



SPANDAN

GUEST EDITORIAL - SERVE WITH LOVE

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Dear Children. Every morning we pray feeling the presence of Divine in our heart. We remember the presence by giving the idea of Divine light and then stay quietly in its company for the period of prayer. Afterwards, the feeling of lightness, peace, happiness, calmness are some of the experiences which many of us feel in the heart. This confirms the presence of Divine in our hearts who grants us these feelings. This presence of Divine in the heart should translate into an act of service in our day-to-day life. Divinity in any aspect should be noted is an act of 'giving' even if it means some trouble to oneself. The happiness in the act of 'giving' is many folds more than the happiness when we get something. By making others happy the happiness which we get in return is more valuable than when we try to get it only for ourselves. In this context, I would recommend all of you to read the story 'Idgah' by Munshi Prem Chand. How a little boy named Hamid who instead of enjoying the pleasures in the 'mela' thinks about his old grandmother and buys a 'chimta' for her from the money she gave him to buy sweets and toys for himself. Learning from Hamid we all should think of the needs of others before our pleasures. Love makes it possible. By birth, we bring with us some hidden talents, abilities, potential capabilities which flourish and grow in the environment that our family, our schools and various other associations that we have during our life, provide. In this process of learning and growing we develop certain skill, attitudes, feelings and understanding of life. One thing which we *must* understand and remember is that everything we have in this world has come down to us from Divine. Our fellow beings are also His creation. Hence, when we live life such that we understand that we all are humans and thus connected with each other as brethren, it becomes our duty to love them all. As the intensity of love develops towards all we start using our abilities that we have acquired for the society in a way that humanity benefits from it. An attitude of service, courage to serve and a will to serve are the foundation of a spiritually inclined life. We serve in the real sense only when our motive is selfless and honest. It carries with it a sense of duty as well as of love, the two being inseparable from each other. Love is the motivation and sense of duty paves the way for perseverance to serve. Real service is selfless and seeks no advantage or favours in return. Practically, service and sacrifice go hand in hand. With high spirits, a clear head and a loving heart we will have the courage to sacrifice self and serve. Once we feel Divine in all, serving becomes natural (sahaj) to us, it is then our way of thinking and behaving. We pray that all have that clarity of heart and mind to live at this plane of consciousness where we feel service is the means and the goal.

Student Editorial

T. Srija, Class X

Namaste to one and all. I want to discuss about Article 370 which is the latest issue going on. What is Article 370? Article 370 of the Indian Constitution is an article that gives an autonomous status to the state of Jammu and Kashmir. This article says that Jammu and Kashmir state's residents live under separate laws including the ownership of property, fundamental rights as compared to the residents of other Indian states. Due to this article the people from other states cannot buy any property in Jammu and Kashmir. If a girl marries anyone who belongs to other states, then she does not have any right to be as a citizen of Jammu and Kashmir. Jammu and Kashmir has elections once in six years unlike other states in India who have elections once in five years. Muslims wanted to separate all the states in India. First they separated Iran, Afghanistan, Pakistan, Bangladesh and now they want to occupy Jammu and Kashmir. To avoid partition and to combine Jammu and Kashmir with our country, President Sri Ram Nath Kovind, Prime Minister Sri Narendra Modi and some people thought about it and issued a constitutional order abolishing Article 370 issued in 1954. I really appreciate the decision taken by our government. By abolishing article 370, all laws which are applicable to Indian states are also applicable for Jammu and Kashmir. As there is a mismatching system so many people suffered a lot. There was a feeling of segregation. Now we all can live together without any disturbances under the same laws and the same fundamental rights. We can easily solve the problem caused by Pakistani terrorists. This decision will bring development and peace in the state. We thank everyone for their contributions to the newsletter. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to spandan@sahajsevasamsthan.org

Once on a visit to our house in Tirupati where he was staying, Pujya Babuji was explaining how easy is the spirituality. I asked him that if it was that easy why is everyone not able to know it. He replied with a laugh that although clean air is everywhere no one notices it. On the other hand, polluted air gets the attention of everyone. But every thing becomes topsy turvy when there is no subtle spirituality as we become restless for breath when there is no clean air. We must strive not only to clean our impurities, but also establish such an environment around us. That is the goal of our mission. In such an environment, there would hardly be a movement, leave alone pollution. He made a profound statement that the goal of religion is to create an environment of pleasure, where as the goal of our mission is to create pure clean environment.

Reference: Spirituality

WORDS OF WISDOM

CONTENTMENT: Contentment or Trpti is one of the important attributes of a spiritual person. Contentment is defined as "happiness with one's situation in life." A person is content if they are "satisfied or showing satisfaction with things as they are what so ever they are. So contentment seems to involve having an accepting attitude toward whatever is occurring. A prerequisite for contentment appears to be a willingness to let things be: rather than trying to make them be different. it is a state of non attachment to outcomes, having no expectations for how things "should be". This is essentially what yielding to the Divine will would mean.

With all this if there were to be a case for conflict and action against some one or some purpose. How to be contended then? To my mind I find the answer in the great wisdom teaching, the Bhagavad-Gita that addresses exactly this situation. We can choose to be grateful to Life for bringing us this perfect opportunity to discern wisely and act from love. We can dedicate our action to the highest and best outcome for all concerned. What we cannot do is to walk away. Master says that it is not wrong to fight for just cause. However the point is, is it for personal good or universal good that we are taking up the swords. Thus we take action when it is needed. We take it decisively. And then we let it go. We release the outcomes to the Universe.

And through this attitude of mind and heart we can remain content in the midst of all things. Content while doing. Content while not doing. Content in good times and bad. We can strip away our attachments to what is unimportant. And we can act appropriately on what is important. We can feel the energies within us rise and fall. We can discern when to move and when to wait. We can act from Love and Inner Wisdom. And then we can let it be. And all the while we can smile.

Reference: Divinity is a play and divine the way, Bodhayanti Parasparam- Vol 4

వ్రార్థన - అనుభవము

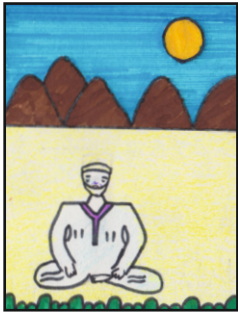


Illustration
Lohana, VIII Class

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.

14-6-19 : I felt very tensed before meditation. I felt somewhat disturbed also. But after meditation I felt very fresh, relaxed and happy.

26-6-19 : I felt very pleasant during meditation. I felt peaceful and fresh after meditation.

23-7-19 : I felt good during meditation. I felt refreshed and happy after meditation.

G.Pallavi, X Class

24-7-19 : I felt very tired and so disturbing during meditation. After meditation I felt very active and all my tiredness went away.

