result of the action. This happens when the person is not surrendered to God. As long as a person is totally surrendered to God, he does not feel his actions to be his, rather he feels they are actions of God. So he never gets disturbed. In that sense, it is God who has done the actions and not the person. Pujya Babuji Maharaj says, "Whatever act you do, do it in the thought, it is the Divine's command and therefore it is my duty to do so". When one practices this in all his thoughts and actions, he will become a balanced and happy person. He does not attach himself to the result of action. Even though he does effort, he is happy with whatever outcome he gets. He has no desire for name, fame or glory as a result of his action and his mind and body is disciplined. His actions then do not disturb his mind and he remains pure, ever surrendered to the Lord.

## SATKAMA SCHOOL

## ప్రార్థన - అనుభవము

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



Illustration  
T. Mounika, X Class

21-6-17 – Before meditation I am not comfortable and after meditation I am feeling free and refresh.

21-7-17 – Before meditation I was feeling uncomfortable and after meditation I was feeling fresh and happy.

19-9-17 – I am feeling nice, good, fresh and peace.

Syed Kaif, IX Class

16-6-17 - Before meditation I felt cool and after meditation I felt calm.

3-7-17 - Before meditation I felt tension and after meditation I felt peace.

17-8-17 - Before meditation I felt cool and after meditation I felt happy.

T.Sathvika, IX Class

23-6-17 - I felt very happy and pleasant.

7-7-17 - My mind is cool and my stress is away from me.

21-8-17 - I was feeling good and was happy.

D.Balaji, IX Class

16-6-17 - I felt like as if today is going to be another wonderful day.

28-7-17 - I felt calm and composed.

21-8-17 - I felt like I was flying / gliding in the air.

Rishikesh Joshi, IX Class

Pray, that we pray and continue in prayer so that prayer may continue.

Pujya Sri K.C.Narayana

## ASTAVAKRA

Long ago, there lived a Rishi named Uddalaka, who was famous for his knowledge of the Vedas and scriptures. One of his disciples was Kahoda. Rishi Uddalaka gave Kahoda his only daughter Sujata in marriage. In due course of time, Sujata became pregnant. She was in the habit of sitting near her father and husband while they were teaching. Her unborn child attained mastery over the Vedas by listening to his grandfather. Kahoda was not equally skilled as his Guru and made a number of mistakes while reciting the scriptures. Unable to bear these errors, the child started correcting them from his mother's womb! Humiliated Kahoda cursed his son, saying, "As you insulted your father, may you be born with eight bends in your body!" Accordingly, the child was born with his body crooked in eight places, and was named Astavakra (one with eight deformations).

Once there was a shastraarth (competition among learned & wise) in the kingdom. A brahmin from Varunloka had challenged the King Janaka to defeat him in Shastraarth otherwise he will take the defeated persons to his loka." Kohoda was defeated and taken to Varunloka. When Ashtavakra turned to 12 years he came to know about his father's incident and decided to free his father and all the others from the captivity of egostic Brahmin. Astavakra decided that he would go to the court of Janaka Maharaj to hear the philosophical discussions that went on in his court. When Astavakra entered the court, everyone laughed at him. Astavakra just looked with silence and then broke into such laughter that everyone was shocked at his intensity of laughter.

Janaka Maharaj approached Astavakra and asked, "Who are you and why are you laughing so intensely?" "Who am I?" Astavakra Muni asked "Why am I laughing? Actually, I am not laughing, but rather I am crying. Every movement that I make gives me great pain, and yet I have come because I heard that in your court, you have the greatest of counsellors who speak on high philosophical matters. I have come with a hope to hear their discussions but I have been greatly disappointed. Because I have only found shoemakers here in your court."

"Shoemakers?" Maharaj Janaka asked in confusion. It is a known fact that I have within my court the greatest of learned men and the best of rishis. "No," Astavakra said, "There is no one here who is learned. "They are all shoemakers. They see only skin. They do not see the atma. They have no realization of the soul and the Supreme Soul. They are simply seeing the skin and they are making their judgements on this basis only. This is the occupation of the shoemakers; they look at skin 'this skin is good; that skin is not good. This one is smooth; that one is rough.' It is because your counsellors are seeing only the skin, the externals, and they are not seeing the soul and the Supreme Soul, thus, I say that they are simply shoemakers and I have wasted my time in coming to this court."

Janaka Maharaj bowed down to Astavakra and touched his lotus feet and begged for his apologies. Astavakra then challenged the brahmin to have shastraartha and defeated him. As per the rules of challenge the brahmin freed all his captives, including Ashtavakra's father Muni Kohad. The brahmin asked the Great Astvakra to forgive him and told that the defeated sages were taken to varun loka as there was a large yagna which needed a large number of brahmins. After seeing his son Astavakra, Kohad Muni was very pleased but at the same moment he felt very sad for cursing the baby in anger. Muni Kohad blessed his son with all the spiritual powers which he gained. Astavakra's body regained his original form. King Janaka became the disciple of Astavakra.

## WISDOM WORDS

**Reference : Pujya Sri K C Narayana garu, Bodhayanti Parasparam Vol III, Determination and Contentment**

**CONTENTMENT:** The feeling of Santushti or being satisfied with what we have is the first step in becoming happy. This is the secret of happiness. If this is not there any amount of comfort or riches or fame will not give happiness. There is no use in wailing over the past and getting distracted. We should remember that "contentment is the greatest form of wealth." Contentment and acceptance of the situation should never be confused with complacency and indifference. Cultivating contentment means learning to appreciate what is given rather than focusing on what may be missing. "I am satisfied" is not the same as "I do not mind even if I do not have." The commandments 5 and 7 of the Master requires us to develop the attitude of 'radical acceptance' which implies unconditional Maitri (friendliness) where openness and love are such as that we are prepared always to receive with gratitude all that happens to us. Such a life of contentment has no barriers to the being and any and every one finds a place in our heart even if we do not like what they may think or do. Contentment really means that we have the serenity to accept the things we cannot change, having the courage to change the things that can be changed and the wisdom to know the difference between these two.

## OUR PAGES

## VALUE OF TIME

**Jaya Santosh, V Class, First Prize Winner - Essay Writing Contest**



Time is said to be eternal. Time is more precious. People are able to give the meaning of time as number of years, months, days, hour, minutes and seconds. But the true time has the meaning of past, present and future.

