



SPANDAN

Volume 8, Issue 4
Satpad - 146 (Lalaji Era)
(November 2018)

LIVE LIFE LIKE A CHILD

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Desire springs from action, and aversion from abstention and both lead to impressions. But the wise man, like a child is free from the pairs of opposites, and becomes established in the Divine. We cannot work without desire. In whatever field we work we develop desires related to that field. Entanglement in the external world leads to attachment. We refuse to do certain actions which we dislike. Being away from these actions is indicative of our aversion. Both desire and aversion lead to impressions. The one who is liberated is devoid of both desire and aversion (raga and dvesha). The liberated one always lives in unalloyed happiness and welcomes every happening in one's life heartily. It is said that the liberated one behaves like a child in this aspect. It does not mean that the liberated one is ignorant like a child. The child expresses love or anger at the moment and later forgets about that. The child does not spoil the present either with the past remembrances or the future expectations. Similarly the liberated one also enjoys the present with everlasting happiness without colouring the present either with the past remembrances or the expectations and plans for the future. When one accepts everything as a Divine Gift, new desires and new impressions do not develop and the past impressions evaporate. The aspirant should live one's life with happiness like a seer, like one witnessing the scenes on a movie screen, with acceptance of every happening in one's life as a gift from the Divine. Such a one, seeking the Truth, travels in the path of life with a heart full of joy and happiness.

Student Editorial

Syed Kaif, Class X

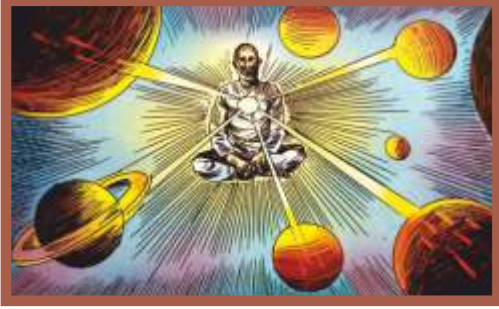
Namaste! Now I am going to explain the importance of divine light meditation and my thoughts about it. In school, we have been taught to do divine light meditation in the morning. The common question that arises in people is, what is divine light? The answer to that is, divine light is light without luminosity and this is present in everything in this universe. This light without luminosity is God. We are taught in school to assume that divine light is present in ourselves and everyone and close our eyes in peace. Many people in this world currently are confused and do not know the real meaning of peace and happiness. Our beloved Master has provided the right meaning of this. Is Happiness in being loud or being peaceful and learning new things? I would say the latter and not the former because hanging out late at night and living a loud and vulgar lifestyle does not teach you anything. It rather disturbs the inner peace of the being and possibly other beings too. Instead of that we can be peaceful and spread love and positivity to everything in this universe. By this we can enjoy our life in a peaceful manner and we can achieve this peace and happiness by doing divine light meditation.

Pujya Babuji Maharaj discovered two essential points (points A and B) in our body that affect us in a spiritual manner if meditated upon. So, we have to meditate on divine light and universal peace and by doing so we assume that there is God in everything. This assumption gives us the idea of bonding between people, that is, we feel more connected and inter-related through God. By meditating in this way, the wars, fights, quarrels etc. will be completely eradicated. This gives us the sense of happiness which is the main goal of human life. I feel like anyone can do divine light meditation in the world, as it is the highest form of meditation.

In this day and age the current youth are in a dilemma and think that fitting into the society, either good or bad, makes them happy. So, they usually succumb to bad habits. Such youth should be introduced to divine light meditation. What I really appreciate about this school is that they give us moral education and teach us the highest form of meditation in a theoretical and practical manner. We are taught to lead a life in a happy and truthful manner which I believe everyone deserves. Finally I want to conclude that this is possible only through divine light meditation and those who do this regularly should not stop but should spread this form of meditation. Thank you.

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

Narakasura was the son of Mother Earth. He willfully became an asura, inspite of being born as a human, having all the eligibilities to become Divine. A jiva becomes a manava only when he leaves the qualities of himsa (violence), asatya (falsehood), parigraha (stealing), promiscuity and intoxications. Man obtains liberation when he has control over his senses and leaves evil thinking. Pujya Babuji has said that liberation is minimum goal of human life in his book, "Dawn of Reality". Narakasura was an unfortunate soul who brought utter destruction upon himself inspite of having such an opportunity. Development of ego and excellence is a special test in spiritual life for those who have competence. Competent people are not submissive in general. Without submissiveness



there is no salvation. Our Pujya Babuji Maharaj used to explain this while referring the feeling of "yielding". It is very essential to develop submissiveness. Although the Divine makes it known through great people as to what is right and what is wrong, it is not proper to decide that(right or wrong) in the presence of the Divine. This is the spiritual interpretation of the sloka "Sarvadarman parityajya mamekam saranam vraja..." inspite of having the 'amsa' of the Divine, the reason for the defeats of Jaya, Vijaya and Narakasura was only this. It is not possible to eliminate them without Divine intervention. Even if the Divine himself

clarified about the dharma, lack of their submissiveness did not allow Him. Just because of this, it is twisted logic to say that one should not have competence. Competence is also due to the grace of God. Competence must be for the welfare of the others. It must assist in the co-existence of humanity. Narakasura and others are examples of people who used to live earlier also as parasites, selfish and taking pleasure in causing the suffering to others. Such people are now in larger numbers. The dominance of such asuras is continuing all over like an inextinguishable fire. The main purpose of the avatar until Lord SriKrishna also was to eliminate a few such asuras. Man has created a situation where such treatment is not possible for the entire humanity. Pujya Babuji Maharaj is the special personality sent by the Divine this time, to bring about a change in the human nature. He is the person having the blessings of all the masters of the orders, has given all of us an opportunity to participate in the effort of Divine work of bringing primary change in the human nature and to make him selfless and dedicated to the Divine. To participate in such work is wisdom. It is our minimum duty to pray that all have such wisdom and that it should become more.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
सर्वे जनाः सुखिनो भवन्तु ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Reference :Spirituality

WISDOM WORDS

Cause and Effect : We should be very careful and mindful of our thoughts and actions....

"As a general rule every action, whether of body or of mind, must produce some effect, good or bad whatever it might be". - **Silence Speaks**

"Thus we arrive at a clear understanding that whatever acts we perform are subject to a precise reaction or process of Cause and Effect. We can then make a conscious choice as to what thoughts we think and which actions we take or not take, and limit them to only those which will produce what we want in our life. It is but natural and simple to know that we can choose only such action as may lead us to our goal and not those that detract us from the goal". - **Bodhayanti Parasparam Vol 7 - Spiritual Experience**

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥

You have a rightful title to action and only to action, but never at all to its fruitions. Let not the fruits of action be your motive. Nor let your attachment be to inaction. (2-47)

We are advised here to do our duty in our fields of action without getting attached to the fruits of the action. This is required for perfecting our action and thus be happy and contented. This however should not mean that since we are not concerned about the fruit of the actions, we should not act at all.