1-8-19 : I tried to be in thought of divine light today. After meditation I felt very fresh and active.

8-8-19 : During meditation I felt like I am alone in this world. After meditation I felt very confident and refresh.

Naga Shayan, X Class

15-6-19 : I am in deep consciousness. After meditation I feel I got rid of all worries and start my day enthusiastically with great zeal.

19-6-19 : During meditation I cannot even understand what is going on inside me. After meditation I was very happy. My mind was revived with freshness and peace.

26-7-19 : I felt silent atmosphere in my mind. After meditation the silence and peace continued even in the midst of disturbance.

Vishwesh, X Class

3-7-19 : During meditation I felt silence. I went into deep meditation. I don't know what it means and I do not remember the thoughts I got during meditation

15-7-19 : I felt fresh during meditation. After meditation I felt very calm and active.

7-8-19 : During meditation I got many thoughts but I did meditation. After meditation I felt calm and relief.

Vasavi, X Class

Srimad Bhagavad Gita

तमेव शरणं गच्छ सर्वभावेन भारत ।
तत्प्रसादात्परां शान्तिं स्थानं प्राप्स्यसि शाश्वतम् ॥

Unto Him therefore you surrender, O Scion of Bharata, with your very being; through His Grace you shall attain Supreme Peace and the Absolute. (18-62)

A person who is surrendered to God is always supremely peaceful and never disturbed even in difficult circumstances. Here we see Lord Krishna giving this instruction to Arjuna, descendant of this land called Bharat. Surrender means acceptance of the will of God or complete resignation to the will of Master. A person who accepts both good and unpleasant things happening in his life as the will of God, always stays calm and balanced.

Pujya Babuji Maharaj had a devoted disciple named Kashi Ram, who was a businessman. Once a relative of Kashi Ram was killed by someone and the body was thrown in Kashi Ram's house backyard. Police thought that the crime was committed by Kashi Ram. But Kashi Ram was in Shahjahanpur. When he went back, the Superintendent of Police came to him for enquiry suspecting him to be the culprit. Shri Kashi Ram's thought took a strange turn. He began to see the S.P. who was interrogating him in form of Master with extreme love. A few minutes after, the S.P. was moved to tears and embraced Shri Kashi Ram warmly assuring him that he was convinced of his innocence. He further promised to trace out the real culprits soon. All the time Kashi Ram was calm and fearless in complete resignation to the Master.

It is really the state of self-surrender in which one, as a true devotee, surrenders himself completely to the will of God, the Master, basking in the sunshine of His Grace - Pujya Sriramchandra Maharaj

ध्यायतो विषयान् पुंसः सङ्गस्तेषूपजायते ।
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥

In a person constantly thinking about objects of sense there is born an attachment for them; from attachment springs passion; from passion arises wrath; (2-62)

क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः ।
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥

From wrath ensues bewilderment; from bewilderment confusion in accumulated knowledge (smrti); from failure of accumulated knowledge, crash of discernment; with discernment crashed, he preishes outright. (2-63)

तस्मादसक्तः सततं कार्यं कर्म समाचर ।
असक्तो ह्याचरन्कर्म परमाप्नोति पूरुषः ॥

Therefore, without attachment, ever do the act that has to be done. For, a person, doing the act without attachment, gains the highest goal.



G. Sojel, Class IX

Once there was a boy named Shankar. One day his neighbours bought a cycle. Shankar liked the cycle so much. He wanted to have it. He asked his friend to give a ride on the cycle. The friend gave a ride one day. But continuously from that day, Shankar was asking for a ride. His friend ignored him.

Shankar asked his parents to buy a cycle but they said they would not buy now. Then Shankar's mind was full of about riding a bicycle. Once he was good at studies but after he saw the cycle he lost interest in studies. He was having more incompletes. His parents told him, if he would study well they would buy a cycle. Then from that time, he worked hard to improve his academics. He completed his works and wrote the exams. He surrendered everything to God. He got first class and cycle too. His friend who was observing all that explained that attraction on cycle made him disturbed. His mind was only on cycle and not on anything else. When he surrendered everything to God, his mind became peaceful. Shankar realized this and never created attraction on other objects, listened to his parents, concentrated on studies and surrendered everything to God.

Our aim being to reach the highest we mould ourselves in the manner of godly living and godliness which is precisely the experience of love to all - Pujya Dr. K C Varadachari

OUR PAGES

Truth Speaking



J. Sai Vinay, III Class

Once a boy lived. His name was Babuji Maharaj. He was a very honest boy. Once in the class he found a rupee coin. That coin he gave to the Principal. The Principal was proud of his honesty. The children were also proud of his honesty.

Moral : Be truthful.



Lohitha, III Class

Mother : Fill water in the bucket.

Balu : Okay mother.

Balu's mother went to the market. Balu did not fill water. Balu's mother came home.

Mother : Balu, did you fill water?

Balu : Yes mother.

Sometime later Balu said, "Sorry mother"

Mother : Why?

Balu : Because I did not fill water.

Mother : You lied?

Balu : Yes mother I lied. I will not do it again. Okay, mother.

Moral : Be truthful.



Dayasagar, III Class

One day Yashwant's mother told Yashwanth to go to the shop. Friends asked Yashwanth if he will come and play cricket with them. Yashwanth went with them and played for lot of time. It became night. The shops closed. Yashwanth went home. Yashwanth told sorry to his mother and said he will not do it again.

Moral : Be responsible.



Akshaya, IV Class

Once upon a time there was a girl named Srilatha. She always spoke the truth. One day she went to her grandmother's house. When holidays were over she went to class four. Her teacher told the class to create train with match boxes. Next morning she didn't do project, her friends also didn't do. So all her friends lied to the teacher, but Srilatha spoke truth. Teacher felt proud of her truth speaking and appreciated her.

Moral: Always speak truth.

Naga Reshmitha, III Class



Once upon a time there was a boy in the school. One day his friend brought a new pen. The prayer bell rang. The teacher asked the boy to bring chalk piece. He took the chalk piece and put the pen in the pocket and went to prayer. After the prayer, the class started. The teacher wrote information on the board. His friend opened the pencil box. There was no pen. He told the teacher that his pen was not there. That boy said, "Your pen is with me. Sorry my friend."

Moral : Always speak the truth

Gratitude

Sri Sreshta, IV Class



Once upon a time in a school one boy's English notebook was gone. He was searching for the book. But he could not find it. He went to his home and searched. But he could not find it. After sometime he searched and his sister also helped him to search. After sometime he found his notebook. He thanked his sister from his heart.

Moral : Be thankful.

Sacrifice

Jivanthika, IV Class



Once upon a time there lived a girl. That girl's name is Pallavi. One day she was going in a train. An old man also came into the train. Pallavi stood and gave place to the old man.

