



# SPANDAN

## GUEST EDITORIAL - ANGER

**Prof.Dr. K. V. Dakshinamurty, Senior Consultant Nephrologist, MSRCMH**

**A**nger and passion are the creation of God. But it is also said that anger is poison for spirituality. Since it is the creation of God, it cannot be nullified but only can be modified. If put to right use, anger itself is not a bad thing. But one should be really certain of the purpose and intent. One should remember that moderation, which is essential for spirituality can never be achieved unless one is free from anger. It makes the system heavy and tension is produced, obstructing the free and subtle Divine current. There will be continuous pressure on the thought and discriminative intelligence (Viveka) is lost. One should know that patience is considered to be the highest form of penance superior to other forms of penance. Therefore, instead of sorrow and resentment, one should develop the feeling that the person himself is at fault, though he is really not at fault (Gairat). Submissiveness and surrender will follow. One should make oneself polite and humble. One should develop a happy disposition and radiate mellowness in one's behavior. Cool and calm disposition alone is required for spirituality. And one should remember that same thing applies in the secular life as well.

### Student Editorial

యు. రూపతన్మయి, ఆరవ తరగతి

నే చదివినగలవు పెక్కులు. చదువులలో మర్మమెల్ల చదివితినీ తండ్రి'. ఇది పోతనగారి పద్యము. అందులోనుండే మర్మము గ్రహించడం ముఖ్యము. మంచి పుస్తకము ఒక గొప్ప స్నేహితుడితో సమానము. పుస్తకం చదవడం మనిషికి మరో ఉత్తమమైన లక్షణము. పుస్తకము చదవడమువలన ఎన్నో విషయాలు తెలియడమేకాక అవసరమైనప్పుడు మంచి సలహాలిస్తుంది. దీనివలన మనిషి జ్ఞానాన్ని కూడ సంపాదించుకోవచ్చు. పఠనాన్ని అలవరచుకోవడం వలన మనిషి ఎక్కువ మాట్లాడం తగ్గిపోతుంది. దీనివలన అనవసరమైన విషయాల జోలికి వెళ్ళడు. ఒక్కోసారి పుస్తకాలు గురువులాగా మనకు తెలియని మార్గదర్శకముగా నిలుస్తాయి. గొప్పవాళ్ళెందరో జీవితంలో పుస్తక పఠనంపైనే ఆశక్తి ఉన్నట్లు చెప్పియున్నారు. మంచి పుస్తకాన్ని ఎన్నుకోవడంలో ప్రత్యేక శ్రద్ధ అవసరం. మనిషి సమాజానికి చెడుతోప చూపే సాహిత్యం జోలికి పోకూడదు. మంచి పుస్తకాలు విద్యార్థులు చదవడంవలన భాషదోషాలు, అక్షరదోషాలు తెలుసుకోవచ్చు. వ్యక్తి వికాసంపై పట్టు సాధించవచ్చు. మనిషి జీవితంలో ఎదురయ్యే సమస్యలు స్వతహాగా పరిష్కరిం కనుక్కోగలడు.

'చదువని వాడజ్ఞుండగు జదివిన సదసద్వివేక చతురతగుగున్'. ఇది పోతనగారి మాట. చదువుకోనివాడు జ్ఞానహీనుడు, చదివినవాడు చతురతతో విజ్ఞామనులను పొందగలడు. లోకజ్ఞానం అలవడుతుంది. సమాజంలో మంచిచెడులు గురించి అవగాహన ఏర్పడుతుంది. గతంలోని సమా.ం ఎటువంటి సంస్కృతి ఆచార సంప్రదాయాలను కలిగియున్నదో తెలియజేసేది పుస్తక పఠనం మాత్రమే. అందుకే నేను ఖచ్చితంగా చెప్పగలుగుతున్నాను 'ఒక పుస్తకం పదిమంది స్నేహితులతో సమానం'. నేను చదువుతున్న పాఠశాల గ్రంథాలయంలో నేను చాల పుస్తకాలు చదివి ఎంతో జ్ఞానాన్ని పెంపొందించకుంటున్నాను అని గర్వంగా చెప్పగలగను. తోటి విద్యార్థులకు నేను కొన్ని సూచనలివ్వాలనుకుంటున్నాను.

'పుస్తకములను పువ్వువలనే చూడు

చింపబోకు మురికి చేయబోకు

పరుల పుస్తకములను నెరవు తెచ్చితినేవి

తిరిగి యిమ్ము వేగ తెలుగుబిడ్డ'

పుస్తకములను పువ్వువలే సుకుమారంగా చూసుకోవాలి. చింపకూడదు. మురికి చేయకుండా జాగ్రత్తగా చూసుకోవాలి. వేరేవాళ్ళు పుస్తకములను తీసుకున్నప్పుడు అవసరంతీరాక తిరిగి వెంటనే ఇచ్చేయాలి. ఇది తెలుసుకున్న మనమందరం కలసి మెలగాలి.

# Story of the Master

Once an abhyasi was asking the Master some questions on sufferings and miseries. Master was explaining to him in great detail about the subject and said, "Physical ailment is really meant for the cure of spiritual disease because thereby it consumes some of the samskaras and increases the power of endurance as well." The abhyasi further said, "Master! Is suffering necessary for spiritual growth?" Master said, "No, they are also left behind. But I am telling you one thing. There have been saints in India who presented themselves before God with the petition that all the miseries of the world may be given to them. Excuse me for saying this, but you now compare yourselves with them". The abhyasi not understanding the implication of the Master's answer, further asked, "Is it necessary to have pain to get closer to God?" Master replied patiently, "it is not necessary. It is for me alone. My Master used to suffer from great pain. He has abscess of liver and used to suffer much, but when he was in a very great pain he used to sing. I asked him why? He told me that when a person is in great pain he has to groan or make such noise. My Master once told me that he would easily have removed this trouble in one minute. But he did not so because he felt the pain was given by God, who knows why God had given it. So that was my Master's submission to the Divine Will." The abhyasi felt happy and illumined to the meaning of resignation to the Will of the Divine.

