



SPANDAN

UNIVERSAL PEACE

Sri Vidyadhar Joshi, Member, SSS

In the last issue we published the letter of Pujya Babuji Maharaj that was sent to the United Nations in the year 1957. We asked students to study the letter and reflect their understanding from the message. Every student grasped the spirit of the letter in their simplistic way and it is gratifying to note that they found sentences of the Master appealing and echoed the same in their expression. As I was reading through one student's write up, I observed that the word "wilderness" was associated somehow with wild behaviour instead of wild or unknown habitat. Surprisingly though, the idea expressed by the student, even with incorrectly associated meaning, happens to be very correct in spirit. The student expresses that wild behaviour and cruelty will not lead to universal peace. Indeed, Pujya Babuji Maharaj has said that universal peace is not possible without humans rising above animal nature governed by narrow minded individualism, possessiveness and greed. Pujya Babuji Maharaj says, "The conferences and meetings held for the purpose may only be like a spark to offer a temporary glow to the scattered fragment of peace. Their cries in the wilderness will not carry far on the path of success because of the material agony of faith working at the bottom." Wilderness means unknown, un-inhabited place, like a wild jungle. If a person needs help in a jungle, his cries will not reach anyone. As I understand, when humans cry for peace, but their hearts are burdened with selfish tendencies, these cries are like cries in wilderness. When we lighten our hearts by consciously cultivating selfless virtues like sharing, service, sacrifice, universal love, we enable our universal prayer to go beyond the wilderness to be heard by others. If everyone ardently desires peace in themselves in this way and others, such an effort will work more assuredly than holding talks or conferences on peace. This effort is not a "cry in the wilderness." It will resound in all hearts sooner or later because the material agony of faith is replaced with real spiritual faith which is unailing. This is the promise of the Great Master.

STUDENT EDITORIAL

Rishikesh Joshi, Class X

Namaste! Recently, our brothers and sisters in Kerala suffered a severe natural disaster. They were hit by massive floods and rains that killed and displaced many people. There was a great loss of property too. Our country rushed forth to help the people in distress. In the recent past, we have observed that there have been more natural disasters like this. Every year we hear some other place on our planet suffering. Let us think why these natural disasters are becoming more frequent and more devastating. I would say that due to some human activities, such ruinous events occur. Allow me to explain, these are partially man-made disasters. The reason is man in his unbridled greed has gone ahead and destroyed the environment by modifying the nature to suit his needs. Kerala has 54 man-made dams. Compare that to Andhra Pradesh, a coastal state 4 times larger than Kerala, has only 12 dams. This gives us the estimate of the development that was thought to be beneficial to the state, but proved to be deleterious. Massive amounts of deforestation would have been done to build the dams in Kerala. Such massive amounts of deforestation leads to equally massive floods and landslides. If this so called progress of building dams would have been moderated, probably such a disaster could have been averted. Activities like deforestation, burning of fossil fuels, etc. gradually deplete the ozone layer, which means that the earth is exposed to more UV rays. These actions also increase the amount of green house gases in the atmosphere, that disturb the natural temperature balance in the atmosphere. Due to excess heat, there is obviously more water evaporated, which implies that more clouds are formed. This phenomenon gives rise to burst showers. Burst showers are nothing but heavy short rains that damage poorly built structures and lead to floods in coastal areas. Kerala is predominantly a coastal area. The Mullaperiyar dam, which shares its waters between Tamilnadu and Kerala had at the time more than its stipulated amount of water stored which had to be released because of the excess rains in the southern part of India. This excess water released from the dam into Kerala contributed to the flood situation in the state. What happened in Kerala is a classical case of what happens when development is taken too far. We should be moderated in all our dealings whether towards development or any other aspect of life. Swami Vivekananda said, nature provides enough for everyone's need but not for anyone's greed. We should try to be more in tune with nature than trying to beat it. As Pujya Babuji Maharaj says "Be plain and simple to be identical with nature."

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.

UNIVERSAL PRAYER

Everyone should meditate for about 15 minutes at 9 p.m. sharp every night regularly thinking that all the men and women in this world are one's brethren and true love, devotion and faith for the Master is developing in all. - Pujya Sri Ramchandraji Maharaj

We all must do 9 PM prayer. It brings brethren feeling. It also brings universal peace. Peace starts from each individual. All are equal. Wars bring destruction whereas universal prayer brings peace. Arrogance cannot be stopped by material force. Use of bombs, guns cannot stop war. Peace and love can stop war. We should create love for all in our heart. Real happiness is in loving all. Uplift of mankind is very essential. **- A.Lokesh, Class IX**

Yes. Peace is a common word we use. It is very common in all minds. But for practice it is an uphill task. To maintain peace, we should individually and harmoniously work for the good of everyone. Any wild behaviour or cruelty do not carry us to success. To maintain peace first of all we should be happy. But we are not like that. We have a lot of greed that I will capture this place, I have to rule this nation etc. This should be vanished from the minds of the people of this world. People should think that we are all same. We all came from one source. We all are connected. We all should think that we all are brothers and sisters. This thought will come only by 9 PM meditation. **- P.Abhishek, Class IX**

Pujya Sri Ramchandraji Maharaj always wanted peace in the world. Pujya Sriramchandraji told to the people of United Nations that their cries of peace are like cries in wilderness. India never waged a war on anyone. She did not want any bloodshed. India is the other name for peace. When Britishers tortured us, we did not attack them. We lived peacefully in our homes. All should develop individually. All we need to do is 9PM prayer. **- Devi Charan, Class VIII**

Pujya Babuji Maharaj was happy to get the letter from the United Nations. Pujya Babuji Maharaj says the idea of peace is common in all minds. For that we should grow individually and do 9 PM prayer. This brings in change of thoughts in every living being. They get positive thoughts. This improves morals and disciplines the mind. Only this will help us to be free from horrors of war. It creates happiness and ends all grief. India did not wage war on other countries because she realized her duty towards humanity. The people in India were tortured by British but they thought them as sent by Divine. Pujya Babuji Maharaj said that proper steps necessary to uplift the mankind is individually. Arrogance cannot be stopped by material force. The simplest form to solve all these problems is to do 9 PM prayer. **- G. Sojel, Class VIII**

Pujya Babuji Maharaj was happy to share these words with us. India is very great country. All people live happily and are peaceful. To get disciplined mind we need to pray. We need to improve morals and discipline the mind. We must learn how to create in the heart, a feeling of universal love which will help us free from horrors of war. To come up to the level of real happiness we must rise above ourselves. The seed which is deeply laid will have branches that bear blossoms filling with sweet fragrance of peace and happiness. We need to remove war from the minds of everyone. We need to treat others as brothers, sisters and friends. We all should live like a family. With prayer we will be successful in our mission. **- Kavya Bai, Class VIII**