Moral : Be responsible.

Cooperation

Bhavya Karthika, V Class



Once upon a time there were some ants who cooperated with each other. That was summer. The ants didn't have food. They all went out in search of food. They co-operated with each other in search of food. They got some bread piece. They together carried the bread piece. They reached their house and stored it. They ate their bread pieces altogether.

Moral : Help each other.

Be truthful. Take miseries as Divine Blessings for your own good and be thankful - Pujya Sriramchandra Maharaj

OUR PAGES



Satellite

Neehal, IX Class

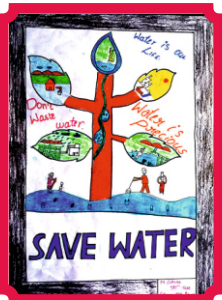
Satellite is an object that has been intentionally placed in the earth's orbit to learn about space and earth.

There are two types of Satellite :

1. Natural Satellite 2. Artificial Satellite
1. Natural Satellite: An astronomical body that orbits a planet or minor planet. Moon is a natural satellite.
2. Artificial Satellite: Artificial Satellites are used to study the Earth and other planets to help us communicate and even to observe the distant universe. Satellites can even have people in them like the International Space Station and the Space Shuttle. The first artificial satellite was the Soviet Sputnik 1 Mission launched in 1957.

Satellites of India:

1. Aryabhata - C-1 Intercosmos - 19 April, 1975
2. Bhaskara - I - C-1 Intercosmos - 7 June, 1979
3. Rohini Technology - SLV - 3E1 - 10 August, 1979
Unsuccessful
112. Micro Sat - R - 24 Jan 2019 - PSLV-C44
114. G Sat 31 - 6 Feb 2019 - Ariane - SVA-247
115. EMISAT - 1 Apr 2019 - PSLV-C45
116. Chandrayan 2-22 July, 2019 - GSLV-MK1-MK III



Avinash, VIII



Laxmi Prasanna, IX



Abhishek, X



Srimayi, VIII



Hyma Durga Bhavani, VI



Pallavi, X



Vinaya Veekshita, VI



Sanjana, IV

Chandrayaan - 2

Varshith Swamy, IX Class



Chandrayaan - 2 is India's second lunar exploration after Chandrayaan-1. It is developed by the Indian Space Research Organisation (ISRO). The Mission was launched from the second launch pad at 'Satish Dhawan Space Center' on 22 July at 2:42pm IST to the Moon by a Geocynchronous Satellite Launch Vehicle Mark III (GSLV MKIII). The planned orbit has a circular orbit. It consists of a lunar orbiter, a lander and a rover named Pragyan. The main scientific objective is to map the location and evidence of lunar water.

The lander and the rover will land on the near side of the moon, in South Polar Region on the estimated date at 7th September, 2019. The Rover Pragyan will move on the lunar surface and will perform chemical analysis for a period of 14 days (one lunar day). It can do 15 tests at a time. It can relay data to Earth through the Chandrayaan-2 orbiter and lander, which were launched together on the same rocket. The orbiter will perform its mission for about one year. Launch of Chandrayaan-2 was originally scheduled on 15 July 2019 at 2:5' IST, but was called off due to a technical snag noticed while filling the cryogenic engine of the rocket with helium about one hour before launch. After it was launched on 22 July from Satish Dhawan Space Centre at Sriharikota in Nellore district of Andhra Pradesh,

If the landing goes successful on Moon then our India would be fourth country to achieve a soft landing on moon, after the space agencies of USSR (Russia), USA and China and even Chandrayaan-2 will be the Southernmost lunar landing among all space agencies.

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అమ్మ

మనల్ని పెంచిన అమ్మ
దేవుడికన్నా మిన్న
మనల్ని ఎంతో ఇష్టంతో చూసిన అమ్మ
దేవుడు పంపించిన బొమ్మ
అమ్మ ఆప్యాయత అనురాగానికి
తలవంచి నమస్కరించాలి
అమ్మా నువ్వంటే ఎంతో ఇష్టం
నువ్వు లేకపోతే ఎంతో కష్టం



బి. ఐశ్వర్య,
ఎనిమిదవ తరగతి

సేవాగ్రామము

గాంధీగారు నడిచిన పుడమి పై
పాదం మోపిన ఆ క్షణమే
నా మదిలో తెలియని పులకింత మొదలైంది
అ...భావాలన్నీ వ్యక్త పరచడానికి భాష చాలదు
అక్కడ కంటి ముందు ప్రకృతి రాగాలకి
నా మనసే స్వరమై మ్రోగెను
అక్కడ మహానుభావులు నాటిన చెట్లు చూసినంతనే
వారి ఆశయాలని తలపించనంతనే
నాలో పెరిగింది ఆత్మస్థైర్యము
నిస్వార్థముతో బ్రతికిన బుద్ధ ప్రతిమని చూడగానే
ఆనందంతో చెమ్మగిల్లాయి నా కళ్ళు
ప్రశాంతతో నిండింది నా మది
ఆనందవనంలో వెల్లివిరిసిన చేతి వృత్తులే
ఆదర్శమై నిలిచారు మా ధర్మ ప్రవృత్తికే



ఎస్. కావ్యశ్రీ,
పదవ తరగతి

ప్రకృతి

ప్రకృతికంటే మించింది లేదు
ప్రకృతికంటే మంచిది లేదు
ప్రకృతి ఉంటే అందం
నువ్వు లేకపోతే బ్రతకడం కష్టం
నువ్వు అంటే తెలియనివారుండరు
నువ్వు లేకుండా బ్రతికేవారుండరు
నీ నుంచి పుట్టింది అందం
నీ నుంచి పుట్టింది ఆహారం
నీవలనే వస్తుంది వర్షం
మాకు ఎంతో ముఖ్యం ఆ వర్షం
సమస్తలోకానికి నీవే ఆధారం
నీవలనే అందరు బ్రతుకుతారు
ప్రకృతికంటే మించింది లేదు
ప్రకృతికంటే మంచిది లేదు



టి. వర్షితస్వామి,
తొమ్మిదవ తరగతి

అద్భుత దృశ్యం

అదిగదిగో సూరీడు
అలలపై మెరుపులు
ఆ కలువలు అలలలో
జలకాలాడి మెరుస్తుండె
అద్భుతం అద్భుతము
దర్శనమునకు రెండు నయనములు చాలవు
కమలపూలు ఆదిత్యునికి
ఆ నీటిని అర్హమిస్తుంటే
పూజ, భక్తి, వినయము
వీటినుండే గ్రహించుము



అంజని
పదవ తరగతి

ఆధారం

అమ్మ ప్రేమలో స్వచ్ఛత
నాన్న భరోసాలో స్వచ్ఛత
పసిపాప నవ్వులో స్వచ్ఛత
వృద్ధుల ఆప్యాయతలో స్వచ్ఛత