**“What was yesterday is not today” “What is today will not be tomorrow”**

Yesterday has gone. Today and tomorrow is said to come. We can say that time implies life.

i.e:-Time=Life

Time flows over us. Life is action and we have to work day and night in order to get success in our life. We should make the use of most of our time and should not waste it for useless things. Therefore wasting our time implies wasting our life, therefore a master of time is a master of life.

**“Work is worship”**

The more you work, the more you achieve. If we do not work and waste our time in gossips, we can never hope to achieve success or make any progress. We should remember that work done in that right time, can never go unrewarded. The great men of the world rose to fame, glory and success because, they always made the best use of time. They made a mark in time. They became immortal. They became the guide and inspiration for the next generation. Time is free. You cannot own it but you can use it. Once you loose it, you cannot never get it back. For the best use of time, one needs to be punctual. Punctuality will bring great success.



## GOOD MANNERS



**Ch.Lakshmi Harika, III Class**

- At school and home, we should learn good manners.
- At school, we should be disciplined and shouldn't disturb others.
- At home also, we should be disciplined and shouldn't disturb our parents while they are doing works.
- When we go any where we should be disciplined.
- We should wash our hands before and after eating meals.
- We should cut our nails twice a week.
- We should help others and elders.
- Before going to bed, we should brush our teeth.
- We should help our friends in their works.
- We should help our parents like giving water to them, etc.
- We should be patriotic towards our national flag and national leaders.
- After going to home, we should wash our face, hands and legs.
- When teacher is teaching any thing, we should be disciplined and shouldn't talk with others.
- We should respect all.

## HONESTY

**D.Tanu Sri, IV Class**

Once upon a time there was a small village named Kanthipuram. In the village, a boy named Abhi was going to school. On the way he found Rs.20 note. He took that and asked a woman “is this your note?” The woman said not “mine”. Abhi asked his teacher and she said it is hers and said thank you.



**Moral: We have to be honest.**

## CHANDRA SEK HAR AZAD

**P. Jaya Babu, IV Class,  
Second Prize Winner**



My favourite national leader is Chandra Sekhar Azad. He was born in 1906. I like him because when he was a small child, he threw a stone at a British. British rulers commanded soldiers to catch him. They could not catch him. After some days, the British in India held a meeting about him. He was very angry. After a few minutes, one of the soldiers said, “We can't catch him because the child knows that we will come.” “Next day, they caught him in his school. The British soldiers asked him his name. He said Azad. British ruler asked him to say sorry. He refused it. I like Azad's bravery and I chose him as my leader. He thought about our country. He was a good national leader. He died in 1931. He knew the meaning of patriotism. He showed love and loyalty towards our nation. Like Azad, so many great people died for our freedom. We must salute them.



## TRUTH SPEAKING

**Shravani, IV Class**



One day Rahim took money from his sister purse. His sister asked him. He said he didn't take the money. His sister told him that we should not say lies to anyone and after sometime he said sorry to his sister for taking money from her purse and said he will always speak truth.



**Moral: We should not tell lies.**

## OUR PAGES



N. Viswesh, VIII Class

## THE SUSPENSE HIDDEN IN A BORE WELL

One day, a 8 year old girl, Lakshmi went out to roam in her village. She ran fast as she as could. She reached her desired destination. While returning home, she fell into a bore well. Some one who was passing by, heard her screams and informed the police station. Half of the Police staff came to the spot. By then, the news had spread and all members of the village along with Lakshmi's parents came to the spot. The police immediately called NDRF, doctors, ONGC staff, cranes, etc. They started the work. They dug up to 20ft,30ft,40ft,.....200ft and more. It took up to 4 days but they could not find the girl. All the workers co operated and worked very hard but they failed. We can't express their perseverance in one word. They worked day and night. They dug up to 500ft. At last, they found the girl but she had already died by then. They were only able to find part of her body and dress. Her parents saw her and wept before her bitterly. At that time, hearing about the incident, the president of the village came. He ordered the villagers to cover all borewells. They covered all borewells. From that day onwards, no incident took place like that. They made their village safe. The work of the staff gave one benefit to the entire village. They failed but they gave a message to the entire village that safety is the most important thing. Getting inspired by this, all villagers co operated and made their village safe. This shows that for safety to be implemented throughout the whole village, there must be cooperation among the people. This co operation will change the lives of thousands of people.



**Moral:- Co operate with each other.**



T. Anoop Reddy, VII Class

## SERVICE

One day, a boy named Ramu was going to school on the pavement. He saw an old man who was begging for food. Ramu took out his lunch and gave it to the old man. The old man ate it and was about to express his gratitude towards him but Ramu said, "Old man, I don't want thanks from you. If everybody around me is happy, then I will also be happy". Hearing this the old man said, "One boy like you can make the society a better place to live in." He then



blessed the boy.

**Moral:- Help every one without any selfish motive.**

## CHIVALRY

B. Rani, X Class



Once upon a time there lived a boy named Ramu. He daily went to his school by walk. Once day on the way he saw a beggar was suffering from fever and cold. Ramu asked, "Why do you suffer like this? You can go to the hospital and become healthy". Then the beggar said, "Son, I have no money. I did not eat for three days.



How can I go to the hospital?" The boy felt very sad. So he took the beggar to his house and gave him some food to eat. He also took him to the hospital with his mother's help. The beggar felt very happy.

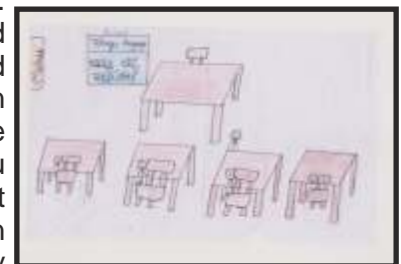
**Moral: Be kind and helpful towards the people who are weak.**



P. Ramya Sri, VII Class

## EQUALITY

Once there was a boy named Shiva who was studying in 2nd class. His brother was studying in 7th class. Shiva was a very clever boy. One day when he went to school, there was a new boy in his class who didn't study properly and submitted work late. So his teacher payed more attention to him and always checked whether he completed all the given works or not. So Shiva got angry and complained to his mother. Then his mother said, "Shiva, comparing between you and your brother, whom do I take more care of?" Then he said, "You take more care of me." Then his mother said, "I take care of you more because you are younger than your brother. You think I don't treat you both equally? I treat you both equally according your respective needs and requirements." Then Shiva said, "Oh! Now I understood why my teacher takes more care of my friend only."



