



SPANDAN

WE WISH EVERYONE A VERY HAPPY NEW YEAR 147 LE

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

Message from SSS

Sri Vidyadhar Joshi, Member, SSS

I feel happy to share a few thoughts on the Basant issue of Spandan. Basant falls in the month of Samavarti according to the Lalaji Era. The new year of the Lalaji Era comes on January 14th of the English calendar which is immediately preceded by Swami Vivekananda Jayanti on January 12th. Thus we see that according to Lalaji Era, the month of Viveka, named after Swami Vivekananda is followed immediately by the month of Samavarti, named in honour of Pujya Lalaji Maharaj. This is not a coincidence. Sri Lalaji had all the qualities of a truly great and perfect man, being as he is, next to God. According to Swami Vivekananda "Man is man so long as he is struggling to rise above nature, and the nature is both internal and external. It is good and very grand to conquer external nature, but grander still it is to conquer internal nature. It is good and grand to know the laws that govern stars and planets, but it is infinitely grander and better to know the laws that govern the passions, the feelings and the will of mankind."

We know how our minds are disturbed by our passions, desires and lower feelings and that it spoils our individual happiness as well as collective happiness. While science and technology has advanced enough to provide us with external material comforts and pleasure, real peace, balance and happiness is found lacking because of lack of understanding of inner nature thus making man a slave of his desires and passions. In its essence, the inner nature is Divine. If we can realize this call, real happiness and balance will be restored in mankind where man is freed from slavery of desires and passions. The call given by Swami Vivekananda to express the Divine within, stirred the craving of humanity and Divinity responded with advent of the Great soul of Pujya Lalaji Maharaj. Pujya Babuji Maharaj thus puts it: "Great men are not accidentally born, they are born when the world waits for them in eager expectation and thus the power of Nature descended in human form as Samarth Guru Mahatma Ramchandraji Maharaj."

It is thus a very apt timing that the month of "Viveka" is followed by the month of Samavarti in the calendar of Lalaji Era. "Samavarti", means one who is "just and balanced", We see in the life story of Pujya Lalaji Maharaj how he perfectly reflected this as an ordinary householder. He not only reflected this but also revived the training for ordinary householders so that we may become "just and balanced". He advised meditation on the heart as the easiest method that we all are blessed to follow as given by Pujya Babuji Maharaj. As Basant signifies a season of hope and happiness, our hearts swell with hope and happiness as we seek to make our lives and those around us happy. I wish all readers of Spandan a very Happy New Year of Lalaji Era 147 and happy Basant Panchami.

Student Editorial

Anjani, IX Class

Namaste one and all. First I wish you all a very happy new year. Spring season has approached, which is the best part of the year and the most auspicious day, Basant Panchami falls in this season. This is the day our beloved master Pujya Sri Ram Chandraji Maharaj of Fategarh, UP has entered this earth to govern the destinies of the people. Thus the Lalaji Era has started from 1873.

As we all know that nature gave many avatars to remove evil. Pujya Lalaji Maharaj was gifted by our nature like how the freshness is given from the beauty of nature especially in this season. He has initiated the process of divinisation of man through a modified system of Raja Yoga which has brought a new phase of peace and happiness in our minds. Today the meditation that we do in our School develops our capacity of our minds and stabilises our mind and generates internal peace. We by our own experience can say that there is a lot of difference before and after meditation. We are taught to lead a peaceful life in a happy and truthful manner which I believe everyone needs and deserves it. So, let's start the New Era with our meditation and universal prayer and follow it sincerely as we do it every time and enjoy the calmness, sweetness, peace, freshness and pleasant nature of the auspicious Basant Panchami and the spring season in a happy manner that we are being taught in the school. This is the fine time of divinity and devotion which makes us happy, the main goal of human life. Thank you.

We thank everyone for the contributions to our newsletter. We always welcome all to give their contributions. Please feel free to write to spandan@sahajsevasamsthan.org

STORY OF MASTER - COEXISTENCE

- Reference - Spirituality

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 at 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 know this and mould their ways of life accordingly. My belief is that it will happen so.

SWAMI VIVEKANANDA

Swami Vivekananda, known as Narendra Nath Datta, was born on 12th January 1863. His father, Vishwanath Datta, was a successful attorney and his mother, Bhuvaneshwari Devi, was endowed with deep devotion, strong character and other qualities. A precocious boy, Narendra excelled in music, gymnastics and studies. By the time he graduated from Calcutta University, he had acquired a vast knowledge of different subjects, especially Western philosophy and history. Born with a yogic temperament, he used to practise meditation even from his boyhood.