Pujya Babuji Maharaj wrote letter to United Nations about Universal Peace. After the world war there was lot of destruction. Everyone were thinking individually. Everyone had idea only of individual self. Even though leaders gave speeches on harmony and fraternity, peace was temporary. These speeches will not be successful. So we have to develop the morals and discipline the mind. We should also learn on how to create peace in others. For that universal love is the surest remedy of all evils. We should realise our pious duty towards humanity. All the causes of wars from the minds of people can be stopped only by spiritual force. We (all brothers and sisters) should sit at our respective places in a fixed hour (at 9 PM) and meditate for growing peace and love in others. **- Vasavi, Class IX**

At the time of world wars, people talk about peace and they want peace. To get peace everyone should think about peace in their mind. We need to improve morals and discipline the mind. If we really want peace, universal love should be created in our heart. India did not wage war on other nations. But other nations waged war on us. They took many things from our India. Even when they tortured we were happy in our own homes. We did not say anything to them. Arrogance cannot be stopped by material force. It's only the spiritual force which can remove the causes of war from the minds of the people. So to get peace we need to do universal prayer. So my opinion is to do 9 PM prayer to get peace. Ignore world wars. Say yes to Universal Prayer. **- Kavya Prasanthi, Class VIII**

STORY OF MASTER - FRATERNITY

In a discussion among satsangis over Master's way of treating and addressing everyone as 'brother' or 'sister' in accordance with Commandment No. 6 of the system, the Master himself pointed out, "we have to know all as brethren because they are really so in relation to the Father Almighty, whom we constantly remember and get nearer by knowing and treating them as such. Actually treating every body as 'brother' creates an atmosphere of peace in one's own heart and all around, which is so essential for the abhyasi's own spiritual progress and creates conditions for the progress all around."

CO-EXISTENCE: Anything cannot be acceptable to everyone. Although brotherhood is essential for human life, even after being told of its necessity by the advent of prophets and avatars so far, this ideal has not been evident in the human life to the extent required. Our Pujya Guru Babuji while talking about this feeling of brotherhood in his 1982 address said that this is the goal of human life. Even then, it does not seem to be an easy thing for the sadhakas. As Pujya Babuji said (in Surat), when we think of ourselves as superior we underestimate others. With this we create an obstructing wall to the feeling of brotherhood. Feelings of sloth, dislike, intolerance, jealousy towards others are not all conducive to our spiritual progress. This applies to everything. As the Master said, "Yearning pure and simple to reach Him and Him alone". If we stick to this path we will surely be able to reach our goal. Forgetting the goal, not sharing the path we know with others and unnecessarily speaking indecently about others is not good for anyone. Pujya Babuji's grace is raining on everyone incessantly and uninterruptedly. He said in Paris (1982), "Co-operation is the life of coming events also but if they are wavering they will be wasting power". There is a need for everyone to note this and mould their ways of life accordingly. My belief is that it will happen so.

Reference: Spirituality

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

WORDS OF WISDOM

WORLD PEACE: The world today, is in a state of unrest and disorder. World peace is closely related with the peace of the individual for which one has to take into account the inner state of one's mind. If man's mind is brought to the state of peace and order everything in the outside world will get into order in the same colour. But it is sad that world has lost its real basis, and for its reestablishment, it is necessary to adopt means which may promote the feeling of peace and calmness of mind of the individual man. What we have to do for the purpose is to introduce proper adjustment in the mental tendencies of the individual, which in effect is the proper moulding and regulation of the mind.

By connecting ourselves with such a person (Master) with love and devotion and by practicing meditation in right manner we begin to get transformed accordingly.

(Showers of Divine Grace – Spiritual way of life)

పార్థన - అనుభవము



Illustration
Lohana, VII 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.

5-6-18: During meditation I felt that I was in a peaceful mood. After meditation I felt fresh.

7-8-18: During meditation I felt the presence of God in my heart. After meditation I felt very calm.

13-8-18: During meditation I felt calm. After meditation I felt very excited.

Ch.V.Krishna, Class X

7-6-18: During meditation I got many thoughts. After meditation I was happy.

18-7-18: During meditation I felt calm. After meditation I was fresh.

10-8-18: During meditation I felt pleasant. After meditation I felt happy.

Sree Jahnvi, Class X

5-6-2018: During meditation I felt very peaceful and happy. After meditation I could assume that everyone is my brethren. I felt happy and calm.

12-6-18: During meditation I felt warmth at Point A. After meditation I felt calm.

8-8-18: During meditation I felt calm. After meditation I felt happy and one with nature.

Rishikesh Joshi, Class X

6-6-18: During meditation I was in a devotional mood to God. After meditation felt as good and pleasant day.

26-7-18: During meditation felt pleasant. After meditation felt good and happy.

8-8-18: During meditation felt happy. After meditation felt happy and pleasant.

Lakshmi Prasanna, Class X

LORD KRISHNA

Long long ago there lived King Surasena. He was the leader of the Yadus. He ruled over the Kingdom of Mathura. His son Vasudeva married Devaki, the daughter of another King Ugrasena. When Devaki left to go to her husband's house after marriage, her brother Kamsa went along to leave them. He rode their chariot as their driver. Suddenly on the way they heard a voice from the sky.



"Kamsa! You are such a fool! The eighth child of your sister is going to kill you and you are driving her chariot?" Kamsa got very angry and dragged his sister by her hair and pulled out his sword to kill her when Vasudeva stopped him. He said, "Please stop, Kamsa. How can you kill your own sister? How can you trust any voice from the sky? And even if it is true I promise you that I will give you all the children born to us." Soon a baby boy was born to Devaki. As promised, Vasudeva handed over the baby to Kamsa. But Kamsa returned the baby to Vasudeva because he knew that danger to him would come from the eighth child, not the first.

Soon after, Narada Muni visited Kamsa. He told him that in his previous birth he was demon named Kalanemi who had been killed by Lord Vishnu. He also told him that Lord Vishnu was going to take birth soon as the son of Devaki and Vasudeva and would kill him again. This angered Kamsa so much that he killed every child born to them thereafter.