Once an old farmer had three sons. He had one piece of barren land. Before his death he wished that the sons take up this land and put it to good use. It required lot of hard work. It was full of stones and wild bushes and would take more than a few year's effort to make it fit for cultivation. The youngest son thought that he is young and has lot of time, but it is worthless to waste one year of effort on preparing the land and tilling it. Who knows, if the land is really fertile and if anything would grow on it. Thinking thus that his action may not yield anything, he simply does not do anything with it and asks his elder brother to take care of it. This person thinks about the expected result of his action and gets attached to inaction.

The second son inspects the barren land and starts to remove the wild weeds. After six months of labour, he removes the wild weeds, but the land is still very hard and stony. He then thinks that even if he removes the stones and makes the land fit for cultivation, where will he get the water to cultivate the land. Thinking thus, he works half heartedly for sometime but soon abandons his idea of working further on the land leaving himself unhappy. This person also thinks about the fruit of his labour and gets demotivated by the daunting task.

Finally it comes to the eldest brother. He thinks that his father has given this task and his younger brothers have given up for one reason or other, but he must just do the task whatever be the result. He keeps working on the land everyday removing the hard and heavy stones. Then a day dawns when he has removed all the stones and the land is perfectly ready to be cultivated. He had however grown old by now and finds that he is incapable to work anymore. He calls his two younger brothers and tells them that it is up to them that they use the land and start farming on it. The fruits of his hard labour will now be had by the other two brothers who never worked much, but the eldest brother is happy and contented. After all he had done his action as his duty demanded without thinking whether he will be able to reap its benefits.

ప్రార్థన - అనుభవము

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

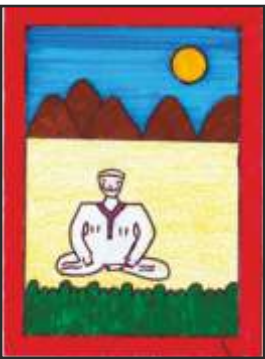


Illustration
M. Lohana, VII Class

7-7-18 : My mind was relaxed.
18-7-18 : I felt I went into deep meditation.
8-8-18 : I felt so happy.
27-9-18 : It was so peaceful.

Naga Shayan, IX Class

12-6-18 : I feel fresh with a peaceful mind.
22-6-18 : I felt I was in a peaceful place.
18-8-18 : I felt very calm and fresh.
22-10-18 : I felt happy.

K. Bhavya, IX Class

4-6-18 : Before I had tension,
Now I feel relaxed.
21-7-18 : I felt fresh.
4-9-18 : I am feeling happy.

M. Ramya, IX Class

11-6-18 : I felt refreshed after meditation.
20-6-18 : I felt wonderful.
30-7-18 : I felt I was flying in the sky.
2-8-18 : I felt peaceful mind.

G. Pallavi, IX Class

Begin your puja with a prayer for spiritual elevation with a heart full of love and devotion - Commandment 2

OUR TRIP TO SEVAGRAM

Namaste! I am very grateful to have this opportunity to express my feelings on my trip to Sevagram Ashram, Anandavan and Geetai Mandir. It was on 9th October, 8:40 PM, when my school mates and I gathered at the Secunderabad Railway Station to catch a train that reaches Sevagram. After we boarded the train, everyone fell asleep. We woke up at 5:45 AM and disembarked at 6:00 AM. Everyone was cheerful and excited about the trip. Each student showed zeal in exploring and learning facts and stories about Gandhiji. After a 15 minute bus ride, we reached the final residence of Gandhiji. We had reached Sevagram. We could feel the peaceful atmosphere. There, everyone had very peaceful vibrations which made us feel very nice and calm, as vibrations affect



everyone. It was early in the morning, so without disturbing anyone, we silently gathered in our rooms and got ready for the day. At 7:30, we gathered to eat breakfast that was provided there. The food was cooked with a lot of love and each student could feel that. After we had our breakfast, we gathered at the Sevagram Ashram, where an instructor kindly explained the story of Gandhiji. Some of us had a difficulty in understanding as the instructor had explained in Hindi, but later on they caught on and were elated to know all the facts about Gandhiji. Later on, we were free to explore the whole Sevagram Ashram. We saw Gandhiji's kuti, Kasturbaji's kuti, and what not. We could learn new things while enjoying the beauty of nature. Different students had different thoughts about the place. Some felt patriotic, some felt just pure happiness, some felt

welcomed, etc. I feel like all those thoughts are very true. I felt all those things. We also did some seva and cleaned up the place. All students showed a lot of enthusiasm in doing so too. We had a group discussion later on, where students expressed their feelings openly. I learnt that fun is not just being loud and doing what we want to, it means to learn about new things whilst being calm. Later at 1:00 PM, we had lunch. Later we took some rest for about an hour and a half. Later we went to Vinoba Bhave's Ashram. Vinoba Bhave was a very great man who cared for others a lot. He is the one who started the land donation act. He used to donate land to poor landless peasants so they could start to grow crops and live freely. We coincidentally met a Japanese monk who also, like us, prayed for world peace - but in a different way. He was very happy to see us and explained what he felt was the use of meditation. One sentence that he said that I can vividly remember is that "A certain energy is required to spiritually advance. That energy can be obtained by only one way that is meditation. This meditation can be done in various forms too." I feel like this sentence cannot be more true. Just like that, the whole day had passed.

The next day, we woke up early and gathered at the Sevagram Ashram again. This time, we went there and prayed. We felt very peaceful and calm. We boarded a bus and headed to the Geetai Mandir. Some people might think that Geetai is a strange name. But it actually means that Vinoba Bhave's mother could not understand the Bhagavad Geeta as it was in Sanskrit. So what Vinoba Bhave did was, he translated the Geeta to Marathi for his mother and carved them on stone hedges. So, the syllable 'Geeta' refers to the the Bhagavad Geeta and the last syllable 'aai' refers to mother. We learnt some slokas from the Geeta which we could recognize by reading the meaning. All the hedges together formed a cow. By this we can say that Vinoba Bhave respected his mother's wishes and did his best to make them true. Later on, we boarded the bus and headed to Anandavan. This place was established by Baba Amte. Baba Amte was a very brave man, who stood for the lepers, who were abandoned by their families due to various beliefs and superstitions. Even small children who had leprosy were abandoned by their parents, due to these beliefs that by just touching, the disease is transmitted. Such people were brought up by Baba Amte. He told everyone that leprosy is spread only through close contact for a long time. Baba Amte also brought up orphans, who later on grew up and are now independent. Anandavan is such a place where all lepers are brought up and taught to work because Baba believed that work is worship and it shouldn't be avoided no matter what. I completely agree with Baba. Our instructor himself was an orphan who was brought up by Baba. We saw all the handlooms, power looms, wooden decorative, etc. in Anandavan. We felt very poignant for them, yet inspired to do work and to not give excuses. Over there, we saw Baba's samadhi. We also got to see different animals over there, like ducks, emus, rabbits, guinea pigs, etc. Just like that, our trip was done. We stopped at a simple place for dinner and reached Warora station at 8:00PM, to catch a train at 12:00 AM, that brought us back to Hyderabad. I felt like it was a unique learning experience and I would recommend going to Sevagram Ashram.