When Swami Vivekananda [then Narendra] was studying in school he was punished for no fault of his own. The Geography teacher asked him a question which Narendra answered correctly. But the teacher thought Narendra was wrong and punished him. But Narendra was undaunted even as a boy. He protested, 'I committed no error, sir; I am sure what I said is right.' This made the teacher furious and he caned Narendra mercilessly. Narendra returned home, his eyes filled with tears and narrated every thing to his mother. But Bhuvaneshwari Devi consoled him saying, 'My son, why do you care if you are in the right? Follow the truth always, whatever happens.'

Narendra found his Master, Sri Ramakrishna to be an embodiment of the ideal his mother had instilled in him. Sri Ramakrishna used to say: 'Truth is to be cultivated by all means. If a man holds to truth in this Kaliyuga, he will certainly realize God.' And Sri Ramakrishna himself practised what he preached.

This ideal of unwavering loyalty to truth which, Swami Vivekananda saw in his mother and later in his spiritual master Sri Ramakrishna found expression in all his actions. It was therefore only but natural that the world would later hear him proclaim: 'Every thing can be sacrificed for truth, but truth cannot be sacrificed for anything.'

Once Swami Vivekananda was visiting the city of Bangalore, in the then princely State of Mysore. Greatly impressed by Vivekananda's brilliance, charm and wide learning, the Maharaja invited him to be a guest at his palace. One day, in front of his high officials, the Maharaja asked the Swami, "What do you think of my courtiers?" "Well," came the bold reply, "I think Your Highness has a very good heart, but you are unfortunately surrounded by courtiers who are generally flatterers. Courtiers are the same everywhere."

"But," the Maharaja protested, "my prime minister is not such. He is intelligent and trustworthy."

"But, Your Highness, the prime minister is the one who robs the Maharaja and pays the political agent."

The Maharaja changed the subject, and afterwards warned the Swami to be more discreet in expressing his opinion of the officials; otherwise those unscrupulous people might even poison him. But the Swami burst out: "What! Do you think an honest sannyasin (sage) is afraid of speaking the truth, even though it may cost him his very life?" "I can never tell a lie."

WORDS OF WISDOM

Now I am telling the secret of success in all matters. Remove doubts and develop confidence in yourself, you will succeed in all your pursuits. Really speaking, if anybody wants to poison his will he should create doubt in himself. Honesty and seriousness in all work brings good fruit.

- Pujya Babuji Maharaj

SRIMAD BHAGAVAD GITA

कर्मजं बुद्धियुक्ता हि फलं त्यक्त्वा मनीषिणः। United to this Discernment, the “Real man”
जन्मबन्धविनिर्मुक्ताः पदं गच्छन्त्यनामयम् ॥ relinquishing the fruits issuing from action,
and liberated from the bondage of births,
attains the blissful supreme abode. (2-51)

A Real man is he who has achieved liberation and is also called “Jeevanmukta”. To be liberated means to be free from self which in simple terms means selflessness. When one learns to do actions without getting attached to the fruits of the actions, he becomes fearless and works without motive to only serve. A person who is not attached to the results of the actions is fearless because he leaves the result in God’s hand. He does not think what others will think of him if he succeeds or fails or whether his action will make him look good or bad. The service of others in a totally selfless manner is the only motive. Fearlessness, love and selfless service towards others are the characteristics of a Jeevanmukta.

Take the example of Pujya Babuji Maharaj. He used to clean the latrines of the abhysis at Shahjahanpur. It is a fact. He used to go and clean around 2 in the night. These people never used to clean the latrines there. Temporary latrines used to be constructed. Around 2 o'clock in the morning he used to check if everything is correct, spray some phenyl. They are jeevanmuktas. They do not have awareness that they are gurus and somebody else has to do. They do not even think they are far higher than this condition. They will just serve.

Similar is the example of Swami Vivekananda. In 1898 a severe plague broke out in Calcutta, India causing many deaths. At that time, no one volunteered for service, as they were afraid of getting infected. Swamiji not bothering about himself, cleaned the streets of Calcutta of the dead rats and helped in controlling the epidemic. This gesture of Swamiji shows the condition of liberation from self.

ప్రార్థన - అనుభవము



Illustration
Kavya Bai, VIII Class

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

24-11-18 : After meditation I realize my tensions are relieved.

26-12-18 : I was feeling joy while meditating. It was a calm and pleasant day.

23-1-19 : I felt joyful and silent.

Ch.Vishnu Vardhan, VII Class

22-8-18 : I felt I am with God.

27-8-18 : I felt that my heart is filled with love and devotion towards God.

21-10-18 : I felt joyful.

V.Manogyna, VII Class

23-7-18 : Before meditation I felt irritated but after meditation I felt peaceful and calm.

10-8-18 : I felt I was flying in the air while doing meditation.

4-1-19 : I felt joyful and silent while doing meditation.

A.Snehalatha, VII Class

20-8-18 : I felt I was doing meditation in peaceful world.

