



SPANDAN

WE WISH EVERYONE A VERY HAPPY NEW YEAR 146 LE

The blissful time ushered in by His advent introduced a New Era of spiritual awakening which promises a practical solution of the human problem of existence - Pujya Sri Ramchandraji Maharaj

Message from Samsthan

Dr.Madhava, President, SSS

Basanth Panchami the spring festival is coming this January and we remember the Master who gave Natural Path to humanity with lot of happiness and joy.

Satkama School is striving to bring the awareness of the presence of the Divine principles in the heart so that children while learning the three 'R's also endeavour to maintain the awareness of the link with the Divine Principles and lead a happy and successful life and become role models in society. I wish all the children, staff and parents a Happy Basant Panchami and pray to the Master for His blessings to live up to His expectations and lead a joyous life.

Student Editorial

Srimayi, VI Class

I am inspired by Swami Vivekananda. Swami Vivekananda was courageous, patient, patriotic, devoted to God etc. I learnt how we should talk with people like he used to talk nicely with patience, self-control among people. He used to help all the poor. He used to help birds and animals. He used to not see anything at that moment as he only wanted to help. This I liked and I want to learn. He wanted to do good things for others as he wanted goodness among people. He wanted our country to be happy so he gave inspiring speeches and slogans to follow in our life. He also showed devotion to God. He prayed with sincerity. When he was meditating, he did not even see a snake near him. That much devotion he had. We can learn sincerity and devotion from this. He was a great man who followed all the values.

Our Masters Pujya Lalaji Maharaj and Pujya Babuji Maharaj showed us many values and Pujya Babuji Maharaj gave us Commandments to follow them in our life. We can learn more and more about these great people and follow in our life. When we follow all these things, we can live happily. Please do read about these great people stories and sayings in the inside pages of Spandan.

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

SRIMAD BHAGAVAD GITA

पश्य मे पार्थ रूपाणि शतशोऽथ सहस्रशः ।
नानाविधानि दिव्यानि नानावर्णाकृतीनि च ॥

The Exalted-one Spoke : "Behold, O Partha, my Forms by hundreds and thousands of many varieties, radiant and possessing manifold colours and shapes" (11-5)

Arjuna asks the Lord to show him the only One Omnipresent. To this Lord Krishna says that where is the sense of it if only that is revealed. Now see the all and the One as filled by my Divine forms. Some are good, some are ugly. Some are frightful and some are beautiful. Some are long and some are short. Some are wide while some are lean. Some are bright coloured and some are dull. All are my diverse forms in the hundreds and thousands. There is indeed no end to these forms and shapes of innumerable diverse kinds and in a single limb of each of these forms, you shall behold the whole Universe.

God is One but His forms are infinite. Lord Krishna is revealing to Arjuna, the grandeur of God. Everything that we can think of in this Universe is radiating Him and in every single atom of anything, is the whole of Him. So God is in everything and everything is in God.

Eat less and earn an honest living

Eat less so that we can meditate properly. Eat food which is earned by pure means. If the food we eat is impure then our thoughts also will be impure. This will lead to bad thoughts. This takes us in a bad way and we face many problems. Be honest to earn a good name in the society. Our thoughts can change our life. They should be very pure so that our life will become heaven. So Pujya Lalaji Maharaj said 'eat less and earn an honest living.' We can use this meaning to the 8th commandment also.

- **Balaji, 9th Class**

We have to eat less which our stomach needs. If we eat more we will sleep and will be lazy. We have to earn honestly and live honestly. If we are corrupted, with that money we buy something and then that will be cooked and eaten. Then we will think about it and cannot be in constant Divine thought. So we have to live honestly.

- **Ramyasri, 7th Class**

We should always earn an honest living. If we earn something without honesty, we will crave for more things. All the virtues we had would go away. We would come to a very low level. After all it is very hard to become a virtuous person again. If we eat more, our meditation will be affected. We cannot even think there is Divine light in our heart. If we eat less, our meditation will make a good change in us.

- **Rishikesh Joshi, 9th Class**

Do not purchase a new thing if you can manage to carry on with your old belongings

Now a days people do not have any kind of contentment, people are not satisfied. When we can manage with an old thing then what is the need of buying a new thing. First of all a human is not satisfied in his life. We should not feel jealous or tempted by watching others belongings. What God does to us is always good for us.

- **Kaif, 9th Class**

My father always tells about this that we need to use our belongings till they get damaged / get rusted. If it is in a bad condition and we cannot use it, then we need to buy a new thing. I always follow that. I also understood that we need to manage the old ones and shouldn't buy a new thing till the old thing is not working. Once, I wanted to buy a new phone though my tablet was there. So, I always thought about which phone should I buy. I was also not able to do meditation properly. As I was not able to do meditation properly. I stopped thinking about it. From then on, I was happy.

- **Bharat, 7th Class**

The quote is very nice. We should not purchase a new thing if our old things are working properly. For example: we had a cycle. Our friends had a new model of cycle; we may think that we should have that new model of cycle. But we should use the old cycle when it is working.

- **Sree Jahnvi, 9th Class**

Pujya Lalaji Maharaj said this because our mind is greedy and we are not happy with what we have. Always we should eat less because it may affect our meditation. We may feel sleepy. Due to greediness our mind takes the wrong path. Due to that we may lose our peace and happiness. We should always earn honest living and should not be corrupted. Honest living always gives better thoughts. Eating with our honest earnings always gives good thoughts.