Reference: Sparkles & Flashes

## ప్రార్థన - అనుభవము

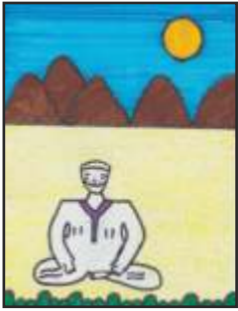


Illustration  
Lohana, VIII Class

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.

8-7-19 : I am happy and comfortable. I feel very peaceful and silent.  
14-8-2019 : I feel peaceful. Tension is not there. My mind is fresh.  
22-8-19 : Whole school is very calm. My mind is also very calm. Not thinking anything.  
19-9-2019 : I am very fresh. I feel calm and my laziness is also gone.

D.Laxmi Prasanna, IX Class

19-6-19 : Before meditation I felt normal. After meditation I felt my mind is fresh.  
4-7-19 : Before meditation I felt somewhat good. After meditation I thought I felt fresh air.  
14-8-19 : Before meditation I felt normal. After meditation I felt I am flying in the air.  
20-9-19 : Before meditation I felt cool. After meditation I am feeling fresh and happy.

K.Kavya Bai, IX Class

25-6-19 : Before meditation I felt unpleasant. While doing meditation I saw black and red colours. After meditation I felt pleasant and calm.  
11-7-19 : Before meditation I felt new. After meditation I felt calm and happy.  
26-8-19 : Today while doing meditation, my heart was filled with confidence for some reason. After meditation I started my day with zeal and I was delighted.  
11-9-19 : While doing meditation I got many thoughts. After meditation I felt energetic and peaceful.

A.Bharath, IX Class

13-6-19 : I felt very restless before meditation. After meditation I feel at peace.  
2 - 8 - 19 : I feel tension free. I feel peace of mind.  
5 - 8 - 19 : I feel very happy while doing meditation. My mind is refreshed.  
16-9-19 : Today I felt very happy. My heartfelt feeling is I felt very peaceful when I opened my eyes.

A.V.S.L.Srujan, IX Class



ఎమ్. అంజని, పదవ తరగతి

ఈ ప్రపంచంలో అన్నింటికంటే విలువైనది ఏమిటి? ధనం? కారు? బంగ్లా? ఇవేవి కాదు. మరి ధైర్యమా? గౌరవమా? ప్రేమా? ఖచ్చితంగా ఇవి విలువైనవే కాని వీటికంటే విలువైనది ఒకటే. అదే ఆనందం, మన:శాంతి. దానిని మనకు అందించే సాధనమే ధ్యానం. మహద్భూత జ్ఞానాన్ని పొందడానికి ఏకైక మార్గం ధ్యానం. దైనందిక జీవితంలో అత్యున్నత స్థానాన్ని పొందడానికి ధ్యానం ఎంతో దోహదపడుతుంది. మనసు ఆలోచనల పుట్ట. ఎన్నో ఆలోచనలు ఉద్భవిస్తుంటాయి. కాని ఆలోచనల వెంటపోకుండా, ఊహల్లో చిక్కుకోకుండా ఆలోచనలు తెంచి ధ్యానం దివ్యజ్యోతిపై మరల్చాలి. మానసిక ఒత్తడి, మనసు సంబంధితమైన అన్ని రకాల సమస్యలనుంచి విముక్తి పొందగలము. ధ్యానము చెయ్యడం వల్ల మనసు ప్రశాంతతను పొందుతుంది. ధ్యానంవలన మనసు నిలకడగా ఉంటుంది. తద్వారా మనం ఆరోగ్యకరమైన, ఆహ్లాదకరమైన జీవితాన్ని అనుక్షణం పొందగలము. ధ్యానం ద్వారా మన ప్రవర్తన, నడవడిక మారి ఎన్నో ఉన్నత మార్పులు గమనించవచ్చు. ధ్యానంలో పొందిన అనుభవాల ద్వారా గ్రహించిన జ్ఞానాన్ని జీవితంలో అన్వయించుకున్నప్పుడు సరికొత్త అవగాహనా శక్తి లభిస్తుంది. తద్వారా మన దృక్పథం, జ్ఞానము మరింతగా విస్తరింపబడుతాయి. శరీర శుద్ధికోసం స్నానం, చిత్తశుద్ధి కోసం ధ్యానం ఎంతో అవసరం. దీనిని మనం అలవరచుకుంటే మన జీవితాలు చాలా గొప్పగా, ఆనందంగా ఉంటాయని విన్నవిస్తున్నాను.

# Srimad Bhagavad Gita

मन्मना भव मद्भक्तो मद्भाजी मां नमस्कुरु ।  
मामवैष्णसि सत्यं ते प्रतिजाने प्रियोसि मे ॥

Know that you are dear to Me. Infix your mind in Me, be devoted to Me, offer service unto Me, render homage unto Me. You assuredly will come right to Me (18-65).

**G**od is giving us an assurance that He loves us and we are dear to Him. Because God loves us, our devotion to God's will lead us straight to Him. The question is how to be totally devoted to God. If all our actions are devoted to God, then it becomes very easy to achieve Oneness with God. Our mind must hold no other thought than that of Master and service to Master. Our eyes must see Him in everything and everywhere. Our ears must be tuned to His message. Our tongue must speak only His thoughts and as Pujya Babuji Maharaj has stated, all our actions must be dutifully done as Divine command. Such a devotion is easily possible if we fix our mind on God. Narada muni boastfully thought that he was a great devotee of Lord Vishnu because he chants the name of Lord Vishnu all the 24 hours. Lord Vishnu rejects his claim and says that one poor farmer who is working in the field is a better devotee. He points out that the farmer prays in the morning before going to work and after finishing all the work in the farm, tending to animals, serving his family and sick parents, finally offers prayer at bedtime again. Narada is surprised how he is a better devotee if he is remembering God only 2 times in the day.

Lord Vishnu then gives Narada a pot of oil to carry around the earth without spilling it. Narada does it without spilling. However as he carefully carries the pot on his head, he forgets remembering Lord Vishnu because his attention is on the pot. Lord Vishnu then points out that the poor farmer with so much work, could still remember Him twice a day, while Narada completely forgets the Lord with just one simple task of carrying oil. Narada is taught a lesson that devotion does not mean singing bhajan or praising God. It means remembering God in all actions and dedicating all actions to Him as the farmer was doing. Pujya Babuji Maharaj in commentary on commandment 2, writes: "I do not ask you to detach yourself from the world but only to attend to everything with a conscious idea of the Divine." This is the real form of devotion.