29-8-18 : Before doing meditation I dont know but somewhere I had some tension. After meditation I felt relaxed and good.

14-12-18 : I felt very cool and calm.

A.Haritha, VII Class

LALAJI ERA MONTH NAMES : We are happy that we have been blessed with the awareness for naming the new era ushered in by Pujya Lalaji Maharaj and accordingly we have named it as Lalaji Era. With the ushering in of the Advent in 1873 the New Era started. A new calendar is named after Pujya Lalaji Maharaj and 2019 is the 147th year of Lalaji Era.

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



ఎమ్. అంజని, తామ్మిదవ తరగతి

శతకాలు

శతక పద్యాలు అందరి జీవితంలో గుర్తించుకోదగినవి. శతకాలు నైతికవిలువలను పెంపొందించజేస్తాయి. సమాజనడవడికను, లోకం పోకడను తెలుపుతాయి. రేపటి తరాలకు మానవతా విలువలను అందిస్తాయి. మంచి చెడుల విచక్షణను నేర్పుతాయి. భావి జీవితాన్ని తీర్చుదిద్దుతాయి. శతకపద్యాల తోటలో నైతిక విలువల తావిని ఆస్వాదించడం ఆనందకరమేకాక ఆహ్లాదకరం మరియు అవసరం కూడ. ఒక శతకం మానవ జీవితంతో సమానం. శతకాలలోని నీతులు అడుగడుగునా మానవ జీవితాన్ని ప్రతిబింబిస్తాయి. పద్యం రసానుభూతిని కలిగిస్తుంది. నైతికవిలువలను పద్యం ద్వారా నేర్చుకొని జీవితాన్ని సరిదిద్దుకోవచ్చు. అవి ఎటువంటివారు చదివినా వారికి జ్ఞానోదయం కలిగి మంచివారిగా మారుతారు. తోటివారిని కూడ మంచి బాటలో నడిపించగలుగుతారు. శతకకవులు లోతైన భావాలను, విలువలను సరళమైన భషలో రాయడంవలన అవి మన జీవితాన్ని మార్చేస్తున్నాయి. పద్యాలు మన జీవితమార్గ నిర్దేశకాలుగా మారుతున్నాయి.

PROJECTS SELECTED FOR DISTRICT LEVEL INSPIRE SCIENCE FAIR VILLAGE RAKSHAK

— A. Bharath, M. Neehal, Ramcharan Teja, VIII Class

We are living in a country where the main source of economy is agriculture but due to poor communication between the farmers and the government, the farmers are facing many problems. Farmers are committing suicides too. Primary reason is unawareness of weather condition and unknown fires in the fields. Our main motive behind this idea was, most of the farmers are illiterate and do not have any correct information about climate and rain probability and not knowing the field fire awareness, our project can help solve this problem. The two major hands for this project are humidity sensor and fire sensor. We built a metal tower in the middle of the village mounted by two speakers. One if for fire sensor and the other is for humidity sensor. Generally when it is raining, its humidity is 100%. So taking this as base, we built a humidity sensor using arduino. So when it is going to rain, the buzzer starts ringing. Fire sensor is also a major part in this project. So whenever there is a fire in the field the buzzer starts ringing.



Sometimes, the farmers keep the harvested crop in the sunlight and unexpectedly some rains may occur and their crop is damaged. The farmers get a big loss. This system senses the chance of rain and alerts the farmers so that they can take necessary precautions. There may be fires in the field due to sunlight so the fire sensor senses that and alerts the people to stop the fire.

SEWAGE WATER TREATMENT PLANT

— R. Tarun, P. Sreeram, VI Class

All the waste water released by home, industries, hospitals, offices and other users are collectively called Sewage. Sewage is a liquid waste. Most of it is water, which has dissolved and suspended impurities, disease causing bacteria and other microbes. These impurities are called contaminants. Treatment of waste water involves physical, chemical and biological matter that contaminates water. The steps involved in treatment are: Receiving Tank, Screening and Grit Chamber, Sedimentation Tank, Aeration Tank, Skimming Tank, Filtration tank, Distribution tank.



Receiving Tank: This receives all the liquid waste from home, industries, hospitals, offices and many other users.

Screening and Grit Chamber: Screen is a first unit operation employed which treats waste water. It separates large floating substances such as waste paper, clothes, plastic wrappers, bottles, wooden pieces, cork etc. Grit Chamber is aimed to remove grit from the waste water.

Sedimentation tank : The heavy items like stones, sand and other settle down at the bottom and the water flows on to the next tank.

Aeration tank : Aeration brings water and air in close contact in order to remove dissolved gases (such as carbon dioxide) and oxidizes dissolved metals such as iron, hydrogen sulphide, and volatile organic chemicals. Aeration is often the first major process at the treatment plant.

Skimming tank: Skimming is aimed to remove oil, grease from waste water flow.