వాసవి,
పదవ తరగతి

ప్రకృతి సేవలో నిజాయితీ
గురువు బోధనలో నిజాయితీ
మాతృమూర్తి సేవలో నిజాయితీ
పండితుడి పాండిత్యంలో నిజాయితీ



స్వప్న,
పదవ తరగతి

మిత్రుడి మైత్రి భరోసా
అన్నయ్య రక్షణ భరోసా
సైనికుని సేవలో భరోసా
నేనున్నాననే దేవుడి మాట భరోసా



ఎస్. కావ్యశ్రీ,
పదవ తరగతి

వర్షం

వర్షమా ఓ వర్షమా
నువ్వుంటే మాకు ఇష్టం
నువ్వు లేకుంటే మాకు కష్టం
త్రాగునీరుకు సాగునీరుకు ఆధారం నీవు
సర్వజీవకోటికి ఆధారం నీవు

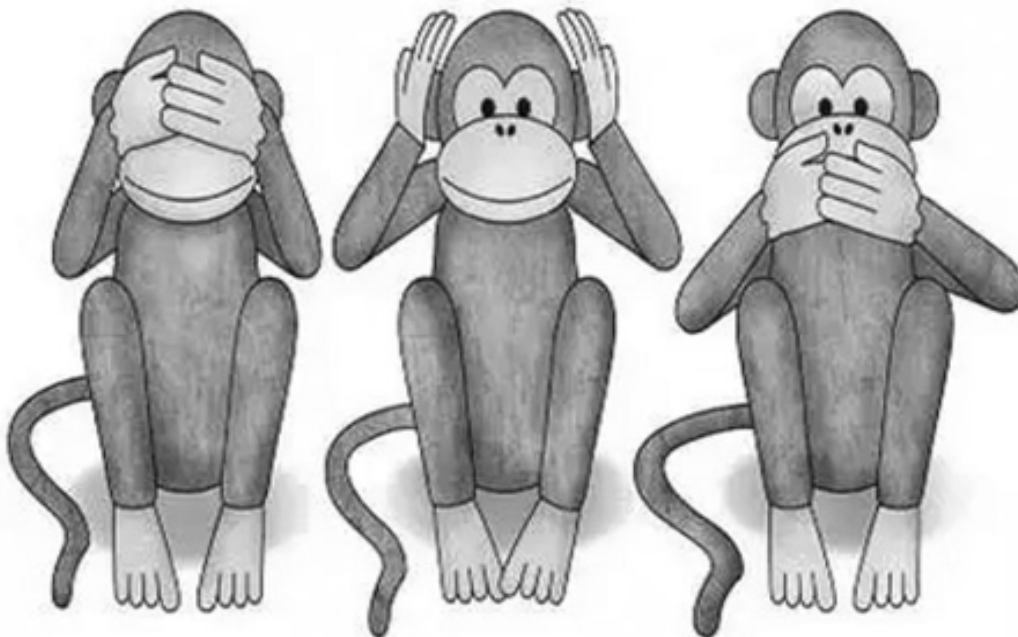


పి. నాగవైష్ణవి,
ఏడవ తరగతి

నీవులేని జీవితం అంధకారం
నీవు ఉంటే అందరికీ ఆనందకరం
నీవు ఉన్నావు అంబరమంతా
నీవు దివికి వస్తే మా మదినిండెను సంబరమంతా

ACTIVITY CENTER

Write down Three Principles of Gandhiji from below monkeys



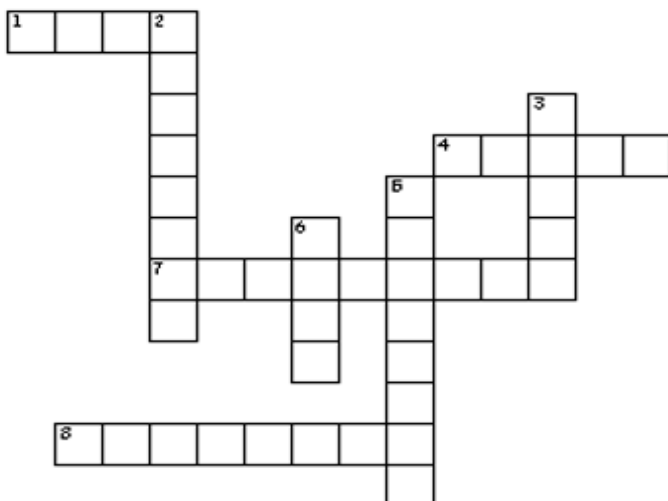
a)..... b)..... c).....

Moral : Through these three symbolic monkeys, we can learn that we have to control our mind and form a habit to follow above three principles. This will keep our heart and mind pure.

FUN FACTS OF INDIA

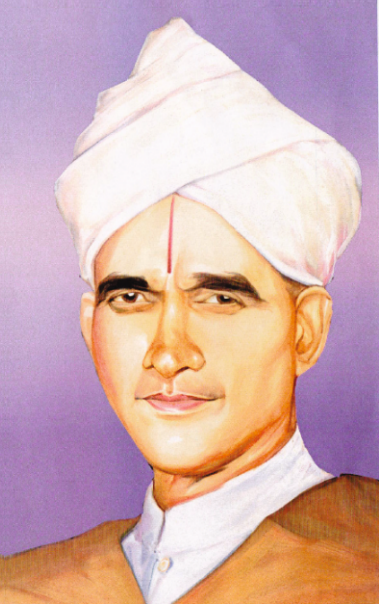
Across

- The well known spiritual and physical exercise has its origins in India and has existed for over 5000 years.
- The world's highest cricket ground built in 1893 after leveling a hilltop.
- The world's largest, oldest, continuous civilization and _____ in India
- These stones had been officially found in India, until 1986.



Down

-is the earliest school of medicine known to mankind.
- bridge is the highest bridge in the world. It is located in the Ladakh valley between the Dras and Suru rivers in the Himalayan mountains.
- “The Ancient City”of India, known as Banaras and also known as _____
- India is the only country where this animal are believed to be holy and Mother of all.



STORY OF PUJYA DR.

Pujya Dr. K. C. Varadachari was born on 14th August 1902. His father was Pujya Sri K. C. Krishnamachari, a senior police officer in the Madras Presidency. He belonged to Sri Vaishnavite family. His sisters were Rajamma and Sulochana. The family tradition is very ancient and has its origin in Sriman Nallan Chakravarthy, a contemporary and a close disciple of Sri Bhashyakar Srimad Ramanuja of 11th Century A.D. His great grandfather's grandfather came from a village called Karumbur, a village near Kanchi of Lord Varada.

He was known for his belief in God and innocence from his childhood.

