



SPANDAN

Guest Editorial

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The education and training according to our Great Master, Pujya Babuji Maharaj has vital and significant hints, exhortations, instructions and guidelines if one is vigilant and discerning. The summum bonum revolves around regulation of mind and control of senses which form the substratum for further evolution towards Balanced existence that is integral to all humankind. The path of righteousness, duty, selfless service and true fraternity are hallmarks coupled with the great virtue of humility.

Satkama school is untiringly directing all its resources and efforts in that direction since its inception. To bring about a magazine or a news bulletin that concerns any organization, institution or an event requires a lot of thinking, application, planning of design and content and it's sequencing that eminently informs the uniqueness, is not an easy task.

Spandan, the quarterly news bulletin of Satkama is consistently endeavoring to highlight the notable achievements and activities covering many facets of educational development studded with curricular, spiritual, quasi-spiritual cum traditional pearls of wisdom, moral, creative and recreative components, which, with out any second thoughts, deserves applause and commendation.

Consistent with the Educational philosophy enshrined in the works of Pujya Babuji Maharaj and inspiration of Revered Sri. K. C. Narayana, the founder of Satkama school, concepts and broad modalities that are grounded in spiritual fabric for a constructive growth and evolution of students, the school management, principal and staff are striving hard with commitment and dedication to harness the best from each student.

The above comprehensive observations find reflection in the annual report of the school made available to me by the Principal of the school.

The organizational mile stones of growth and development are bound to excel further in the years ahead and sky is the limit.

Student Editorial

– N.Vishwesh, IX Class

Namaste! Recently we came across a terror incident in Pulwama which instilled agony in every heart from Kashmir to Kanya kumari and from Kutch to Auranachal Pradesh. Is this the peace we deserve?

We all are sharing the common earth, air and water. Then why won't we share the common ideas of unity and peace? The selfish ideas of religion, caste and race have created divisions which are like obstructing walls for peace in the world. Every person in this world can have the spirit of patriotism, but patriotism doesn't mean that we must dislike others (countries, people, etc...), restricting the virtue of universal peace. Unity and peace are interlinked. Where there is a peace there is unity. Where there is unity there is peace. These all can be achieved through real spirituality which is different from the religious beliefs and customs. Spirituality is not just worshipping God, it is the way to lead a happy and contented life.

To achieve universal peace and harmony, the only way as given by Pujya Babuji Maharaj, is to spend 15 min daily at 9:00 p.m and meditate that **all men and women in this world are our brethren and they are developing real love and devotion towards God**. Saying in words does not make any difference. Our thoughts and words must reflect as actions. I request every one in this world to do "Universal Peace Prayer" with pure heart and mind, achieve the peace, unity and be fraternal with the whole world. Let us awake our minds. Let the virtues of brotherhood rain in every inch of earth.

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

Peace

Reference : Spirituality

The practicers of the Natural Path usually feel quite upbeat initially with their meditative experiences. The peace and calmness that reigns their heart gives them the joy and happiness. Fortunate are those who accept and follow the system without any reservation of their earlier practices. But there are many who overcome the bindings of their earlier practices after lot of struggle and Masters help through pranahuti. One such abhyasi who could vividly experience the difference between the practice of the system in relation to his earlier worships narrated his experience to Babuji Maharaj.

He said to Babuji Maharaj, "I feel lot of difference between the peace I have felt after meditation aided by transmission than that I had previously been feeling after a regular repetition of a certain mantra for a few hours daily."

The Master explained, "The peace produced by mechanical repetition of mantras is a result of mental exhaustion and can be achieved as well by a repetition of even the multiplication tables with equal ardour and labour. The difference between such peace and the one produced through a real connection of the heart can be noticed only by any sensitive abhyasi."

The abhyasi felt enlightened and became silent.

WORDS OF WISDOM

WORLD PEACE: "World peace is the crying need of the day and those at the top are trying hard to bring it about. But the means adopted for the purpose do not so far seem to promise fruitful results". "World peace is directly related with individual peace, for which the individual mind is to be brought up to the required level. If the individual mind is brought to a state of rest and peace, everything in the world will then appear to him in the same colour. It is, therefore, essential to find out means for developing within every individual a state of peace and contentment. Thus, all that we have to do for attainment of world peace is to mould the mental tendencies of the people individually that means the proper regulation of mind so as to introduce into it a state of moderation that is the only way for bringing peace in the world. It is therefore essential for all of us to develop Peace of mind within our individual self. But that being exclusively the scope of spirituality, one must necessarily resort to spiritual means for the purpose". (**Silence Speaks - 181,182**)

(An extract from a letter written by Pujya Babuji Maharaj to the United Nations, for bringing about world peace)

To dissipate the idea of individual self and to work harmoniously for the common good is the demand of the time. What we, therefore, require at present is only to improve the morals and to discipline the mind. We must learn how to create within the heart a feeling of universal love, which is surest remedy of all evils and can help to free us from the horrors of war. Happiness, of course, is necessary to end all grief. To come up to the level of real happiness we must necessarily rise above ourselves, which is essential for the creation of atmosphere of universal love. That is the primary factor in the solution of the problem. How to introduce these things among the masses who are yet unfamiliar with the accuracy of the mark is the next problem and is equally intricate. If my opinion were to be invited I would lay down the simplest possible method as given below.

"Let all brothers and sisters sit daily at a fixed hour individually at our respective places and meditate for about an hour thinking that all people of the World are growing peace-loving and pious."

सक्ताः कर्मण्यविद्वांसो यथा कुर्वन्ति भारत ।
कुर्याद्विद्वांस्तथासक्तश्चिकीर्षुर्लोकसङ्ग्रहम् ॥

Just as, O Descendant of Bharata, the unwise act, with attachment to the action, even so the wise act, without attachment, with a view to maintain social order of the world. (3-25)

This sloka explains how wise people do their duty. We all have to live in society and play our part in it. A doctor has to treat his patients, a police officer has to enforce law and order, a teacher has to teach students and an army man has to keep the country safe from enemies. These are a few examples amongst many. How efficiently we do our action depends on our state of consciousness or awareness. If we are aware of only our self, our mind, thinks and acts as the “doer” of the action. In this case the action itself will not happen with perfection as there will be doubts whether it is right or wrong. For e.g., consider a doctor who is to operate on a patient. If the patient happens to be his own son or daughter, the doctor will be attached to the subject he is serving and it may cloud his judgement. He may not be able to perform the procedure in a perfect manner. However, if the doctor can only remember that he is performing his duty as entrusted by God, thus God being the real doer, he will not think about who the patient is and will just do what is best for treating the patient. Similarly, if a police officer encounters his own relative or friend in a crime, he will hesitate to arrest if he is attached, but will not hesitate to do his duty if he is not attached. Social order can be maintained properly if everyone does their duty in a non-attached manner or detached manner. To perform duty without attachment requires the mind to be stable and balanced and live in the awareness that God is the real doer of things. This was the counsel of Lord Krishna to Arjuna who was advised to fight the battle of Mahabharata without attachment. Arjuna was clouded in his judgement and did not want to fight the war because his cousins and uncles were in front of him as enemies. However, it was his duty as a “Kshatriya”, to protect what is right and just and he should carry out his God ordained duty without attachment. Lord Krishna, through these slokas was instilling this wisdom in him.