- **Kaif, 9th Class**

I understood that if we have honest living then the food which we eat gives us good health, good behaviour and good habits. If we do bad things and earn food by that, it makes us do more of such bad activities. So, when we eat less and do more good to people, it makes us to do much more good to others and makes us to earn honest living.

- **Varshith Swamy, 7th Class**

If we want to purchase a new thing our mind will be thinking on the object which we want. Our thoughts will be affected. We cannot concentrate on our works. If we buy still our mind thinks about the other one. So, do not purchase a new thing if you can manage to carry on with your old belongings.

- **Lavanya, 9th Class**

Don't purchase a new thing if you can manage to carry on with your old belongings. It is waste of money. We can manage with old things if they are in good state. If we want to purchase a new thing, we will throw the old things. Instead of that, we can give that thing to poor people or one who does not have that. We should be satisfied with what we have. If the things are in good state, what is the need to purchase a new thing? We must be contented with who we are and what we are. - **Vishwesh, 8th Class**

Yes, I can manage to carry on with my old belongings. If we purchase a new thing, which is already with us, it is a waste of money. Our parents are doing very hard work to earn money. If we waste the money on buying new things, then, there is no use for doing hard work. Our parent's energy will be wasted. We use the old belonging by recycling them. So, I agree with this quotation, "Do not purchase a new thing, if you can manage to carry on with your old belongings."

- **Kavya Prasanthi, 7th Class**

Once an abhyasi was asking the Master some questions on sufferings and miseries. Master was explaining to him in great detail about the subject and said, "Physical ailment is really meant for the cure of spiritual disease because thereby it consumes some of the samskaras and increases the power of endurance as well".

The abhyasi further said, "Master! is suffering necessary for spiritual growth?"

Master said, "No. They are also left behind. But I am telling you one thing. There have been saints in India who presented themselves before God with the petition that all the miseries of the world may be given to them. Excuse me for saying this, but you now compare yourselves with them."

The abhyasi not understanding the implication of the Master's answer, further asked, "Is it necessary to have pain to get closer to God?"

Master replied patiently, "It is not necessary. It is for me alone. My Master used to suffer from great pain. He had abscess of the liver and used to suffer much, but when he was in a very great pain he used to sing. I asked him why. He told me that when a person is in great pain he has to groan or make such noise. My Master once told me that he would easily have removed this trouble in one minute. But he did not so because he felt pain was given by God, who knows why God had given it. So that was my Master's submission to the Divine Will".

The abhyasi felt very happy and illumined to the meaning of resignation to the will of the Divine.

Take miseries as divine blessings for your own good and be thankful.- Pujya Sri Ramchandraji Maharaj

ప్రార్థన - అనుభవము



Illustration
Lohana, VI Class

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

24-8-2017: I felt very fresh
12-10-2017 : Before meditation I had tension. After meditation I felt calm.
28-12-2017 : After meditation I felt happy.
5-1-18 : Before meditation I felt tired. After meditation I got energy.

Srujan, VII Class

1-11-2017 : Today I felt very cool and my mind is very fresh.
7-11-2017 : I felt very happy and relief
2-12-2017 : Today I thought I was flying in the air
9-1-2018 : Today I felt very happy

Kavya Bai, VII Class

24-7-2017 : I felt very very happy
12-10-2017 : I felt very fresh
15-12-2017 : Before meditation I was upset. After meditation I was happy.
8-1-18 : After meditation I felt happy.

Sojel, VII Class

21-10-2017 : Before meditation I was scared. After meditation I was relaxed.
27-10-2017 : Before meditation I was calm. After meditation I was happy.
15-11-2017 : Before meditation I felt calm. After meditation I felt pleasant.
5-1-2018 : Before meditation I was calm. After meditation I felt fresh.

Satya Sri Ramcharan Teja, VII Class

LALAJI ERA MONTH NAMES : We are happy that we have been blessed with the awareness for naming the new era ushered in by Pujya Lalaji Maharaj and accordingly we have named it as Lalaji Era. With the ushering in of the Advent in 1873 the New Era started. A new calendar is named after Pujya Lalaji Maharaj and 2018 is the 146th year of Lalaji Era.

The year according to Lalaji Era starts on January 14th of every year. The months of the year are: Samavarti, Prana, Bhuma, Prabhu, Bhanwar, Iswar, Varada, Krishna, Samadristi, Satpad, Radha, Viveka.

SWAMI VIVEKANANDA



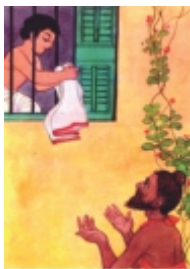
Sainath, IV Class

Hundred years ago there lived a woman. Her name was Bhubaneswari. She did not have a child. She was very sad. Once she thought that if she prays, she will get a child. She prayed day and night. She went home and slept. In her dream, Lord Shiva said, "you will get a child". In the morning she was very very happy. After a year, a boy was born. His name was Narendranath.



Sanjana, IV Class

One day his mother locked him in the room. He saw the beggars. He threw clothes from the window. Some women saw this and told to his mother. His mother opened the door and asked, "why are you giving clothes?" Biley said, "we are rich. We have so many clothes but they do not have clothes. That's why I gave." His mother felt happy.



Moral : Be helpful to others.