His grandfather in order to pacify him due to various childish ways used to tell him to go out into open yard in the house and face the sky with closed eyes and open mouth, promising him that God would drop candy into his mouth. He would stand for long time before he was rewarded (by the grandfather) and the young believer used to jump with joy for having been rewarded by God.

He had his school education in the then Mahant Hindu High School, Tirupati, upto the Matriculation Standard. He did his F.A (Maths, Physics and Chemistry) from the Christian College, Madras in 1921. His personality and the principles he was observing were such, that everyone in the hostel from the watchman to the cook paid special attention to him. The cook used to send his food specially made without onions and other items that a Srivaishnavite would not consume, to his room with also a glass of milk in the night.

From 1921 to 1923 he participated in the Non-Cooperation movement. During this period he developed interest in Religion and Philosophy and started reading Swami Vivekananda and Sri Aurobindo. The works of Swami Vivekananda read in depth in 1920's, created in him deep change in life.

In 1923 he joined B.A (Hons) Philosophy in the Madras Christian College. He was a gold medalist of the Madras University in his B.A. (Hons) in 1926.

Pujya Dr. K. C. Varadachari was a person with above average height, very fair complexioned with well proportioned limbs. He had a very melodious resonating voice that was capable of putting the audience into rapt attention. His eyes were sharp and when he looked at others compassion used to overflow from them. From 1945 onwards he wore dhoti with a long coat and used to wear a white turban. He got married in 1926 to Sow. Rukmini (Rajamma) who belonged to a distinguished family of Patrachariars. Along with Sri V.K. Narasimhan, his brother-in-law, Dr. K. C. Varadachari participated in the activities of freedom struggle. He also participated actively in the Khadi movement and was a total Gandhian for a long time. He used to spin the charkha and make his own paper through hand processing. Till the last day of his life he never wasted paper and used the reverse of wedding or invitation cards to make notes.

What a piece of v
How noble in reas
his em
How great in action,
How beautiful
How patient
To the undeserv
Of friends and
How faithful and
And God
How profound
How knowledgeable
How naked, how harm
Before Master and
-Pujya Sri'

K. C. VARADACHARI

Pujya Dr. K. C. Varadachari was given an opportunity by Sri. V. K. Narasimhan to review books on Philosophy, Psychology and Religion that continued for over 3 decades. His reviews appeared almost on all the Sunday editions of "The Hindu", the prestigious newspaper, and got him enormous reputation as a philosopher. He was a Research Scholar of the Madras University from 1926 to 1929. In 1929 he joined as a Research Fellow of the Andhra University at Guntur. He joined the Christian college as a Lecturer in Philosophy in 1930. He submitted a thesis "Theory of Knowledge of Sri Ramanuja's Sri Bhashya" in a record time of 9 months to University in 1931. The Madras University awarded him Ph.D in 1932 and he became the first person to get a Doctorate in Visistadvaita from that University. This being a rare accomplishment Pujya Dr. Varadachari was later called only Doctor by all near and dear.

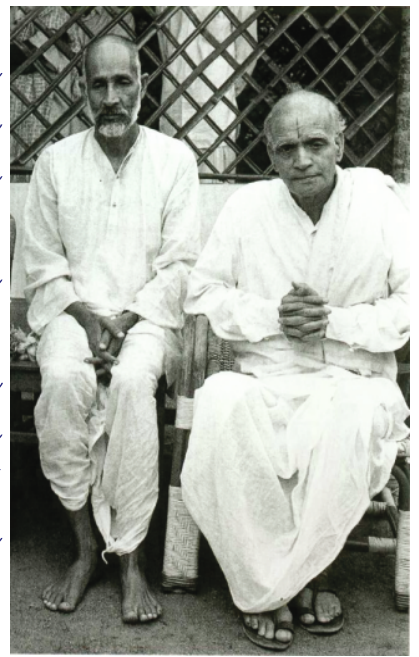
After Union Christian college he worked in college at Alwaye till 1933. In 1932 he gave a series of lectures in Bellary on "Living Teachings of Vedanta". The idea that God is the soul of all that is in existence and all conscious beings are to live in cohesion and cooperation with a sense of service to each other was the theme that he propagated and practiced ever since.

In 1937, Sri Venkateswara Oriental Institute was started by the T.T.D. and Pujya Dr. K. C. Varadachari was invited to join as a Professor of Comparative Religion and Philosophy. Many students shared their problems, personal and academic with him and received his help. He was dear to all those who came near him. While working he had to put up with many situations of insult and disgrace in the hands of management and his fortitude was sufficiently built up by such incidents and became stronger in spirituality.

Once Pujya Dr. K. C. Varadachari reviewed the books written by Pujya Sri Ramchandraji Maharaj, Shahjahanpur, U.P., India in "The Hindu", a famous national daily newspaper. The comprehensive and well-written reviews of these books drew attention of seekers, philosophers, yogis to Sri

Ramchandra's Raja Yoga and lead them to follow the system. Pujya Sri

Ramchandraji Maharaj after reading the reviews met Pujya Dr. K. C. Varadachari at Tirupati in 1955. From 1955 till his last days he was fully engaged in the spread of the system of Rajayoga of Sri Ramchandra. He delivered many talks and wrote many books on the system during this period. He was Director of the Sahaj Marg Research Institute started at Tirupati in 1965. He presented the system of Sahajmarg as a New Darshana in 1966. He was suffering from Diabetes since 1961 and though he had the best medication available in those days, the disease over took him and after about one and half month sickness he attained his Maha Samadhi on 31st January 1971 on the day of Basanth Panchami, the most memorable day of birth of Sri Ramchandraji Maharaj of Fategarh, U.P., India.



work is this Man!
son, how perfect in
pathy
how calm in adversity
in countenance
and tolerant
ed punishments
d fellow beings
loyal to humanity
and Guru
l and versatile
le and how humble
monized, how splendid
God fused into One.
K. C. Narayana