**It is the Divine command and therefore it is my duty to do so -
Pujya Sri Ramchandraji Maharaj**

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.

31-7-18: I felt something new and some happiness.
22-10-18: Before meditation I was sad. After meditation I felt peace.
12-12-18: After meditation I felt quietness.
18-3-19: After meditation I felt confident.

Neehal, VIII Class

27-9-18: Even though some sounds disturbed me, I felt relaxed and peaceful after meditation.
24-1-19: I felt very calm in my heart.
5-2-19: I felt relaxed and fresh after doing meditation.
20-3-19: I wanted to do meditation for more time.

G.Sojel, VIII Class

11-9-18: Today I was feeling uneasy before meditation. After meditation I felt totally pleasant and fresh.
31-10-18: Before meditation I felt weak and after meditation I felt strong and active.
27-11-18: Before meditation I felt somewhat different and after meditation I felt peace and all was looking positive.
18-3-19: Before meditation I felt disturbed and after meditation I felt normal.

T. Varshith Swamy, VIII Class

14-6-18: Today I felt I was flying in the air.
2-9-18: Today I felt the entire world is calm, peaceful and pleasant.
29-10-18: Today I felt energetic after meditation.
27-12-18: Today before meditation I was tensed. After meditation I was surprised that my tension was reduced. Now I feel happy.

K.Navya, VIII Class

Be not revengeful for the wrongs done by others

Once upon a time Babuji Maharaj joined a new office. He asked Panditji and Tiwariji to teach work. They said, 'you do not belong to our caste. We will not teach you any work'. Babuji Maharaj told to his father, 'I will resign from this job'. His father said, 'If you want to resign, you resign.' Babuji Maharaj went to Munsifji and said, 'I want to resign'. Munsifji said, 'Why you want to resign?' Babuji Maharaj said, 'Nobody is teaching me work'. Munsifji taught him all the work. A few days later Tiwariji died. Babuji Maharaj went there and said to his son, 'I will help you get a job'.

-H. Sanjana, V Class



We should have good heart for all human beings. Then the power will run to them automatically

Once upon a time there was a village, Sultanpur. In that village one boy and his family were living. That boy name was Rama. Rama was very intelligent, soft and he had a very good heart. Rama had a friend, Raju. He always scolded and beat everyone. One day Rama saw all this and thought that Raju also should change in to a good person. One day everyone were appreciating Rama. Raju asked, "Why are you appreciating Rama?" They said, "He saved a boy. The boy did not see the road and was going. When he was falling in the manhole, Rama pulled that boy and saved his life." At that time Raju also started behaved like Rama.

-A. Veekshitha, V Class



Our rules provide for taking food in the remembrance of God

Once Ramchandrajji Maharaj was waiting for someone. It was already past lunch time. One of his disciples went and came back with Swami and his wife. Swami wanted to eat pickle and rice. A lady from kitchen brought two plates with rice and pickle. Ramchandrajji Maharaj said, "I know you are South Indians. So I specially brought this." Again the lady brought one plate and gave to Babuji Maharaj. While the hungry Swami and his wife began to eat, he saw Babuji Maharaj praying before eating. Swami thought that before eating, we should pray.

-Tarun Sai, V Class



Know all people as thy brethren and treat them as such

On September 11th Swami Vivekananda went to Chicago. There was a big hall and there were so many people of America. Then Swami Vivekananda gave a speech. He said, "Sisters and brothers of America". The audience stood and clapped loudly.

-K. Lakshmi Venkat, V Class



Service to fellow beings is service to God

There was a dreadful plague in Calcutta. Many people were dying of it. No one wanted to take care of sick people because they were scared they will also get it. Swami Vivekananda wanted to serve his fellow beings in India by giving them food and treating the people suffering with disease. He called all beggars and people. After that he himself served the food with his followers to people. Some people asked Swami Vivekananda, "Why are you serving these beggars?" Swami Vivekananda said, "I see God in everyone. So I am serving by thinking they are God". People who asked that question felt sad.

-P. Jayababu, V Class



We should do our duty to uplift the mankind not minding whether they are doing their duty towards us properly

Once upon a time there lived a farmer who had a small piece of land. His name was Ranga. He had a son named Linga. Linga has some bad habits. He always thought how to do bad things. Once his father thought that he has to take Linga to his teacher to become a good man. His father went to the old man named Sesaiah. Ranga explained everything to Sesaiah about his son. Sesaiah said, 'Ranga, bring your son to my house tomorrow'. Ranga got his son Linga. Sesaiah welcomed Linga and took him to the garden. He asked Linga to pluck the grass. Linga was easily able to. Sesaiah asked him to pluck a bush. Linga tried very hard and took the bush out. Then Sesaiah told him to remove the tree. Linga tried and tried but it did not come out. Sesaiah said, 'Bad habits are like the tree. One has to remove them when there is still some time. If we let them grow bigger, we cannot get rid of them even if we want to. We cannot uproot them however hard we try. So get rid of your bad habits before it is too late'. Linga realised his mistake and went back to his home. He said sorry to his parents.

-U. Rupatanmaye, V class



I am grateful to the nature because it blew my mind with its fresh air, because it let me in the peaceful surroundings..



I am grateful to the nature... Because it has showed me how to fight and win in life, Because it has inspired me with its wonderful deeds.

I am grateful to the nature... Because it has sowed a seed of creativity in my mind, Because it gave me the fruits of simplicity and service.

I am grateful to the nature... Because it moulded itself as a book of life experiences, Because it took care of me in the leaves of love and peace.