**Moral:-Treat everyone equally by their need.**

## POEMS

అమ్మ

అమ్మ అనే పదానికి అర్థం చెప్పాలంటే  
ప్రపంచంలోనున్న భాషలు సరిపోవు  
ఆకాశమంత కాగితం సరిపోదు  
వెన్నెలకన్నా స్వచ్ఛమైన ఆ ప్రేమకు  
సరితూగే వస్తువు లేదు, రాదు  
సృష్టి, స్థితి, లయ కారకులైన  
బ్రహ్మ, విష్ణు, మహేశ్వరుల ప్రతిరూపమైన  
కరుణకు మరో రూపమైన  
అమ్మకు అమ్మతత్వానికి నా హృదయ తరంగాలనుంచి  
ఇదే నా వందనాలు...



కావ్యశ్రీ,  
ఎనిమిదవ తరగతి

అమ్మ

అమ్మ నీవే నా ప్రాణం  
ఆ దేవుడు పంపిన దైవం  
ఆ చంద్రునికి ఉన్న అందం నీవు  
నా ప్రాణానికి ఉన్న అర్థం నీవు  
సూర్యుడు మనకి వెలుగునిస్తే  
నీవు నాకు జన్మనిచ్చావు  
సీతాదేవి లవకుశలకు సేవ చేస్తే  
నీవు నీ కుటుంబానికే సేవ చేస్తావు  
పార్వతీదేవి వినాయకునికి ఆడుకోవడానికి బంతి ఇస్తే  
నీవే నాకు ఆటబొమ్మగా మారావు  
ఇంద్రుడు స్వర్గానికి రాజైతే  
నీవు ఇంటినే స్వర్గానిగా మార్చేసావు



కె. రామ్చరణ్ తేజ,  
ఏడవ తరగతి

అమ్మ

లోకంలో మన తొలి ప్రేమ అమ్మ  
తొలి నమ్మకం అమ్మ  
మన సంతోషం తన సంతోషంగా  
మన బాధ తన బాధగా  
భావించేదే అమ్మ  
మన తొలి స్నేహితురాలు  
మన తొలి విమర్శకురాలు అమ్మ



ఎ.విజయశ్రీ,  
పదవ తరగతి

పల్లె

పల్లె అంటే అందం  
పచ్చని పంట పొలాలు, కల్యాణం లేని మనుషులు.  
బాబాయి, పిన్ని, వదిన, అన్నయ్య అనే  
ఆప్యాయపు పిలుపులు  
అమ్మా నాన్నంటే గౌరవం.  
నిండుకుండ లాంటి చెరువులు,  
దానిలో ఈత కొట్టే యువకులు,  
పక్షుల కిలకిల రాగాలు, నెమలి నాట్యాలు,  
చింతచెట్లకు వేలాడే చింతకాయలు,  
చల్లటి గాలి, కలుషితం లేని స్వచ్ఛమైన గాలి,  
చక్కటి ప్రేమానుబంధాలు, ప్రొద్దున్నే లేవే కోళ్ళు  
రాత్రి నిద్రపుచ్చే ఆరుబయట వెన్నెల  
గాలిలో ఊగే చెట్ల ఊయలలు  
చిన్న పిల్లలు చేసే చిలిపి పనులు  
పొలంలోని పంట వయ్యారంగా ఊగే వరిపైరు  
అన్నిటికీ మించి తేట తెలుగు సాంప్రదాయాలు  
అందం అంటే పల్లె, పల్లె అంటే అందం.  
పల్లెలో ఉంటే ఆనందం.



బి. రాణి,  
పదవ తరగతి

పల్లెటూరు

కూ కూ అని రాగాలు తీసే కోయిల  
పొద్దుపొద్దున జాలరి వేసే వల  
సూర్యుడు ఉదయించి నిద్రలేపే కోవెల  
ఇవన్నీ దొరికేది ఎక్కడా? పల్లెలో కావా?  
చిన్నారి పాదాల పట్టీలు ఘల్లుఘల్లుమంటూ  
లేచిన వెంటనే భూమాతకు నమస్కరిస్తూ  
అద్దంలో చూసుకుంటూ ఇంతి నుదుట కుంకుమ పెట్టుకుంటూ  
ఇవన్నీ మన భారతీయ సాంప్రదాయాలు కావా?  
కోటి ముత్యాల వలె మెరిసే చెరువు  
శ్వేతరంగులో ఉంటూ మేతకు వెళ్ళే ఆవులు  
వంటింట్లోనుండి వచ్చే ఘుమఘుమలు  
చూస్తూ ఆకర్షింపబడుతుంటాము మనం!  
ఇదే ఇదే మన పల్లెటూరు.



బి. జాగృతి,  
పదవ తరగతి

కవిత

దైర్యమంటే భయం లేకపోవడం కాదు  
దైర్యమంటే భయాన్ని జయించడం  
స్నేహం అంటే మిత్రత్వమే కాదు  
స్నేహం అంటే ఒకరిని ఒకరు ఆడుకోవడమే  
విద్యయంటే విద్యను నేర్చుకోవడం కాదు  
ఆ విద్యలోని సారాంశాన్ని తెలుసుకోవడమే



జి. దేవిచరణ్,  
ఏడవ తరగతి

బడి

మన అందమైన గుడి  
విద్యనుపంచే ఒడి  
ఎంతోమందిని ఉద్ధరించిన బడి  
తప్పులను క్షమించే తల్లిలాంటిది  
మంచిని నేర్పే నాన్నలాంటిది  
బాధ్యతను గుర్తు చేసే బడి  
మంచి మార్గంలో నడిపించే బడి  
అమ్మలా ప్రేమను పంచేది బడి  
స్నేహితులను ఇచ్చే బడి  
అందుకే మాకు బడి ప్రాణం