ధ్యానం

కె. కావ్యబాయి, తొమ్మిదవ తరగతి

ధ్యానం అనేది ఉపయోగమైన అంశం. ఒక సాధకుడు అమితమైన విశ్రాంతి మరియు ప్రశాంతతను పొందటం. దీనిని పురాతనకాలంనుంచే సాధన చేస్తున్నారు. ధ్యానం ఒత్తిడిని దూరం చేస్తుంది. దురలవాట్లను, దుర్బుద్ధులనుండి తొలగిస్తుంది. దీనిద్వారా మనకి ఎన్నో ప్రయోజనాలున్నాయి. అత్యుత్తమైన చైతన్యస్థాయికి, ఏకాగ్రత, సృజనాత్మకత, విశ్రాంతి మరియు మనసుకు ప్రశాంతత కలుగుతుంది. జ్ఞాపకశక్తి, ఏకాగ్రత, ధైర్యం పెరుగుతుంది మరియు మానసిక ఆందోళనలు, ఒత్తిడిని జయించి మానసిక ప్రశాంతతను పొందవచ్చు. స్వామి వివేకానంద, పూజ్య లాలాజీ మహారాజ్, పూజ్య బాబూజీ మహారాజ్ లాంటి ఎందరో గొప్ప వ్యక్తులు ధ్యానం చేసేవారు. వీరందరూ ప్రాతఃకాలం ధ్యానంతో మొదలుపెట్టి, రాత్రి ధ్యానంతో ముగించేవారు. వీరు ఎల్లప్పుడూ సంతోషంగా, ప్రశాంతంగా ఉండేవారు. ఏ సమస్య అయినను ప్రశాంతంగా, నిదానంగా పరిస్థరించేవారు. వీరందరిని మనమందరము ఆదర్శంగా తీసుకోవాలి. ధ్యానం నాకు వ్యక్తిగతంగా ఉపయోగపడుతోంది. నా స్నేహితురాలు నవ్య చనిపోయినప్పుడు నేను చాలా బాధపడుతున్నప్పుడు, ఆ రోజు శ్రద్ధగా ధ్యానం చేసాను. అప్పుడు ఆ బాధనుండి నేను బయటపడి వచ్చాను. ఈ సంఘటన ద్వారా నేను ధ్యానం ఎంత గొప్పదో తెలుసుకున్నాను. ఈ కాలం పిల్లలకి ధ్యానంయొక్క గొప్పదనం తెలియటంలేదు. వీళ్ళందరుకూడ ధ్యానం చెయ్యాలని కోరుకుంటున్నాను.

ధ్యానం



జి. దేవిచరణ్, తొమ్మిదవ తరగతి

నేటి ప్రజలంతా దైవాన్ని శిలల్లో, రాళ్ళల్లో వెతుకుతూ, వాటిని పూజిస్తుంటారు. కాని భగవంతుడు మనలోనే ఉంటాడు. మనలోనున్న మదిని మన యదలోనున్న దివ్యజ్యోతికి అంకితమివ్వడానికి మన పూర్వీకులైన గురువులు కనిపెట్టిన సాధన ప్రక్రియే ఈ ధ్యానం. ధ్యానం చేయటమనేది పెద్ద కష్టమైన పనేమీ కాదు. ముందుగా సూర్యోదయంకంటే ముందు లేచి ఒక చక్కనైన చోటు చూసుకొని, సరైన అనుకూలమైన ఆసనంలో కూర్చుని, మన మనసులో ఒక దివ్యజ్యోతి ఉందని ఆలోచించి నిశ్చలంగా కూర్చుంటే చాలు, మనకు ఎక్కడా దొరకని మనశ్శాంతి లభిస్తుంది. ఈ ప్రక్రియలో మన మదిలోకి ఎన్నో ఆలోచనలు వచ్చినా వాటిని పట్టించుకోరాదు. నిజానికి ఉన్నత స్థితి అంటే సమాజంలో ధనికుడైనవాడిది కాదు. మనశ్శాంతి, సంతోషం వంటివి కలిగి ఈర్ష్య, ద్వేషం, అసహనం, కోపంవంటి దుర్లక్షణాలు కలిగుండకపోవడం. ఇటువంటి దుర్గుణాలు తొలగి ధైర్యం, విచక్షణాజ్ఞానంవంటి ఉత్తమ లక్షణాలు పెంపొందించుకోవడానికి, పరోపకారం చేయడానికి ధ్యానం ఉపయోగపడుతుంది. దీనిని మనం స్వామి వివేకానంద, శ్రీ లాలాజీ మహారాజ్, శ్రీ బాబూజీ మహారాజ్ వంటి మహోన్నత వ్యక్తుల వ్యక్తిత్వాలను ధ్యానానికి ఆదర్శంగా తీసుకొనవచ్చును. వీరందరూ ధ్యానం ద్వారానే వారి జీవితాన్ని సుసంపన్నం చేసుకొని మనకు ఆదర్శనీయమైన గురువులయ్యారు. బుద్ధుడైతే ధ్యానంతో ఒక మతాన్నే స్థాపించాడు. ప్రస్తుతం ఏ పాఠశాలలో ధ్యానమనే అమూల్యమైన సాధనకి తావులేకుంది. కాని సత్కామ పాఠశాల మనకు ఈ అమూల్యమైన అవకాశాన్ని కల్పించింది. ఈ అవకాశాన్ని మీరు దుర్వినియోగం చేయకుండా, దానినుపయోగాలు తెలుసుకొని, దానిని వినియోగించి ఉన్నత స్థితికి చేరుతారని ఆశిస్తున్నాను. ధన్యవాదాలు.