I have come to know each and every single minute experience, from this nature. so, I am grateful towards the nature.

- M. Anjani IX Class

I am grateful to my mother because she gave birth to me and she takes care of me. She teaches me many things. She corrects my mistakes. I respect her very much. "MATHRU DEVO BHAVA". She always gives me what I want. My mother is goddess for me in my life. I will do service to my mother till I die.



-T. Anoop Reddy, VIII Class

I am grateful to my mother B. Aruna because, she brought me into this world. She was the one who smiled when I cried. When I was born, she kept hopes on me and just wanted me to become a successful person in this world, which made me smile. Whenever I go near her, she gave me the best company that anyone could give. Can't say how much pain she experienced while making up my life. She is the one who sacrificed many things for me. All she wants from me is a sweet word "Amma" and wants me to be happy. No matter how much love I show on her is less than the love she shows on me. I want to show her my gratitude by being a successful person and giving her the best company. I just want to see that happy smile which makes me more happy and content that I could make her happy. No matter how much we write about a mother, it's insufficient.



-B. Nagashayan, IX Class

I am grateful to everyone who are part of my life till now. Everyone had something which I have learned from them even the bad which showed me how to be and how not to be. So I am grateful to the passengers who boarded into my train of life and also who alight. So I can pass easily through it.



-P. Abhishek, IX Class

I want to show gratitude to my parents not by saying 'I am thankful to you'. But, by studying well and achieving high position and making them feel proud because of me. Now they are facing many bad situations to feed us and to give education to us. I want to release them from their hard work and my wish is to service them and to see smile on their faces for ever. Gratitude is not the word to say and leave it, but it is something that others should feel that we are being grateful towards them.



-T.Srija, IX Class

I am thankful to my parents because they gave birth to me. Because of them, I am here. They take care of me and fulfill my needs. They put me in good school. I am thankful to this school which is giving free education to me. This school teaches me values and how to become a good citizen. My teachers never discriminate between the students. They are very kind towards us. They forgive me when I do any mistake. They make me understand about my goal, happiness. I am thankful to my friends and classmates who support me and stay with me every time. They suggest me good always. They help me a lot. I am thankful to God who is always with me and He gave me such good people in my life who make me follow correct path.



-G. Sojel, VIII Class

I am thankful to my parents. They both are like God and everything to me. They teach us many things like what is good and bad. When I was small they taught me to walk, eat, write, study and also good manners. They work very hard even when they are not well. They help us when we are facing problems. I am thankful to my father very much because he gave me life. He is the real hero to me. I am really thankful to my parents. I am thankful to my school "SATKAMA HIGH SCHOOL". In this school I have learnt many things. No school teaches us these values and good things but my school gave me. So, I am very thankful to my school.



-K. Kavya bai, VIII Class

భక్త్యపల్లవి,వాసుదేవ్,లక్ష్మీప్రసన్న,శ్రీరామ్.

శ్రీరామ చంద్రజీ మహారాజ్

నీ ధ్యానము నుండే నేర్చినాము జ్ఞానము,
శాంతి సహన సత్యాలే మాకు ఆయుధాలు,
నీవు చూపిన మార్గాన్ని ఎన్నటికి మరువము,
మనంబులో దలంతుమే ఓ పూర్ణపురుషుడా,
శ్రీరామ్ చంద్రజీ మహారాజ్ !

ప్రహ్లాదా

ఓ హరి భక్త ప్రహ్లాదా,
హరియే దిక్కుని నమ్మినావు,
భక్త కోటి జనుల్లో కేశవున్ని చూచినావు,
నృసింహో అవతారానికి కారకుడయ్యావు,
హరినే దిక్కరించిన తండ్రికి నీవే గుణపారంగా మారినావు,
ఓ హరి భక్త ప్రహ్లాదా
నీవే మాకు ఆదర్శుడవు తండ్రీ !

లోకేశ్,వాసవి,కావ్య,ప్రశాంతి,రమ్య,శ్రీ,మిథుల.

మహానీయుడు శ్రీరాముడు

నీ దేహమందు నైతిక విలువలు కలవు
కన్నవారికి పేరు ప్రఖ్యాతలు తెచ్చినావు
లోకమందు చెడునణచివేసినావు
ఏకపక్షీవ్రతుడా కరుణాసముద్రుడా
దశరథపుత్రా ఓ శ్రీరామా !

రంతి దేవుడు

త్యాగానికి మారుపేరైనా ఓ మహానీయుడా,
దానగుణములో నీకు లేరెవ్వరూ పోటి,
ధర్మములో నీకు నువ్వే సాటి,
దేవుడికి నిలువెత్తు రూపం నువ్వు,
పరుల జీవితంలో తెచ్చినావు చిరునవ్వు,
త్యాగగుణముకు మారుపేరుగా నిలిచినావు,
చరిత్రలో చిరస్థాయిగా మిగిలావు,
ఓ రంతిదేవా నీకు మా జోహార్లు.

లొక్క,శృతి,స్మజన్,కావ్య,బాయి, చిన్మయి.

స్వామి వివేకానంద

దేశానికి మహానీయుడు
అందరికి మేలు చేసి, దేశానికి గౌరవం తెచ్చినవాడు,
సమాజమునందు కుల మత భేదాలను తొలగించి
భావితరాలకు భవిష్యత్తుని ఇచ్చిన
మహానీయుడు స్వామివివేకనందుడు.

శ్రావణి,శ్రీజ,దేవి చరణ్,వల్లత్,కుందన్.

గౌతమ బుద్ధ

శాంతమే నీ రూపంబుము
నీ శాంతమే మేలు కోరు, జనులకున్
శాంతమే నీ బంధువు
కోపమే నీ శత్రువంటు నిజముగ బుద్ధా !

హనుమంతుడు

ఓ హనుమా నీ నామస్మరణే మాకు రక్ష
నీ నీడే మాకు కొండంత అండ
వాయు దేవుడి పుత్రుడివి నీవు
వెయ్యి ఏనుగుల బలం నీవు
గెలిచావు రామభక్తుడివై
నిలిచావు చిరంజీవివై !

అంజని,విశ్వేశ్,భరత్,సోజల్,సుషాంత్.

శిబి చక్రవర్తి

చక్రవర్తుల యందు త్యాగస్మృతుడవు నీవు,
ప్రాణమిడిచి పుణ్యమొసంగినావు,
గరుడ యాకలి తీర్చి దాతవైనావు,
దైవ మన్నన పొందిన శిబి మహాత్మ మహాధర్మరాజా !