Vanshika, V Class

When Swami Vivekananda saw any pious man, he enquired, "Have you seen God?" but he didn't get straight answer. At last he met his Guru Sri Ramakrishna. Ramakrishna said, "Yes I have seen God. As our parents speak lovingly with us, God also has spoken to him and he also loved him most dearly in the same manner."



Jaya Babu, II Class

Spending all night at Chicago railway station, Swami Vivekananda was tired. Next morning he set to go to the Parliament. Professor Wright has sent invitation to come to the parliament. Professor also wrote to his friends that Swamiji was intelligent among all people. But Swami Vivekananda lost address which professor gave. He searched all streets and also asked some people. It was night and Swami Vivekananda sat on the road. A woman came out of the house which was opposite to the road. She took Swami Vivekananda to her house and treated him as her relative.



Moral : We should help people.



Naga Vaishnavi, V Class

Swami Vivekananda was born on 12th January, 1863 in Calcutta. His nickname was Biley. He was very naughty. His mother and sisters had tough time to tame him. His mother found a way to quiet her son. She would pour a bucket full of water on his head and also whisper God's name in his ear.



Jaya Santosh, V Class

Once the teacher in the geography class asked Biley a question and he answered it. The teacher said that the answer was wrong. Biley said that the answer was right. The teacher got very angry and gave a slap. Biley went home and told to his mother. He felt very sad about it. His mother told Biley "you always tell the truth and you don't mind what the teacher said". One day the teacher found that the answer Biley gave was correct and he went to their house and told Biley "my boy, I am very sorry for what I said and did". In his life Biley always told truth.

Moral: Be truthful.



Sudeepti, V Class

Swami Vivekananda was born on January 12th, 1863. He was born in Kolkata. This story has happened in Kolkata. One day, Swami Vivekananda and his friends were meditating. While meditating, a snake came. Swami's friends shouted loudly but Swami did not listen. He did his meditation. The snake went off.



Venkat Sai, IV Class

One day Swami Vivekananda and his friends were playing in a garden. A gardener saw Swami Vivekananda and his friends playing in the garden. The gardener came and told to Swami Vivekananda and his friends, "there are so many ghosts here. Do not play here. Go away." Swami Vivekananda said, "we will see at night if the ghost will come or not." Swami Vivekananda slept in the garden near a tree. In the morning Swami Vivekananda said, "there are no ghosts. You are telling lies."



Moral : We should not tell lies. Be truthful.

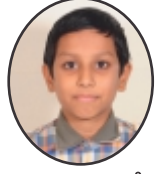
అమ్మ

నవమాసాలు మోసేది అమ్మ
ప్రేమతో దరికి తీసేది అమ్మ
కష్టాలలోనున్నప్పుడు ధైర్యాన్నిచ్చేది అమ్మ
బిడ్డకు బాధ కలిగినప్పుడు బాధపడేది అమ్మ
లాలిపాట పాడేది అమ్మ
మమకారం అంటే అమ్మ
అనురాగం అంటే అమ్మ
నా సర్వస్వం అమ్మ
అమ్మా.....అమ్మా.....అమ్మా



ఎమ్. రమ్య,
ఎనిమిదవ తరగతి

అమ్మే నా దైవం, అమ్మే నా దేహం
మన పేగుబంధం అమ్మ
మమ్మల్ని లాలించేది అమ్మ
మమ్మల్ని చూసుకొనేది అమ్మ
గోరుముద్దలు పెట్టేది అమ్మ
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మనకి సంస్కారం నేర్పేది అమ్మ
మన లక్ష్యాన్ని చెప్పేది అమ్మ
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అమ్మే నా దైవం, అమ్మే నా దేహం



సి. హెచ్. వాసుదేవ్
ఏడవ తరగతి

భారతదేశం

అన్ని దేశాల కన్నా మిన్న దేశం
మన అఖండ భారతదేశం
ఎందరో వీరులు జన్మించిన దేశం
మన స్వతంత్ర్య భారతదేశం
మన స్వచ్ఛమైన భారతదేశం
దైవాలు వెలసిన ప్రదేశం
మన అపురూపమైన భారతదేశం
ఛోలులు, మొగలులు, రాష్ట్రకుటలు
ఎందరో పాలించిన దేశం
మన విశాల భారతదేశం
ప్రేమానురాగాలతో నిండిన దేశం
ఇదే మన ప్రియమైన భారతదేశం



ఏ. భరత్, టి. వర్షత్,
ఏడవ తరగతి,

అమ్మ గొప్పతనం

అనురాగానికి అర్థం అమ్మ
మమతకు మారు పేరు అమ్మ
ప్రేమకు ప్రతిరూపం అమ్మ
ఈ సృష్టికి మూలం అమ్మ
బాధపడినప్పుడు ఓదార్చే చేయివైనావు
గమ్యం చేరేటప్పుడు దారిచూపే వెలుగైనావు
అనురాగం పంచేటప్పుడు నా నేస్తానివైనావు
అమ్మ ప్రేమకు హద్దులేదు
అమ్మ నా ప్రాణమా!
నువ్వు లేక, నేను లేను.