అవినీతి నిర్మూలన

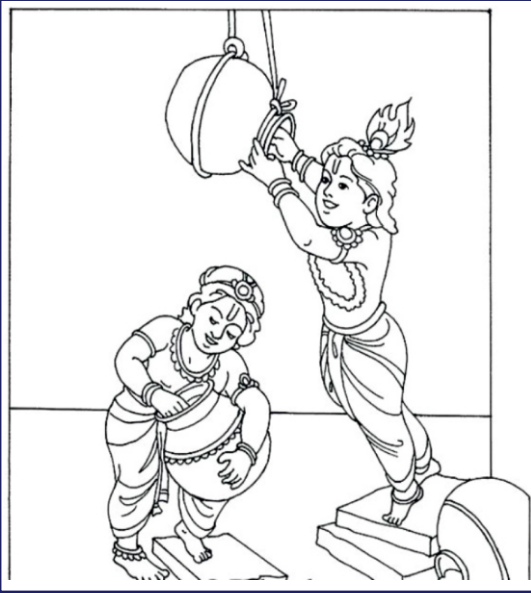


కె. రామ్చరణ్ తేజ, తొమ్మిదవ తరగతి

ప్రస్తుతం మన సమాజంలో ఎక్కడ చూసినా అవినీతి రాజ్యమేలుతోంది. దాని వలన సగటు మనిషి ఏదో రూపంలో ఈ అవినీతి బారిన పడుతున్నాడు. నిజానికి మనం తినే ఆహార పదార్థాలు కల్లీవి, ప్రభుత్వ కార్యాలయాల్లో ఎక్కడ చూసిన లంచాలు, ప్రైవేటు వ్యవస్థలలో చివరికి మనం నడిచే రోడ్లలో ఎక్కడ చూసినా ఈ అవినీతి బారినపడి ఆ బాధను అనుభవిస్తున్నాము. అంతేకాదు అవినీతిని రూపుమాపవలసిన రాజకీయవ్యవస్థ, న్యాయవ్యవస్థ ఎక్కడ అన్యాయం జరిగినా అండగా నిలవాల్సిన ప్రచారవ్యవస్థ కూడ స్వార్థ పూరితమైన అవినీతితో కూరుకుపోయారు. ఇలా అవినీతి రోజురోజుకి పెరిగిపోవటంవల్ల దేశాభివృద్ధి కుంటు పడిపోవటమే కాక రాబోయే తరాలవారికి చాలా ప్రమాదం పొంచి ఉంది. దీనికి అనేక కారణాలున్నాయి. అందులోనొకటి ప్రజల మధ్య ఐకమత్యం దూరమవ్వటం మరియు వ్యక్తిగత స్వార్థం పెరిగిపోవటం అని మనం చెప్పవచ్చు. మన కళ్ళ ముందే అన్యాయం జరుగుతున్నా, ఇంకొకరు బాధ పడుతున్నా పట్టించుకోని పరిస్థుతలలో మనమున్నాం. తనవరకు వస్తేగాని స్పందించని మన:స్థత్వాలే ఎక్కడుగానున్నాయి. ప్రస్తుత పరిస్థుతలలో ఈ అవినీతిని నిర్మూలించటం అనేది నిజానికి అంత తేలికైన విషయం కాదు. అలా జరగాలంటే ముందు వ్యక్తిగా ప్రతియొక్కరు మారాలి. ఇంకొక ముఖ్యమైన విషయం ఏమిటంటే ధ్యానంవల్ల అంటే అందరూ కలసి ఒకే సమయానికి ధ్యానంచేస్తే, అందరి ఆలోచన తరంగాలు ఒకే తాటిపై ఉంటే మనలో ఐకమత్యం పెంపొందించుకోవడానికి దోహద పడుతుందని నేను బలంగా నమ్ముతున్నాను.

ACTIVITY CENTER

Color and describe the pictures in your own words



Lets learn some Sanskrit words:

पुस्तिका - Book

सिंहः - Lion

वृषभः - Bull

शुकः - Parrot

गृहम् - House

वानरः - Monkey

अश्वः - Horse

शशकः - Rabbit

चटका - Bird

कपोतः - Dove

घटः - Pitcher

Hospital Visit

On 12th July 2019, we went to our Samsthan's hospital i.e., Mahatma Sri Ramchandra Centenary Memorial Hospital. We were very excited to see that hospital and talk to the doctors. After entering the hospital, we did meditation for ten minutes in the Prayer Hall. Then we visited two doctors – Dr. Dakshina Murthy garu and Dr. Madhava garu who are Nephrologist and General Surgeon respectively. We got a lot of knowledge by talking to them. They cleared our doubts very patiently. Dr. Dakshina Murthy garu cleared



our doubts related to kidney and Dr. Madhava garu told his experiences while doing operations and also clarified some questions related to heart.



After having a talk with them, we went to a lab. There we saw some equipments which were related to testing the blood. After that we met Dr. Sundari garu, a Pediatrician and Dr. Sadhana garu, a General Physician. We asked them some questions related to mal nutrition and some

general questions. They explained very clearly. They talked with us very freely. We learnt how to know the blood group whether it A, B, AB or O. We also saw operation theatre. I saw the operation



theatre for the first time. After seeing the operation theatre Dr. Sundarigaru taught us how to check BP with Sphygmomanometer. She



also taught us how to check temperature and take the reading. We had a great time with the doctors in the hospital. I felt very happy and pleasant visiting the hospital.

I really appreciate the doctors for their sincerity and hard work. They had a lot of patience. We have to thank the doctors for treating the patients with less fee and more patiently.

T. Srija, Class X

Obituary - Kancharlapalli Navya Jyothi



Navya was born on 9th September 2005. She was one of our best friends. "She laughed everytime and everywhere she made others also laugh" She always helps others in all aspects. She was friendly with all of us. She liked to spend her time in nature. She always wanted to make her family proud. She felt happiness in others happiness. She wanted to become an agricultural scientist and help farmers. She always wished good of all. She had good ability in academics. She was an obedient, respectful and courageous girl. She had a good habit of writing diary every night. She had the best behaviour and got a certificate in school too. She followed all the moral values. She had good creativity. When Physics sir was leaving the school, she made a beautiful gift to sir but she told sir all the girls made it. Telling about Navya is not sufficient on paper but it has to be only felt.

She passed away on 2nd August 2019 making our hearts painful. We all miss you

Navya. Thanks for leaving such wonderful memories with us. In remembrance of Navya, we ninth class students planted an Amla plant in the school premises and we take care of it every day by watering it. We pray God bless her soul.

IX Class Students

SCHOOL EVENTS

Haritha Haram

On July 15th 2019, Haritha Haram program was held in our school. We had a good experience by planting various plants like Hibiscus, Jasmine, Lemon, Rose etc. Everyone participated enthusiastically. We planted the trees which are helpful to everyone.



Debate

Students of classes 6th to 10th engaged enthusiastically in the debate competition held on 10th August 2019. Our thoughts and opinions were greatly expressed. Smt. Dipti Joshi and Sri Rama Prasad appreciated our hard efforts and were very happy with our honest presentation.



Elocution

Elocution was conducted in our school in order to improve speaking skills, zeal to gain knowledge of certain topics and to remove stage fear in the students. It was conducted on 8th of August 2019 for classes 6th to 10th. All the students participated jubilantly. We are very happy with the event.



Jal Andolan

On July 15th, to make our society save water, we participated in a rally. The hearts of everyone were filled with courage and the duty to save water. We also made a few drawings on the topic of saving water. Our creativity came out in the form of drawing. The drawings were very unique. "Price of a drop of water may become as a biscuit of gold in the future. So please save water."



Independence Day

We celebrated 73rd Independence Day on August 15th with great fervor. It was celebrated with great patriotism. The celebration started at 9AM with the gathering of students, parents, guests and ex-students. To commemorate the sacrifices of our freedom fighters, the Chief Guest Sri S.P.Tucker Garu, Retired IAS Officer and Ex-Chief Secretary to Government of Andhra Pradesh



hoisted the tricolour flag and all in unison sang the National Anthem. His motivational speech inspired the audience. Our cultural activities with speeches, songs, drama by students reflected patriotism and eminence of our country. Pyramid formations and Dumble exercises attracted the audience for their rhythmic style. Calisthenic exercises mesmerised the audience for their beautiful performance. Prizes were given to the students for the competitions held on the account of Independence Day.