## WORDS OF WISDOM

**Think positive, think simple:** Rev Babuji has laid great stress on thinking simple and thinking positively. He says, "the next thing for him to cultivate is that he should always look to the bright side of the picture and should not, at any rate, submit himself to the feeling that he cannot attain the goal. Iron will is essential for the purpose."

**Reference: Basic Writings of Sri Ramchandra.**

Negative thinking leads to despondency (hopelessness) and further it leads to complicated thinking making situation worse. Rev Babuji takes the example of a needle falling on the ground and we using a crane for picking up the needle instead of simply using our fingers.

Babuji also advises us to not think negatively about ourself. He says "though it is undoubtedly a folly to think oneself too wise, it is a greater folly to think oneself too foolish or weak." **Reference: Silence Speaks - 287**

## Anecdote of Mahatma Gandhi

**T**o raise some money, Gandhi and his elder brother made bold to clip off a tiny bit from his brother's golden bracelet. This was too much for Gandhi's conscience. He began to see where he was going and where he would reach if he did not turn back. He was not only living a life of untruth but also deceiving his father who had unquestioning faith in him. He could not continue to steal and cheat and deceive his father. He would choke if he did. There was only one way out. He had to confess to his father and regain a clear conscience. He decided to write out a confession, admit his guilt, assure his father that he would never repeat the crime and ask to be punished for what he had done. Gandhi's father was on his sick bed when Gandhi handed over the letter to him and sat near him waiting to be admonished, and perhaps punished. Karamchand sat up in bed, read the letter. Tears rolled down his cheeks, and he lay down.

Gandhi too was in tears. He felt that his father's tears of forgiveness and faith had cleansed him. He learned a lesson that he never forgot. When one realises that one has committed a mistake, one should lose no time in accepting or confessing one's mistake, declaring one's firm resolve not to repeat such mistakes, relinquishing whatever one had gained, and cheerfully suffering any punishment that the mistake calls for. It is this lesson and Gandhi's faith and the power of confession that prompted Gandhi to make public confessions of his shortcomings and mistakes in later life.

Yet, there were occasions in school (and outside) when his innate loyalty to truth was put to test. Once when he was in the class, the Inspector of Schools visited his school. The English teacher was keen to prove that his students had been taught well. He gave the students a dictation test in the presence of the Inspector. Young Gandhi could not spell the word 'kettle' correctly. The teacher saw this. He tried to prompt Gandhi to look at what the student next to him had written and to correct himself. But Gandhi could not bring himself to do this. He could not believe that his teacher who should have been concerned with the truthfulness and character to his students was himself prompting him to cheat or engage in untruth.



**Sanjay Sonu, Class V**

## COOPERATION

Once upon a time there was a man who works as an Engineer. Everyday he goes to work and returns at night to home. One day the engineer and all the people decided to build a well. Everyday the engineer started building the well. While building the well a huge rock came and fell into the well. The engineer got stuck in the well. all the people helped the engineer to come out of the well. But the rock is too heavy to lift. But finally with lot of cooperation and hard work people were able to lift the rock and save the engineer.



**Sai Sowjanya, Class V**

Once upon a time there lived a farmer named Ramaya. Ramaya's family was a joint family. All family members went to fields to do work but his mother cooks food for them. They said to their mother to come to fields and do work, so she went and came back in the evening. No one felt good because they did hard work the mother said that I will also not cook the food because I am also not feeling well but now no one is there to cook all are weak. So they realised their mistake and they lived happily.



## INDEPENDENCE DAY

**Tanish Sri Charan, Class IV**

August 15th 1947 is an important day in the history of India. We became free from British Rule. Independence did not come to India overnight. It was the result of long and continuously struggle.

Many people went to jail for several years. Many leaders sacrificed their lives for freedom. Mahatma Gandhi who fought without army. Truth and non-violence were his weapons. At last the British was forced to leave the country in 1947 and India became free.

Now our leaders made a constitution to govern our country. Our constitution came into force on 26th January, 1950. Every year we celebrate Republic day on 26th January.

Now India become the largest democracy in the world. Democracy is where the government is run by elected representatives of people. All citizens are equal before the law. Our constitution has given us some fundamental rights which uphold the personal of individual. Freedom can only be saved by the citizens who perform their duties honestly and diligently.

## COOPERATION

**Tejaswi, Class V**



Once upon a time there was a boy named Vasu. One day when he was coming back from school, he saw some members are cleaning the road. Vasu wanted to clean the road and cooperate with them. He cooperated with them in their works. He and other people has cleaned the road. The cleaners thanked Vasu because he cooperated with them.

## PURITY



**Sai Praneet, Class III**

## BENEFITS OF READING

**Sai Vinay, Class III**



A book is a store house of knowledge, it has several advantages. Just like good friends. It gives us company when we are single, a good book even guides us in our lives.

It increases our knowledge: Everything you read fills in your head with new bits of information. the more knowledge you have the better you can face any challenge.

It helps to expand your vocabulary: The more you read the more words you will come to know and they will automatically make their way into your everyday vocabulary.

It improves focus and concentration: Reading strengthens focus and concentration.

It reduces stress: All the stress of your work can be put aside when you get involved in reading a good book.

It improves writing skills: Reading shows how to write. So you follow and develop your writing skills. It is an art and you study it by reading.

It also reduces stress and provides comfort. It inspires you. By reading you come to know about yourself. So you make a habit of reading. It helps you in your growth personally and professionally.

## అమ్మ

## చెరువు

అమ్మ ప్రేమకు మారుపేరు  
జోకాట్టేది నిద్రపుచ్చేది అమ్మ  
అన్నం కలపి గోరుముద్దలు పెట్టేది అమ్మ  
మనకు చదువు నేర్పేది అమ్మ  
మనతో ఆటలాడేది అమ్మ  
మన చెయ్యి పట్టుకొని నడిపించేది అమ్మ  
గర్భంలో నవమాసాలు మోసి కనిపించేది అమ్మ  
అలాంటి అమ్మను మరవకూడదు సుమా!