కె. కావ్యభాయి
ఏడవ తరగతి

జైహో భారత జైహో

అనామక ప్రాణాలు మీరు
అమరమైన త్యాగులు మీరు
అధికారహంకారం పై
దోపిడీ మూకల పై
ఎత్తిన జెండా దింపక
పాడే పాటనాపక
సాధించిన కలసాకారం
ప్రపంచ పటనం
భారత ఉనికని
అమరులు వెలిగించిన
అఖండ జ్యోతి
జైహో భారత జైహో



మురారి,
తొమ్మిదవ తరగతి

వీరుల్లారా

ఓ వీరుల్లారా వీరుల్లారా
మీకు జోహార్లు మీకు జోహార్లు
మా కోసం మీరు త్యాగాలు చేసారు
అమరులైనారు, అమరులైనారు
రక్తాన్ని చిందించారు
భారతదేశం కోసం పోరాడారు
మరువలేము ఎన్నటికీ మీ త్యాగాలు
సాధించాము స్వాతంత్ర్యము
నిలబెట్టాము మీ ఆశయాలను
జోహార్లు మీకు జోహార్లు
వీరుల్లారా అమరవీరుల్లారా మీకు జోహార్లు



కె. లావణ్య,
తొమ్మిదవ తరగతి

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

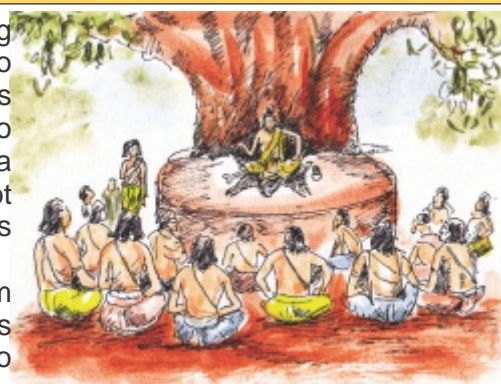
SATYAKAMA

Illustrations by G. B. Setti

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



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



One day Gautama told him that before he could teach him, Satyakama should take the herd of 400 weak cows of the ashram and return only when it had multiplied to 1000. After that Gautama would impart him knowledge. Without uttering a single word Satyakama left with the cows. He took them to



the forest and looked after them with loving care.

After many years the herd grew to 1000. Every cow was strong and healthy. It was time for Satyakama to return to Gautama's ashram. All the gods and deities were happy with Satyakama's obedience and dedication to his guru. Along the way he was blessed with knowledge by fire, a bull, a swan and a waterfowl. Now enlightened, Satyakama reached the ashram. Gautama saw the glow of enlightenment on his face. He was also very happy that Satyakama had looked after the cows very well. He then accepted Satyakama as his pupil and blessed him with Brahmavidya (knowledge of The Divine). Satyakama is an ideal of truth, obedience and true service to the guru.

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

Don't give up

Don't give up and don't give in
It's all in the Lord's hands
No matter what you are facing
He is the one who can
In any situation
His grace can turn all around
So you can be victorious
He knows the beginning and the end
So put your total trust in Him
To Him it's all foreseen
He knows about your struggles
He knows about your pains
Your hardships and sorrows
And He will help you
so don't give up and don't give in
Don't quit before its time
God's grace will give you power
To make it to the finish time
In His way and time.



A. Vijayasree, X

POEMS

Fight Hard

Gardens, flowers blooming on the ground,
Waiting to spread their cheerness around,
To find a world so deep in grief,
Where animals are dying and humans stuck in a sieve
Which is full of misery
How to get out?
Where to go, there is doubt!
But build self confidence,
For, children! We shall stand for defense
To block every obstacle in our way
To show the world that there is still good that may
Open if we reach for it.
We are strong but still fear remains
Waiting to wash out hope from its domains
But stop, it doesn't have to be so
For we have the power to abolish this foe
Far, far, far away from our hearts.
Let the rivers flow once again
And the forests to grow without the pain
that they will be destroyed once again
So, let the children know
that they are the future
That they can only find the cure
To end the misery once and for all.



Jagruti, X

Friendship

Friendship is a lovely thing,
A lot of colour to life it does bring,
Grown from love, and nurtured
with cage
We treasure a friend who is
always there
Look at the nature, and the lessons it can hold,
and messages of friendship worth more than gold.



Durga Harshitha,
X Class

ACTIVITY CENTER

What's the value?



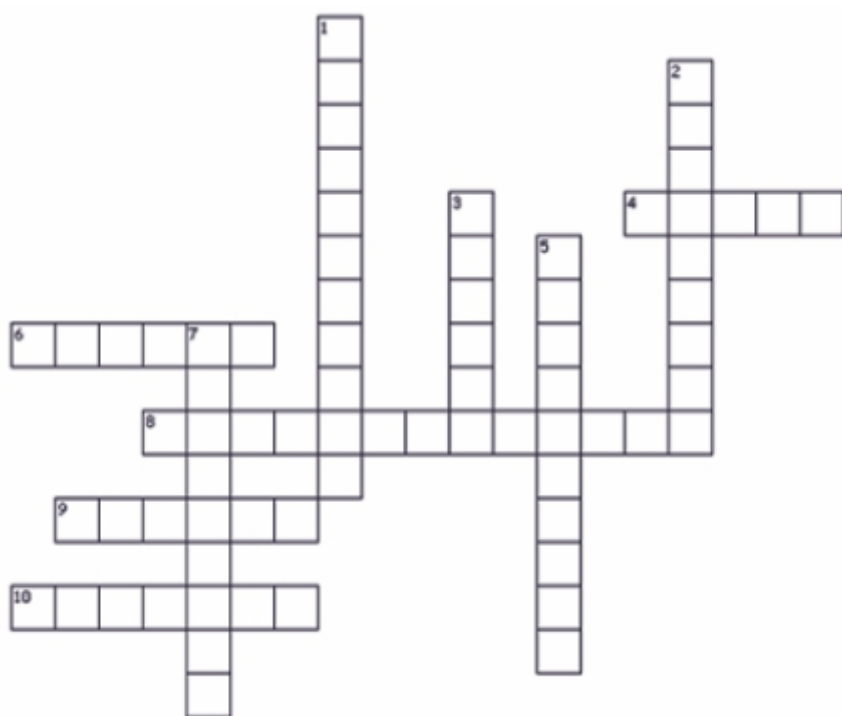
Once when Swami Vivekananda was in Varanasi, he was passing through a place where there was a large tank of water on one side and a high wall on the other. It was in the grounds where there were many monkeys. The monkeys of Varanasi are huge brutes and are sometimes surly. They now took it into their heads not to allow him to pass through their street, so they howled and shrieked and clutched at his feet as he passed. The faster he ran, the faster the monkeys came after him. It seemed impossible to escape, but just then, Vivekananda heard a stern voice, 'Don't run! Face them!' On hearing these