Filtration tank: Here As we have kept some Charcoal, cloth and stones the water gets filtered we get the purified water.

Distribution tank: Here the water is distributed to the fields and is also ready to dispose in rivers.

చెరువు

చెరువులో నీరు
మనకు తీరుసు కరువు
అలలతో పూల స్నానం
కనులకు విందు పూల రేకుల సొగసు
వాటి అందమే మనకు ఆహ్వానం
అదే మన మనసుకు ఆనందం
చెరువుకు అందం పూలు
మా మదికి హాయి పూల పరిమళాలు



యమ్.లోహాన,
ఉడవ తరగతి

అమ్మ

అమ్మ నవ్వంటే నాకు చాలా ఇష్టం,
నీ గొప్పతనాన్ని చెప్పడం చాలా కష్టం.
దేవతకు ప్రతిరూపం అమ్మ,
నువ్వు లేకపోతే నేను లేను.
నీ ముఖంలో ఉంటుంది నవ్వు,
మా హృదయాల్లో ఉంటావునువ్వు,
అమ్మ కుటుంబం కోసం పడుతుంది తపన,
మా అమ్మ పేరు స్వపన.



బి.అవినాష్ రెడ్డి,
ఉడవ తరగతి

ప్రకృతి

తరువు లేనిదే లేదు
మనకు బ్రతుకు తెరువు
నీరు లేనిదే లేదు
మన ప్రాణ విలువ లేదు
చితితో వెలుగుతుంది మన
ప్రాణ జీవం
చినుకుతో కురుస్తుంది మన
జీవ వర్షం
ఈ విధంగానే మన
జీవితం ఒక పదం
దాన్ని చూపించేదే
పల్లె పదం



లక్ష్మీప్రసన్న,
పదవ తరగతి

అమ్మ

అమ్మ అంటే మాత
అమ్మే నా మదిలోని దేవత
మమకారానికి మారు పేరు అమ్మ
మనందరికీ తొలి గురువు అమ్మ
పల్లె అందాలు చెరిగిపోదు
అమ్మ ప్రేమ తరిగిపోదు
అమ్మ నువ్వే నా సర్వస్వం
నీ ప్రేమే నాకు ఆనందం
జన్మనిచ్చింది అమ్మ
నా హృదయంలో తోలి దైవంగా
నిలిచింది అమ్మ



వి.శ్రీమయి,
ఉడవ తరగతి

చెట్టురా అది చెట్టురా

చెట్టురా అది చెట్టురా,
చెట్టురా అది చెట్టురా,
దానికే గాని చేతులుంటే,
మనల్ని దగ్గరకు రానిచ్చేదా,
దాన్ని నరకనిచ్చేదా,
చెట్టురా అది చెట్టురా,
చెట్టురా అది చెట్టురా,
దానికే గాని నోరువుంటే,
దాని కాయలు తెంపనిచ్చేదా,
దాని పండ్లు తిననిచ్చేదా,
చెట్టురా అది చెట్టురా,
చెట్టురా అది చెట్టురా,
దానికీ సహనముండబట్టి,
దాన్ని నరక నిస్తున్నది,
దాని పండ్లు తిననిస్తున్నది.



టి.అనూప్ రెడ్డి,
ఎనిమిదవ తరగతి

చెరువు

అందరికీ ఇష్టం చెరువు,
అది లేకపోతే వస్తుంది కరువు.
పంటలు పండించడానికి ప్రధాన వనరు చెరువు,
పంటలు పండించడానికి కావాలి ఎరువు.
చెరువు దగ్గర చూస్తూ అద్భుత దృశ్యాలు,
చెరువులో ఉంటాయి ఎన్నో ముత్యాలు.
ఇటువంటి అద్భుతాలు చేసాడు బ్రహ్మీ,
అవి చూడకపోవటం నీ ఖర్చు.
పక్షులు ఉంటాయి చెరువు వద్ద,
మాంసాన్ని తింటుంది గ్రద్ద.
చెరువును చూడాలి ఒకసారి,
చూడాలనిపిస్తుంది మరోసారి.
ఎంతో ఉంది చెరువు గొప్పతనం,
కలిసుండాలి మనం.



ఎ.భరత్,
ఎనిమిదవ తరగతి

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

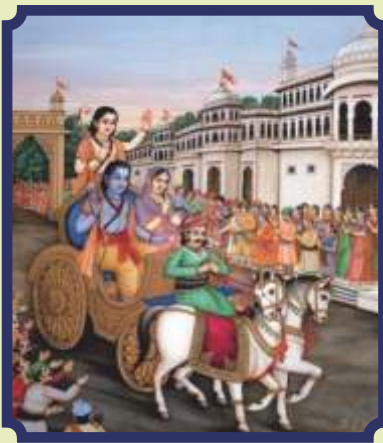
ACTIVITY CENTER

Color the picture



ACTIVITY CENTER

What's the value?