When Devaki was pregnant the seventh time, it was none other than Ananta Sesa, an expansion of Lord Vishnu. So Lord Krishna transferred the baby from the womb of Devaki to the womb of Rohini, another wife of Vasudeva who lived with Nanda Maharaja and Yashoda in Vrindavana. Meanwhile, Lord Krishna prepared to appear as the son of Devaki and Vasudeva. He then appeared in His four armed Vishnu form each holding a gad, shankha, chakra and lotus flower. Vasudeva was worried that if Kamsa saw Him in this form he would recognize Him and harm him. Then Lord Krishna changed Himself into the form of a beautiful baby that was a shade of blue, the colour of a rain-filled cloud. We celebrate this time of midnight on the eighth day of Shravan month as Janmashtami or the birth of Lord Krishna.

Reference: Stepping Stones to Krishna, Gandhari Devi Dasi

Birth of Srimad Bhagavad Gita

During Kurushetra war, Lord Krishna became the charioteer of Arjuna. Arjuna wished to see for himself, before the fighting actually commenced, who had collected on the battle-field on both the sides to take part in the fighting. He, therefore, asked Lord Krishna to take the chariot to a position midway between the two armies, which Lord Krishna did. As he saw all around, Arjuna perceived his grand fathers, uncles, brethren, friends, nephews, sons, preceptors and kinsmen in fact all his kith and kin collected there to take part in the warfare, and a feeling of a dolour at what he saw, came over his mind. It was rather strange that Arjuna who had already known from the beginning who were getting together to take part in the warfare, and who was himself so eager for the destruction of the Kauravas whom he hated so much for all the injustice they had done to the Pandavas, should, at the very eleventh hour, feel nervous. Not only that, he began even to argue with Lord Krishna on the utter impropriety of conducting a warfare against his own kith and kin, and further to tender his own advice to him. Seeing this attitude on the part of Arjuna, Lord Krishna got puzzled and began to deprecate him for what he called his turbid mood. Arjuna had implicit faith in Lord Krishna and he surrendered himself completely to him and begged him to tell him for certain what was better for him (whether to fight or not to fight) in the circumstances in which he was placed, as he had become incapable of judging for himself on account of his dolourous state. Hearing Arjuna's appeal Lord Krishna preached the right course for him to follow.

The advice then given by Lord Krishna to Arjuna, is contained in that portion of the great Epic Mahabharata composed by sage Vyasa which is called Bhagavadgita comprising 18 chapters with 700 stanzas.

Reference: Gyaneshwar

SRIMAD BHAGAVAD GITA

न तु मां शक्यसे द्रष्टुमनेनैव स्वचक्षुषा ।
दिव्यं ददामि ते चक्षुः पश्य मे योगमैश्वरम् ॥

But you will not be able to behold Me just with your own eye. I give you the eye Divine. Behold now my Divine transcendence. (11-8)

द्यावापृथिव्योरिदमन्तरं हि
व्याप्तं त्वयैकेन दिशश्च सर्वाः ।
दृष्ट्वाद्भुतं रूपमुग्रं तवेदं
लोकत्रयं प्रव्यथितं महात्मन् ॥

This mid-space between Heaven and Earth has been filled by Thou alone, as also the quarters. Beholding thy wonderful, terrific Form, the world-triad is in trepidation, O Lord. (11-20)



పర్యావరణ పరిరక్షణ

వి. తరుణ్ సాయి, ఐదవ తరగతి

పర్యావరణం ఎలా పాడవుతుంది - మనుషులవల్ల పర్యావరణం పాడవుతుంది. మనము ప్లాస్టిక్ కవర్లు పడేయడంవల్ల నీళ్ళు కలుషితం అవుతున్నాయి. అందులో ఉండే జీవచరాలు చనిపోతాయి. మనము ఆ నీళ్ళు తాగితే మనకు రోగాలు వస్తాయి. మనము చెట్లను నరకడం వలన జంతువులకు నివాసం ఉండట్లేదు. అందుకే అవి మన పట్టానికి వచ్చి మన నివాసాన్ని పాడుచేస్తున్నాయి. మనం వాటిని నరికితే మనకు ప్రాణవాయువు రాదు. అప్పుడు మనం చనిపోతాము. చెట్లను నరికేస్తే మనకు వర్షాలు పడవు. అప్పుడు మనకు తాగడానికి నీళ్ళు దొరకవు. వాహనాలు నడపడంవలన వాటి నుంచి వచ్చే పొగ నీళ్ళలోకి వెళ్ళి జలచరాలు చనిపోయేటట్లు చేస్తుంది. ఆ నీళ్ళు మనం తాగితే రోగాలు వస్తాయి లేదా మనం చనిపోతాము. చెట్లను నరకడం వలన సూర్యుని ఎండ ఎక్కువ అవుతుంది. అప్పుడు మన ఊరు ఎడారిలాగా మారిపోతుంది. పర్యావరణాన్ని ఎలా కాపాడాలి - మనము పొగ ఉన్న వాహనాలు వాడకూడదు. సైకిలు, ఎడ్లబండివంటివి వాడాలి. మనము ఎక్కువ చెట్లను నాటగలిగినట్లైతే వాహనాలనుంచి వచ్చే పొగను అవి పీల్చుకుంటాయి. నీళ్ళలో ప్లాస్టిక్ కవర్లు వేయకూడదు. మనం చెట్లను నరకకూడదు. అప్పుడు జంతువులు మన ఊరికి వచ్చి వేటిని నాశనం చేయవు. మనము చెట్లను కాపాడితే అది మనల్ని కాపాడుతుంది. మనము చిన్నచిన్న మొక్కల్ని తొక్కకూడదు. మనము ఈ పచ్చని భూమి కోసం పర్యావరణాన్ని రక్షించాలి.



చెట్లు అవశ్యకత

సి. హెచ్. విష్ణుప్రియ, నాలుగవ తరగతి

ప్రకృతి ఒక అందమైన దృశ్యం. ప్రకృతిలో చెట్లు, పువ్వులు, పక్షులు, నదులు ఉంటాయి. చెట్లు మన ప్రకృతిని కాపాడుతాయి. నదులుకూడ అంతే. మనిషి తన సొంత అవసరం కోసం చెట్లను నరికేస్తున్నాడు. చెట్లు మనకి మనము కష్టపడకుండా మన కోసం సహాయపడతాయి. మనము కాలుష్యం చేయకూడదు. ఎందుకంటే కార్లవల్ల, బస్సులవల్ల పొగ వస్తుంది. ఆ పొగ మనము పీల్చుకుంటే అనారోగ్యాలు వస్తాయి. చెట్లు ఆ పొగ పీల్చుకుని మునకు చల్లనిగాలినిస్తాయి. నదులుకూడ అంతే. నదులలో స్నానం చేస్తారు. బట్టలు ఉతుకుతారు. పుట్టినరోజు మనము రెండు మొక్కలను నాటాలి. చెట్లు ప్రగతికి మెట్లు. నీళ్ళను పొదుపుగా వాడుకోవాలి. పచ్చని అడవులను చూస్తే మన కనులకు విందుగానుంటుంది. నదులు పారుతూ పంట పొలాల దగ్గరకు వస్తాయి. అప్పుడు పొలాలు బాగా పెరుగుతాయి. దానివలన రైతులకు కూడ ఉపయోగము. దీనివలన మనము ప్రకృతిని కాపాడుతాము.