words, Vivekananda stopped running, turned and stood bravely in front of the monkeys. And what a surprise! All the monkeys stepped back and ran away. From this experience, Vivekananda has said that, 'this is the lesson for all life – face the brutes, face the terrible, face it boldly.' Like the monkeys, the hardships of life fall back when we cease to flee from them.

Moral: Children, don't ever be scared of problems and hardships in life. Instead face them and overcome them with courage and determination.

Crossword

Find values associated with Pujya Lalji Maharaj and Pujya Babuji Maharaj life incidents.



Across

4. Once in order to avoid punishment for not doing maths homework he put his finger in a wasp hive and learnt in the bitter way the safe method of telling _____ to the teacher than excuses.

6. He found once a rupee (a big amount those days) in the school compound. He dutifully handed over the same to the head master to be returned to the rightful owner.

8. The real thing is to transfer all love to God. Remembrance of one brings remembrance of all.

9. He was insisting on cleanliness of body. As it is necessary before seeking divine company.

10. At the time of promotion Babuji Maharaj's officers wanted to promote him overlooking the seniority of his colleague. But Master told that his colleague is senior and therefore he should be promoted.

Down

1. He never slept after the sun-rise. He devoted himself to spiritual sadhana imparting training to others. After that he went to office. On return from office he again imparted spiritual training. He took early dinner and went for walk around 8 P M. After that he busied himself with training the aspirants and went to bed by 10 P M. But without going to sleep he used to attend to the aspirants till 2 a.m. in the morning.

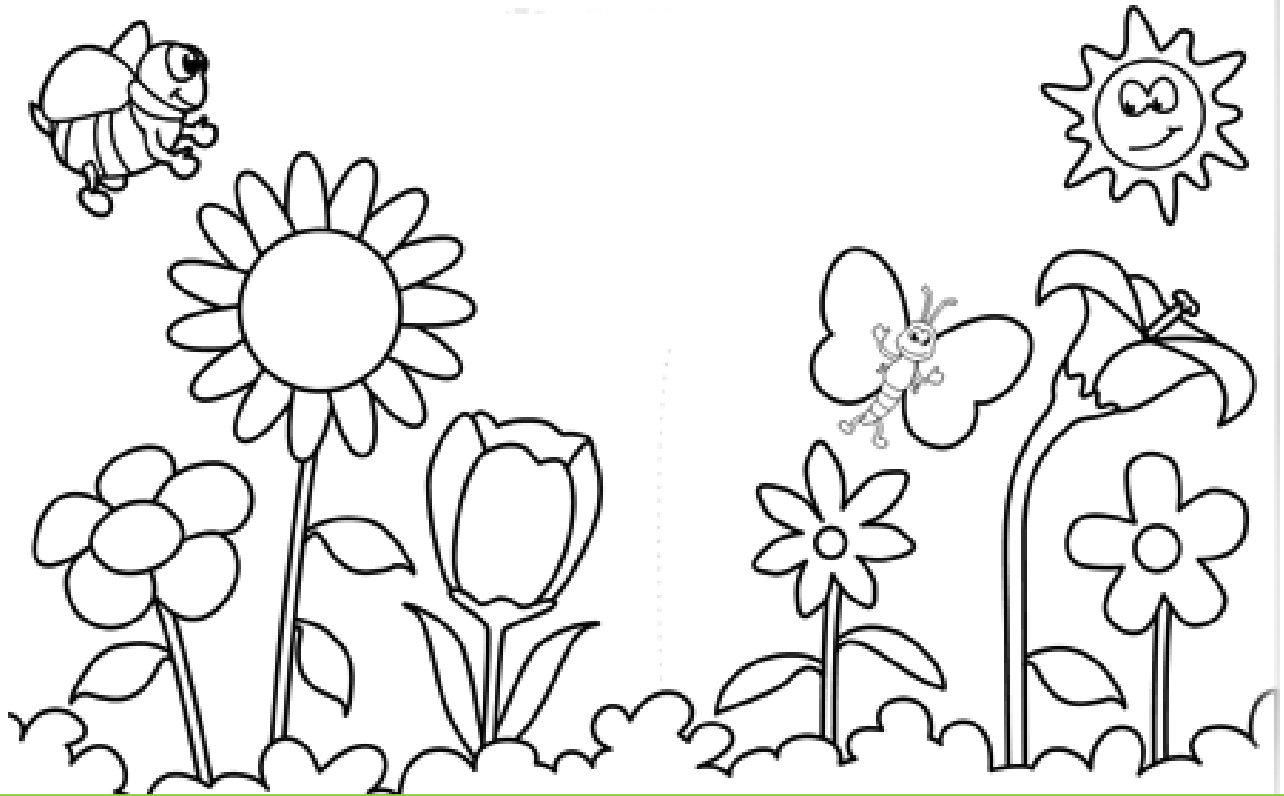
2. Once one big businessman donated a large sum of money to Babuji Maharaj but he did not accept that. But when a poor woman came and donated small amount of rupees, he readily accepted that with gratitude. Why this was? Because the businessman wanted to show his greatness and poor woman effort involved love and _____.