శ్రీ కృష్ణుడు

ఆపదన్ అండదండవై నీవు
కష్టాల్లోన్ దైవనౌకవైనావు
దినదినమున్ నశించు మానవత్వమునకు
ప్రియమిత్రుడై పునర్జన్మనిచ్చినావు
ద్వారక తనయా ఓ గిరిధరా
వెన్నముద్దలవలె కష్టాలు మ్రింగి
సుదామునకు సకలసిరులనందించినావు
అటువలె నన్ను గావుము ఓ అచ్యుతానంద !

నారాయణ

ఓ నారాయణ !
భారాతాన్ని పార్థ సారథియై నడిపించినావు
మా జీవితాలను ఆ విధముగ నడిపించుము
మమ్ములను సేవింపగా నీవుకాక ఇంకెవరయ్య దిక్కు
కరుణించి మమ్ము బ్రోచితివని నమ్మితి నారాయణ !

What's the value?

Once a teacher of Class 4th grade decided to play a game with the class. The teacher told each child in the class to bring along a plastic bag containing a few tomatoes. Each tomato will be given a name of a person that the child hates. So the number of tomatoes that a child will put in his/her plastic bag will depend on the number of people he/she hates. So when the day came, every child brought some tomatoes with the name of the people he/she hated. Some had 2 tomatoes; some 3 while some up to 5 tomatoes. The teacher then told the children to carry with them the tomatoes in the plastic bag wherever they go (even to the toilet) for 1 week.

Days after days passed by, and the children started to complain due to the unpleasant smell let out by the rotten tomatoes. Besides, those having 5 tomatoes also had to carry heavier bags. After 1 week, the children were relieved because the game had finally ended....

The teacher asked: "How did you feel while carrying the tomatoes with you for 1 week?". The children let out their frustrations and started complaining of the trouble that they had to go through having to carry the heavy and smelly tomatoes wherever they go.

Then the teacher told them the hidden meaning behind the game. The teacher said: "This is exactly the situation when you carry your hatred for somebody inside your heart. The stench of hatred will contaminate your heart and you will carry it with you wherever you go. If you cannot tolerate the smell of rotten tomatoes for just 1 week, can you imagine what is it like to have the stench of hatred in your heart for your lifetime?"

Moral—Throw away any hatred for anyone from your heart and adopt attitude to _____ others. That is good for our own mental peace.

Fill out different feelings that is expressed in the pictures



a. _____ b. _____ c. _____

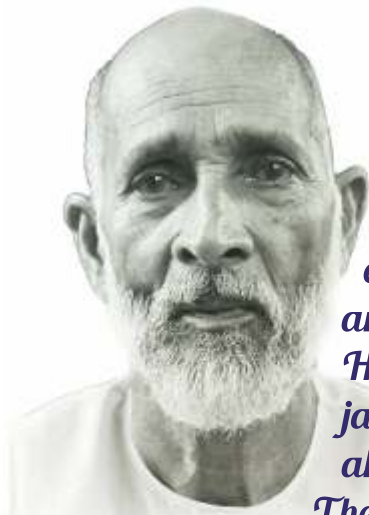


d. _____ e. _____ f. _____

Colour the picture below and write the value



STORY OF PUJYA



Pujya Sri Ramchandraji was born on Sunday, the Baisakh Badi Panchami, 30th April 1899 at Shahjahanpur, U.P. India. From early childhood, he was showing unique qualities of Mahatma in his action and behaviour. He was balanced. He was very sensitive by nature.

He had a craving to know the real nature of God. He practiced "Rama japa" as advised by a local priest. He tried this only for a week but was not able to observe any change in his condition and his craving continued more.

Then he tried to do idol worship but found it gross and dragging him further low and therefore he gave it up. This craving continued for many more years.

His mother taught him several morals to be followed in life like "Be honest" "Do not steal" and similar morals which cast permanent impressions in him. This was his guiding spirit. He was honest to the core. He

found once a rupee (a big amount those days) in the school compound.

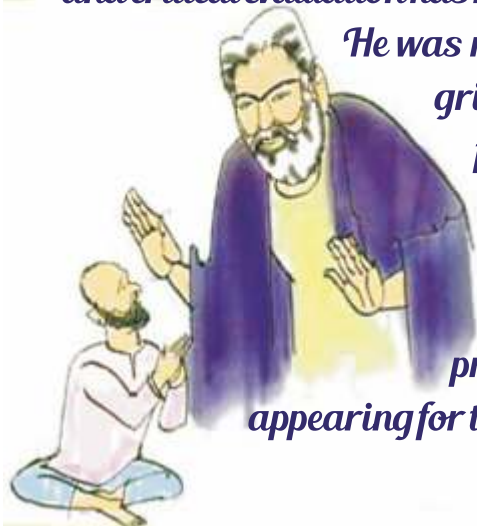
He dutifully handed over the same to the head master who praised him and suggested others to emulate him.

Pujya Sri Ramchandraji was very sensitive. Even though other people behaved wrongly with him he never caused inconvenience or unhappiness to them. One day a relative of his claimed himself to be a mesmerist. But he did not want to teach Sri Ramchandraji unless he

did some personal service like pressing his feet and cleaning utensils etc. as per the old ways generally adopted by gurus. This has influenced him so much that he banned this type of personal service to the guru or trainer later in his system of Yoga saying that all knowledge should be made available to the deserving as a matter of service to a brother. Thus we see remarkable positive thinking developing in him right from the school days.

During the school days itself, he developed interest in Philosophy. His teachers encouraged him in his pursuit of learning very much. He used to write essays on Philosophy and the subject, Dynamics of the Mind was his pet subject. His English teacher used to appreciate his articles on this subject and also used to express his wonder as to how this school student is able to write about subjects usually taught at the degree level leading to BA etc. This capacity for analysis and critical evaluation has helped in his research in Yoga.

He was married to Smt. Bhagwati at the age of 19 (1918). He was an ideal grihastha, one who leads a family life. After marriage he reached the feet of his Guru on 3rd June 1922. The bond between Disciple and Master got strengthened with each passing day and he became the apple of the eye of the Divine Master Pujya Sri Ramchandraji of Fatehgarh. After coming back from his Master, he continued the practice of meditation regularly. However this did not affect his appearing for the Matric and S.S.L.C. examination.