విద్య

యు. రూపతన్మయి, ఐదవ తరగతి

విద్యకు సాటి ధనంబులేదిలన్' అని భర్తృహారి చెప్పారు. విద్య మానవుని అభివృద్ధిలో ప్రధానమైనది. ఈ విషయాన్ని మన పూర్వీకులు గుర్తించి అనేక సందర్భాలలో చెప్పారు. విద్య వలన మనిషి ఉన్నతికే కాక సమాజ ఉన్నతికి కూడ ఉపయోగపడుతుంది. భారతీయులు గణితం, ఖగోళం మున్నగువాటిపై పరిశోధనలు మన జాతి గౌరవాన్ని పెంచాయి. విద్య ఏ కాలములోను ఎవ్వరు దోచుకోలేని ధనం. ఈ ధనాన్ని ఎంత మందికి పంచినా తరగదు. మనిషిని ఉన్నతునిగా మార్చి సమాజంలో గౌరవాన్ని సంపాదించి పెడుతుంది. ఆధునిక యుగంలో విద్యవలన విదేశాలలో సునాశయంగా విజయం సాధించగలుగుతున్నారు. చదువు సమాజ అభివృద్ధికి ఆధారం. విద్యావంతులు నిండిన సమాజం గొప్ప సంస్కృతికి స్ఫూర్తి. ఇది ఎప్పుడు నిరాశపడదు. సమిష్టిగా విద్యాజ్యోతులు వెలిగించి అందరు విద్యావంతులు అయితే నా దేశం మరింత ప్రకాశిస్తుంది అని నా ఆశ.

విద్య ఎస్. యశ్వజ, నాలుగవ తరగతి



విద్య ప్రతి ఒక్కరికి అవసరం. విద్యలేనివాడు వింత పశువు. విద్య భవిష్యత్తుకు బాట వేస్తుంది. విద్య లేకపోతే విజయాన్ని సాధించలేము. విద్య అనేది ప్రతి ఒక్కరిని ఉన్నత స్థాయిలో నిలబెడుతుంది. విద్య మంచి నడవడికి నేర్పిస్తుంది. విద్య ద్వారా సత్యం, ధర్మం, త్యాగం, కరుణ, దయ, శాంతి, ప్రేమ, అహింస విలువలను అభివృద్ధి చేస్తుంది. ఏది నేర్చుకోకపోయినా విద్య నేర్చుకుంటే చాలు. విద్య ద్వారానే ఆదర్శవంతమైన సమాజం నిర్మితమౌతుంది. విద్య లేకపోతే భవిష్యత్తు శూన్యం.

చెట్లు అవశ్యకత

లలిత మనోజ్ఞ, మూడవ తరగతి



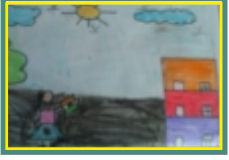
చెట్లలో రకాలు - చెట్లలో చాలా రకాలు ఉంటాయి. కొన్ని చెట్లు పండ్లనుఇస్తాయి. కొన్ని మొక్కలు ఔషధాలు ఇస్తాయి. కొన్ని చెట్లు పువ్వులనిస్తాయి. కొన్ని మొక్కలు కాయగూరలనిస్తాయి. చెట్ల వల్ల ఉపయోగాలు? చెట్లు మనకి ప్రాణవాయువునిస్తాయి. చెట్లు మనకి నీడనిస్తాయి. చెట్ల మీద పక్షులు గూళ్ళు కట్టుకుంటాయి. చెట్లు ఎక్కువ ఉన్నచోట వర్షాలు బాగా కురుస్తాయి. చెట్లు పళ్ళు, కాయలు ఇస్తాయి. చెట్లనుంచి చాలా వస్తువులు కూడ వస్తాయి. చెట్లను ఎలా కాపాడుకోవాలి - చెట్లకు సరైన సమయానికి నీళ్ళు అందించాలి. మొక్కలకి కంచెవేసి కాపాడాలి. మొక్కలకి సరైన ఎండ కావాలి. చెట్లు లేకపోతే వర్షాలు పడవు. కాలుష్యం పెరిగిపోతుంది. అందువలన చెట్లను కాపాడుకోవడం మన బాధ్యత.



Patriotism

I. Vanshika, Class VI

Once upon a time there was a girl named Chinmayee. She was very kind. One day when she was going to school she saw our national flag on the road. She saw that everyone is roaming but not seeing the flag. She ran towards it, picked it up and kept it in her bag pocket. After going to school she kept the flag near the photo of Mahatma Gandhi. Then her friend Neeraja saw that and asked "Why did you keep it near photo?" Then Chinmayee said, "This is our country, India's National flag. Don't you know this?" Neeraja said, "I know, I should tell this to teacher and we should appreciate you." Chinmayee said, "No, don't tell the teacher, this is my love towards our country India." Bell rang they went to assembly. They studied and went home.



Moral: We should respect our national flag.



సత్తవర్తన

వాసవి, తొమ్మిదవ తరగతి

ఒక ఊరిలో బాలు అనే అబ్బాయి ఉండేవాడు. ఒక రోజు బాలు సీత ఇంటికి వెళ్ళాడు. సీత ఇల్లు తుడుస్తోంది. బాలు ఇంటిలోకి అడుగుపెట్టగానే జారిపడ్డాడు. సీత : 'ఏంటి బాలు, ఇంత హడావిడిగా వస్తావు' బాలు : 'నాకేమి తెలుసు నేను ఇలా పడిపోతానని' సీత : 'ఎప్పుడైనా తడి ఉన్నప్పుడు జాగ్రత్తగా చూసుకొని నడవాలి' సీత బాలుకి ఒక అరటిపండు ఇచ్చింది. బాలు ఆ అరటిపండు తిని తొక్కను అలా బయటకి విసిరాడు. సీత : 'బాలు! ఏంటి నువ్వు చేస్తున్నవని?' బాలు : 'నేనేమి చేసాను. అందరిలాగే పండుని తిని తొక్కను పారేసాను.' సీత : 'అయినా, తొక్కని అలా పడేయవచ్చా?' బాలు : 'మరి తొక్కని కూడ తినాలా?' సీత : 'అది కాదు బాలు. తొక్కను అలా బయటపడేయడం తప్పు' బాలు : 'ఎందుకు?' సీత : 'అలా పడేస్తే, ఇదిగో ఇప్పుడు నువ్వు జారిపడ్డావు కదా, అలాగే దాని మీద కాలువేసిన వాళ్ళు పడతారు. తొక్కను చెత్త బుట్టలోనే వెయ్యాలి'