Rishikesh Joshi, Class X

Mahatma Gandhi, the father of our nation lived the last 12 years of his life in Sevagram. There are many new things to learn about Gandhiji. He was great personality who was truthful and followed non-violence. Ofcourse we know that Gandhiji struggled a lot to make India independent from Britishers. Gandhiji wanted everyone to be self-employed. Gandhiji was a person who can be called as a statue of Integrity. Gandhiji used to treat patients in his ashram. He was against videshi items. He used to have many ideas of development. This ashram is the place where many movements took birth. Coming to the nature of the ashram, it simply exposes the simplicity of Gandhiji. We observed the nature in Sevagram and we felt like the nature was talking to us. Anandwan is a place where all the leprosy patients live together. They are independent and self-employed. By seeing them we got very much inspired. We gained our confidence. We learnt how to face difficulties in life.



D. Balaji, Class X

OUR TRIP TO SEVAGRAM

On the auspicious day of 10-10-18, we landed on the “land of freedom struggle”, Maharashtra. Our exploration on 'Indian freedom struggle' started with Sevagram, Mahatma Gandhi's residence and his ashram. In the last days of Mahatma Gandhi's life [1936-1948], he lived in a rural area called “segaon” (later sevagram) Gandhi protested for Indian independence with Jamanlal Bajaj, Mahadev, Vinoba Bhave, Parchure Sastri, Kasthurba Gandhi, Abdul Gaffar Khan and many more. Gandhi even encouraged handlooms, handicrafts. His encouragement has even continued till now. We people were fascinated by the charka weaving, spinning etc., Gandhi first lived in Adi Nivas and then moved to Bapu kuti. Sevagram(the village of service) is now free of poverty because of Gandhi's seva. His confidence, love towards people motivated us a lot. Actually, Gandhi was invited by Jamanlal Bajaj to Wardha.

Preserving our memories of Sevagram, we made a move to Vinoba Bhave's Ashram. He was also a Gandhian. He mainly focussed on spiritually, women empowerment, abolishing untouchability and Zamindaari system. Eventually, he started “Bhoodhan Movement”. To discover more about Vinoba, we visited Vinoba Bhave's art gallery and museum which is beside “Gitai Mandir”. In Gitai Mandir, we find gita slokas carved on rocks in the mandir. Actually, Vinoba Bhave translated “Bhagavad Gita” in Marathi. These slokas were carved on rocks. In Marathi “aai” means “maata”. Vinoba's mother doesn't know Sanskrit, because of this reason, he translated and dedicated to his mother. That's why it was named as “Gitai Mandir”.

Later on, we visited “Jamanlal Bajaj's life museum”. He is an entrepreneur and founder of 'Bajaj' industry. Even though, he is rich he camped in Nagpur along with Gandhi and actively participated in “Indian Freedom Struggle”.

Vishwasanthi stupa is a Japanese Buddhist stupa constructed for “Universal Peace”. It was built after the atomic bombing in Japan. We did “Universal Prayer” for 10 minutes peacefully. Our memories were flying before us like honey bees. The next day, we visited Anandawan, the forest of happiness. Anandawan is a smart village developed by Baba(father in Marathi) Amte. He developed this village for leprosy patients. He encouraged leprosy patients to stand on their feet in this society by teaching them agriculture, weaving, crafting and so on. We have to encourage and respect leprosy patients as much as we can. There the art of leprosy patients was really a feast to our eyes. These physically challenged people were doing better than us. Our exploration ended with Anandwan and returned back to Hyderabad. I am very thankful to my school management for providing us this gainful educational trip.

Whenever we see and touch the objects, ruins of the places we visited, it made us feel that we also participated in the freedom struggle and it gave us the spirit that 'we can achieve anything for our country'

I want world sympathy in this battle of right against might – M K Gandhi

N.Viswesh Class IX

When I travelled in train, I felt happy
When I reached Sevagram, I felt very happy
When I entered Sevagram, I felt peaceful
When I cleaned the ashram, I felt helpful
When I saw Gandhi's office, I felt nice
When I saw nature there, I felt it was beautiful
When I saw Vishwasanthi Stupa, I felt peaceful
When I ate food in Yatri nivas, I felt it was so tasty
In this trip, I learnt how to behave
In this trip, I learnt how to clean my things
In this trip, I learnt how to respect
In this trip, I learnt how to help
In this trip, I learnt how to speak

Satvika, Class X



Sevagram is one of the most peaceful places. It was very calm. The Ashram was very beautiful and peaceful with a lot of greenery. One person explained to us about lifestyle of Gandhi, his behaviour towards living creatures.

I found it very interesting to listen to his life incidents and experiences. Many people in the ashram weave and make clothes on their own. They sell them. Its called self employment. Gandhi used to be kind towards animals and every creature in the world. He had good qualities. We all should develop such qualities in our life too. In Vinoba Bhave's place a person explained us about spiritual values. She told us to reduce the use of technology and love each other. Her speech was heart touching. It was very nice and interesting to listen. It had a great impact on me. There is a special thing in yatri nivas. We all should wash our own dishes. I learnt many things in that place like 'We should do our own duty'

K. Bhavya, Class IX

OUR TRIP TO SEVAGRAM

Our trip to Sevagram started on 9th of October. The class of 8th, 9th and 10th gathered at Secunderabad railway station and boarded the train at 9:40 p.m. We started our journey at 10:00 PM and the next morning on 10th exactly at 6:00 AM, we reached the station of Sevagram in Maharashtra. We boarded a bus and reached the ashram of Gandhiji. There was a residential place called “YatriNivas” for tourists. We stayed there. We freshened up and gathered near the ashram of Gandhiji. It was a place with peaceful atmosphere which made me feel very happy.



There were many huts which were residence of Gandhiji and his wife and many others. There were many things belonging to him like his clothes, bed, stick, wooden slippers, bath tub and some of his toiletries. There was a tong which was used then to catch snakes and scorpions and they used to keep them in a wooden box and would leave them in forests. The atmosphere there was very useful to focus on divine light while meditating. There were many trees which gave us cool shade till then it was the time for lunch. We had our lunch and rested till 3 'o' clock and then set for Vinoba Bhave's ashram. He was a great man who was trying to get the humanity on the right path. He also translated Geetha in

Marathi for his mother. From there we set on to Vishwashanthi stupa which was very beautiful. There were some statues of Buddha around the stupa. There was a Japanese temple nearby in which a Japanese priest gave us the explanation of peace. His method of peace was similar to our school's. The next morning we boarded the bus and set on to 'Geetai' mandir which was a temple with slokas in Marathi on pillars of boundaries which makes a shape of cow if viewed from top. There was a small museum of Jamnalal Bajaj. He was the founder of the Japanese temple in Maharashtra. There we saw some of his things like his clothes, his pictures and many of his things. It was a beautiful and a peaceful place which we enjoyed. This place was full of greenery.