ఎ. హరిత,  
ఎనిమిదవ  
తరగతి

చెరువు ఊరి చెరువు  
ప్రజల బ్రతుకుల గుండె దరువు  
నిన్ను చూస్తే మాకు ఆనందం  
నీలో స్నానం చేస్తే మాకు సంతోషం  
ముతరాశన్నలు, చాకలమ్మలు, రైతులు  
నిన్ను చూస్తే ఆనందపడతారు  
నువ్వు అలుగు పారితే అందరు సంతోషిస్తారు  
నీ మీద రైతులు ఆధారపడ్డారు  
వ్యవసాయానికి నువ్వే ఆధారం  
నువ్వు అలుగు పారితే మా కడుపులు నిండుతాయి  
నువ్వు ఉన్నంత వరకు మా చిరునవ్వు ఉంటుంది  
బ్రతికనంతకాలం నీ గురించి ఎంతో గర్వపడతాం  
చెరువు ఊరి చెరువు  
ప్రజల బ్రతుకుల గుండె దరువు



ఎ. కావ్యప్రశాంతి,  
ఎనిమిదవ తరగతి

## అమ్మ

అమ్మ, అమ్మ, నువ్వే నా ప్రాణమమ్మా  
అమ్మ, అమ్మ, నువ్వే నా దేహమమ్మా  
త్యాగశీలివి నువ్వేనమ్మా  
సహనానికి రూపం అమ్మ  
మా ఇష్టదేవత నువ్వేనమ్మా  
మొదటి గురువు అమ్మ  
ప్రేమకు చిరునామా అమ్మ  
దైవ రూపం అమ్మ  
పిల్లల ఎదుగుదలకు గుర్తు అమ్మ  
నైతిక విలువలకు నిలువుటద్దమమ్మ  
కరువులేని ఆప్యాయత అమ్మ  
నిజమైన బంగారానివి నువ్వేనమ్మా  
కోటి దివ్యుల కాంతులకు ప్రతిరూపం అమ్మ  
కోటి సంతోషాలకు చిహ్నం అమ్మ  
అమ్మా నువ్వంటే అందమైన మనస్సు  
నువ్వు ఉన్నావుగా నా గుండెల్లోనే  
తరిగిపోదుగా ప్రేమ నూరేట్టైనా  
మదినిండా నీ మధురజ్ఞాపలేనమ్మా



సి. హెచ్.  
విష్ణువర్ధన్,  
ఎనిమిదవ  
తరగతి

## చెరువు

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



ఎ. స్నేహలత,  
ఎనిమిదవ  
తరగతి

## చెరువు

చెరువులే మన పాలిట కల్పతరువులు  
ఊరిని కళకళలాడించే దేవతలు  
సంపదలకు, బంధాలకు చిహ్నాలు  
మనసుకు విరిసే ఆనందాలు  
అందాలకు, ఆనందాలకు ప్రతిరూపాలు  
సాగునీరు పంటలకు త్రాగునీరు  
పశుసంపదలకు ప్రజలకు  
అందచేస్తున్న మారుమూర్తులు  
తన జీవితాలను అంకితంజేస్తున్న తటాకాలు



వి. శ్రీమయి,  
ఎనిమిదవ తరగతి

## తల్లిదండ్రుల ప్రేమ

వందనాలు వందనాలు  
అభినందన చందనాలివే  
మా అభినందన చందనాలివే  
నవమోసాలు మోసి  
మనకు ప్రాణం పోసింది అమ్మ  
పిల్లల భవిష్యత్తు కోసం  
చెమట చిందించిన తండ్రికి  
తన పిల్లల ఆకలి తీర్చే అమ్మ  
పిల్లలకు దేవతలై పెంచేది అమ్మ  
పిల్లలకోసం ప్రాణాలను తెగించే అమ్మ  
పిల్లల చదువులకోసం  
తన శ్రమని దాచుకోని తండ్రికి  
పిల్లల ఆకలి తీర్చడానికి  
కష్టపడి డబ్బులు సంపాదించే తండ్రికి



సి. హెచ్. రామచంద్ర,  
ఎనిమిదవ తరగతి

## Oil conservation towards healthy and better environment

N.Vishwesh, X



Oil is becoming the direct need of human society nowadays. From day to night, human kind is consuming the oils from earth more than they extract it. Their usage is becoming more than the consumption of water. One day, it will cost us more than gold, if we don't conserve it today. Conservation of oil is nothing but reducing the consumption of oil. It's merely in the benefit of each and every individual.

This green revolution should make a step forward from schools and educational institutions. Government should supply cycles to children as nowadays, most of the students are coming by automobiles of their parents. The children who got educated by this green step should forward this message to neighbours, neighbours to society, society to the whole nation, nation to the entire planet. We must paint our Earth green with plants and trees. Just planting trees isn't enough, they must not be destroyed too. Major public places etc must run through solar power. So that, it automatically reaches each and every household there after.

As the technology is advancing there is a need to conserve oil. Green vehicles, metro transit system, electric vehicles can be used instead of bikes and cars. This makes a healthier and even eases traffic congestion. I strongly prescribe to use public transport in this regard for far distances. As there is not much area available for plantations, vertical gardens are also a step to prevent the pollution caused by combustion of fuels. Vertical gardens must be implemented on the walls of big households. Awareness on solar cooking must be brought in. Nevertheless, the change isn't permanent until unless the mind set of people changes completely. If one gets educated, this awareness should be shared with others. Everyone should work without any selfish motive to achieve this revolution. If we humans are not conserving the oil, who will conserve it? Earth is our mother land. God created us to protect earth. If this step doesn't start up here, where will it be started? If this step doesn't start now, when will it be started? Moreover, what is the need to conserve these oils? If we don't conserve these oils and extract them more than our necessity, global warming, deforestation and pollution increases. There won't be a single drop of fuel out for our future generations. We will only find tears in the heart of Mother Earth. Increase in pollution is a curse to human society and develops an unhealthy and unhygienic society which indeed leads to extinction of life on earth. Is this the earth we need? Is this the life we deserve? So, I strongly believe that it's our personal responsibility to conserve fuels. Let's enjoy in the garden of Green Earth with our green ideas. At last, I thank everyone who gave me this opportunity to spread my message to this society. I hope the mind set of people gets awakened by this clean and green step.