BABUJI MAHARAJ

After passing the examination, he joined the service in the Judge's Court at Shahjahanpur on the 12th January 1925. During his entire period of service his general behaviour with his colleagues was exemplary. Justice and honesty that he learnt from his mother in the childhood, continued throughout his life. At the time of promotion his superior officers wanted to promote him overlooking the seniority of his colleague on the pretext that he joined the promotion post later and therefore junior to him.

But when they consulted Sri Ramchandraji, he told that his colleague is senior and therefore he should be promoted. This not only got appreciation from the superior officers but also helped his colleague develop regard for him. His friends and colleagues in office irrespective of their rank were highly helpful to him and held him in high regard and esteem.

The practice of meditation was going on under the guidance of his Master. He entered region after region. He felt the necessity for maintaining piety always. His Master had gone in to the state of Maha Samadhi on the 14th August 1931. Rev. Lalaji transmitted his total spiritual condition in two spells, which resulted in Pujya Babuji feeling his heart overflow with his Guru's presence. Usually only disciples merge in their Guru. In this case - the rarest events in the Spiritual history - the Guru (Lalaji) merging in disciple (Babuji) happened as never before.

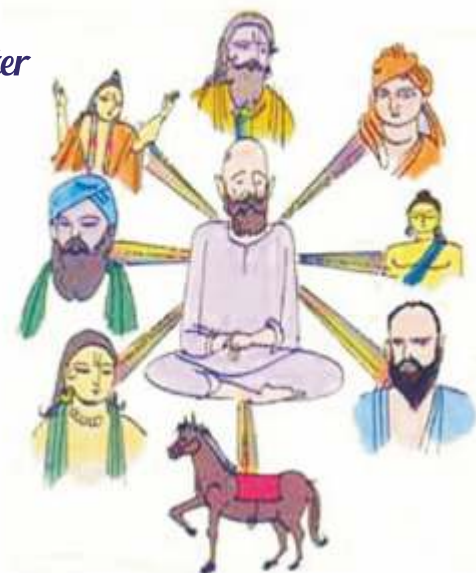
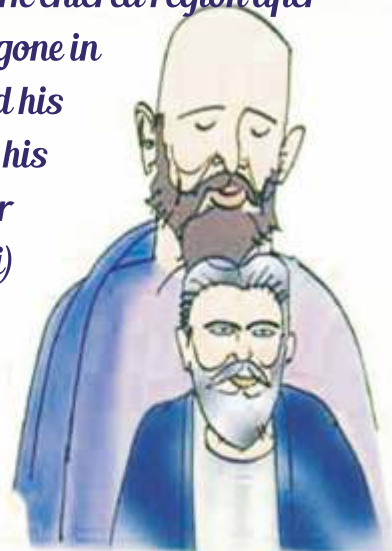
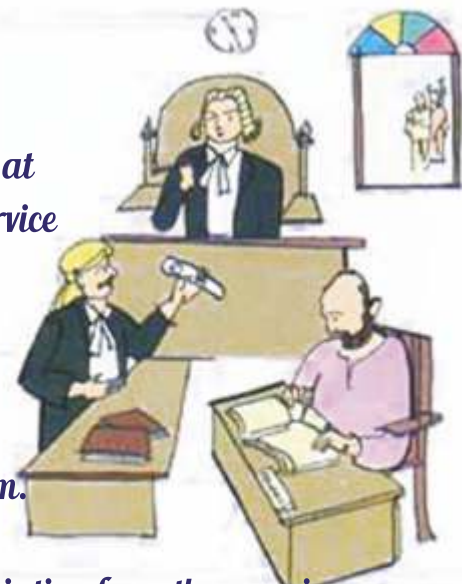
In 1944 his condition reached such a state that he was a perfect vacuum. There was no alternative for Nature except to fill him with all the powers that are there and all the saints of different traditions and all the prophets of different religions merged in him and requested him to rectify their institutions. Such a Special Personality was born for the first time in human history in 1944.

His Master's merger in him has become now total and there is no difference between the two thereafter. However during the entire life of Sri Ramchandraji Maharaj of Shahjahanpur never did he forget his Master and attributed every effort of his to him alone and preferred to remain as an insignificant servant of his Master. This was much appreciated by Lord Krishna who blessed him and his family with spiritual and material prosperity for generations to come.

He established the Sri Ramchandra Mission in the memory of his Master on 31st March 1945 to propagate the new system of Rajayoga.

Pujya Sri Babuji Maharaj (as he was being affectionately called by his associates) spent his entire life striving restlessly to better the quality of spiritual life in humanity. He left his mortal coil on 19th April 1983.

He still guides humanity from the Astral plane. Because of his efforts a new world order based on co-operation, compassion, service and sacrifice is emerging. He continues to help all those who follow his method of Rajayoga to lead a happy and contented life.



Different types of Treatment and Medicine

Match the following

a.



- 1 Reiki is a Japanese therapy for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

b.



- 2 Naturopathic medicine is a system that uses natural remedies to help the body heal itself. It is an ancient and traditional science which integrates the physical, mental, and spiritual aspects of our natural constitution. Naturopathy is a system of working towards the cure of diseases without using medicines. It embraces many therapies, including herbs, massage, acupuncture, mud therapies, exercise, and nutritional counseling etc. Here doctors seek to understand the cause of a condition by exploring its mental, physical, and spiritual manifestations in a patient.

c.



- 3 Allopathy: The system of medical practice which treats disease by the use of remedies which produce effects different from those produced by the disease under treatment. The system of therapy that was founded based on the concept that disease can be treated with drugs (in minute doses) thought capable of producing the same symptoms in healthy people as the disease itself.

d.



- 4 Ayurvedic medicine is one of the world's oldest holistic (whole body) healing systems. It was developed more than 3,000 years ago in India. It's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goal is to promote good health, not fight disease. But treatments may be geared toward specific health problems. More than 90 percent of the continent's population use some form of Ayurvedic therapy, including following its dietary principles, practicing traditional or "grandma's medicine".

e.



- 5 Acupuncture treatment - Though "acupuncture" may immediately bring needles to mind, the term actually describes an array of procedures that stimulate specific points on the body. The best-known variety consists of penetrating the skin with thin needles controlled by a practitioner or electrical stimulation. Acupressure is similar in practice to acupuncture, only no needles are involved. Practitioners use their hands, elbows, or feet to apply pressure to specific points along the body's "meridians". According to the theory behind acupressure, meridians are channels that carry life energy (qi or ch'i) throughout the body. acupressure is thought to relieve blockages so energy can flow freely again, restoring wellness.

f.