From there we boarded the bus and travelled for 2 hours and reached 'Anandawan' which was my favourite place in this trip. Anandawan means a happy forest. There were many leprosy patients here who were very hardworking and a source of inspiration to us. Anandawan is a 50 acre land for leprosy patients and old people and many others. A person named Baba Amte was the founder of this place. Baba Amte's kindness gave a new life to leprosy patients. The people used to work for their livelihood in the factories and mills. There were people who do handicrafts and some home made products. Some of the products were made by deaf and dumb. By seeing their hard work I was inspired. Finally I want to conclude that this trip was very enjoyable and I would like to thank the school for organizing such a great trip.

B.Syed Kaif, Class X

After we completed our exams, we went to Maharashtra on a field trip. This was a very good educational field trip and a memorable one for me. Before going to Sevagram ashram, I thought that place will tell us about the movements that took place in our country and the great leaders that took part in the struggle. But after going there I came to know why those movements took place, why all the leaders gathered in that place to start a movement, How they used to discuss about the movements that they wanted to start. These were very special and new things that we have learnt there. We also learnt about the lifestyle of Bapuji – How Bapu used to treat animals; his messages to youngsters; about the prarthanasthala; about goshala; his room and his belongings; his sincerity to use only handloom clothes; his behaviour towards women and his colleagues; his telegram and his special things which he used; his special library and printer.



The ashram was full of beautiful and attractive trees and the kutis were beautifully built with less amount of money. We also came to know that Bapu was a miser and never wanted to waste money unwantedly. I am very much inspired to be like him. I have noticed that mostly people think that Bapu fought the Britishers with non violence. He did not fight the Britishers, he fought with the thoughts and ideas of the Britishers. He treated Britishers also as his own brothers and sisters. A very good thing we can learn from Bapuji's life is that – we should do our work on our own. Not all atleast we have to do our own work. Bapuji never and ever allowed others to do his work. I liked the way of eating in Yatri Nivas because the hall was so silent and we have to take our plates silently, serve the food ourselves and sit down silently and eat our food. The main rule is that we should not waste food at any cost. The place we stayed was so simple and very beautiful. We felt very sad leaving that place.

We went to Vinoba Bhave's ashram. One lady explained the consequences of using technology unlimitedly. She also said stop loving objects or things and start loving and respecting each and every organism in this world. The words which she said were very similar to what our teachers tell us and what we learn in our school.

B.Shruti, Class IX

OUR TRIP TO SEVAGRAM

This trip was very valuable and enjoyable to us. We learnt many things in this trip. We visited some places like SEVAGRAM, VISWASHANTHI STUPA, GEETHAI MANDHIR, ANANDAWAN.

SEVAGRAM : This place is very beautiful, peaceful and green. I breathed fresh air in this place while meditating and also heard birds chirping. This is the place where Gandhiji lived for some years. He built some huts. Those huts were simple, plain and beautiful. The first hut was Adinivas. He lived in this hut with Kasturba, Khan Abdul Gaffar Khan and sant Tukdoji Maharaj etc..Gandhiji used to wear plain and simple clothes which were man-made. He used to make his own clothes. He used charkha in the process of making clothes. Now also some people were using those things to make a cloth. When a man was spinning we thought that it was very easy, but when we tried to do, it was very difficult. We know that the statues of the three monkeys indicate something. The first monkey indicates that, we should not listen to bad words. Second monkey indicates that, we should not see bad things and last one indicates that we should not talk bad things. Gandhiji's friend gave him this as a gift. I liked Gosala a lot. When we entered there, we saw so many cows. Among them one cow was very cute and beautiful. It was along with her mother. By seeing them both I felt very happy. That time I remembered my mother. I enjoyed a lot in Sevagram. It is a very beautiful, peaceful and cool place. I thought that if we have any tension, if we meditate in that place our tension will go away.

VISWASHANTHI STUPA : This stupa was very beautiful and it was amazing looking at the stupa. It was very big and long. This place was very cool and had fresh air from beautiful plants. This place had plants and trees with different size, shape and colour.

GEETHAI MANDIR : In this place 700 slokas were written in Marathi. Vinoba Bhave wrote these slokas. Actually he wrote these for his mother to understand the slokas. These slokas were written in big and long stones. These stones together look like cow shape. By this we can understand how much love he had for his mother.

ANANDWAN : Firstly hand's up to Baba Amte. He did many things to people, who were in problems. He constructed a hospital, Ashram to old people, schools for blind children. The children who do not have eyes and legs had special learning. These blind children have talent and now they are showing their talent by doing some works like making greeting cards with paintings, dry leaves etc., making clothes, spinning and weaving process. I was shocked how they were doing these. At that time I thought that we have all body parts but we cannot do it. If Baba was not there, these people could not have shown their talent to all.



Kavya Bai, Class VIII

Sevagram is a place where Gandhiji lived for few years before he died. Many things which were used by Gandhiji were seen in the ashram. There was a prayer ground to do prayer. Gandhiji used to cook himself. The ashram is very calm and peaceful. We all helped the ashram residents by cleaning the surroundings. We saw Vinoba Bhave's ashram, museum etc. We can learn many values from these great people. We were inspired by their lives. Anandwan



is a place where Baba Amte set an ashram for leprosy patients who were abandoned by their parents, relatives etc. The handicapped people there work hard for their livelihood. Baba Amte provided everything to them. There is school, hospital, industries for their livelihood. The people at Anandwan did many creative things like greeting cards, pasting & stitching, printing. Clothes were made by both powerlooms and handlooms. The interesting thing was that blind people were working with handlooms. Baba Amte also shaped Anandwan to practice energy utilization, waste recycling and minimizing use of natural resources. In this field trip

we learnt many values like integrity, equality, self-confidence, determination etc. We get inspired by seeing these people. It is very nice to go to these places. We can establish peaceful environment in the society.

P.Sree Jahnvi, Class X

Sevagram is an excellent place to know about Gandhiji. The environment here is very calm and peaceful. It is not like any other villages there. I can still feel that I am there in that place. We can also feel Gandhiji living there and his lifestyle and how it was. I have never seen that kind of place in my life. Anandwan is a place where Baba Amte used to live. He developed this village. He asked everyone to be friendly with leprosy patients and that by talking or seeing them, the disease does not spread. He started hospitals, ashram and many more for them to live happily. We saw that in all places, people are working and earning money from knitting, printing etc. This was an amazing experience to me. I felt very happy. I hope the next field trip will also be like this.



B.Naga Shayan, Class IX

Most of the freedom fighters who have been here held meetings with Mahatma Gandhi at the place above.



In ancient China a farmer's horse ran away. That evening the neighbors gathered to commiserate with him since this was such bad luck. He said, "We shall see."



The next day the horse returned, but brought with it six wild horses and the neighbors came exclaiming at his good fortune. He said, "We shall see."



ALL SEE



The following day, his son tried to saddle and ride one of the wild horses, was thrown, and broke his leg. Again the neighbours came to offer their sympathy for the misfortune. He said, "We shall see."