T.Varshith Swamy, IX



Oil like petrol and diesel is one of the most important things in our life. Our daily life depends on them. Even our society development is dependent on it. Advancement is coming to us because of it. If we use them at a high rate then our environment becomes destructive. Instead of taking them from earth, we can conserve them and not pollute them. While we are taking the resources out from the earth many uneven balances occur on the earth and this can lead to disturbance in the earth. This leads to destruction of ourselves only. By using these resources the environment is getting damaged. This leads to hazards on earth like volcanoes, tsunamis etc. Pollution on the earth is increasing day by day. We can't even imagine how much huge result of damage it is going to give us and how much destruction is going to happen. Now itself we can see how much destruction is happening in our day to day life. Even we can observe just from vehicles that we are using.

We saw how a city flooded recently and people are not able to survive in those cities and are running towards forest. We can see modern and advanced city getting drowned. How many volcanoes are blasting nowadays? How a volcano immersed the whole island. How tsunamis and floods are killing thousands of people.

We can use our modern technology and decrease this pollution. First of all we have to use vehicles of electrical energy, solar energy and other energies to decrease pollution. We have to stop mining. We should not mine for oils much, as they have come to extinction. We should conserve them for our future generation. If we don't conserve now, then who will and when will they conserve. Aren't we doing it for our kids generation and their kids generation?

Mind set of people gets awoken by this clean and green step.

We must not mine much for oil resources and government should not allow it. This process must be banned. Even because of this seas are getting polluted. As main mining resources are in seas and while mining or carrying resources it leaks and spills in the ocean. As it is oil, it floats. Then it won't allow air and water. Then the marine population and species decrease. Then gradually that stage also might come to us.

So, from today onwards we should start conserving oils. We have to find alternate resource for oils. These oils are also important for our future generation. We have to start saving drop by drop. If we start now, then everyone may follow us. This conservation can protect many people at present and future generation.

## *Find out the Moral of the story and hidden value*

Once a farmer lost his precious watch while working in his barn. It may have appeared as an ordinary watch to others, but held a deep sentimental value for it.

After searching high and low among the hay for a long time, the old farmer got exhausted. The tired farmer did not want to give up the search for his watch and requested a group of children playing outside the barn to help. He promised an attractive reward for the person who can find his beloved watch. After hearing about the reward, the children hurried inside the barn and went through and round the entire stack of hay to find the watch. After a long time looking for a watch in the hay, some of the children got tired and gave up. The number of children looking for the watch slowly decreased and only few tired children were left. The farmer gave up all his hope to find the watch and called off the search.

Just when the farmer was closing the door, a little boy came up to him and requested the farmer to give him another chance. The farmer did not want to miss any chance of finding the watch so he let the little boy in the barn.

After a while the little boy came out with the watch in his hand. The farmer was happily surprised and asked how the boy succeeded to get the watch while everyone including him had failed. The boy replied "I just sat there tried listening to the ticking of the watch. In silence, it was much easier to listen to it and direct the search in the direction of the sound."

The farmer was delighted to get the watch and rewarded the little boy as promised.

## *Quiz from Mahatma Gandhiji's Life*

1. Gandhiji was born at which place?  
 a. Noakhali      b. Gandhinagar      c. Dandi      d. Porbandar      A. \_\_\_\_\_
2. What is the spinning wheel called?  
 a. Jhanda      b. Topi      c. Lathi      d. Charkha      A. \_\_\_\_\_
3. Which play instituted the virtue of truth in Gandhiji's mind?  
 a. Harishchandra      b. Ramayana      c. Mahabharata      d. Gita Govinda      A. \_\_\_\_\_
4. At whose insistence Gandhiji was sent to UK for studies?  
 a. His father      b. His brother Lakshmidas      c. Brahim Priest Mavji Dave  
 d. Bal Gangadhar Tilak      A. \_\_\_\_\_
5. What is the name of the newspaper which was published by Gandhiji in South Africa?  
 a. India Times      b. Indian Opinion      c. Indian News      d. Indian View      A. \_\_\_\_\_
6. Which Indian leader visited Gandhiji in South Africa?  
 a. Bal Gangadhar Tilak      b. Gopal Krishna Gokhale      c. Moti Lal Nehru  
 d. Pheroze Shah Mehta      A. \_\_\_\_\_
7. What was Gandhiji's response to the tragedy of Jalianwallah Bagh?  
 a. Hartal all over country      b. Civil disobedience motion      c. Dandi March  
 d. 3 Day penitential fast      A. \_\_\_\_\_
8. What was the name of the farm which Gandhiji established in South Africa in 1910?  
 a. Einstein      b. Tolstoy      c. Tagore      d. Gokhle      A. \_\_\_\_\_
9. Who was known as the Frontier Gandhi?  
 a. Khan Abdul Ghafter Khan      b. Mohammad Ali Jinnah      c. Mohammad Ali  
 d. Shaukat Ali      A. \_\_\_\_\_
10. What was Gandhiji's favorite hymn?  
 a. Gayatri Mantra      b. Vandemataram      c. Vaishnava Jana      d. Raghupati Raghav  
 A. \_\_\_\_\_
11. What does Ahimsa mean?  
 a. Truth      b. Non-violence      c. Fast      d. Prayer      A. \_\_\_\_\_
12. What does Satyagraha mean?  
 a. Truth always wins      b. Truth is God      c. Force of truth      d. Truth is great  
 A. \_\_\_\_\_
13. In which year Gandhiji left India for UK for higher studies?  
 a. 1888      b. 1887      c. 1886      d. 1885      A. \_\_\_\_\_
14. Which musical instrument Gandhiji tried to learn to play in UK?  
 a. Mouth organ      b. Guitar      c. Harmonium      d. Violin      A. \_\_\_\_\_

# SEEDS OF HOPE AND LOVE

(Adapted from the web)

A six year old boy is walking along with his four year old sister near a toy shop. His sister suddenly stopped in front of a toy shop and was watching with admiration. He asked her, "What doll you want?" His sister pointed at the doll.