3. Babuji Maharaj was able to feel what is correct and what is wrong since childhood .

5. Pujya Lalaji Maharaj used to wear very simple clothes and used to take very simple meals like roties along with dal and chatni was good enough for him.

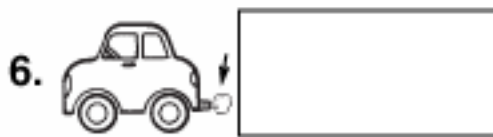
7. Pujya Babuji was placed as a young baby of 2 or 3 months on a sop (a plaited implement used for husking grain under the rays of Sun). After many years when he was practicing meditation, this scene came to his view and he inferred that this must be a childhood impression.

Color the below picture



Science Puzzle

Write correct states of matter (Liquid, Gas or Solid) next to the picture.



OUR TRIP TO SANJEEVAIAH PARK

On our field trip we went to Sanjeevaiah Park. There we saw so many things. They were: our Indian flag which was about 100 feet height. From there we went to Hussainsagar Lake. It was full of water and at the centre of lake we saw Lord Buddha's statue. Near the lake there is a small park. It is very pleasant place and we enjoyed the place a lot. From there we went to Butterfly Park. We saw so many flower plants. They were very beautiful and we saw many colorful butterflies which were flying and enhanced the beauty of nature. In Butterfly Park we played very nicely with butterflies and felt so happy. Last we visited Rose Garden. There are so many Rose plants. Some plants are arranged in rose shape. From rose garden we returned to school with lots of memorable events and happy movements. The trip was wonderful and very good refreshment for peaceful mind and with pollution free air. When we were coming back we saw many slogans.



-Ananya, 4th Class



We went to science park in Sanjeevaiah park. In that we saw how Egyptians saw time. They used a plate of sand and kept two iron bars on both sides of the plate. They hanged a chain with the top. They pulled and left it. Like that they saw time. We made soap bubbles of different shapes. We saw a thing like telescope. After that we saw a dinosaur statue and went to park to play. After playing we went to butterfly park. We saw so many butterflies. The main thing we saw was our big National Flag. That was my favorite thing. We came back in the evening. This was my favorite field trip I cannot forget.

- Jayababu, 4th Class

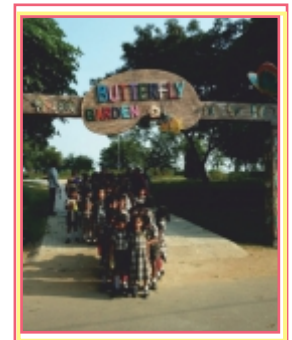
In the park we saw Science Museum. In science museum we saw weight lifting. There we saw wall poster with black and white stripes in circle shape. We also saw equipment of the science department related to different principles of mechanics. Around 12:30 we completed our lunch and we played for sometime. We visited the butterfly garden. And we saw different types of beautiful flowers. Next we saw an artificial dinosaur which was very big. We saw rose garden which is full of rose flowers. I enjoyed a lot with my friends and I told my neighbours that it is the best park to visit. Finally we reached home happily.

- G. Sricharan, 3rd class

On November 20, 2017 we went to Sanjivaya Park. I saw a big dinosaur. I saw a butterfly garden, rose garden in the park. In the park I saw a big flag with a telescope. In the park there were many trees, plants. In the park so many play things were there. Ex: swings, seesaws, slides. So many butterflies are there in the butterfly garden. Teachers gave us oranges. I enjoyed in the Sanjivaya Park.



- Thanish, 2nd class



We went on a field trip to Sanjeevaiah park. First to fourth class children along with our class teachers went in a bus. In bus we went by singing songs, talking with others. We went to science park there. We saw so many science experiments. I liked the glass experiment. After that we saw our National Flag. It was so big. After that we went to see a dinosaur statue. When we saw that dinosaur, we thought it was real. That much beautiful they built the dinosaur statue. After that we went to butterfly garden. There were so many butterflies. There is also a butterfly statue. There are so many butterflies on one plant with no leaves. At last we went to the playground to play. We had a nice trip.

- T.Varenya, 4th Class

OUR TRIP TO WARANGAL

We went to Warangal on a field trip on 19th November, Sunday. We went by two buses.