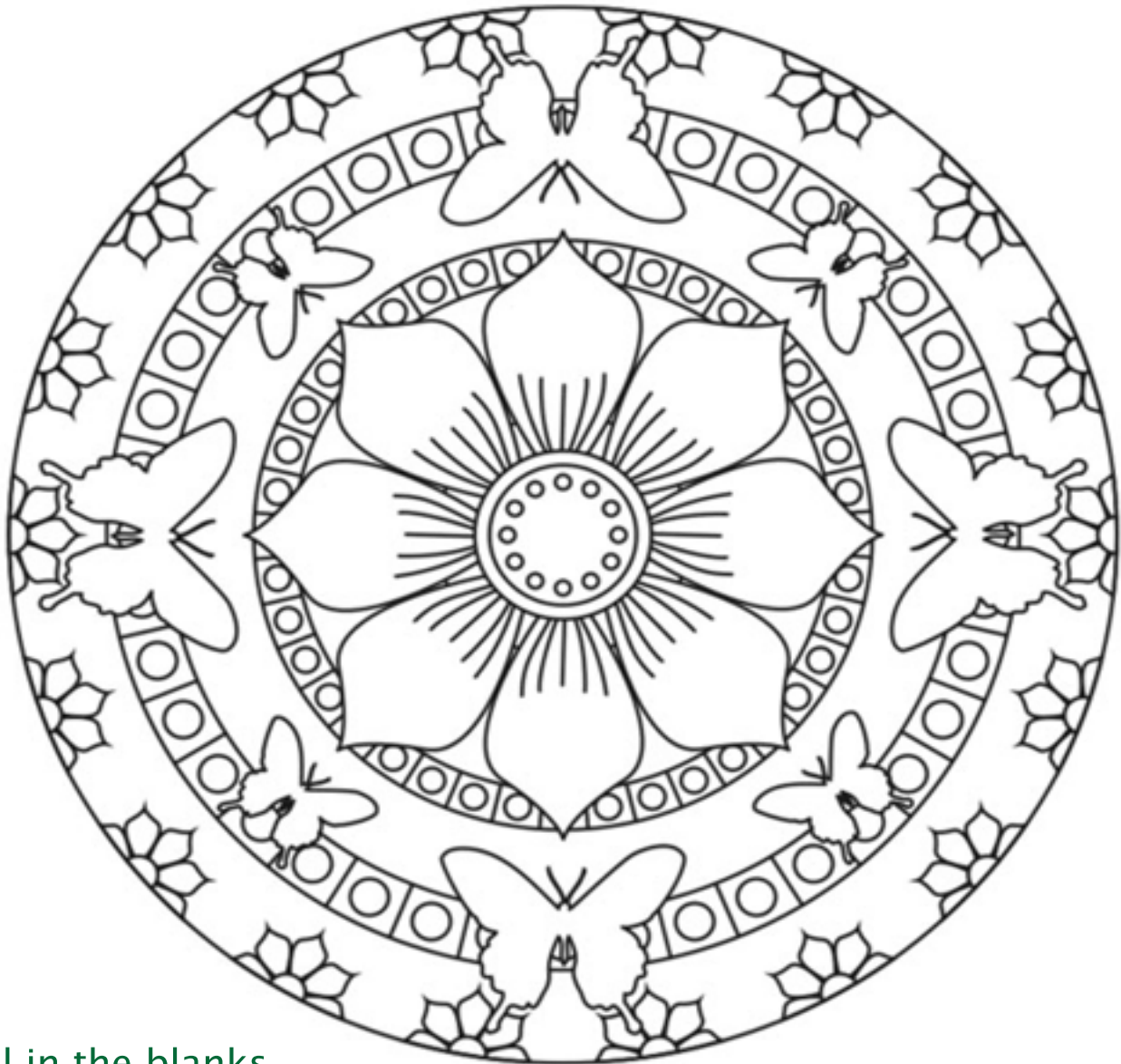
The day after that, conscription officers came to the village to seize young men for the army, but because of the broken leg the farmer's son was rejected. When the neighbours came to say how fortunately everything had turned out, He said, "We shall see."



MORAL : NEVER COMPLAIN. ACCEPT ALL SITUATIONS GOOD OR BAD WITH EQUANIMITY

ACTIVITY CENTER

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



Fill in the blanks

*The key values from Diwali that can play a significant role in shaping the future of child, if made a part of the daily lifestyle.
(humble, Togetherness, Discipline, Goodness, Kindness)*

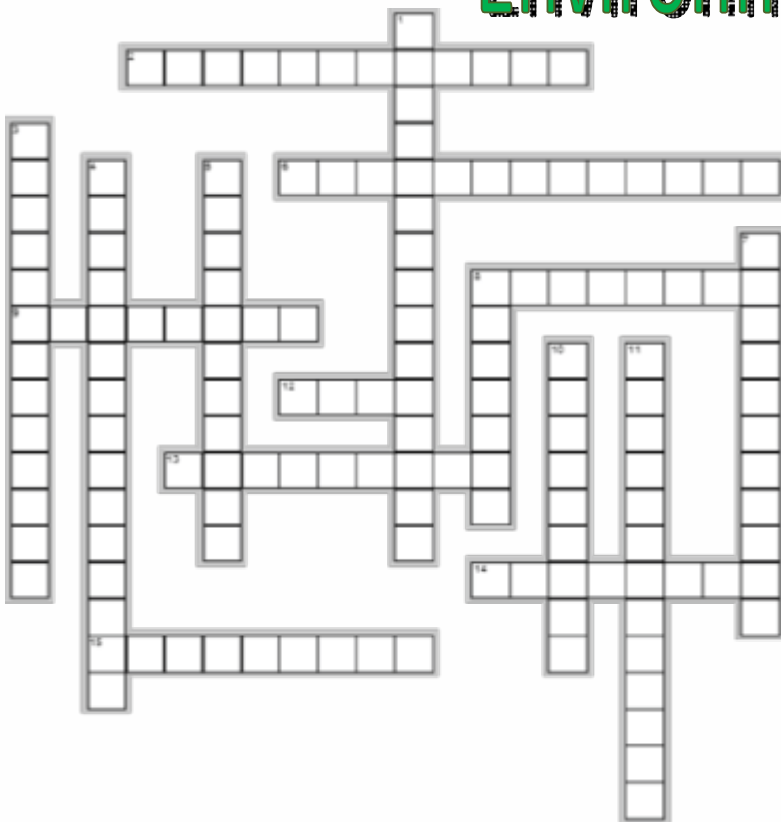
- 1.The very purpose of celebrating festivals is to make people around us happy through joy of giving, for true happiness comes from little acts of _____.
- 2.Diwali usually starts with the Brahma muhurta around 4:00 a.m. This early wake-up is considered to be the first step to a _____ life and is symbolic of mental and spiritual awakening.
- 3.Lord Rama is the perfect example of how important it is to be _____ and gentle. He was always seen as being the perfect son to his parents, ideal protector of Dharma and a living example of morality.
4. Diwali marks the victory of Lord Krishna over the evil demon Narakashura. This symbolises the victory of good over evil. The responsibility of parents lies in nurturing _____ in the hearts of their children.
- 5.Diwali is the time for family get-togethers. It signifies the importance of brotherhood and the joy of _____.