డి. బాలాజీ,  
తొమ్మిదవ తరగతి

**ACTIVITY CENTER**

*What's the Value?*

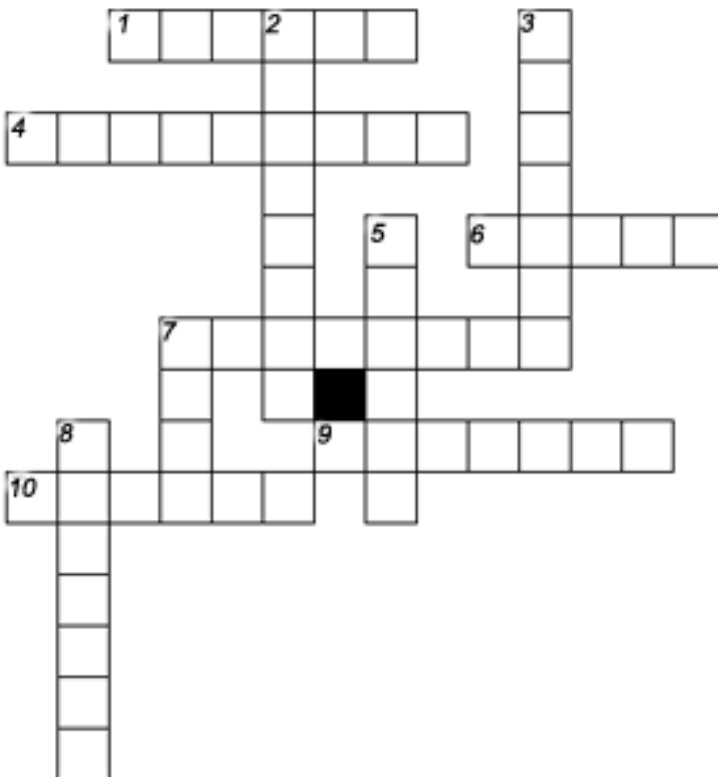


The Vanaras were building a bridge, throwing big stones, big trees in the sea for making way for Lord Rama to get back his wife. A small squirrel was seeing this huge effort, and he too wished to help. He thought for a moment, and climbed all over, rolled on the sand and dipped in the sea, trying to deposit the sand from his back into the water and help in the construction of the bridge. The small grains of sand which stuck to his body were all he could contribute to the massive task of building a bridge across the ocean!! However, the small squirrel rushing to and fro on the shore was now getting in the way of the monkeys who were carrying huge boulders, and they started shouting at him, asking him to get out of the way. "I too want to help the Lord. These small grains of sand are all I can throw into the ocean as my contribution to the bridge" said the little squirrel. The monkeys laughed out aloud, and shouted, "Of what use are these tiny grains of sand, which can scarcely be seen among the huge boulders and hills we are bringing. Get out of the way and let us do our work!" But the squirrel was unperturbed and continued its work calmly and more eagerly with heart filled with joy. Lord Rama, who was watching this, was delighted and picked up the squirrel. He said, "O Vanaras, you are brave and strong and are doing a wonderful job bringing all these huge boulders and stones from far and dropping them in the ocean. Do you not realize that the tiny grains of sand brought by this squirrel are the ones which bind the whole structure and make it strong? Always remember, however small, every task is equally important. What truly matters is not the strength one has, but how great one's love and devotion is." Hearing this, the Vanaras were ashamed and bowed down their heads. Rama then turned to the squirrel and said softly, "I am sorry for the hurt caused to you by my army and thank you for the help you have rendered to me. Please go and continue your work happily." Saying this, he gently stroked the back of the squirrel with his fingers and three lines appeared where the Lord's fingers had touched it.

**The squirrel has served the Master, though very insignificantly, and got blessings of Lord Rama. Find the value behind this story.**

**Solve the Crossword**

*This is a Puzzle of great characters from Ramayana era. Find out appropriate character and fill in the crossword.*



**Across**

- 1. Wife of sage Gautama, who was turned into a stone and was later freed from curse by the touch of Rama.
- 4. He was a very powerful, noble and wise king of a kingdom called Kosala. He was known to keep a promise, even at the cost of sacrificing his life.
- 6. He was the king of Mithila (Videha). He was regarded as an enlightened soul and known for vairagya and generosity who gave his whole kingdom to a beggar.
- 7. Who was a vulture and informed Lord Rama that Sita was in Lanka, which was 100 Yojans away from their location.
- 9. Son of Pavana--the wind God; Known for his devotion to the Lord, also known as a Great devotee of Rama.
- 10. A great yogi who had a knowledge of the Vedas and scriptures was beyond doubt a learned man from all subjects. Because of his pride and arrogance he became a big demon.

**Down**

**Solutions on Page 11**

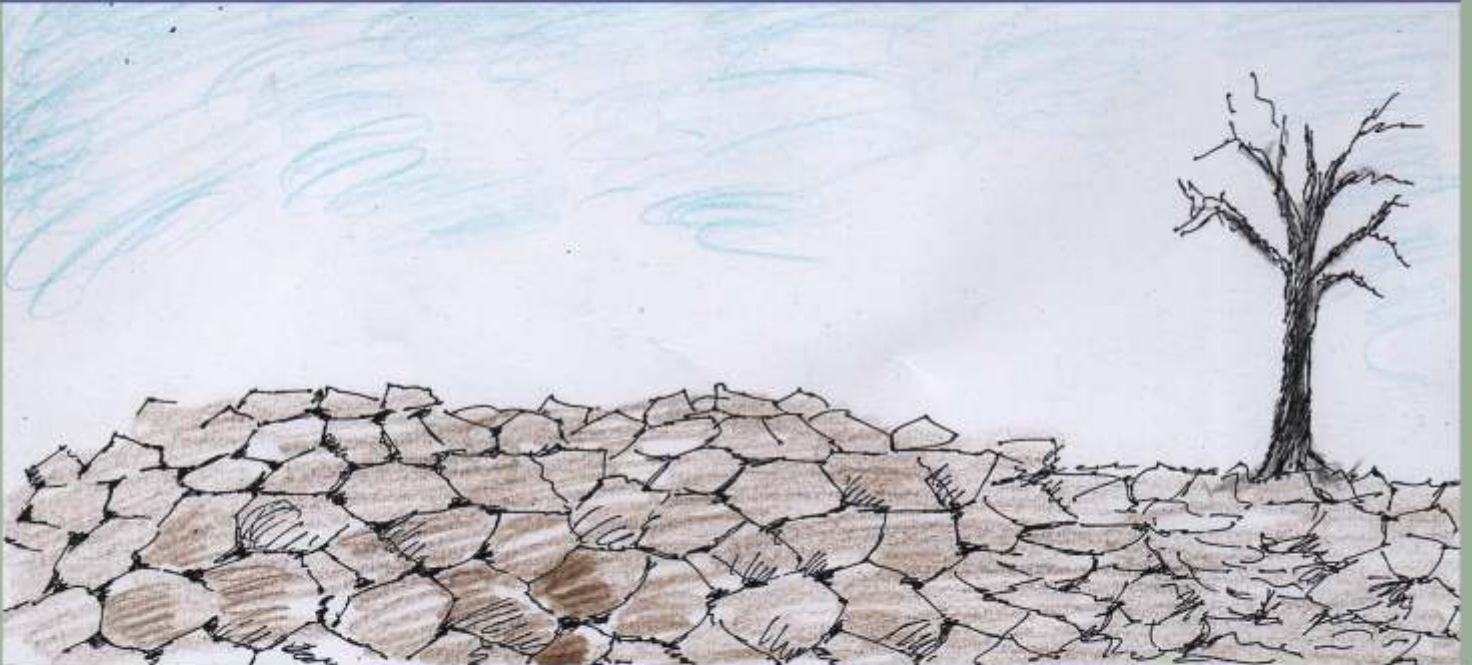
- 7. She was the daughter of King Janaka and very dutiful and faithful to her husband. She had virtues like Simplicity, Kaurna and Sacrifice.
- 8. The great poet and creator of Ramayana, Sage who helped Sita and her two sons Lava-Kush stay at his ashrama.