సీత : సత్తవర్తనతో నడుచుకోవాలి

Apple Tree

Sreeram, Class VI



A rabbit was happily walking beside a small river. It saw a tree on the other side of the river, a tree full of apples. His friend elephant was sitting under the apple tree. "What a lovely apple! I want to eat it, but how will I cross the river?" thought the rabbit. Then rabbit asked "Dear elephant can you give me an apple from the tree?" Then the elephant replied, "yeah sure." Then the elephant tried and tried to reach the apple, but they were so high. Again, elephant said, "If you come here I will lift you then you can reach the apples and take some of them." The rabbit thought how can it cross the river? Tortoise was going in the water, saw the rabbit and asked, "Please my friend, what's wrong?" The rabbit told that it wanted to cross the river." Tortoise replied, "Yes I have an idea, you stand on me so that we can go to the other bank." They did the same and they reached to the other bank of the river. Then the elephant lifted the rabbit up. Finally, they got apples to eat. So, everyone co-operated with each other and all the three ate the apples.



Moral : We have to co-operate with each other.

Truth Speaking

Chinmayee, Class VI



Once there lived a boy named Aswin. He used to speak the truth always. One day his teacher gave a project to him and his peer group. The next day the teacher asked to show their project work. He and some of his classmates did not do their project work. They told lies to their teacher that they forgot their book, they completed their work. But Aswin told the teacher that, "Teacher please forgive me. I forgot to write project work". Teacher forgave him and felt very happy for his truth speaking and obedience to his guru.



Moral: Always be truthful.

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

What's the Biggest obstacles?

Story is taken from <https://www.hindujagruti.org>



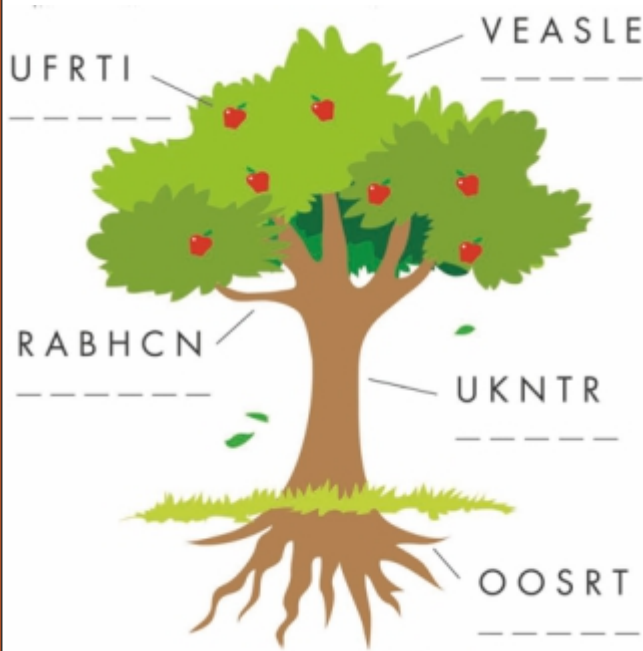
Once Sage Narad was sitting in the Deity Shiva's court on the mountain Kailas. Many other illustrious sages were also present. Just then Sage Durvas (a great sage) entered the assembly carrying a huge bundle of books. Durvas was a great Sage, but he was quick to anger. Ignoring the august assembly, he went and sat by the side of Shiva. Shiva smilingly asked him, "Sir, how are your studies progressing?" The sage, proudly displaying his bundle of books, replied, "I have thoroughly studied all these volumes and know them by heart!"

Now Sage Narad, who was observing all these events, stood up and boldly called Durvas a donkey carrying a burden of books on his back. Hearing Narad's comment, Durvas thundered in wrath. At this, Narad retorted, "There you are! You have not been able to conquer your anger in spite of your scholarship. Ignoring this august assembly, you went ahead and sat next to Shiva! What good is scholarship without patience and forgiveness? In your case, these books are nothing but the burden of a donkey." Thus chastised, Durvas realized his folly. He bowed in front of Narad and asked for forgiveness. He then threw his books into the sea and went into penance.

Moral: This story shows that one makes progress in spirituality only when he puts into practice whatever theoretical knowledge he has learnt. Mere book learning only serves as a burden as it increases one's _____ and _____, two of the biggest obstacles for spiritual progress.

The Importance of Roots to grow from plants to tree

Unscramble the words below and fill the blanks from right.



1. _____ help plants in anchoring them to the soil. They also serve as transport systems, allowing the plant to suck up water and dissolved minerals from the soil that it needs to grow.

Plants show characteristic of 2. _____ like growth, respiration, reproduction. Plants or tree gives food like in the form of spices, fruits, leaves, grains, vegetables, pulses, dry fruits, medicine plants useful to make different medicine, rubber, cotton, fiber, shade etc.

3. _____ also keep the environment clean and pollution free.

4. _____ are formed when tree is cut down. It is no more connected to roots. So it will become non-living thing. Till trees or plants are connected with their roots they are living and are useful to all living beings. Their life is more meaningful but after disconnected from roots just only helpful for wood that also for material gain.

Like that when we should all stay connected with our roots.

5. _____ makes our life or living meaningful.

According to Pujya Babuji Maharaj We can lead a real life when we feel connected to our root i.e our true nature of being divine which is God. That is only Real Life.

Most important movements for the Indian Independence

Match the following with correct incidents

1.



2.



3.



4.



5.



b.

The Azad Hind Fauj

An important development in the struggle for freedom during the Second World War was the formation and activities of the Azad Hind Fauj, also known as the Indian National Army. Netaji rallied together the Indians of all religions and regions, living in South-East Asia, for the cause of India's freedom. The Azad Hind Fauj became the symbol of unity and heroism to the people of India. Subhas Chandra Bose, who was now popularly known as Netaji, had been one of the greatest leaders of India's struggle for freedom.

a.