Ramappa temple was built by Ramappa. Kakatiyas ruled this place. They built this temple on a single huge rock. This temple was built in 18th century. A guide told us about Ramappa temple. 526 elephant statues shows the entrance to the temple. We saw many statues. Muslims waged a war with Kakatiyas. They destroyed Ramappa temple. In Ramappa temple there is a big Shiva lingam. We saw Nagini and Ragini and many other beautiful statues. We saw Sapta Swara pillars and Nataraj Mandir. On the top of Nataraj Mandir some stories were there about Rama, Krishna etc. We saw big Nandi looking at us. I liked that statue. We went in to Garbha Gudi and prayed to Lord Shiva. The guide gave books about Ramappa temple. The temple is so beautiful. From Ramappa temple we went to Kakatiyas fort. We played there for some time. We sat on ruins. We took photos. The Kakatiya's fort is so beautiful. Then we visited Thousand pillar temple. We saw all the 1000 pillars in the temple. They are renovating the temple. The temple was so beautiful. I liked all the temples. We went to the temple at around 7:00 pm. From there we got into the bus around 8:00pm. We reached school at 10:45pm. Our field trip was very nice and informative. - **K. Chinmayee, V Class**



On November, 19th we started from our school. First we went to Ramappa temple. It was beautiful. The story of Ramappa temple was very nice. It was a big temple. In front of the temple there was a big statue of Nandiswar. It was afternoon, we started to Warangal Fort. When we saw the Warangal fort, it was so spacious we wandered around, it felt like a park. After we heard the disaster of the fort due to wars we were shocked. We played there for some time and started journey to Thousand Pillar temple. The temple had high pillars. It was a very high and old temple. There we saw huge statues of Ganesh, Shiva and Nandiswar. These stupas are so strong. There are made thousands of years ago. We started back to home. This was the best trip in our life. The trip to Warangal was so nice. - **Ganesh Kaushal, VI Class**



On 19th November we went on an educational trip to Warangal from our school. It took more than 4 hours to go there. We enjoyed our journey very much. We were also very excited to visit Warangal. Before visiting Ramapa Temple, we had our lunch in a garden which is outside of the temple. Then after having lunch we visited Ramapa Temple. We observed the architecture of the temple. We were very surprised by seeing the beautiful architecture that how the ancient people made idols without using machinery tools. They did an excellent job. There we saw the idols of Nandi. It is a wonderful Nandi that if we see from any angle, we can observe that it is looking at us. That is the speciality of Kakatiyas architecture. After that we visited Warangal fort, there we saw the Gateway of Warangal and we also saw the idol of elephants, etc. I liked the fort very much then we visited Thousand pillar temple. There we saw the idols of Lord Shiva. We prayed to Lord Shiva and we took prasadam and then we returned. Totally we enjoyed a lot. - **T.Srija, 8th class.**



We went on a field trip to Warangal on 19th November. The guide explained us all about the temple. He said that it was built by Kakatiyas. It was designed by Ramappa, so as the Lord's Shiva's name is Ramalingeswara Swamy. There were nearly 12 sculptures of dancers which had different expressions. All were damaged except one. All others were damaged by Mohammed Thuglak. The two sculptures were Nagini and Ragini. Nagini dancer was holding a snake. Ragini danced was wearing high heeled sandals. There were lot of elephants which were not of same size. They all had different designing and shape and none of them look alike. I was really amazed seeing it. They were walking behind each other as if showing us the way to go. They were sculptures of different gods of different religions. There was sculpture of French king. This showed that trading was going on between the Kakatiyas and French kingdom when the temple was built. There was a sculpture in which there was a lion, an elephant and a soldier of Kaktiya. It is said as 'Gaja Kesari'. There was a pillar which had 13 holes. If we do holes with drilling machine also we will not get that kind of holes. We can consider Ramappa as a great sculptor. There was a musical rock near Lord Shiva which produces music. Before Lord Shiva there is a natyamandapam. Above the natyamandapam, on the roof there were many sculptures of gods which tell different stories. In the east of the temple there is a pillar which is not sculptured. This is to block the evil eye for the temple. Really Ramappa temple sculture is great. - **A.Bharath. 7th class.**



NEW YEAR GREETINGS



Aiswarya, VI



Ananya, IV



Balaji, IX



Lakshmi Prasanna, VII



Bhavya, VIII



Sainath, IV



Avinash, VI



K.Deepika, II



Mahesh, I



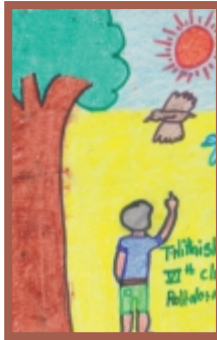
Prabhanda, X



Anjani, VIII



Lakshmi Harika, III



Nitisha, VI



Loukya, VIII



Neehal, VII



Lakshmi Prasanna, IX

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



Praveen, X



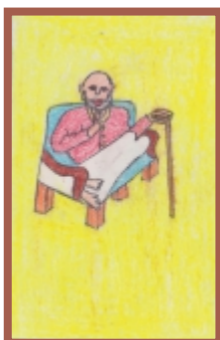
Tarun Sai, IV



Udaysri, I



Yashwanthi, I



Sreeram, V



Saisree, VII



Sravani, VIII



Vijayasri, X



Manogya, VI



Yaswija, III

SCHOOL EVENTS

Childrens' Day

Teachers entertained students by songs, skits, jokes. Students felt jubilant. The smile of every child on that day remembered the quote 'Today's kids are tomorrow's citizens'.



Satakam Contest

In order to learn our mother tongue, Telugu, the students depicted their affection towards Telugu by reciting satakas in Sataka contest conducted on 29th, December, 2017. Students and Usha Rani teacher made it successful. Their vibrant participation made it successful.