- 2. He came to end all demons and put the world on path of righteousness, truth and honesty. He is known as a "Maryada Purushottam".
- 3. She was a great devotee of Lord Rama. She tasted each berry and gave Rama only the ones which were sweet.
- 5. Ruled the kingdom on Lord Rama's behalf by putting His sandals on the throne.

ONCE UPON A TIME, THERE WAS A FATHER CALLED DATADIN. HE USED TO TELL BEDTIME STORIES TO HIS SON GOPAL



AFTER SOME DAYS, THERE WAS A FAMINE. NOTHING GREW IN DATADIN'S LAND.



ONE DAY HE WENT TO ANOTHER MAN'S FIELD TO STEAL GRAIN.





# VERY WHERE

AS SOON AS DATADIN STARTED TO CUT GRAIN.....



DATADIN LOOKED AROUND AND ASKED HIS SON....



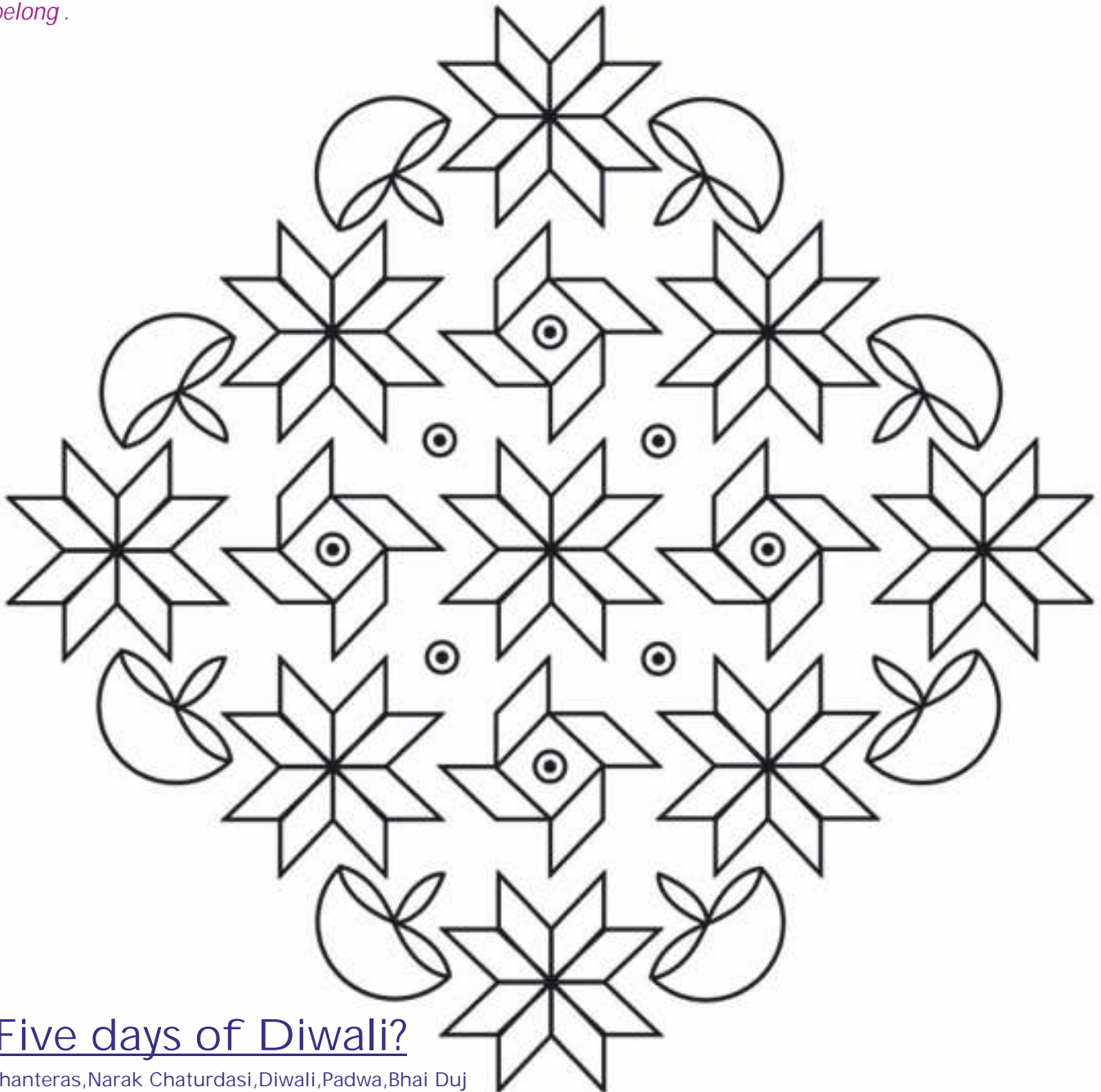
DATADIN WAS ASHAMED AND HE KEPT THE GRAIN BACK AND RETURNED HOME EMPTY HANDED.