The Salt March

24-day, Salt March, which took place from March to April 1930 in India, was an act of civil disobedience led by Mohandas Gandhi to protest British rule in India. Gandhi set out from his ashram, Sabarmati near Ahmedabad with several dozen followers on a trek of some 240 miles to the coastal town of Dandi on the Arabian Sea. Upon arriving at the beach in Dandi on the morning of April 6, 1930, Gandhi reached down and scooped up a lump of salt and held it high. Defying the Salt Act, Gandhi reasoned, would be an ingeniously simple way for many Indians to break a British law non violently.

e.

The Khadi Movement

In 1918 Mahatma Gandhi started his movement for Khadi as relief programme for the poor masses living in India's villages. Spinning and weaving was elevated to an ideology for self-reliance and self government.

c.

Indian Rebellion of 1857

It is known in India as the first war of Independence. It began (May 10, 1857) at Meerut as a mutiny among 35,000 Indian troops (sepoys) in the Bengal army. The immediate cause was the introduction of cartridges lubricated with the fat of cows and pigs, a practice offensive to Hindus and Muslims.

d.

The Quit India Movement

The Quit India Movement also known as India August Movement or Bharat Chhodo Andolan was launched at the Bombay session of the All India Congress Committee (AICC) by Mahatma Gandhi on August 8, 1948. The protest was initiated to demand an end to the British rule in India.

జై జవాన్ జై కిసాన్

జవాన్కి అర్పిద్దాం జోహార్లు
కిసాన్కి చేద్దాం వందనాలు
జవాన్కి కొడదాం సెల్యూటు
కిసాన్కి ఇద్దాం నేలను
జవాన్లు అర్పిస్తారు మన కోసం ప్రాణాలు
కిసాన్లు పండిస్తారు ధాన్యం
ఎండకి, వానకి, చలికి లొంగని జవాన్, కిసాన్కి చెపుదాం
జై జవాన్, జై కిసాన్



మురారి,
పదవ తరగతి

అందమైన చెరువు

చెరువమ్మ చెరువు
అందమైన చెరువు
వందనాలమ్మ నీకు వందనాలు
అందమైన పూలతో
పచ్చపచ్చని ఆకులతో
నీవు కళకళలాడుతావమ్మ
చివుక్కుమనే సూర్యకిరణాలు
నీలో మెరుపునమ్మా
మూగజీవాల దాహం తీర్చెదవు నీవు
పైరు పచ్చికలకు నీటినందించెదవు నీవు
మా ఆకలిని తీర్చెదవు నీవు
పుడమి సశ్యశ్యామలం చేసెదవు నీవు
చెరువమ్మ చెరువు
అందమైన చెరువు
వందనాలమ్మ నీకు వందనాలు



కె. లావణ్య,
పదవ తరగతి

చెరువు

ప్రకృతిలో ఒక్కటి చెరువు
అందాలు ఒలికే చెరువు
చూడ చక్కని చెరువు
నీళ్ళను అందిస్తున్న చెరువు
జీవప్రాణులకు నివాసమైన చెరువు
పూలు వికసించే ఈ చెరువు
ఎంత చక్కగా విరబూసేది ఈ చెరువు
ఆకాశంవలె చెరువు
నిండుకుండలాంటిది చెరువు



శ్రీజాన్వవి,
పదవ తరగతి

అమ్మ

అమ్మ నీ గొప్పతనాన్ని మరువం
కరగని బంగారానివి
తరగని ప్రేమవి
నీ నవ్వు నా గుండెల్లో
ఎప్పటికీ నలగని పువ్వు
నదులు ప్రవహించటం ఆపవు
నీ హృదయం ప్రేమను ప్రవహించటం ఆపదు
చల్లటిగాలి నీ యెదలోనున్న
నా స్థానం మరువనీయదు
మా కుశలం కోసం నీ ప్రయత్నం
మాకే అందని చెట్టు
అమ్మ నీ గొప్పతనాన్ని మరువం
కరగని బంగారానివి
తరగని ప్రేమవి



కె. లక్ష్మి ప్రసన్న,
పదవ తరగతి

ప్రకృతి

అందచందాలొలికే ప్రకృతి
పచ్చని కాంతులతోనిండిన ప్రకృతి
ఆనందాల హరివిల్లు ప్రకృతి
స్వచ్ఛమైన మనసులోనిండిన ప్రకృతి
స్వేచ్ఛావాయువునిచ్చే చక్కనైన ప్రకృతి
నిత్య అవసరాలను తీర్చే ప్రకృతి
నిత్యం మన ప్రాణాలు రక్షించే ప్రకృతి



సి. హెచ్. కృష్ణ,
పదవ తరగతి

చెరువు

మా ఊరిలో ఉంది అందమైన చెరువు
దానిని చూసి ఆపుకోలేము మా అరుపు
చెరువులో ఉంటాయి తామరపువ్వులు
వాటిని చూస్తే సూర్యుడు జల్లుతాడు నవ్వులు
సూర్యోదయంవేళ చూస్తే ఆనందం
సూర్యాస్తమయంవేళ చూస్తే సంతోషం
అందుకే చెరువులంటే మాకు ఎంతో ఇష్టం



ఎ. హరిత,
ఏడవ తరగతి

చెరువు

చెరువులో ఉంటుంది నీరు
దానిపై ఆధారపడి ఉంటుంది ఊరు
వర్షం పడినప్పుడు నిండుతుంది చెరువు
అది నిండకపోతే మనకు ఉంటుంది కరువు
చెరువులో ఉంటాయి కమలాలు
అవి వెదజల్లుతాయి సువాసనలు



బి. ఐశ్వర్య,
ఏడవ తరగతి

Telangana Formation Day

Telangana formation day was celebrated on 2nd June.



Children did many events. They sang songs and



gave speeches on the importance of Telangana. One

of Telangana's important festival is Bathukamma. Children did Bathukamma dance to give importance to Telangana culture.

Yoga Day

June 21st was celebrated as Yoga Day. Sports Sir arranged mats in the



playground for us to do yogasanas and also told us the importance



of yoga. We did surya

namaskarams, yoga asanas and pranayam actively and joyfully.

Haritha Haram

Haritha Haram is a mission launched by our Chief Minister Sri KCR. In this mission, we planted saplings to save our environment. We



took an active participation in planting the plants. Our guide teacher Smt. Leela Rani, Smt. Vrishalini and Smt. Revathi were with us in planting the trees.