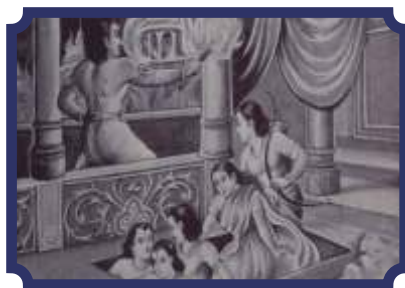


When Rama was ordered to leave the kingdom by Kaikeyi, Sumantra took them in the chariot riding the horses. He left in the banks of the Ganges River. Guha was there in that place. Guha brought sumptuous food, comfortable beds and articles of worship to give Lord Rama a royal reception. Lord Rama was pleased to see this and embraced Guha saying, "At heart I accept all that you have offered Me. However, since I have taken a vow to wear only kusha grass, tree bark and deer skin and eat only fruits and roots, I cannot utilize these gifts. Therefore please take away what you have brought, except for the food, which I can use to feed My horses, for they are the favorite steeds of Maharaja Dassrada".

Moral: Rama showed gratitude even to the horses.

Answer the following questions from Mahabharatam

1. Where did Mahabharat battle happened? _____
2. Who is the Commander in Chief of Pandavas? _____
3. What is the name of Bhima's son? _____
4. What is the name of Bhishma's mother? _____
5. With which hand did Arjuna fought the battle? _____
6. Name the forest where Pandavas stayed during their exile? _____
7. What is name of Arjuna's son? _____
8. Who is the author of Mahabharatam? _____
9. Who is Duroyudhan's friend? _____



10. In which Kingdom did Pandavas stay during agnatavasam? _____
11. What is the name of Krishna's Sankam? _____
12. How many slokas are there in Bhagavad Gita? _____
13. For how many days Mahabharatam battle was fought? _____
14. Who is the Guru of Duroyudhana and Bhima? _____
15. How many verses are there in Mahabharatam? _____

CENTENARY HERITAGE MUSEUM

Namaste! to one and all! Today I want to tell you about our educational trip that was on 13th November 2018 conducted by my school to Centenary Heritage Museum for classes 5th, 6th and 7th.

History Of The Museum: - The Government of Andhra Pradesh has constructed an irrigation project at Nagarjuna Konda to build Nagarjuna Sagar. There many villages were submerged. Then the archeology department conducted excavations in Yelaswaram. Many historical items and antiques were recovered. Also in the project of SriSailam reservoir many villages were submerged and the excavations took part there too. Some antiques were recovered there too. The Government decided to build a museum and keep the antiques recovered in excavations.

What We Experienced:-There our guide was Rishi Sir. He told everything about the museum with patience. First we saw the terracotta objects and figurines gallery. Terracotta is nothing but clay. There were Terracotta cone objects, Terracotta beads, Terracotta rings, Terracotta moulds and Diyas. Next we saw stucco gallery, objects and figurines which were on display. Stucco is nothing but mixture of lime and mortar. They were light brown in colour and also strong. They were beautiful. There were even figurines, objects made of Lime stone such as Panels, Torso of Vishnu, Standing Buddha, Broken Door Jams, Veera Bhadra, Kubhera, Alankrutha Scene, Seeted Jaina Mahaveer, Garuda and many more. Next we also saw the objects made of metals. They were nice to look and having good carvings on them. We also saw some objects such as Bidriware, Aftaba (vessel for filling liquids), Spittoons, Huqqa Stand. They were very pleasant with their designs. Next was wooden & Porcelain (Pingani) gallery. In that gallery, dishes made with porcelain and with designs painted on them, and used by kings were displayed. They were very attractive. There were even some wooden ornaments and sculptures with good expressions which made me happy. We next saw some stone sculptures such as : Jetprolu, Garuda, Bhairava etc and models of some temples. We also saw the photograph of excavations in Nagarjunakonda, Yeluru around the period of 1950 by the archeology department. Next was the Pre-Historical gallery. There we saw meteorite, wooden fossils, tools of early men from different periods. The first tools were Paleolithic such as choppers, Scrappers, Hand axe. I observed that the first early men used big and rough tools. Gradually they became intelligent and used sharp and fine tools. In middle Paleolithic period they grew little better than the previous period. In the upper paleolithic period they were much more developed. In the Mesolithic period they were in the last stages of development. In the Neolithic period they more upgraded and they even started polishing their tools and even started agriculture. The tools of Neolithic period were Celts, Pounders, Hammers etc.