Sports Day

Pupils depicted their active participation in sports day conducted on 30th December, 2017. They took part enthusiastically in the games like Volleyball, Throw ball, Running, Kho-Kho, Musical chairs, etc. They thought-'No matter whether it is a loss or win' and they cooperated with each other in their team. Their cooperation and vibrant participation made it successful. G.Raju Sir conducted the games.



Rangoli



Field Trip - Warangal

Students of V to X classes went to Warangal for their field trip on 19th November. They went to Warangal in two buses. There they saw Ramappa temple, Kakatiya fort and Thousand pillared temple. Children very enthusiastically saw all the places.

Field Trip - Sanjeevaiah Park

Students of I to IV classes went to Sanjeevaiah Park for their field trip on 20th November by bus. There they saw the highest flag, Hussainsagar lake, rose garden, dinosaur butterfly garden and science exhibits.

Keeping in mind the remarkable performance of Srinivasa Ramanujan towards maths, the pupils from 6th grade to 10th grade displayed some exhibits like Vedic math, Abacus, Symmetry, Golden ratio, etc on 22nd December, 2017. Class X pupils presented a skit named 'Transformation of 2D shapes to 3D shapes.' Students contributed their gratitude to maths by their extraordinary performance. M.Ramesh Sir aided the students in the making of exhibits.



Mathematics Day

Visit

Dr. Sasala Challa, Member, IDRFB Board of Directors and her son visited our School on 29th December, 2017. They listened to Primary Class students recitation of Srimad Bhagavad Gita Slokas and Higher Classes Sataka Contest. They were very happy with the activities conducted at School and interacted with the Higher Class students and Samasthan members.



Moral Stories Contest

As part of Swami Vivekananda Birthday celebration Moral Stories contest was held on January 5th and 9th, 2018 for all classes. The contest was held based on Moral Stories books volumes 1 - 4. Students participated with great zeal.



GARDENING

Gardening is one of our S.U.P.W vocational wing classes. We enjoy the peaceful nature and breathe the purified air between the plants. We water the plants, we take out the weeds, we add vermi compost to the roots of the plants and we take care of them. We feel happy when we see the buds, flowers and fruits on the plants. We clean the garden. We make fence and cut the unnecessary grass. We feel like encouraging Haritha Haram and bring awareness to conserve plants and environment. We always like the gardening class. We plant new saplings. We sow different plant seeds and we distribute the fruits among the group. This time we planted fenugreek, aloe vera plants etc. We feel like playing with plants and at the same time we help in conserving bio diversity.

— M.Anjani, VIII Class



FILE MAKING

From classes VI to X, did file making with thick paper sheet in our Arts and Crafts periods. Our Sir taught us to make them easily. First we cut the sheets into required shape (say rectangle) and stick the sheets according to the folding with fevicol and dry it for half an hour and the file is ready. In that we can keep our important documents and certificates. This is an easy activity instead of buying plastic files. it is also eco friendly file

— M.Anjani, VIII Class



WORDS OF WISDOM

HABIT :We know that our lives are comprised of a collection of habits that dictate many of our physical, emotional and mental actions and reactions. Depending on the level of conscious awareness we invest in a habit's creation, habits can either enslave us, turning us into a mindless automaton, or free us to pursue creative, joyful activities that enhance and give meaning to our life. Most of us have a mixture of good and bad habits. The demand of the book Ten Commandments is that we eschew wrong habits and attitudes and embrace the wholesome and holistic attitudes and habits recommended in the book. If some of us feel that the call is too high it reflects the unwillingness to follow the commandments 3 and 2 which stress on the clarity required to understand and reach our goal.

Habit is defined as an acquired behaviour pattern followed until it has become almost involuntary. Habits can be good or bad, productive or non-productive. Good habits lead to developing skills, such as learning to listen, pray, help etc. They also save us time and energy by automating the performance of desirable actions. These acquired behaviour patterns free our mind from having to concentrate, as would be required of unfamiliar.

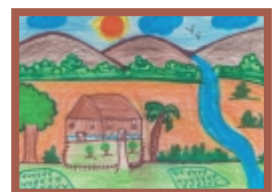
Reference : Bodhayanti Parasparam, Vol IX

SOLUTIONS

• What's the value? Courage
Crossword
ACROSS
 4. Truth 6.Honest 8. Universal Love 9. Purity 10.Justice
DOWN
 1. Disciplined 2. Sacrifice 3. Viveka 5. Simplicity
 7. Sensitive
Puzzle
 Solid--1,3,7 Liquid--2,4,5 Gas--6,8



K.Tanish,II



Rishikesh, V

తప్పలెన్నవారు తండోపతండంబు
ఉర్విజనులకెల్లనుండు తప్పు
తప్పలెన్నవారు తమ తప్పలెరుగరు
విశ్వదాభిరామ వినురవేమ

गुरु को कीजै दण्डवत,
कोटि कोटि परनाम ।
कीट न जाने भृंग को,
गुरु कर ले आप समान ॥

తాత్పర్యము : ఎదుటివారిలోని తప్పలెన్నవారు చాలామందియే
ఉండురు. కాని అందరిలోను తప్పులుండును. అయితే
ఎదుటివారిలోని తప్పలెన్నవారు తాము చేసిన తప్పులను గుర్తింపరు.

Prostrate before the Guru a thousand
times. Just like a moth gets
transformed to a beetle, the Guru
transforms you like himself.

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 వయస్సున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.

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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 Holmic (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, Vocation and Health Care.



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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
email: bodh@sriramchandra.org



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

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

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