Plants are helpful to us. They sacrifice everything and help us in many ways. We can learn a lot of

values from the trees. We did an active participation in planting the trees. We were

happy while planting the trees. We also have SUPW classes every week. In that gardening is

one such activity. In gardening, we maintain the garden by planting the trees,



removing the weeds, cleaning the surrounding areas etc. We feel like we are super heroes who are saving the world by planting the trees. We feel very

happy and proud that we participated in the mission, Haritha Haram.

Independence Day

Independence Day was celebrated on August 15th. Smt. I. Madhavi Garu, Lecturer of

Commerce, St. Ann's College for Women was the Chief Guest. Sahaj Seva Samsthan President, Dr. Madhavi Garu, and Samsthan Members, Parents, Ex-students, Teachers attended the program.

Chief Guest Smt. Madhavi Garu hoisted the flag. There after



students of 7th, 8th and 9th participated in the parade. The program was started

with a speech by Lavanya, 5th class in Hindi on importance of Independence Day. 7th to 10th class boys

performed parade. Students also sang patriotic songs beautifully and with rhythm. Rishikesh of 10th class gave a speech on significance of Independence Day. The cultural program ended with a skit on 'Veer Vinayak Savarkar'. The Chief Guest gave a motivational speech which inspired everyone. The program ended with Prize distribution and Vote of Thanks by Kaif of 10th Class. Overall the day filled everybody's heart with patriotic fervor.



Independence Day Contests: On the occasion of

Independence Day debate, elocution, essay writing and drawing contests were conducted. Debate and elocution were conducted with present social issues. For Higher Classes,

elocution was conducted in



Telugu and Debate in English. For primary classes, essay writing was in

Telugu and elocution was in English. Classes 1 and 2

participated in drawing contest. The children expressed their views in a

nice and fluent manner. They were very enthusiastic in doing so. Prizes were given to winners by the Chief Guest.



Congratulations to the tenth standard students of SSC batch 2017-18 for their excellent performance. Out of 11 students, two students scored 10 CGPA, five students 9.2+ CGPA, one student 8.8 CGPA and three students 7.3+ CGPA.

SCHOOL EVENTS



Srimad Bhagavad Gita Slokas Contest



On the occasion of Sri Krishna Janmashtami, Satkama School has conducted Srimad Bhagavad Gita Slokas Contest on August 23. Winners were selected on basis of their recitation and pronunciation of slokas.



Spherical Earth - Who knew it first?

Who had discovered that Earth is a sphere?

Our books teach us that it was Kepler, Copernicus and Galileo. They all belong to 16th and 17th century AD. What was ancient India's knowledge in this regard? Didn't they know that earth was round? Yes, they do. Indians knew this fact for ages, even from ancient times.

The renowned Indian Astronomer Aryabhata (476 AD) had said:

"Bhugolah sarvato vrtah" – the earth is round from all sides. (Aryabhattiyam, Golapada, sixth sloka).

He had also accurately calculated the diameter of the Earth. (Aryabhattiyam, Chapter 1 – sloka five).

Another Indian Astronomer Varahamihira (6th century AD) in his text "Panca Siddantika" said **"Panca mahabhutamayastraragana panjare mahigolah"** ("Panca Siddantika 13Ch – sloka 1)

The "spherical" Earth that is made up of Panca Bhutas (five elements) is hanging in the space, studded by twinkling stars like an iron ball hanging in a cage.

Let us observe this Vedic mantra of Rigveda

"Cakranasah parinaham prthivya" (Rig veda 1.33.8)

It says "people who reside on the surface of the Earth's circumference." There are many Vedic verses; many of them proclaim the spherical shape of the Earth. Surya Siddhanta, an ancient Indian astronomical text reveals the truth.

"Madhye samantandasya bhugolo vyomni tisthati" (12th Ch-32 sloka)

"In the midst of Universe (Brahmanda), the spherical earth stands firm in the space."

Bhaskaracharya (11th century AD), the famous Mathematician, in his book titled "Leelavathi", answers a question posed by the little girl Leelavathi, "Whatever your eyes see is not the reality. Earth is not flat as you see it. It is a sphere. If you draw a very big circle and look at the one fourth of its circumference, you see it as a straight line. But in true sense it is a circle. Similarly earth is spherical in shape".

Aryabhata had even explained in his book the reasons for eclipse:

"Chadayati sasi Sainam Mahati ca bhuchaya" (Aryabhattiyam, Golapada, sloka 37)

"When moon shadows the Sun, Solar eclipse occurs, when Earth shadows the Moon, Lunar eclipse occurs."

He had also calculated the accurate occurrences of the eclipses; number of days Earth takes to revolve round the sun (365 days six hours 12 minutes and 30 seconds) and number of hours that earth takes to revolve around itself (23 hours, 56 minutes, 4.1 seconds).

Even today in most of the India languages, the term "Geography" means BHUGOLA SASTRA. The very word "Bhugola" means spherical earth. This shows that ages ago Indians knew that earth was spherical in shape. Then why are we saying western scientists had discovered this great truth about the shape of the Earth?

(Reference – Eternally Talented India 108 Facts, Vivekananda Institute of human excellence)

SSS VOCATIONAL WING

Woolen Torans

We found out a new method to make torans without knitting. We will explain about that process. Take a wooden block and hammer and fix two nails at both ends.

Take a woollen yarn and tie one end to a nail. Surround both the nails with the woollen thread. Tie the thread tightly after every inch. Repeat this for forty times. After this neatly take out the bunch from nails.

Cut them at equal distances and make balls.

Join the balls with the help of a thread and use some pearls for decoration in between and make ten hangings to join it to the last ball.

Make ten such hangings and tie them to a main wooden block or tube or to a lace.

Our toran is ready for hanging.

Balaji and Rishikesh, Class X



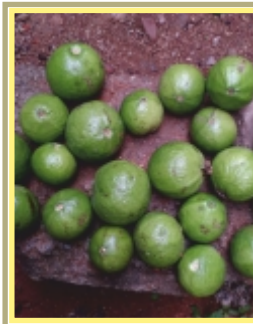
Gardening

Gardening is our favourite activity. We water, sow seeds, sweep, clear weeds and do many more to keep the garden fresh and healthy. This year as part of Haritha Haram we planted lot of plants and trees. We planted Anjeera, Maredu, Jammi, Sampangi, Coconut, Amla, Alamanda, Govardhanam, Nooru Varahalu, Parijatham, Moravam, Hibiscus, Rose, Chamanti, Guava, Jasmine etc.

We feel happy because we are part of nature and see its beauty. Nature teaches us a lot of things. We feel peaceful and also improve our knowledge. We also learn to cooperate with each other.

This year we were able to get many brinjals and guavas. We ate and also distributed to others. We feel happy, excited and jubilantly participate in all the activities of this class.