- 6 Homeopathy is a safe, gentle, and natural system of healing that works with your body to relieve symptoms, restore itself, and improve your overall health. It is used to treat acute illnesses, like colds, ear infections, migraines, and sore throats, as well as chronic conditions, like asthma, depression, autism, and arthritis. Homeopathic medicines – known as "remedies" – are made from natural sources (e.g., plants, minerals), and are environmentally friendly.

MODERN INDUSTRY

Factories release harmful mixture of gases and chemicalized water which are indeed mixing in the air we breathe in and the water we drink. In many industrial corridors, people are suffering with various health issues. The place of industries is also place of manmade disasters such as fire accidents which even leads to loss of life and property. We thought of an idea which purifies the gases and chemicals released by the factories and also to reduce the intensity of manmade disasters. Our project relates with the development of industries. We mainly focused on two factors :

1.POLLUTION CONTROL AND ENERGY CONSUMPTION:

The harmful gases can be purified and neutralized using the air purifier we made. We used the HEPA (High Efficiency Particulate Air Filter) Technology to purify the Air. The separated harmful pollutants can be sent either to fractional distillation or urban algal forms. So that they can be either separated or decomposed in the process of Bio-Remediation. In the same process, we can even generate electricity. We also used the oils of citronella and eucalyptus to purify the air by killing the harmful insects, flies like mosquitoes and air borne germs present in the air. So that we can prevent the contagious diseases such as dengue, malaria etc.



This type of Air purifier can be implemented even in automobiles, mining industries etc.,

Water should not be released into the water bodies directly. Our filter enhances the purification of water without affecting the nature. As the polluted water consists of harmful acids, bases such as sulfides etc. We were also able to convert chemical energy into electrical energy by the process of electrolysis.

2.DISASTER MANAGEMENT:

We also made a circuit which detects the fire accidents and extinguishes it without human power. It is low cost and consumes less energy. It ensures the safety of every person in the factory. The disaster management can be efficient and sustainable especially in disaster prone places such as factories. We can also implement this circuit in shopping malls, public places etc. Our country's industrial economy improves by the enhancement of technology in two areas. Let's enjoy the fragrance of pure air and water in the garden of green earth by implementing this process successfully.

-N. Venkata Viswesh, Lokesh IX Class

ZERO BUDGET NATURAL FARMING

ZBNF [zero budget natural farming] is a revolutionary concept which has the potential to change the landscape of Indian farming. Zero Budget means without spending any money for chemical fertilizers and pesticides. Natural Farming means farming with nature and without chemicals. In chemical farming, soil becomes hard, loses its fertility and the capacity to retain water. Farmer's health also gets affected. Adopting principle of nature using locally available ingredients, good crops can be grown in ZBNF.

There are four pillars in ZBNF:

1.JEEVAMRUTHA: Jeevamrutha is a fermented microbial culture. It mainly acts as catalytic agent that promotes the activity of microorganisms in the soil. Also increases the earthworm activity.

2. BEE JAMRUTHA : Beejamrutha is a treatment used for seeds, seedlings. It protects from soil borne and seed borne diseases.

3. A C C H A D A N A - MULCHING: This is the mulching method. There are three categories:-

SOIL MUNCH: - Deep ploughing of soil is avoided. Top soil is protected and is not destroyed by tilling. Soil regains its aeration and water retention capacity.

STRAW MULCH:- Dry organic matter can decompose and form humus by the microbes present in the soil.

LIVE MULCH: - Inter cropping and mixed cultivation has to be practiced by growing monocots and dicots on the same farm such that crops receive all essential nutrients.

WHAPASA: According to agriculturist, roots of plant don't require much water and too much dependence of farming on irrigation needs are countered. The presence of both water and air molecules in soil reduces the need of irrigation and this condition is called whapasa-moisture.

BENEFITS:

A survey indicates that there is improvement in yield, soil health, seed quality, income health of farmers etc. ZBNF with its low investment methodology relieves the farmers of their stress and decreases the suicidal rate. It also helps the country progress on sustainable development goal-SPG by reducing the CO2 emission at different stages in agriculture sector. As natural substances are used in this farming, contamination of air, water and soil is reduced. Therefore, let us encourage and educate the farmers to practice ZBNF for sustainable growth and development of agriculture for conservation of our environment.

-Haritha, Sri Mayi VII Class



Excretory system

We know that necessary and essential activities take place continuously in our body. Certain unwanted bio-products are produced as a result of these activities. If these substances stay in our body, they are harmful to our body. There are separate organs to eliminate them such as kidneys, lungs and skin in our body.



Kidneys are a pair of bean shaped structures located in the abdomen, on either side of the back bone. In kidneys large numbers of tiny tubules called "NEPHRONS" are present. They filter the blood and separate the impurities. These impurities are dissolved in water and excreted as urine. Urine is pale yellow in color. It contains 96% water and 4% organic and inorganic substances. Kidneys also regulate the amount of water in the body. The kidneys have very great reserve power. If one kidney is removed due to damage or disease, the other kidney takes up the function of the two kidneys. So a human being can survive with one kidney.

-P. Jayababu and Sainath V Class
Category-II, First Prize

Magnetic Levitation

Our project is Magnetic Levitation. A magnet is an object or a device that gives off an external magnetic field. Basically, it applies a force over a distance on other magnets, electrical currents, beams of charge circuits, or magnetic material. Magnetism can even be caused by electrical currents. Magnetic Levitation, Maglev is a method by which an object is suspended with no support other than magnetic fields. Magnetic force is used to counter act the effects of the gravitational acceleration and any other accelerations.

The first discovery of this phenomenon is by Roy M. Harrigan, a Vermont inventor who patented a levitation device in 1983.



Shanghai Maglev train also known as the Shanghai transrapid, is the first commercially operated High-Speed Maglev line in the world. Magnets are found in some commonly used medical equipments and it is used for treating cancer. A doctor injects a magnetically sensitive fluid into the cancer area and uses a powerful magnet to generate heat in the body. The heat kills the cancer cells without harming healthy organs.

-Pallavi, Srija, IX Class
Category-I, First Prize

Bio-Degradable Plastic

Bio-degradable Plastic is a plastic that decomposes naturally in the environment. It is made up of vegetable peels, corn flour etc. It is eco-friendly. Nowadays, one major problem is plastic. Plastic is dangerous to environment. Plastic cannot decompose naturally in the environment. It takes thousands of years to decompose in the soil.