They also explained about the natural making of wooden fossils. They were naturally made during the natural calamities. The wood immersed in the ground due to the temperature gets the minerals and takes the stone form. It looks like a wood but it's a stone. Some Stone making techniques which I had read were: Block on Block technique, Stone hammering technique, Striking on convenient size stones, Face on the flake technique, Cylindrical hammer technique, Making of tools with Levelois technique, Tools making with moustrain technique, Removal of flake with pressure technique. We next saw about the Earth which I want to share it with you.

Our Earth has 3 layers.

1. Mantle - Minerals over here
2. Inner core - Too hot over here
3. Outer core - Hot but less than the Inner core

Earth is said to be as 3 parts

- Solid - Lithosphere
- Liquid - Hydrosphere
- Gas - Atmosphere

There we also saw different stages of evolution.

Pre Cambrian, Cambrian, Ordovician, Silurian, Divonion, Mississippian, Pennsylvanian, Permian, Trissic, Jurassic, Cretaceous, Tirtiaty, Quaternary.

Next we went to the Megalithic gallery which is

between 150BC – 700 AD. There we saw some sarcophagus which is a coffin. In olden days burials were also kept under water, Grains and the dead body or the bones were kept in it as a belief. Next is early historical gallery. There were coins made of Gold, Silver, Cooper, Lead, Pottin etc. We also saw Inscriptions of Brahmi Script in Prakrit Language, Beeds made of Terracotta, stones and also bangles made up of shells, Iron, Cooper. Next we saw ornaments, Steel balls, Ear Studs. Arrow heads of olden days which were displayed in a well manner. We also saw some paintings which were realistic. At the end there was rock art gallery, where we saw the pictures of rock art sights. Most of them had animals on them because early man had belief that worshipping them may lead to their success. I have noted some of the paintings. They were about honey combs, tigers, monitor lizard, peacock and giraffe. While coming out from there, in the exit we saw a door jams brought from Eluru and the replicas of some brilliant temples in our country.

Lastly, we went to Gun Foundry, there our guide was Madhu madam; she told that it was built 250 years ago, and the founder of this Gun Foundry was Raymond, a French person under Nizam rule. There in olden days canons were prepared. The structure of the building was too big to see. I enjoyed this trip with all my friends and teachers happily.

- Shanmukha Sreeram Pothukuchi, 6th Class



OUR TRIP TO MUSEUM

Namaste! I am very happy to have an opportunity to express my feelings about our trip to Telangana Centenary Heritage Museum. Our school took us to the Museum by a bus. It was a one and half hour journey. We reached there and were surprised to see a big Museum. We were invited very well. First we saw terracotta antiques. They were interesting. We also saw stucco things which were made of lime, sand and gum materials. We were attracted to the old pots and the wooden fish, animals and early men. Some antiques were found by the excavations. Others were made by the artists. Most of the excavations were from Mahaboobnagar and Nalgonda. We saw the vigrahas of some gods and goddesses like Bhadrakali, Durga and lord Vishnu. We saw many metal and wood weapons of those times. We learned about evolution of the man and earth inner surfaces. We were attracted to the stone coffins of the Megalithic period. We also understood the story of the name Megaliths. The most important things I liked were the different types of weapons like hammer and axes. we took a lunch break at 1 pm. After having lunch we went to see a Gun foundry which is 250 years old. It was built by the French man called RayMond. We enjoyed and learned very much. We also saw Firangs. It was a good educational trip.



- Ch.Vishnu Vardhan, 7th Class

Our school took 5th, 6th and 7th classes to centenary museum as a field trip. This is in Abids. First we kept our luggage outside because they didn't allow it inside. First we visited Terracotta, stucco objects. Terracotta things made up of burned clay and stucco means things made up of limestone. There was a stone sculptures gallery in which we saw things made up of stones. There we saw many things made up of metal, wood, glass etc., we saw statues of Bhadrakali which belongs to 9-10 A.D, Valli sahita Subramanya 7-8A.D Ananta sayana Moorthi 11-12 A.D, Surya 8-9 A.D..etc., After that we went to first floor and saw how early man lived. There we saw tools used which were made up of stone, wood and iron. We also saw earth structure, Geologic record and we saw an interesting thing that was that a meteoroid fell in Nalgonda District. We saw some fossils from Tamil Nadu and after that we saw some paintings. At last we saw some temples made up of rocks. Some of them are Eswara Swamy alayam, yelleswaram Pavelian etc.. After having lunch we went to Gunfoundry. It was about 250 years old and was built by Raymond. Guns and cannons were made there. Those bricks were so big. There we saw some Bhattis. Our trip was best educational trip.



- P.Jayababu, 5th Class

Our trip to Birla Science Museum. We started our trip at 9:00 a.m. We saw idols after entering into museum. We saw sand colour diamonds, old weapons used to kill animals, evolution of man, funny mirror, floating ball, action and reaction activity, solar system, rocket launching, cycloid - ball movement, penguins, light reflection, rock idols and dianosuar museum. After that we had lunch and came to school.