T. Srija, Loukya, Pallavi, Vasavi and Anjani, Class IX



SOLUTIONS

1. What's the Biggest obstacles?

Ego and Pride

from plants to tree

2. The importance of Roots to grow

- 1. The roots
- 2. living things
- 3. Trees
- 4. Logs of wood
- 5. True nature

- FRUIT
- LEAVES
- BRANCH
- TRUNK
- ROOTS

Unscramble the

3. Match the following

- 1--e
- 2--d
- 3---c
- 4---a
- 5---b

Try to ensure that the child has unstructured time so that they can relax or play freely and allow their creativity a chance to express. Allow scope for the children to participate in and appreciate arts. Enable them to listen to beautiful music. Encourage them in the creative arts of dancing, singing, drawing and painting. Teach them embroidery, stitching and tailoring. Allow them to spend time in nature and teach them to have reverence for all living things. - Pujya K.C.Narayana.

JAMUN

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

Jamun is an evergreen beautiful tropical tree. The tree grows fast and reaches heights of up to 30 meters and can survive for more than 100 years. The tree starts flowering from March to April. Jamun fruit, the look-alike of black grapes is also known as 'Indian Blackberry'. Jamun is a very important ayurvedic herb. Jamun seeds are mainly used in ayurvedic treatments.

Names of Jamun in different languages:

Telugu :Nereduchettu / Neredu Pandu
Sanskrit :Mahaphala, Kokileshta, phalender

English :Jambal, Blackplum, Jamoon
Hindi :Jamun, Jambul

Ayurvedic medicinal qualities of Jamun:

Rasa (taste) – Kashaya (astringent), Madhura (sweet), Amla (sour)
Guna (qualities) – Laghu (light to digest), Rooksha (dry)
Vipaka (taste conversion after digestion) – Katu (pungent)
Veerya (potency) – Sheeta (cold)

Effect on tridosha – it increases vata but balances kapha and pitta.



Parts used : fruit, seed, leaf, stem and bark have medicinal properties and are being used in ayurvedic medicines.

Dosage:

Fresh fruit juice : 10-20ml once a day
Seed/bark powder : 3-6 grains in divided doses per day

Classical texts categorization of Jamun:

Mutra Sangrahaniya : Group of herbs that cause urinary retention in urinary incontinence and relieves pain.
Pureesha Viranjaneeya : Group of herbs that are used to restore normal colour of faeces.

Jamun is considered under Nyagrodhadi group of herbs. Charaka, great vaidya described about Jambu nearly 5000 years back in Charaka Samhita texts.

Vatakara	– increases vata	Shramahala	– relieves tiredness
Kantactihara	– relieves throat pain	Krimi	– worm infestation, infection
Shosha	– emaciation	Kasa	– cough, cold
Panchani	– improves digestion	Atisara	– diarrhoea, dysentery
Shwasa	– Asthma, COPD, wheezing, breathing difficulty		
Grahi	– Absorbent, useful in mala absorption syndrome and diarrhea.		
Pittahala	– balances pitta and its symptoms like burning sensation.		
Vishtambhini	– causes constipation, useful in diarrhoea and dysentery		
Rochana	– improves taste, useful in Anorexia		

The Jamun fruit is purple in color and has a distinct bitter sweet taste. Jamun is loaded with antioxidants and flavonoids essential for a healthy body and mind.

Health benefits of Jamun fruit/leaves/bark:

Jamun fruit has cold potency and acts as a body coolant.
Jamun fruit is light to digest and decreases the moist content of tissues.

Diabetes: The dry seeds of black jamun fruits are known for their anti diabetic properties. They effectively reduce blood sugar level and help to control diabetes naturally. Hence Jamun fruit is used in diabetes. 2-3 gms of dried seeds powder twice a day will help to reduce high blood sugar. It also helps to reduce the insulin dose. Dried seeds powder can be taken with water in treating diabetes related complications. 2 gms of dried seeds powder twice a day will reduce polyuria. 1-2 gms of dried seeds powder once a day will help to reduce irritable bowel syndrome.

Infected wounds: Jamun leaves were used for healing pus filled wounds in the ancient days which means it has antibacterial and healing properties.

Eye diseases: Jamun fruit is a rich source of vitamin A and vitamin C. So it is very beneficial for eye disorders.

Bleeding Haemorrhoids: Regular intake of fruits for 2 to 3 months helps to heal bleeding piles.

Immunity: The Jamun fruit contains very high amounts of vitamin C which is a very good antioxidant and thus it helps boost the immunity. It also contains vitamin B6 and Carotene which further strengthens the immune system.

Skin Disorder: Jamun seed powder and turmeric is mixed with Jamun juice and applied on the skin to get rid of blemishes and light scars.

అన్నమీడుట కన్న నధికదానంబుల నెన్ని చేయనేమి యెన్నబోరు
 అన్నమెన్న జీవనాధారమగునయా విశ్వదాభిరామ వినురవేమ!
 తాత్పర్యము: మనము ధనము, వస్తువులు, మడిమాణ్యములు ఎన్నియో దానములు చేయుదుము.
 వానిచేత యాచకుని తృప్తి పరచలేము. ఇంతే ఇచ్చినాడేమి?, ఆయనకి అంత ఉన్నదికదా, మనకు
 మరింతయియ్యరాదా? అని అసంతృప్తిగానే వెళ్ళును. మనము ఒకనికి భోజనము పెట్టుదుము.
 కావలసినదానికన్న ఎక్కువ వడ్డించినచో, చాలు, చాలు ఇంక వద్దు అనును. అనగా ఆ
 భోజనముతో వానికి తృప్తి కలిగినదన్నమాట. అట్లు తృప్తి కలిగించు అన్నదానము కంటే
 మరియేదానము గొప్పది కాదు. అంతేకాదు అన్నము సర్వ ప్రాణులకు జీవించుటకాధారము.

मेरा मन मकरन्द था,
 करता बहुत बिगार ।
 सुधा होय मारग चला,
 हरि आगे हम लाय ॥
 My mind used to be fickle and
 very disturbed. It became
 steady when it got oriented to
 God.

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 and Fourth 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.

ధ్యానశిక్షణాకార్యక్రమము

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

Website : www.sriramchandra.org

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

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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 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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 Vijaya Nagar Colony ,
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Services available in the hospital

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- Other Services: General Surgery
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- Alternative Systems of Medicine: Homeopathy and Ayurveda

www.sahajsevasamsthan.org/Health/Health.htm

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, Sahaj Sakthi Ready Mix 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 is distributing free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

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

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