Find out the Moral of the story and hidden value

Once, Swami Vivekananda was spending some time at a railway station in Rajasthan. On hearing about it, people came to him day and night with questions on religion and spirituality. This continued for three days and Vivekananda found no time to eat or drink. However, he tirelessly answered all the questions. On the third day, a cobbler approached him and offered him some baked bread. Vivekananda gladly accepted the offer and thanked him. However, some gentlemen found out that the great Swamiji had accepted food from a cobbler. Since they considered cobblers as untouchables, they asked Vivekananda not to accept food from such people. Vivekananda replied to them, "You people made me talk without respite for the past three days, but you did not even care to inquire if I had taken any food or rest. You claim you are gentlemen and boast of your high caste; what is more shameful, you condemn this man for being of a low caste. Can you overlook the humanity he has just shown and despise him without feeling ashamed?"

The character of a person is defined by his actions and not by his caste, religion or economic status. Discriminations based on caste or religion held no value for Vivekananda and he believed that "the greatest religion is to be true to your own nature." It is important to learn not to discriminate people based on superficial things like caste or their background but should learn to value and respect people based on their actions and thoughts.

Environment



Across

2. protecting, maintaining or improving natural resources, to keep them safe from destruction or degradation and conserve them for future generations.
6. destruction of forests to make land for agriculture.
8. the release or discharge into the air of pollutant substances such as gas or smoke.
9. an area designated to receive household garbage, solid waste and construction debris.
12. location where garbage, rubbish or waste is taken and just dumped, without environmental controls.
13. the process of minimising waste by recovering materials and transforming them into new products.
14. rain mixed with sulphuric, nitric and other acids formed by gases released into the atmosphere when fossil fuels are burned.
15. a community of plants, animals and other organisms living in an area which provides what they need in order to survive.

Down

1. a measure of the effect that human activities have on the climate
3. a gradual warming of the earth's surface temperature reportedly caused by the emission of gases that trap the sun's heat in the earth's atmosphere
4. gases that trap the heat of the sun in the earth's atmosphere, producing the greenhouse effect
5. fuels such as oil, coal and natural gas
7. the surroundings and external conditions that affect the growth and development of living things
8. the study of the relationship of living things (plants, animals and humans) with each other and with their environment
10. contamination of the air, water, or soil with substances that can cause harm to human health or the environment
11. capable of being broken down or decomposed by natural biological processes

KINDNESS Rupa Tanmayi, 5th Class



In a house, there lived a boy and girl named Ramu and Rani. They lived with their parents and grandfather. When the children did any mistake, their grandfather always taught them a



lesson. One day they started teasing a puppy. The puppy was scared of them and started running. The children ran after the puppy. Their grandfather was watching them. He wanted to teach them a lesson. One day when the children were playing, the grand father put a big scary mask on him. The children were scared and started running. Grandfather ran after them. Later he took out his mask and laughed. He said, "Children, I am your grandfather". Children asked, "Grandfather, why did you do this?" Then the grandfather replied, "When you scared the puppy, it felt very sad. Even a puppy can feel pain. I wanted you to learn that. You should show love, affection on animals. You should be kind. "Sorry grand father" said the children.

Moral : Be kind. Show love and affection to animals.



వి. శ్రీ శ్రేష్ఠ, మూడవ తరగతి

అమ్మ తన రక్తముపోసి మనసు పెంచుతుంది. అమ్మ మనము ఒక్క క్షణం లేకపోతే



చాలా బాధ పడుతుంది. దేవుడు అమ్మను ఎందుకు ఇస్తాడంటే పిల్లలు మంచిగా ఉండడానికి అమ్మను ఇస్తాడు. అమ్మ మనకి అన్నం పెడుతుంది. అమ్మ మనను నిద్రబుచ్చుతుంది. అమ్మ మనకు ఏమన్నా అయితే చాలా బాధ పడుతుంది. అమ్మ మనను ఆడిపిస్తుంది. అమ్మ మనకు మంచి

బొమ్మలు కొనిస్తూంది. అమ్మ మనను చదివిస్తుంది. అమ్మ చెప్పిన పని నేను చేస్తాను. అమ్మ మన కోసం చాలా పనులు చేస్తుంది. అమ్మ అంటే నాకు చాలా ఇష్టం.

అమ్మ

వి. వెంకట బాలాజీ, మూడవ తరగతి



మా అమ్మ పేరు అంకమ్మ. నాకు మా అమ్మ అంటే చాలా ఇష్టం. చిన్నప్పుడు నుంచి నా

పనులు అన్ని మా అమ్మ చేస్తుంది. మా అమ్మకి నీలం రంగు అంటే ఇష్టం. మనని రక్తము పోసి పెంచారు, మన అమ్మ వాళ్ళు లేకపోతే మన జీవితం లేదు. మా అమ్మ నా చదువులో సహాయం చేస్తుంది. మా అమ్మ నాతో ఆడుకుంటుంది. నేను మా అమ్మకి ఎప్పుడు ఎదురు చెప్పను. నేను భోజనం చేయకపోతే మా అమ్మ పెడుతుంది. మన అమ్మనే ఒక స్నేహితురాలు. నాకు మా అమ్మ చాలా సహాయం చేస్తుంది. నేను మా అమ్మకి జ్వరం వస్తే కొట్టుకెళ్ళి మందులు తెస్తాను. మా అమ్మతో నేను బాగా ఉంటాను. మా అమ్మకి నేను ఎప్పుడు కోపం తెప్పించను.



TRUTHFUL

Lakshmi Venkat, 5th Class

Once upon a time, there lived a small boy. His name was Shiva. He was a very good

boy. He was also a very truthful boy. One day his father told him to buy a new bulb. He broke the bulb. He was not scared and told truth to his father about the bulb. His father was very happy and did not scold his son Shiva.



Moral : We should be plain and tell things as they are.

RESPECT

Vennela, 1st Class



We respect our flag. I like teachers, elders, father, mother and my elder sister.

Respect: Having regard for people, things or ideas.