GOD IS EVERYWHERE AND CONSTANTLY WITH US.

## ACTIVITY CENTER

*Diwali is a festival of lights but colours also play a big role in this festival. Colours are seen in the traditional rangoli patterns gracing the entrance of every home. The rangoli represents the tradition and culture that we belong .*



### Five days of Diwali?

Dhanteras, Narak Chaturdasi, Diwali, Padwa, Bhai Duj

- On this day Lord Krishna destroyed the demon Narakasur and made the world free from fear. People wake up early in the morning (before sunrise) apply ubtan (made up of til oil, herbs, flowers as well as some crucial elements) on their body and take holy bath to remove laziness and energize themselves \_\_\_\_\_.
- On this day the sisters get ready and put a 'Tilak' or a vermilion mark on the forehead of their brothers and perform 'aarti' and prays for his well being, safety and success. Brothers and sisters exchange gifts with each other for all their love and care \_\_\_\_\_.
- On this day, Lord Rama returned to Ayodhya after killing demon. So the triumph of good over evil and light over darkness. People lite up diya, make sweets, decorate home with rangoli, wear new clothes and greet each other \_\_\_\_\_.
- Some people perform Govardhan poja as Lord Krishna lifted mountain Govardhan on this day and hence the day is dedicated to the worshipping the mountain. Some people do Muharat puja on the fourth day of Diwali and as this puja is very relevant for anyone who uses and earns money, not just businessmen. It encourages people to respect money and also teaches us to pray to obtain more empowerment to use surplus income for good causes and not just to hoard it \_\_\_\_\_.
- This day has great significance in many parts of India; people consider this as a very auspicious day and Muhurat \_\_\_\_\_.

OUR PAGES



సహాయం

ఎమ్. అనిరుద్ధ్, ఆరవ తరగతి

అనగనగా ఒక ఊరు ఉండేది. ఆ ఊరు పేరు భూపాలవల్లి. ఆ ఊరులో ఒక అబ్బాయి ఉండేవాడు. ఆ అబ్బాయి పేరు నిఖిల్. ఆ అబ్బాయి అందరికీ సహాయం చేసేవాడు. ఒక రోజు ఆ ఊరులో పెద్ద వర్షం



పడింది. ఆ ఊరి చివర ఒక చిన్న గుడిసె ఉంది. ఆ వర్షానికి ఆ గుడిసె కూలిపోయింది. ఆ విషయం నిఖిల్ కి తెలిసింది. వెంటనే పోలీసులకు ఫిర్యాదు చేసాడు. వాళ్ళు వచ్చేలోపు ఆ ఇంటి దగ్గరికి వెళ్ళి అందులోనున్న వాలిని బయటకు తీసాడు. ఇంతలో

అంబులన్స్ వచ్చింది. గాయపడ్డవాలిని ఆసుపత్రికి తీసుకువెళ్ళాడు. వాళ్ళు తిరిగి ఇంటికి వచ్చి చూసేసరికి ఇల్లు కూలిపోయి ఉంది. నిఖిల్ అక్కడికి వచ్చాడు. వాళ్ళని చూసి బాధపడ్డాడు. వాళ్ళను తన ఇంటికి తీసుకువెళ్ళాడు.

నీతి : మనం ఎల్లప్పుడు అందరికీ సహాయం చేయాలి.



SERVICE

G.Swapna, VIII Class

Once in a village, there lived a boy named Rajesh. He studied well.

Time passed. Rajesh got a job of salary one lakh rupees per month. He got married to Lakshmi, a well mannered lady. She also had a job of one lakh rupees per month. Both worked in the city and their parents continued to live in small village. One day, Rajesh saw a man begging on the



steps of a temple. He went near him and asked, "Didn't you study properly when you were a child?" The man replied, "No, sir." Hearing this, Rajesh said, "No? that is why you are a beggar here.

Illustration by G.Pallavi, VIII Class

If you had studied well in your childhood, you would have become a rich man like me and there would have

been no problem to look after your family and parents properly. Then, the man said, "Sir, studying is good for us for getting a good job but if we get a job in here, we would have to stay here itself, but if we get a job very near to our village, we can look after our parents with love and care. If I got a job in city, I would need to stay there. If I call them and ask them about their health, they will tell it's ok, but if we are with them, we can take them to hospital when required. I'm not telling that we should not do work in America but it is our duty to do service to our parents and to take care of them. Rajesh felt sorry for his behaviour because he had not called his parents for a long time. He immediately booked a flight and he and his wife stayed in the village for about 2 months, spending time with their families.

Moral:-We have to do service to our parents, teachers, elders, etc.

FAITH

Sathvika, IX Class



One day a boy and his brother were planting seeds. The boy was hoping that his plant will grow but his brother did not have hope. The boy's plant grew and his brother plant did not grow. The brother felt very sad. The boy said to his brother, "The plant would have grown but you had no hope. Try again. Be happy and have faith in yourself." Next time the brother tried with faith in himself and with hope that the plant will grow. The plant grew. The brother learnt a lesson that we should have faith and always should be optimistic.



Moral : Have faith.

దయ

ఎన్. ధాత్రి, ఐడవ తరగతి



ఒక రోజు గోపి మరియు సీత బయటకు వెళ్ళారు. గోపి చేతిలో బాణం ఉంది. సీత చేతిలో కొంచెం అహారం ఉంది. ఒక అడవికి చేరుకున్నారు. అప్పుడు సీత పక్షులకు అహారం తినిపిస్తోంది. గోపి పక్షులకోసం వెతుకుతున్నాడు. అప్పుడు గోపికి ఒక పావురం కనిపించింది. అది కూడ సీత తినిపిస్తూంటే కనిపించింది. గోపి సీతను తోసి, 'దీనిని నాకు ఇచ్చేయి' అని అడిగాడు. సీత : 'ఎందుకు' గోపి : 'నేను దీనిని చంపుతాను' సీత : 'నీకు పక్షుల మీద దయ లేదా?' గోపి : 'పక్షులే కదా? మనం కాదు కదా?' సీత : 'కాని పక్షుల మీద దయ చూపిస్తే నువ్వు మంచివాడివి అవుతావు. గొప్పవాడివి అవుతావు' అప్పుడు గోపికి అర్థమయ్యింది.



నీతి : మనం ప్రతి జీవి మీద దయ ఉంచాలి.