Illustration by Sri G. B. Setti

He took the doll and gave it to her. His sister was very very happy. He came to the shopkeeper and asked, "What is the cost of this doll, Sir?" The shopkeeper smiled at him and asked, "How much do you have?" The boy took all the sea shells that he collected at the seashore from his pocket and gave it to the shopkeeper. The boy asked the shopkeeper worriedly, "Is it enough?"







The shopkeeper looked at the boy's worried face and said, "I need only four sea shells" and returned the remaining shells to him. The boy very happily kept those shells back in the pocket and went away with his sister.

A servant in the shop got surprised watching all these. He asked the shopkeeper, "Sir, you took the useless seashells and gave away an expensive doll."

For that the shopkeeper said, "The young boy does not know that he has to pay money to buy the doll."

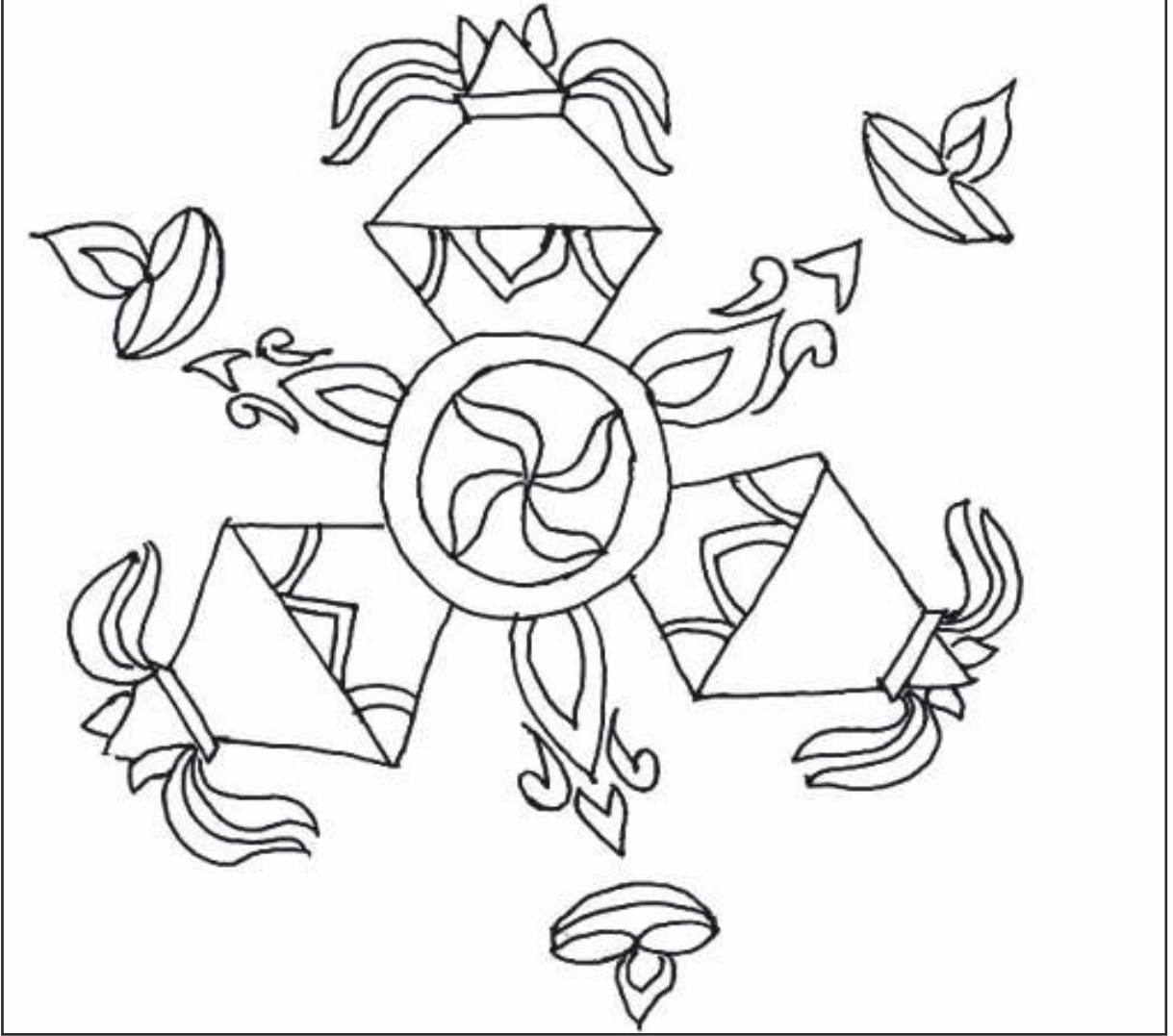
"For him the shells are precious. If I would have asked money, he would have changed his thought that money is more precious. I just stopped that. I have sown the self confidence in him that he can buy what his sister asked for. One day when he grows up and thinks of this event, he will think, "This world is of good people" and good thoughts will come to his mind. He will be loving towards all. The world must be built with love! Love binds everyone in this world." "Thoughts have life and they also work on the lives of others" -

Pujya Sri Ramchandraji Maharaj



## Color the Rangoli

It is considered auspicious to draw rangoli in Hindu Dharma during special occasions and religious ceremonies. Rangolis are believed to have spiritual perspective and benefits. It is said that with the change of color, design and form, the vibration of a rangoli changes.



## Let's learn Sanskrit

Sanskrit like other classical languages, has three genders - masculine (m), feminine (f) and neuter (n). These are indicated in the examples given. The student is advised to learn these expressions by memory.

Here are some common expressions in the first person

|                  |                           |                  |                           |
|------------------|---------------------------|------------------|---------------------------|
| मम नाम रामः      | My name is Rama (m)       | मम नाम सीता      | My name is Sita (f)       |
| मम पुत्रः माधवः  | My son is Madhava (m)     | मम पुत्री विजया  | My daughter is Vijaya (f) |
| मम भर्ता विष्णुः | My husband is Vishnu (m)  | मम भार्या पद्मा  | My wife is Padma (f)      |
| मम पिता जयदेवः   | My father is Jayadeva (m) | मम माता सुभद्रा  | My mother is Subhadra (f) |
| मम भ्राता विजयः  | My brother is Vijay (m)   | मम स्वसा मल्लिका | My sister is Mallika (f)  |
| मम मित्रं कृष्णः | My friend is Krishna (n)  | मम वाहनं तोयोता  | My vehicle is Toyota (n)  |

Note that the verb 'is' is not used in any of the expressions. The personal pronoun मम has no gender. Gender becomes apparent in these sentences as can be observed with the ending akshara of the words कः, का, किं. कः is the masculine form known as pumlingah. का is the feminine form known as strilingah. किं is the neuter form known as napumsakalingah.