- Y.Harsha Kumar, 3rd Class

SOLUTIONS

What's the Value? - Gratitude

Mahabharatha - 1. Kurukshetra 2. Dhristadyumna 3. Ghatothkacha (Hidambi - mother) 4. Ganga 5. Both hands (He is ambidextrous) 6. Kamyaka Forest 7. Abhimanyu (Subhadra - mother) 8. Veda Vyasa 9. Karna 10. Matsya Desa (King Virata) 11. Panchajanya 12. 700 slokas 13. 18 days 14. Lord Balarama 15. Over one lakh verses

*Know all people as thy brethren and treat them as such -
Puja Sri Ramchandraji Maharaj*

NEW YEAR GREETINGS



Jagadeesh Babu, I



Hyma, V



Mrudula, I



Nithisha, VII



Anjani, IX



KavyaPrashanthi, VIII



Sneha Latha, VII



Harshitha, VII



Satwika, X



Sai Sree, VIII



Pranay, I



Krishna, X



Swapna, IX



Sharvani, V



Sreeram, VI



Shruthi, IX

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



Haritha, VII



Vishnu Vardhan, VII



Veekshitha, V



Vasavi, IX



Deepika, III



Sanjana, II



Abhiram, II



Harshith, I



Sai Sowjanya, IV



Balaji, III

SCHOOL EVENTS

Traffic Awareness



On 30th October, Cyberabad Traffic Police visited our school and educated us about the importance of wearing seatbelts, helmets, avoiding mobiles while driving and other safety rules and traffic rules. They asked us to educate our parents and other people too. They said we children can make a difference. It was like an awareness camp and they cleared our questions too.

Childrens' Day



On this special day 14th November, children were very happy and wore colourful dresses. Teachers played some dramas and gave tasks to kids. It was a joyful day and everyone were given refreshments. Children actively participated in all the games conducted by the teachers.

Field Trip - Science Museum



Students of classes 1 to 4 visited Birla Science Museum and experimented with the hands on science exhibits, spent time in dinosaurium and arts area.



On the occasion of 3rd World Tsunami Awareness Day, we visited INCOIS on 5th November. We were given an interesting lecture by Sri C P Rajendran, Scientist, JNCASR-Bangalore and shown audio visual aids. We also learnt how to identify tsunamis. Vishwesh, IX Class, Bharath, VIII Class, Neehal, VIII Class, Avinash, VII Class and Aniruddh, VII Class presented their models. They were appreciated and given prizes for their exhibits.

Visit to INCOIS

Arts & Craft Fair



Arts and Craft fair was held on 3rd November. It was inaugurated by the President of SSS, Dr. Madhava Garu. Many paintings were exhibited. They were attractive and expressed many values. Many craft items like pen stand, kiddy bank, money pots, files, money covers, purse, rakhis, wooden crafts, home decorations with wool, earrings, bangles done by students throughout the academic year were kept on sale. Paintings and Diyas were also kept on sale. Guests and parents appreciated the creativity and artistic capabilities of students.

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Field Trip - Centenary Heritage Museum



Students of classes 5-7 visited Centenary Heritage Museum in the month of November and had a wonderful educational trip learning about the pre history of Telangana, early man's life and many more from the museum. We are thankful to Mrs Madhu Vottery, Heritage Walks Coordinator, Telangana for guiding and explaining the students during the trip.

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Sports Day



We celebrated Sports Day on 24th November. It became a successful event due to the cooperation of all children. Throw Ball, Volley Ball, Kho-Kho, Chess, Carroms, Lemon and Spoon and Musical chairs were part of the enthusiastically conducted games.

SCHOOL EVENTS

Satakam Contest



Satakam contest for higher classes was held on 29th December. Classes 6th to 9th took active participation and showed their wonderful skills in writing their own satakas. Sri B. Ramaprasad garu and Smt. Leelarani were judges. Even though the rounds were difficult, students showed their creativity and talent. We hope this satakam contest is inspiration to each and every one and helps us become a good citizen in the society.

Satakam contest for primary classes was held on January 4th. Classes 1st to 5th showed their memory and skills in reproducing satakas with good intonation and pronunciation. Smt Nanda garu and Smt Usharani were judges. The judges were very happy with the improvement and knowledge of satakas among primary class students



Mathematics Day

Mathematics Day was celebrated in our school on 22nd December on the occasion of Srinivasa Ramanujan's birthday. Students shared their knowledge with others in the form of projects. Class 9 students performed an inspiring skit which touched everyone's heart. The students showed their talent and skills in performing skits and explaining the projects. First class students drew snake and ladder game related to values on the floor. Primary classes enthusiastically played the game and learnt too.