అమ్మ ప్రేమ

అమ్మ.....అమ్మ.....అమ్మ.....
 నా ప్రాణం నువ్వమ్మా, నా శ్వాస నువ్వమ్మా
 నాకు గోరుముద్దలు తినిపించే ఓ అమ్మ నా అమ్మ
 నీ ఒడినే ఉయ్యాలగా మార్చి నన్ను నిద్ర బుచ్చినావమ్మ
 అమ్మ, ఓ అమ్మ
 9 నెలలు ఎంతో మోసి
 నాకు జన్మనిచ్చిన దేవత నువ్వమ్మ
 అమ్మ, ఓ అమ్మ
 కంటికి కనురెప్పలాగా, చేనుకు కంచెలాగా
 ఇంటికి కప్పులాగ
 నీ ప్రాణం లెక్కచేయకుండా నను కాపాడినావమ్మా
 అమ్మ, ఓ అమ్మ



**వి.మనోజ్ఞ,
 ఏడవ తరగతి**

చెరువు

మా ఊరి చెరువు మాకెంతో ఇష్టం
 అది లేకపోతే మాకెంతో కష్టం
 ఆ నీరు లేకపోతే మా పొలాలకెంతో నష్టం
 అందులో పూసే కమాలాలు మా కెంతో ఇష్టం
 అవి సూర్యునికి ఆర్జుమిచ్చినప్పుడు
 ఆ దృశ్యం చూడడం మా కెంతో అదృష్టం



**ఎ.స్నేహలత,
 ఏడవ తరగతి**

కోరిక

నా కోరిక ఐ.ఎ.స్ కావడం
 మా తల్లిదండ్రుల కష్టాలు తీర్చడం
 సమాజంలో గుర్తింపు పొందాలి
 అందరి శ్రేయస్సు కోరాలి
 ప్రజలకు నీతి తెలపాలి
 జాతీయ పతాకం ఎగురవేయాలి
 పిల్లలకు ఉచిత విద్యనందిస్తాను
 అవినీతిని దూరం చేస్తాను
 అందరికి మానవీయ విలువలను వినిపింపజేస్తాను
 ఇవి చేయడం నాకు ఇష్టం
 నా కోరిక తీరడానికి పడుతాను కష్టం



**సి.హెచ్. విష్ణువర్ధన్
 ఏడవ తరగతి**

చెరువు

మా పల్లెలో అందమైన చెరువు
 నిర్మలమైన జలం అదే మాకు బలం
 అక్కడి తామరలు కమనీయం
 విరబూసిన అరవిందాలు
 చూడటానికి రెండు కళ్ళు చాలవు
 చెరువు కళకళలాడాలి
 ప్రభుత్వ ఆశయ సాధన సిద్ధించాలి



**టి.హల్మిత,
 ఏడవ తరగతి**

ఆధారం

అమ్మ ప్రేమలో స్వచ్ఛత
 నాన్న భరోసాలో స్వచ్ఛత
 పసి పాప నవ్వుల్లో స్వచ్ఛత
 వృద్ధుల ఆప్యాయతలో స్వచ్ఛత
 ప్రకృతి సేవలో నిజాయితీ
 గురువు బోధనలో నిజాయితీ
 మాతృమూర్తి సేవలో నిజాయితీ
 పండితుడి పాండిత్యంలో నిజాయితీ
 మిత్రుడి మైత్రి భరోసా
 అన్నయ్య రక్షణ భరోసా
 సైనికుని సేవలో భరోసా
 నేనున్నాననే దేవుడి మాట భరోసా



**వాసవి,
 తొమ్మిదవ తరగతి**

పుత్తుడి ప్రేమ

తల్లిదండ్రులంటే నాకు ఎంతో ఇష్టం
 తల్లి నాకు దేవుడిచ్చిన బహుమతి,
 తండ్రి నాకు దాత ఇచ్చిన వరం
 వారిద్దరు నన్ను ప్రోత్సాహించిన దైవం
 తల్లి నాకు ప్రాణం పోసిన దేవత
 తండ్రి నా కష్టసుఖాలు చూసుకునే దేవుడు
 వారిద్దరు నా జీవితంలో శ్రమజీవులు
 నవ మాసాలు మోసిన తల్లికి
 నా ఆరోగ్యం చూసుకునే తండ్రికి
 నా హృదయ పూర్వక అభినందనలు



**గణేష్,
 ఏడవ తరగతి**

అమ్మ ప్రేమ

సృష్టికి జీవం పోసినది రెండక్షరాల ప్రేమ
 తనవల్ల పుట్టినది మానవ చిరునామా
 నువ్వేగాని లేకుంటే నేను మానవుడిగా
 పుట్టేవాడినా
 నువ్వేగాని లేకుంటే నాకు ఇంత ప్రేమ
 ఎవరిచ్చేవారు
 అమ్మా...అమ్మా



**టి. అనూప్ రెడ్డి,
 ఏడవ తరగతి**

విద్యా బోధన కేవలం మొదడు యొక్క వికాసానికి కారణమవుతుంది. కానీ మనకు కావలసింది మనకు సరియైన ఆలోచనలు మరియు పనులు చేయడానికి తోడ్పడే ఒక సంస్కృతి. హృదయ పుస్తకము బాగా చదవకుండా కేవలం పాఠ్య పుస్తకాలు చదవడం ఫలించదు. - పూజ్య శ్రీ రామచంద్రజీ మహారాజ్ గారు

हिंदी दिवस

हिंदी दिवस १४ सितंबर को मनाया जाता है। हिंदी हमारी भाषा है, उसकी प्रामुख्यता जानने के लिए हिंदी दिवस हर साल पाठशालाओं में मनाया जाता है



। हमारे भारत में बहुत से लोग हिंदी में बात करते हैं। इसलिए हिंदी हमारी राष्ट्र भाषा बन चुकी है।

हमारे पाठशाला में हिंदी दिवस हर साल

आनंद के साथ मनाया जाता है। छोटे बच्चों से लेकर बड़ों तक सब विद्यार्थियों ने संगीत, नाटक, भाषण तथा अन्य कार्यक्रमों में उत्सुकता के साथ भाग लिया। नन्हें बच्चों ने अपने मधुर स्वर में गीत गाए और कुछ विद्यार्थियों ने हिंदी के विशेषता - आवश्यकता के विषय में जानकारी दी। विद्यार्थियों ने संत कबीर के दोहे सुनाए और हिंदी दिवस के अवसर पर कुछ प्रोत्साहक नारे सुनाए। इस तरह हमारी पाठशाला में हिंदी दिवस धूमधाम से मनाया गया था।

Teachers' Day

Teacher's Day is celebrated on 5th September on the occasion of Sarvepalli Radhakrishnan's birthday. 9th and 10th class students took classes for 1st to 8th classes. All the teachers enthusiastically participated in the games conducted by 10th class students. It increased the teaching skills among the students and sportiveness in the teachers.



Bathukamma

On 8th October 2018, we students celebrated Bathukamma festival. Students brought Bathukammas which are adorned with flowers. They were beautiful and colourful.



PCRA Quiz and Essay Writing Contest

Students of 8th, 9th and 10th grades participated with great zeal in the school quiz on environment and conservation as part of PCRA (Petroleum Conservation and Research Association) quiz contest. We thank the teachers who prepared questions and shared their knowledge with children. Children were



encouraged to participate in the quiz and they showcased their knowledge. All students participated enthusiastically in essay writing and painting



contest. Classes VI -X participated in drawing contest on the topic Fuel Conservation. 8th, 9th and 10th classes participated in essay writing.

Students participated actively in all the contests.

Field Trip

Students of classes 8th to 10th were taken to an educational trip to Sevagram and Anandwan on October 9th and 10th. Students absorbed the pleasant nature of the places and shared their views and feelings. They also vibrantly took part in the seva in the ashram. The pupils were motivated to bring universal love and fraternity in Vinoba Bhave Ashram.

They were happy seeing the service done in Baba Amte's place and were fascinated by the talent expressed by the handicapped people there. The enthusiasm of children and cooperation of both the pupil and the teachers made the trip successful.