# SCHOOL EVENTS

## Sanskrit Day



We celebrated Sanskrit Day on 20<sup>th</sup> August. Our Sanskrit teacher Smt. Shyamala Murty garu guided us in the program. We recited prayer, pledge, skits, song and drama in Sanskrit. Sri Kripalu garu, Sri Ananda Kumar garu and Sri Panduranga Sasthri garu were guests for the occasion. Sri Kripalu garu gave a wonderful and valuable speech about great Indians and importance of Sanskrit to



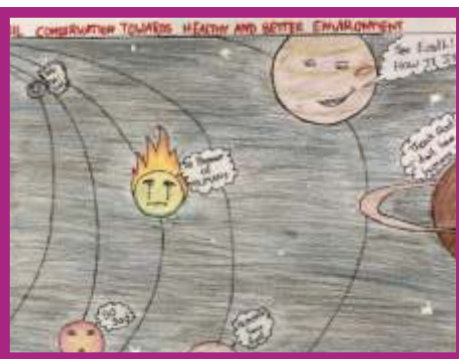
children.

## Medical Camp

On 28<sup>th</sup> August a medical camp was conducted by doctors of Mahatma Sri Ramchandra Centenary Memorial Hospital at our school. Paediatrician, Dr. Sundari garu, General Physician Dr. Sadhana garu, ENT Dr. Jyoti Ramakrishna garu, Ophthalmologist, Dr. Pratima garu, Dentist Dr. Kalpana Sai garu and Dr. Kiranmayee garu, Biochemist successfully conducted the camp for 149 students. Proper checkup and care instructions were given to the students and concerned parents. We thank the doctors and supporting staff of MSRCM hospital for this effort.



## PCRA Competition



P. Abhishek, X

On September 5<sup>th</sup> and 6<sup>th</sup> students participated in drawing, quiz and essay writing competition held by PCRA (Petroleum Conservation and Research Association). The topic was Oil Conservation for a healthy and better environment. Students participated joyfully in all the contests.



A. Sneha Latha, VIII

# SCHOOL EVENTS

## Teachers' Day

Tenth standard students donned the role of teachers for a day and ninth standard students took few classes. We conducted games for teachers and teachers also played with interest and enthusiasm. We kept debate on funny topics, pencil sharpening etc and tenth standard students made delicious dishes for lunch to serve teachers.



## Telangana Language Day

September 9th was the birthday of Sri Kaloji Narayana Rao. He was one of the great poets in Telangana and wrote many inspirable poems, songs etc. He participated in the movements which were fought to gain Telangana. So our Chief Minister KCR garu announced 9th September as Telangana Telugu Day. On this occasion all the students of 10th and 9th class told satakalu about Kaloji, hia songs and poems, moral sentences etc which were very interesting and helpful too.



## Hindi Diwas

We celebrated Hindi Diwas on 14<sup>th</sup> September. We gave speeches, sang songs and told slogans about importance of Hindi. Students and teachers enjoyed our performance.

## Drama Competition

Telangana Sangeeta Nataka Academy conducted state wide drama competitions for Telangana school. We are proud to mention that our drama 'Ananda Jeevanam' got selected for District level competition. We might not have made to the finals but getting selected for State level completion was a big achievement for us students. We felt very happy when we enacted on the stage in Telangana Saraswatha Parishattu.



## Bathukamma

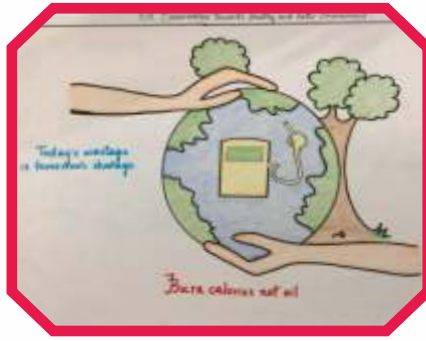
On 27<sup>th</sup> September we celebrated Bathukamma festival in our school. All the students wore traditional dresses. Students bought bathukammas which were beautiful and colourful. Girls performed kolatam dance around bathukamma.



# Drawings on Oil Conservation



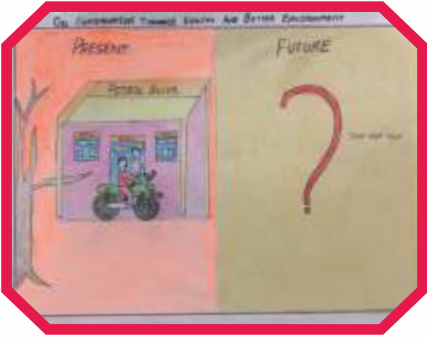
A.Sai Sree, IX



Kavya Prasanthi, IX



K.Kavya Bai, IX



A.Lokesh, X



P.Ramya Sri, IX



Rishikesh, VII



V.Srimayi, IX



K.Sravani, VII



A.Bharath, IX



M. Nehal, IX



Sushanth Kumar, VIII



B.Nagashayan, X



G.Pallavi, X



P.Naga Vyshnavi, VII



Hyma Durga Bhavani, VI



T.Nitisha, VIII

# Traditional Agricultural Expertise

## Water Storage and Irrigation:

Traditional Indian Texts are replete with ways and means of storing water for Agriculture. Kautilya and Kashyapa had recorded in their books how kings of their times had constructed reservoirs for the well being of farmers.

The dams and the reservoirs in India existed as early as 4<sup>th</sup> century B.C. The “Sudarshana” reservoir of Gujarat and Kallani dam in Tamil Nadu stand as the testimonials (even today) for Indian Irrigational expertise. Various texts of Buddhism written centuries before the birth of Christ make reference to the existence of reservoirs and other water storage mechanism. Chakrapani in his book “Visvavallabha” explains the method of detecting the underground water sources. Varahamihira in his book “Brhat-samhita” explains the tracing of underground water, based on the nature of trees, herbs, anthills that exist on the ground.