Moral Stories Contest



As part of Swami Vivekananda Birthday celebration Moral Stories contest was held on January 10th for higher classes and 28th December for primary classes. The judges for higher classes contest were Sri Krishna Swamy and Smt Dipti Joshi. The contest was held based on Moral Stories books volumes 1 - 4, Masters biographies and Spandan. Students participated with great zeal.

District Level INSPIRE Science Fair

It's a proud moment for our school where four students represented with their models, "Zero Budget Natural Farming", "Modern Industry", "Sewage Water Treatment Plant", "Village Rakshak", in the recently held District Level Inspire Science Exhibition. Judges appreciated their models and their creative ideas. Two students Viswesh, IX Class and Haritha, VII Class won in the District Level and will be representing at the State Level.



Rangoli



SCHOOL EVENTS

Republic Day

On 26th January, we celebrated 70th Republic Day with Sri T. V. Rao garu, Treasurer, SSS as the Chief Guest. Students presented patriotic songs, speech and Sardar Vallabhai Patel drama on the occasion. Class ten students handled the full program excellently. Students were given prizes for various events held.



M. Lohana, VII



A. Bharath, VIII



G. Pallavi, IX



T. Nitisha, VII

KONASEEMA
CHITRAKALA
PARISHAD
GOLD MEDAL
WINNERS

SSS VOCATIONAL WING NEWS

GARDENING

When I joined school, I did not have interest in gardening but after attending few classes as part of SUPW I now enjoy gardening. We plant seeds. We water the plants. Gardening is an art. We can breathe fresh air. I felt happy while planting seeds. We keep the garden neat. Our teachers gave us Sapota, Guava and Pomegranate this year after gardening class.

K Ganesh Koushal, VII Class

STITCHING

Our school encourages us in co-curricular activities with the SUPW classes. In this class we learn stitching, biscuit making, gardening, candle making and growing wheat grass. We learnt how to knit wool this semester. It is an interesting method. First we thought it was a very difficult task but while doing we noticed it was very easy. We knitted a crochet. Wool knitting needle is different from stitching needle. Crochets that we made are used as phone covers and also as decorative items. This became our most fascinating class.

B NagaShayan, K. Sravani, Bhavya, M. Ramya and N. Viswesh, IX Class

BISCUIT MAKING

We like this class because as soon as we enter the biscuit making class, we do meditation for 5 minutes. We like this part mainly. After prayer, we clean the soya, make biscuits, mix powder and also cut wheat grass. We learn many values while doing these activities like unity, patience, hardwork, care towards plants.

We also make candles which are eco friendly to the environment. They help in preventing mosquito bites so that we can prevent many diseases related to the mosquito bites.

G. Sojel, G. DeviCharan, T. Varshith, P. Ramya, M. Neehal, VIII Class



తెలియని మనుజుని సుఖముగ
 దెలుపందగు సుఖతరముగ తెలుపగవచ్చున్
 దెలిసినవానిం దెలిసియు
 దెలియనినరుదెల్ల బ్రహ్మదేవునివశమే
తాత్పర్యము : ఏమీ తెలియని మనిషికి ఏ విషయమైనను సుఖముగ బోధించవచ్చును.
 జ్ఞానముగల వానికింకను సుఖముగ తెలుపవచ్చును. కాని కొంత తెలిసి, కొంత
 తెలియక సర్వజ్ఞుడనని గర్వపడువానికి ఏ విషయమైనను బ్రహ్మ సహితము
 బోధింపజాలడు. ఇతరులెవ్వరును తెలుపజాలరు.

सांच बराबर तप नहीं,
 झूठ बराबर पाप ।
 जाके हिरदे सांच है,
 ताके हिरदे आप ॥
 There is no greater tapas
 (penance) than being Truthful
 and no greater sin than being
 untruthful. God abides in the
 heart of those who are Truthful.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS
Training Programme

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

ధ్యాన శిక్షణా కార్యక్రమము

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

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SAHAJ SEVA SAMSTHAN

10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad, India – 500 057 , Tel: +91-40-23341380

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

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EDUCATION FOR A NEW SPIRITUAL ERA
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 email:satkama@sahajsevasamsthan.org

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SPECIAL SCHOOL FOR SLOW LEARNERS
(CHILDREN WITH LEARNING DIFFICULTIES)

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

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

www.sahajsevasamsthan.org/Educational/Bodh.htm

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- Alternative Systems of Medicine:** Homeopathy and Ayurveda

www.sahajsevasamsthan.org/Health/Health.htm
 email:msrcmh@gmail.com

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

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

EDITORIAL BOARD	Editors: G. Padmaja, Dipti Joshi	Students :Rishkesh,Class X, Kaif,Class X,Vasavi,Class IX, Vishwesh,Class IX, Anjani,Class IX, Sojel, Class VIII, Srimayi, Class VII.
	Co-Editors : Y. Santhi, Kanchan Joshi	
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