SOLUTIONS

Answer for	Who am I?	Across	Down
a. Narak		1. Ahalya	2. Lord Rama
b. Bhai Duj Chaturdasi,		3. Shabar!	
c. Diwali,		4. Dasharath	
d Padwa,		5. Bharat	
e. Dhanteras		6. Janak	
		7. Sampati	
		8. Valmiki!	
		9. Hanuman	
		10. Ravana	

What is the value of Ans. Service

SCHOOL NEWS

Independence Day

Satkama High School commended the 71st Independence Day with fervor. It was celebrated with great enthusiasm and respect. The celebration started at 9.00 am with the gathering of staff, students, parents, guest and ex students.

To commemorate the sovereignty of our nation, the Chief Guest Sri A.Gopal Kishen Garu unfurled the tri-colour flag and all in unison sang the National Anthem and expressed the joy of our freedom. His speech on National Spirit filled the hearts of the audience with courage and confidence.

Our cultural events started with a speech by B.Rani, X standard, followed by a skit in Telugu 'Swarna Bharathi' by the class of VI - X. The drama imbued with Patriotism.

Class I, II, III performed surya namaskarams to bring about holistic approach to health and well being. Dumbbells by Class IV - V attracted the audience for their rhythmic style.

Prizes were given to the winners of Elocution, Drawing and Debating conducted on account of Independence Day. The programme was concluded with vote of thanks and sweets were distributed to everyone.



September 5<sup>th</sup> –Teacher's Day

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



Measles and Rubella Vaccination

Satkama School has participated in Measles and Rubella vaccination drive conducted by Government of Telerana to all the children ages 9 months to 15 years. For this the School has conducted an awareness program for parents.



September 14 – Hindi Diwas

The students of Satkama school celebrated Hindi Diwas on the 14<sup>th</sup> of September. Students presented songs and speeches. Hindi is recognized as the second largest language in the world and this day is celebrated by the Hindi speaking people all around the world.



T.Mounika,  
X Class



K.Kavya Bai,  
VII Class

Save fuel - Drawing Competition



K.Ram Charan  
Teja, VII Class



M.Anjani,  
VIII Class



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

Commandment 9

We regret to inform with sadness that Smt K. Neerja, Member of SSS and wife of Dr. K. Madhava, left for heavenly abode on 23rd September 2017. She had a long association with SSS. She served Bodh School, Yousufguda branch as its Principal and also was the first Principal of Satkama School at its inception in 2005. We acknowledge with gratitude her services. We offer our condolences to members of the family and pray that her soul be blessed by the Master.

**Diya Painting**

Students painted and decorated diyas for Deepavali and were kept for sale.



**SSS VOCATIONAL WING**

**Biscuit Making**

We are part of the biscuit making section in SUPW. Biscuits and milk is distributed among students and staff of the school under Pujya Dr. K. C. Varadachari nutritive supplement scheme. This scheme is sponsored by many members of Sahaj Seva Samsthan and parents of the school.

Below are the steps in biscuit making

Dough Making: To prepare dough we require 250 grams of sugar, maida, butter and SSP powder and a pinch of potassium bi sulphate as preservative and juice of 80 grams of ginger. We have to mix all the ingredients which is shown in the picture to prepare dough.

Rolling of dough: After mixing all the ingredients, we roll it using a roller on the table for it to obtain a flat shape. Using round shaped moulder, we obtain pieces of dough in the shape of a circle.



Placing the pieces of dough in a tray: We place the pieces of dough in the tray with 9 x 8 measurement.

Keeping the trays in the oven: We place three trays in the oven and bake them with a temperature of 140c for 40 minutes.

Everyday before starting the work of biscuit making we pray to God so that we offer biscuits to God. So by this we can learn many values. Many values are imparted like sharing, co-operation, service, unity, helping nature.

- B.Jahnavi, T.Mounika, N.Prabandha Kumari, M.Durga Harshitha, Class of X.

## Gardening



In gardening section, students planted new saplings in rainy season. We got good crop for brinjal, bitter gourd, guava plants. For bottle gourd plant we got a crop of around 20 to 30. The crop was distributed to among students and teachers.



**Be plain and simple to be identical with Nature**  
**- Pujya Sri Ramchandraji Maharaj**

## MSRCM HOSPITAL NEWS

### POMEGRANATE

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

Pomegranate names in other Languages:

SANSKRIT NAME	: DADIMA
TELUGU NAME	: DANIMMAKAYA
KANNADANAME	: DALIMBE
MARATHI NAME	: DALIMBA
HINDI NAME	: ANAAR
TAMIL NAME	: DALIMA

Medicinal qualities of Pomegranate:

RASA (Taste)	- MADHURA (Sweet), AMLA (Sour), KASHAYA (Astringent)
GUNA (Qualities)	- LAGHU (Light to digest), SNIGDHA (Oily)
VEERAYA	- ANUSHNA (Neither cold or sweet)
VIPAKA (Taste conversion after digestion)	- MADHURA (Sweet) and AMLA (Sour)



Pomegranate fruit benefits:

- Pomegranate was one of the earliest cultivated fruits.
- Pomegranate is one of the healthiest fruits on earth.
- Pomegranate has many health benefits for our body.
- Pomegranate has antioxidant, antiviral, anticancer properties and it is said to be a good source of Vitamins especially Vitamin A and Vitamin E and as well as folic acid.
- Pomegranate fruit qualities are explained in Ayurveda based on the Pomegranate taste.
- Pomegranate fruits possess Tridosha hara (Tridosha balance effect).
- Most parts of the Pomegranate tree is useful to treat common day to day health problems.

Ayurvedic Health benefits of Pomegranate:

- The Pomegranate tree is useful in many ways and almost every part is useful in many ways.
- The bark of the branches and decoction of the roots is highly useful to get rid of the Intestinal Parasite Worms in the human intestines.
- Decoction (Kshayas) of the Pomegranate tree flowers is useful in treating oral unhygienic condition and throat inflammation.
- Pomegranate fruit has a high content of vitamin B Riboflavin, B2 that normalises the nervous system.

Diarrhoea and Blood stools: Take 20gms of pomegranate fruit bark powder and 3-4gms of Lavanga (Cloves). Powder should be boiled in 250ml of water, heat till it becomes 100ml. After cooling the kashaya, patient suffering from loose motions should take 20ml to 30ml three times a day. Patient suffering from blood stools should take 30ml to 40ml three times a day.