In this period it pollutes the soil. Plastic is also major reason for water pollution. Aquatic animals die and get diseases. Some people burn plastic, smoke which contains carbon dioxide and monoxide rises into sky and air gets polluted.

So, we can say that plastic is also the main reason for global warming. We thus created Bio-degradable Plastic to get rid of the plastic. There are two types of plastic.

PLASTIC WITH PEELS

Procedure: Take the peels of banana, potato, carrot, and orange. Cut it into small pieces. Grind it into a fine paste without any particles and it should not be juicy. Heat it for some time then add 1 spoon of vinegar and 2 spoons of glycerin. Later add maida for easy moulding. Cool the paste for some time. Now mould it into a shape you like. Then dry/bake it for some time. Now the bio degradable plastic with peels is ready.

PLASTIC WITH CORN SCRATCH

Procedure: Take 100gm of corn flour and add 50ml of water to it. Then add 5ml of vinegar to 100gms of paste. Heat it for some time. Later mould it into a shape you like. Then dry/bake it for some time. Now the bio degradable plastic with corn scratch is ready.

MANURE FROM BIO-PLASTIC

After usage of Bio-Plastic, it can be thrown in separate bin. These bins can be useful for farmers. Municipal officers should supply these bins to the farmers. Farmers can add cow dung to Bio-Plastic and use it as manure. Like this crops gets healthy and again we can get vegetables, fruits etc. So, use Bio-Plastic for welfare of our environment and always apply such type of nice things.

-Vishnu Vardan, Avinash VII Class

Category-I, Second Prize



INSPIRE STATE LEVEL SCIENCE FAIR

INSPIRE award MANAK (Million Minds Augmenting National Aspiration and Knowledge) Science Project competition was held at the Telangana State Welfare Residential School, Madikonda, Warangal. Two of our projects 'Modern Industry' by N. Viswesh, IX Class and 'Zero Budget Natural Farming' by A. Haritha, VII Class represented in the science fair. NIT director N. V. Ramana garu, Social Welfare Secretary R. S. Praveen Kumar garu, SCERT director B. Sessa Kumari garu and others appreciated the students creativity and innovative ideas.



INCOIS QUIZ PROGRAM

Our school team, Anjani, 9th Class, Abhishek, 9th Class and Bharath, 8th Class participated in inter school quiz contest conducted by INCOIS. They won second prize in the competition and the award was presented by Dr. Radhakrishnan, ex ISRO chairman and INCOIS director.



SCIENCE, LANGUAGE AND ART FAIR



On 2nd march, 2019, students of Satkama High School celebrated Annual day (Science, Language & Arts fair) function with enthusiasm and zeal. The entire school participated whole heartedly towards the success of the grand event. The triumph was made possible by the relentless efforts of our staff and students. Sri K. Murali garu, retired director-refineries, HPCL was the chief guest. The chief guest in his speech emphasized on the values and its significance. The principal presented a school report of the academic year 2018-19. The event started by lighting the lamp and the exhibition was open to all. The exhibits and skits were well appreciated by the visitors. The judges were astonished at the choice of projects and its themes, compassion and its immense impact on the minds of the young children. Prize distribution was conducted to felicitate and recognize the talent of the students in fields like sciences, languages and arts. The event was concluded by vote of thanks followed by National Anthem.



JIGNYASA COMPETITION

Agastya International Jignyasa Foundation conducted State Level model making competition science fair 2019 from 12th to 14th February. Their aim is to identify the students creativity in science to empower, encourage and develop creative leadership. 'Modern Industry' project presented by N. Viswesh and A. Lokesh of IX Class won third prize with a cash award of Rs 5000 in Category I. 'Zero Budget Natural Farming' presented by A. Haritha and V. Srimayi, VII Class won second prize with a cash award of Rs 5000 in Category II. The projects were selected for National level Science Fair Competition. The students and the guide teachers Mrs. Susheela and Mr. Ramesh and staff expressed their joy for the day.



FAREWELL

Students of 10th grade enjoyed a lot in the adieu conducted by the 9th grade pupils. We enshrined great memories by our small, graceful treat and lunch. They participated with a great zeal in all the activities conducted. They enjoyed the games and lunch. We hope for good results for their hard work in S.S.C examinations.



STITCHING WOOLEN PURSE

MATERIAL REQUIRED:

- 1) Two colors of wool
- 2) Knitting needle
- 3) Scissors

PROCEDURE:

First, knit nearly 25 to 30 chains and join 1st chain and last chain. Then skip the first chain, then do 3 single crochet stitches in the next chain. Continue it for all the 25-30 chains. If we want another colour, link both the wools by tying a knot and then continue it with another color as per the height of the mobile phone. To close the pouch and to prepare the loop we need to knit 6-8 chains in the middle of the pouch one side and another side we need to stitch a big button. To prepare a handle take both the color wools 2 threads of each color and make a crochet for how much length we need it. To close the bottom of the purse one single crochet along the opposite chain by joining them. Finally, because of our stitching class, we are able to stitch our clothes on our own.



**-D.lakshmi prasanna, K.Navya Jyothi, K.Kavya Bai, K.S.S Ramcharan Teja, T.Anoop Reddy
VIII Class**

GARDENING

I like gardening because we grow plants in a nice manner. Our school teaches us how to grow plants. We keep our school garden neat and clean. By planting trees we feel very happy, we sweep the dry leaves and keep the garden clean. We water the plants so that they can grow well. After gardening, teachers gave us sapota and guava. We thank our school for giving such opportunity to grow plants. Gardening is an interesting class for me and also gardening is a good exercise.

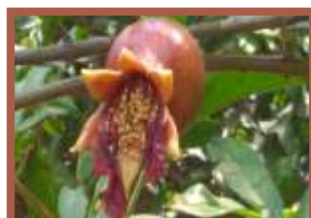
-Ramchandra, VII class

Planting, watering, weeding, cleaning, etc. are the weekly chores of our gardening classes. In our opinion, gardening is not only to build the physical strength but also mental strength. Planting trees develops patience in our day to day life. As we water the plants and take care of them, we think that they are our friends. Till now we planted many plants like hibiscus, coconut, brinjal, fenugreek, etc. We enjoy the class with great zeal under the guidance of Revathi teacher. She aids us a lot during the class.