## Methods of yield preservation & storage:

Parasara describes about the methods of storing the grains and other agricultural produce. He even explains the precautions one has to take while preserving the crop yield. According to him, the month of February (Phalgun) is best suited for storing the grains.

## Animal Husbandry:

Since Vedic times, we lived with cattle, we reared them and we loved them and even worshiped them. Cattle wealth was considered to be a sign of prosperity in ancient India.

Vedas Ayurvedic texts of Chakra, Sutra and Salihotra, Manusmrti, Bhrhat-Samhita, Agni Purana and Vishnu Dharmotharapuranas had discussed extensively cattle science and animal husbandry.

## Artificial Rains:

According to modern Knowledge sprinkling of Sodium Chloride and Silver Iodide over clouds in the sky produces rain. Clouds are very essential for creating artificial rains. The success rate is only 30 percent.

During Ancient times, Indians attracted clouds through yagnas and rains poured in. the ingredients used in yagnas for attracting clouds have certain special properties. The mantras that are chanted during these yagnas stimulated necessary vibrations in the sky along with the Agnihotra fire. Above all, the pure resolve and prayers of our elders had convinced the Mother Nature, to shower her grace through Rains.

## Lord Krsna in the Gita says:

“All beings are born from the Anna (Nourishing food). This nourishment takes place because of rains.

Rains are obtained through yagnas. Yagnas are possible because of sacrificing endeavours (karma) of human efforts”.

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

## Gardening



# MSRCM Hospital - Fever (Jwara)

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

Fever in Ayurveda is described as "Jwara." Jwara effects both shareera (body) as well as Manas (mind/psyche).

## **Synonyms of Jwara according to Ayurveda:**

1. Jwara : A disease which elevates body temperature.
2. Rogapati : Superior among all diseases.
3. Ojakshaya : Disease which destroys body immunity (ojus)

## **Samanya Purvarupa (Symptoms during fever) according to Ayurveda:**

1. Shrama : Tiredness (Exhaustion) without any reason
2. Aruchi : Tastelessness
3. Angamarda : Body Pains
4. Apraharsha : No interest in taking any kind of food.
5. Arati : Restlessness.

**Ayurveda Health Tips:** City or villages are filled with 4 types of fever at present.

1. A regular DULL viral fever 100° temp with cold COUGH.
2. High grade viral fever 102° with HEADACHES body pains, skin RASH (after fever sever pains).
3. Dengue fever 103° > with body pains, complete loss of appetite, PAIN in the eye or BEHIND the EAR with RASH, duration 3 to 5 days
4. Bacterial fever generally, secondary to some illness with SINUSITIS cold and headache. Do not panic how to differentiate. The symptoms in capital letters be cautious with fever DENGUE as said above. But you need to go to a doctor for all the fevers .

## **Ayurveda gives you a simple 3 step PRECAUTIONS:**

1. See that there is no STAGNATION of water in and around your house (check every Sq feet).
2. Drink warm water only.
3. Do not take roadside foods or junk or stale foods.

**REMEDIES:** FEVER DRINK- A remedy for all types of fevers along with the recommended medication by your doctor. Mix the following ingredients.

1. Coriander seeds 5 gms pound
2. Turmeric powder 2.5 gms
3. Ginger 5gms paste
4. Lime juice 5 ml (one tea spoon ful juice)
5. Graded lime rind (cover the yellow peel graded)
6. Jeera 5 gms
7. Add all these to completely boiled 2lts of water and keep a lid on the vessels and see that the stove is off while adding the ingredients).

Let it cool till gets to the room temp, this is best during all types of fevers . The patient should drink only this (total 2 litres of water) in a day. And for dengue positive (Ns1or IGE) in addition to the fever water, take tender leafs of Papaya crush, paste and extract the juice (10ml or more). This is a age old ayurvedic formulation which we are getting good results.

## **SOLUTIONS**

Value associated with story: **Silence**  
Moral of the story: **A peaceful mind can think better. Once in a while allow a few minutes of silence to your mind. Sometimes all you need is to do is relax and listen.**

1. D - Porbandar
2. D - Charkha
3. A - Harishchandra
4. C - Brahm Preet Mavje Dave
5. B - Indian Opinion
6. B - Gopal Krishna Gokhale
7. D - 3 Day Penitential
8. B - Tolstoy
9. A - Khan Abdul Ghafter Khan
10. C - Vaishnava Jana
11. B - Non-Violence
12. C - Force of truth
13. A - 1888
14. D - Violin

## *Gardening*



లావుగలవాని కంటెను  
భావింపగ నీతిపరుడు బలవంతుండౌ  
గ్రావంబంత గజంబును  
మావటివాడెక్కినట్లు మహిలో సుమతీ  
తాత్పర్యము : కొండంత ఏనుగుకంటెను తెలివిగా దానిని వశము చేసుకొని  
ఎక్కిన మావటివానివలె, బలముకలవానికంటెను నీతిగలిగినవాడు  
బలమువాడగును.

काया खेत किसान मन, पाप पित्त दो बीव ।  
बोया लूनै आपना, काया कसकै जीव ॥

This mind and body are like farmer and field. Good actions and evil actions are the seeds. The body enjoys or suffers what was sown by the mind.

**INSTITUTE OF SRI RAMCHANDRA CONSCIOUSNESS**

**Training Programme**

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

**ధ్యాన శిక్షణా కార్యక్రమము**

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

[www.sriramchandra.in](http://www.sriramchandra.in)



[isrcimperiance@gmail.com](mailto:isrcimperiance@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 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.

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

**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.**

|   |  |
|---|--|
| <p><b>EDITORIAL BOARD</b><br/>Editors: G. Padmaja, Dipti Joshi<br/>Co-Editors : Y. Santhi, Kanchan Joshi<br/>Designer: Meghana Shah</p> | <p><b>Students :</b> Srija, Class X, Devi Charan, Class IX, Kavya Bai Class IX, Chinmayee, Class VII, Rupa Tanmayee, Class VI.</p> |
|---|--|