1. Three principals of Gandhiji!
2. Fun Facts of India
3. Down
4. Across
5. Yoga
6. Chail
7. Democracy
8. Diamonds
1. Ayurveda
2. Bally
3. Varanasi
4. Cows

Solutions

- a) Do not see evil or bad
- b) Do not speak evil or bad
- c) Do not hear evil or bad

Traditional Agricultural Expertise

India is the cradle for the agriculture. Knowledge of Agriculture and its evolution as Agricultural Science can be traced from Rig Veda. It reveals how one has to prepare oneself for ploughing the fields and the rituals involved there in.

Rig Veda extols Sun not only as God, but also recognizes Sun as the source of light, for all the living beings. It explains the Water Cycle, how water evaporates because of sunlight and how these vapors become clouds and reach the earth as rains.

At various instances, Rig Veda gives us the knowledge of Green skills and Cattle Science that are required by a farmer.

Measuring of Rainfall: Kautilya or Chanakya in his treatise “ArthaSastra” (written during the 4th century B.C) had explained the methods of measuring the rainfall. In this legendary book we can find the rainfall recorded at various places during those times. Varahamihira in his encyclopedic work, “Bhrhat-samhitha” (written during the 6th century A.D) had explained about the instruments that are required for measuring the rainfall. “Adika” is the vessel like instrument that collects the Rainfall, which was 20 inches in Diameter and 8 inches in depth. The Adika was also a unit of measure for recording Rainfall. Four Adikas were equal to one Droni. Varahamihira had explained that the rainfall accompanied by thunders, clouds, sunlight and heavy winds would scatter around 400 sq miles of area. On the other hand the rainfall accompanied by clouds and heavy winds, limits itself to smaller area.

Fertility of the soils: Sage Kashyapa in his text “Krsi-Sukta” had described about the soil that is most suitable for producing Rice. He had even classified the crops that can be produced on fertile lands and dry lands. In the Samskrta text “Amarakosa” (written during the 4th century B.C) twelve varieties of the soil that are suitable for Agriculture had been explained. Surapala in his Famous text “Vrkasa Ayurveda” (written during the 10th century A.D) explains three types of soils and their utilities.

Seed Cultivation: Parasara in his book “KrsiParasara” reveals the method of producing seeds and methods of preserving the quality of the seeds. Kautilya’s Arthasastra discloses the methodology of purifying the seeds through cow dung, milk, fish, bones etc.

Reference: Eternally Talented India 108, Facts Vivekananda Institute of Human Excellence

Gardening



LEMON

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

The name of Lemon in Indian languages -

Sanskrit name: Nimbukam	Hindi name: Nimbu
Tamil name: Yelumi champalam	Telugu: Nimma pand
Latin name: Citrus Medica	Family: Rutaceae



Classical Ayurvedic Categorization:

According to Charaka lemon is considered as phala varga (group of fruits), and Amla varga (group of sour substances). According to Susruta and Vagbhata- phala varga (group of fruits)

Medicinal properties of Lemon

Rasa (taste) – Amla (sour); Guna (qualities) – Laghu (light to digest), teekshana (piercing); Veerya—Ushna (hot potency); Vipaka – taste conversion after digestion Amla (sour)

Lemon acts as Vata kapha hara and Deepana (improves digestion) and pachana (helps in digestion)

Lemon fruit contains more of Vitamin 'C' in it. Lemon purifies blood and blood vessels.

HEALTH BENEFITS OF LEMON

Effect of Lemon on Tridosha (vata, pitta, kapha): Unripe lemon is sour in taste. It decreases Vata and Kapha and increases Pitta. Ripe lemon decreases pitta and kapha.

Lemon use in weight loss: Hot water lemon therapy is a famous home remedy for weight loss. Drinking a glass of hot water mixed along with 1-2 spoon of lemon juice and honey early in the morning on empty stomach decreases fat deposition. Obesity is related with kapha dosha and lemon decreases kapha.

Lemon benefits for skin and face: It is attributed with qualities like Varnya - improves complexion and skin texture. Pustiprada - it nourishes the skin (ref. Rajanigantu). Being sour it enters deep pores and brings about cleansing action on the skin.

Lemon in liver disorders: The lemon is a wonderful stimulant to the liver and is a solvent of uric acid and liquefies the bile. It is a good liver detoxifier.

Lemon juice gargling: Lemon juice gargling helps in relieving bad breath.

Lemon juice helps in digestive system: it promotes digestion, relieves pain in epigastric region (chest region) due to gastritis

Lemon is used in abdominal colic pain: useful in abdominal colic caused due to imbalance of vata, pitta and kapha.

Lemon used as krimihara: lemon is used in relieving intestinal worms

Trushnahara: Lemon relieves excessive thirst in the body and gives cooling effect.

Kasa Nivarana (useful in cough): Lemon is extremely useful to relieve cough. It soothes the mucous of the throat by reducing cough and sore throat pain.

Useful in vomiting: Lemon helps to relieve excessive accumulation of kapha in the stomach leading to vomiting. Hence lemon juice reduces feeling of nausea. Smelling lemon while travelling also reduces nausea, vomiting, excessive saliva in the mouth.

Lemon cures constipation: Lemon juice is useful in regulating bowel movements. Regular drinking of lemon juice helps to release nitrogenous wastes and toxins from the alimentary canal and control constipation and diarrhea

Lemon juice is a natural antiseptic and prevents from many diseases caused by bacteria.

Lemon juice in dandruff: Lemon juice should be applied properly on the scalp and wash the hair after 30 to 40 minutes. It relieves from dandruff.

Be happy to eat in constant divine thought whatever you get, with due regard to honest and pious earnings - Pujya Sriramchandra Maharaj

మాటకు ప్రాణము సత్యము కోటకు ప్రాణంబు సుభటకోటి ధరిత్రిన
బోటికి ప్రాణము మానము చీటికి ప్రాణంబు వ్రాలు సిద్ధము సుమతీ!

తాత్పర్యము : మన మాడిన మాటకు ప్రాణము సత్యమే. కోటకు వీరభటుల సైన్యమే ప్రాణము. అది లేని కోట సులభముగా శత్రువులకు వశమగును. ఆడువారికి శీలమే ప్రాణము. రాసిన కాగితమునకు సంతకములేనిచో విలువలేదు. సంతకము చేసినచో దానికి ప్రాణమువచ్చి ఎంత పనినైనను చక్కబెట్టును.

लघुता से प्रभुता मिले,
प्रभुता से प्रभु दूरि ।
चीटी ले शक्कर चली,
हाथी के सिर धूरि ॥

Seeking insignificance leads to greatness. However seeking greatness (significance) leads one away from Master. An insignificant ant easily walks away with sugar whereas an elephant gets only dust on its head.

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 – 500 057 , 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 Homic (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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Phone: 91-40-48562742

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- 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

MSRCM HOSPITAL
HOLISTIC HEALTH CARE
10-3-783/254/3 RT,
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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 Vijaya Nagar Colony, Hyderabad. We would be happy to avail your services.

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