PM Relief Fund

Staff and Students of the school contributed Rs 5000 to Prime Ministers Relief Fund in the wake of Kerala floods. Every student contributed to the fund with lot earnestness. School received a thanking letter from the Prime Minister's Office for the generous contribution.

BANANA

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

The Ayurveda contains a wealth of knowledge on health sciences. There is so much similarity in ayurvedic dietetics and many of the traditional foods in India. Traditionally, Indian foods are classified into three main categories:

i) Cooked vegetables ii) Milk iii) Fresh fruits and honey
are meant as the truly wise foods and are considered as 'SATVIKA FOODS'. Indian traditional foods are also recognised as functional foods because of the presence of the components seen as body healing, antioxidants, dietary fibres, and probiotics. These functional food molecules help in weight management and to improve immunity of the body. According to Ayurveda food is responsible for different aspects of individual including physical, temperamental and mental status. To stay healthy, we all have to eat SATVIKAAHARA.

According to Ayurveda texts 'Sushruta Samhita' explain the benefits and uses of the banana tree that can be used as both fruit and vegetable. The banana is the only plant whose stem, flowers, leaves, whole plant is full of medicinal properties. It also keeps the body cool by balancing the vata and pitta dosha. Banana is used as a traditional medicine in India and the ancient Persia, it is called the "Golden Fruit". Today banana is known to be consumed for the healthy digestion. Banana contains calcium, phosphorus and nitrogen. All are used to build second regenerated tissues in the body. Banana is a store house of minerals, vitamins and carbohydrates. It contains calcium, potassium, magnesium, iron, zinc etc., vitamins A, B, C, B-6 are also available.



Names of the banana in different languages:

English Name : Plantain Hindi Name : Kela, Amrit Telugu Name : Arati Pandu, Arati Kaya
Tamil Name : Velakkai

Ayurvedic properties :

Rasa (Taste) : Madhura (sweet)

Guna (qualities) : Guru Gunam (Heavy for digestion), Snigdha (slimy in nature)

Vipaka : Madhura (undergoes sweet taste after digestion)

Veerya (potency) : Sheeta veerya (cold)

Karma (actions) : Vata pitta shamaka kapha vardha (increases kapha dosha)

Parts used : Fruit, stem and flower.

Health benefits of Banana:

The juice of Banana stem is given around 20-25ml to treat kidney stones.

The ash of burnt banana stem mixed with turmeric powder is useful in treatment of skin disorders like eczema.

The flowers of banana is consumed to treat hyperacidity (amlapitta).

Banana leaf is traditionally used as plate for having food. It helps in easy digestion.

Banana flowers contain anti-obesity, anti-oxidant and anti-inflammatory properties.

Eating sweet banana is contra indicated for diabetic people.

SOLUTIONS

Crossword

Across

2. Conservation
6. Deforestation
8. Emission
9. Landfill
12. Dump
13. Recycling
14. Acid Rain
15. Ecosystem

Down

1. Carbon footprint
3. Global warming
4. Greenhousegases
5. Fossil fuels
7. Environment
8. Ecology
10. Pollution
11. Biodegradable

Value associated with

story : Humility

Moral of the Story :

Don't discriminate based on caste or religion

Fill in the

blanks

1. Kindness
2. Discipline
3. Humble
4. Goodness
5. Togetherness

శాంతమే జనులను జయమునొందించును
 శాంతముననే గురుని జాడతెలియు
 శాంతభావమహిమ చర్చింపలేమయా
 విశ్వదాభిరామ వినురవేమ
 తాత్పర్యము : శాంతముతో దేనినైనను సాధింపవచ్చును.
 గురువుజాడకూడ తెలుసుకొనవచ్చును. శాంతముయొక్క
 గొప్పతనము ఇంతింతయని చెప్పనలవికాదు.

सेवक सेवा मे रहै, सेवक कहिये सोय ।
 कहै कबीर सेवा बिना, सेवक कभी ना होय ।
 A servant remains firm in service. then only he can be called a servant. Without service, he cannot be called a servant, says Kabir.
 Pujya Babuji Maharaj says in commandment 10, "Human perfection lies in realising Master(God) as Master in the true sense and oneself as His slave devoted entirely to His service."

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.

ధ్వానశిక్షణాకార్యక్రమము

'ఇంపీరియన్స్' సంస్థ ద్వారా ప్రాణాహుతి సహిత ధ్వాన పరిచయము గురించి రెండు రోజుల ఉచిత ధ్వాన 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

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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 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.

<p>SATKAMA SCHOOL FOR INTEGRATIVE DEVELOPMENT EDUCATION FOR A NEW SPIRITUAL ERA Plot No. 1735, Pragathinagar Kukatpally, Hyderabad, INDIA, Phone: 91-40-48562742</p> <ul style="list-style-type: none"> •Free Education from I to X class •Dedicated to Divine Resource Development •Teacher student ratio 1:15 for effective teaching •Associative and Integral Approach to Value Based Education •Recognised by State Govt. of Andhra Pradesh, India (LDis No. 1035/B2/2010) <p>www.sahajsevasamsthan.org/satkama/ email:satkama@sahajsevasamsthan.org</p>	<p>BODH SPECIAL SCHOOL FOR SLOW LEARNERS (CHILDREN WITH LEARNING DIFFICULTIES)</p> <p>Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs(Slow Learners) who are unable to study or repeated failures in normal schools and who are school drop-outs.Objectives of school are:</p> <ul style="list-style-type: none"> •To make the child realise that he/she carries the Divine Master in the heart and is loveable and useful in the society for that reason •Initial assessment at the time of admission •To develop goals individually for each child •Individualized Education Plans •Teacher pupil ratio 1:5 for individual attention <p>www.sahajsevasamsthan.org/Educational/Bodh.htm email: bodh@sriramchandra.org</p>	<p>MSRCM HOSPITAL HOLISTIC HEALTH CARE 10-3-783/254/3 RT, Vijaya Nagar Colony , Hyderabad, India – 500 057, +91-40-23341380</p> <p>Services available in the hospital</p> <ul style="list-style-type: none"> •Consultations: Nephrology, General Medicines, Gastro Enterology , ENT and Paediatrics •Other Services: General Surgery SurgicalGastroenterology,Laparoscopic Surgery, Laboratory Services. •Alternative Systems of Medicine: Homeopathy and Ayurveda <p>www.sahajsevasamsthan.org/Health/Health.htm email:msrcmh@gmail.com</p>
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VOCATIONAL WING: Samsthan's vocational wing has been imparting vocational training to the students of Bodh and Satkama in the vocations of Sahaj Sakthi Biscuits, 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.

<p>EDITORIAL BOARD Editors: G.Padmaja, Kanchan Joshi, Y.Sanathi, Dipti Joshi Designer: Meghana Shah</p>	<p>Students: Avinash,VII Srimayi, VII, Sojel, VIII Vishwesh, IX, Anjani, IX, Vasavi, IX, Rishkesh, X,Kaif, X .</p>
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