-K.Bhavya, K.Sravani, M.Ramya, B.Shayan, N.Viswesh, IX Class

Gardening is my favourite activity. We water plants, sow seeds, sweep and remove big leaves. Gardening changed my attitude towards environment. We feel happy to maintain cleanliness. Gardening helped me to understand the meaning of cleanliness. We participate in Haritha Haram last year. This year we experienced great moments in gardening. We were given sapotas, guavas and brinjals etc. We keep surroundings clean and neat. We experience a beautiful scenery. We are happy to be a part of nature. Our ground looks like a beautiful garden. We like watering because water is main thing for plants to live. We love to plant trees which can be beneficial to next students studying in our school. Gardening in our school is the best solution to create awareness on how to protect trees.

-Ch.Vishnu Vardan, VII Class



WATERMELON

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

Ayurveda advises food consumption in accordance with season and climate. Seasonal fruits are always good for easy digestion and assimilation. They immediately turn into rasa (nutritional fluid) in the body. Watermelon is the favourite summer fruit in India.

Nomenclature:

Family	:	Cucurbitaceae
Sanskrit Name	:	Vrhadgolam or Tarambujam
Hindi Name	:	Tarbuj or Kalingu
Telugu Name	:	Puchakaya or Tarbuja
English name	:	Watermelon



Nutritional Values of Watermelon Fruit :

In summer season water rich fruits like water melon, will keep us away from getting dehydrated. In Ayurveda, watermelon is considered a very cooling fruit, water melon contains 90% of water.

Water melon is water soaked with nutrients .It is rich in Vitamins A, B6 and Vitamin C. It is fat free and has high lycopene levels. It has anti-oxidants and amino acids.

Watermelon seeds are rich in Vitamin B1, Protein and healthy fats. Watermelon reduces pitta in the body, thus excess heat in the body is reduced.

Ayurveda Properties of Watermelon Fruit:

- | | | |
|-----------|---|----------------------------------|
| 1) Rasa | - | Madhura (sweet) |
| 2) Veerya | - | Sheethaveeryam (cooling effect) |
| 3) Vipaka | - | Madhura Vipaka |

Health benefits of Watermelon fruit :

- ◆Watermelon fruit decreases vata and pitta in the body.
- ◆A watermelon slice every day can shield you from heart diseases.
- ◆Watermelon was found to be effective in preventing the buildup of harmful cholesterol.
- ◆Watermelon can be used to control weight gain and it reduces the fatty deposits within blood vessels.
- ◆Intake of watermelon regularly can reduce high blood pressure.
- ◆Intake of watermelon slices/juices gives adequate hydration in the body .
- ◆Intake of watermelon helps in preventing macular degeneration in eye.
- ◆Regular intake may help to prevent various cancers in the body.
- ◆Regular intake of watermelon fruit may lowers the risk of heart attracts and brain strokes by reducing blood pressure and cholesterol levels.
- ◆Recent studies show the presence of lycopene in watermelon may help in controlling cholesterol levels and blood pressure.
- ◆Regular intake of watermelon helps in controlling obesity (over weight).
- ◆Apply watermelon juice over the face and leaving it for 15 min, this helps in preventing Acne(Pimples) and is a good skin cleaner.
- ◆Watermelon fruit juice helps in urinary tract infections and high water content and anti bacterial properties will help controlling burning urination.
- ◆Watermelon seeds are full of health benefits. Watermelon seeds are an excellent source of proteins, vitamins, Zinc, Iron, Potassium, Phosphorus and fatty acids.

SOLUTIONS

- 1.What's the value ---Forgiveness
 2. Feelings--- a. Angry b. Surprised c. Silly d. Happy e. Sad f. Shy
 3. Kindness, Sharing
- Match the following:**
a --3 b--4 c--6 d--1 e--2 f--5

Be happy to eat in constant divine thought whatever you get, with due regard to honest and pious earnings. - Commandment 8

పుత్రోత్సాహము తండ్రికి
పుత్రుడు జన్మించినపుడె పుట్టడు జనుల
పుత్రుని గనుగొని పొగడగ
పుత్రోత్సాహంబునాడు పుట్టును సుమతీ

తాత్పర్యము: ఏ తండ్రికైనను కొడుకు పుట్టగానే ఆనందము కలుగదు.
ప్రజలు వాని ప్రజ్ఞా విశేషములు చూచి పొగడినప్పుడే నిజమైన
పుత్రోత్సాహము తండ్రికి కలుగును.

गुरु महिमा गावत सदा,
मन राखो अतिमोद ।
सो भव फिर आवै नहीं,
बैठे प्रभु की गोद ॥

One who sings the glory of the Master and happily follows his commandments, is liberated from bondages and gets seated in the Lord's lap.

INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS
Training Programme

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

ధ్యాన శిక్షణా కార్యక్రమము

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

www.sriramchandra.in

isrcimperience@gmail.com



SAHAJ SEVA SAMSTHAN

10-3-783/254/3 RT, Vijaya Nagar Colony, Hyderabad, India – 500 047, 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 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, Vocation and Health Care.



SATKAMA

SCHOOL FOR INTEGRATIVE DEVELOPMENT
EDUCATION FOR A NEW SPIRITUAL ERA
Plot No. 1735, Pragathinagar
Kukatpally, Hyderabad, INDIA,
Phone: 91-40-48562742

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

BODH

SPECIAL SCHOOL FOR SLOW LEARNERS (CHILDREN WITH LEARNING DIFFICULTIES)

Bodh was started in the year 1991 and is one of the first institutions of its kind. It looks after the requirements of children with Special needs(Slow Learners) who are unable to study or who face repeated failures in normal schools and who are school drop-outs.Objectives of school are:
•To make the child realise that he/she carries the Divine Master in the heart and is loveable and useful in the society for that reason
•Initial assessment at the time of admission
•To develop goals individually for each child
•Individualized Education Plans
•Teacher pupil ratio 1:5 for individual attention
www.sahajsevasamsthan.org/Educational/Bodh.htm
email: bodh@sriramchandra.org



MSRCM HOSPITAL

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

Services available in the hospital -
•**Consultations:** General Medicines, Gastro Enterology Nephrology, ENT and Paediatrics
•**Other Services:** General Surgery Surgical Gastroenterology, Laparoscopic Surgery Laboratory Services.
•**Alternative Systems of Medicine:** Homeopathy and Ayurveda
www.sahajsevasamsthan.org/Health/Health.htm
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 Vijay Nagar Colony, Hyderabad. We would be happy to avail your services.

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