Antibiotic and Viral effect:

Pomegranate fruit bark, roots, stem bark and leaves have antibacterial effect.

The powder form of fruit bark or root along with honey can treat sore throat pain and fevers.

All digestive disorder and poor appetite:

- Pomegranate fruit juice is an excellent remedy in dysentery, inflammation and ulceration of the colon. (IBS, Ulcerative Colifis)
- Regular intake of fruit juice or fruit bark powder relieves colicky pain of the abdomen.
- Fruit bark choornam 3 gms along with one glass of buttermilk three times a day will reduce blood stools and mucous.

Bleeding Piles (Haemorrhoids):

Take about 10gms of fruit bark powder and boil in 200ml of water. Heat it till it becomes 90ml. After cooling, take 30ml of Kashayam three times of day. Bleeding piles will stop.

Pomegranate juice / powder: Protects against Heart disease.

- The regular intake of Pomegranate juice ensures a healthy cardiac life.
- Regular intake of one glass of Pomegranate dry seeds decoction (Kashaya) lukewarm in empty stomach every day will help in keeping away chest anginal pain, cardiac arrests. It lowers LDL levels and triglycerides and effects in forming plaques in the blood vessels.
- Daily intake of one Pomegranate fruit in empty stomach or Pomegranate fresh juice in the empty stomach is good for coronary artery diseases (CAD, Atherosclerosis and Angina pain).

Now a days there is a saying "A POMEGRANATE FRUIT A DAY KEEPS CARDIAC PROCEDURES AND CARDIOLOGIST AWAY."

- Pomegranate phytochemicals reduce LDL oxidation (a contributor to atherosclerotic plaque development)
- In a study of patients with severe carotid artery blockages, after one glass of pomegranate juice daily for one year, there was a 30% reduction in atherosclerotic plaque. The participants who did not take part in drinking pomegranate juice, atherosclerotic plaque increased by 9%.

Good for memory boosting: Drinking Pomegranate juice daily will improve memory in children and elders. Pomegranate juice consumption also prevents Alzheimers. Pomegranate helps in improving Cognitive brain function and memory.

Pomegranate fruit protects in forming free radicals: Pomegranate fruit is rich in antioxidants and thus protects our body from free radicals, which are responsible for premature ageing. Free radicals are formed by exposure to sun and due to harmful toxins in the environment.

Useful in Prostate Problems: Pomegranate juice consumption about 150 ml to 200 ml a day helps in curing in prostate cancers. Two studies claim that Pomegranate juice has the ability to fight prostate cancer. An experiment showed that the pomegranate juice slowed the growth and even killed cultured cancer cells.

Pomegranate effect on TRIDOSHA: Sweet Pomegranate balances – VATA, PITTA and KAPHA

TRIHARA, DAHA HARA effect of Pomegranate: It relieves excessive thirst and burning sensation and it cleanses the oral cavity and shows antibacterial effect for sore throat pain, acid reflux etc.

Laghu: It helps in complete digestion and lightness in the stomach.

Medha bala kara: It improves intelligence, immunity and body strength.

Hridya: Good for heart, improves blood circulation.

Ruchya: Helps in relieving Anorexia (loss of appetite) and improves taste of food.

**శతకము**

ఉష్ణలేని కూర ఒప్పుదు రుచులకు  
పష్ణలేని అండి ఫలములేదు  
అష్ణలేనివాడె అభిక్ సంపన్నుడు  
విశ్వదాభిరామ వినురవేదు

**తాత్పర్యము :** ఎంత చక్కగా వండినను ఉష్ణలేకపోయినచో ఆ కూర రుచిగా ఉండదు. పష్ణలేకుండా ఎన్ని కూరలతో అన్నము ఆ అండి బలమునియ్యదు. ఎన్ని సంపదలున్నను అష్ణలున్నచో అవి శోభించవు. అష్ణలేని వాడు పెద్ద ధనికుడు కాకపోయినను వాడే ముహూర్త్యవంతుడు.

**संत कबीर के दोहे**

वृक्षा कबहुं न फल भखै, नदी न अंचवै  
नीर ।

परमारथ के कारने, साधू धरा शरीर ॥

The tree never eats its own fruit. The river never drinks its own water. They exist to only serve. Similarly Rishis exist only to serve for the good of others.

**INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS****Training Programme**

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

**ధ్యాన శిక్షణా కార్యక్రమము**

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

Website : [www.sriramchandra.org](http://www.sriramchandra.org)

Email: [imperience@sriramchandra.org](mailto:imperience@sriramchandra.org)

**SAHAJ SEVA SAMSTHAN**

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

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



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

- Free Education from I to X class
- Dedicated to Divine Resource Development
- Teacher student ratio 1:15 for effective teaching
- Associative and Integral Approach to Value Based Education
- Recognised by State Govt. of Andhra Pradesh, India (LDIS No. 1035/B2/2010)


[www.sahajsevasamsthan.org/satkama/](http://www.sahajsevasamsthan.org/satkama/)  
email:satkama@sahajsevasamsthan.org

**BODH**  
SPECIAL SCHOOL FOR SLOW LEARNERS  
(CHILDREN WITH LEARNING DIFFICULTIES)

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

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

[www.sahajsevasamsthan.org/Educational/Bodh.htm](http://www.sahajsevasamsthan.org/Educational/Bodh.htm)  
email: bodh@sriramchandra.org



**MSRCM HOSPITAL**  
HOLISTIC HEALTH CARE  
10-3-783/254/3 RT,  
Vijaya Nagar Colony ,  
Hyderabad, India – 500 047,  
+91-40-23341380

Services available in the hospital -

- Consultations:** General Medicines, Gastro Enterology Nephrology, ENT and Paediatrics
- Other Services:** General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.
- Alternative Systems of Medicine:** Homeopathy and Ayurveda

[www.sahajsevasamsthan.org/Health/Health.htm](http://www.sahajsevasamsthan.org/Health/Health.htm)  
email:msrcmh@gmail.com

**VOCATIONAL WING:** Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits making, Sahaj Sakthi Ready Mix making and Citronella candle making. Students spend one period a week in learning these activities. Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of Centenary birth year of Pujya Dr. K. C. Varadachari in 2002. Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan distributes free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

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

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