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PRABHU-140
(Lalaji Era)

SPANDAN

Sahaj Seva Samsthan Educational Newsletter

SATKAMA & BODH



MESSAGE FROM SAHAJ SEVA SAMSTHAN

Sri K. C. SriKrishna, Treasurer

It is with immense pleasure that I address you all on the occasion of the release of this Volume of SPANDAN which is being released on the occasion of the birthday celebrations of Babuji Maharaj. After having gone through the issue I am happy to note that the quality of articles have been consistent with an effort to emphasise the spiritual values. I am also pleased to observe that a meditation report on the quality of meditations being conducted at the school has been compiled. It is heartening to note that calmness and peace have been observed in majority of the cases as also the fact that in a couple of cases the students have stated that the duration is short. I am happy that the meditations have helped the children in improving their concentration in studies.

Satkama was started with purpose of providing free quality education to deserving children with a definite emphasis towards developing the moral and divine qualities in them. After having gone through the magazine it gives me immense pleasure to say that we are well on our way towards fulfilling our objective. I congratulate the Principal and Staff of Satkama school for successfully implementing the policies of the samsthan towards fulfilling our objective.

GUEST EDITORIAL

Sri R. Radhakrishnan

All of us are aware that our school is aiming at enabling the children imbibe values and ethics primarily apart from academics which go a long way in our life even after schooling. Apart from teachers, the parents and other elders in the family also have a part to play in inculcating such values to the children not only by words but by actually putting them into practice. Children do observe us from close quarters and the effect on them will be lasting if we also adopt them in spirit and follow.

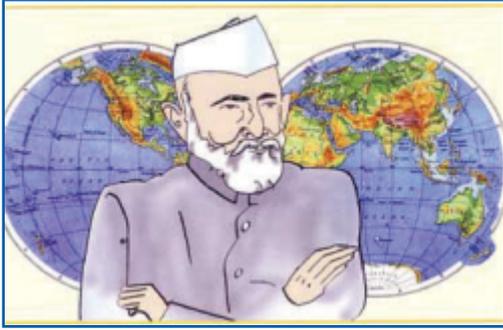
Rev Babuji Maharaj has given us the Ten Commandments which is a way of life rather than a set of mere commandments and to follow them steadfastly we require lot of courage and firm conviction apart from selfless service, co-operation, tolerance, perseverance, determination etc.

And all our children are fortunate as our school environment exposes them to the great method of Rev Babuji Maharaj and also gives them a chance to learn self discipline which is sure to last long as against enforced discipline elsewhere.

To succeed in any field, we should not only give our best but keep trying till we achieve our goal. And there is no substitute for hard work.

I appeal to all the children of Satkama to make good use of the opportunities provided in learning the skills, acquire good habits and strive hard in not only bringing good name and reputation to themselves and their parents but also to their alma mater. They should, in turn help and enable others also in the process naturally.

STORY OF PUJYA BABUJI MAHARAJ



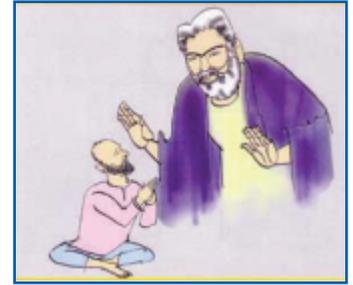
Pujya Sri Ramchandraji Maharaj was born on Sunday, the Baisakh Badi Panchami in the Vikram Samvat 1856, the 30th April 1899 at 07-26 A.M. IST at Shahjahanpur, U.P., India. His parents were Sri Rai Bahadur Badri Prasad and Smt. Yashoda Kunwar.

From early childhood he was showing unique qualities of Mahatmas in his action and behaviour. He was balanced. He never suffered from the impulsive craving for food even in early childhood and would partake of food only when offered in love and concern. His mother taught him several precepts to be followed in life like "Be honest" "Do not steal" and

similar morals which cast permanent impressions in him. His mother influenced him so much that he requested her to teach him to do Puja that she was performing. But all that she did was to apply sandalwood paste on his forehead and he felt elated. But he learnt soon that this is not the real thing.

At the age of 19 years he got married to Smt. Bhagavathi. He was an ideal grihastha - one who leads a family life.

After marriage he reached the feet of his Guru, Sri Ramchandraji Maharaj of Fatehgarh on 3rd June 1922 and finally emerged as Special Personality during the year 1944 and from that day onwards he has been discharging his duties entrusted to Him by Nature and will continue to do so for a millennia.



INCIDENTS

(The below incidents are part of a skit played by students of Satkama during 2011 Annual Day celebrations)

{Narrator : Sri Ramchandraji was poor in maths. One day....}

Sri Ramchandraji : Oh no! I forgot to do my maths homework! What should I do?

{Narrator : In order to avoid punishment for not doing maths home work, he put his finger in a wasp hive.}

Sri Ramchandraji : Ouch! That pained a lot. Now I understand that we should always tell the truth rather than trying to get away by doing something.

{Narrator : Sri Ramchandraji was very simple and innocent. Even as he progressed rapidly in his spiritual life he was facing difficulties in his office life. Tiwari and Panditji were two clerks of the same caste working in his office. Sri Ramchandraji did not belong to the same caste of the other clerks.}

Sri Ramchandraji : Panditji, Tiwari, can you please help me in this work?

Panditji : You are not of our caste. We shall not help you.

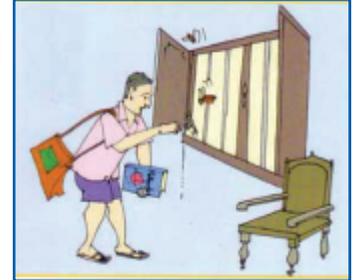
Tiwari : Yes. Go away. We won't help you.

{Narrator : Unable to bear the teasing, Sri Ramchandraji decided to resign from services. With encouragement of the Municif, he continued service and with hard work learned to do his job nicely. Sri Ramchandraji did not change his behaviour towards Panditji and was always respectful towards him. When Panditji died...}

Panditji's Son : Oh no! Father died! What should I do? I am too young to do a job.

Sri Ramchandraji : Don't worry son. I will support you so that you won't suffer.

{Narrator : That was his divine nature. Sri Ramchandraji was very honest and always used to give more importance to justice than self-advantage. He was known to have refused promotion when offered by his senior saying that the other clerk was senior to him.}



Love Him who loves all, and thus everybody is automatically loved through Him.

- Pujya Sri Ramchandraji Maharaj

PRINCIPAL'S DESK

Sri Vidyadhar Joshi

Pujya Sri Ramchandraj Maharaj pointing towards the fallacies of modern educations, says, "Our present education, being dyed in the gaudy colors of Western thought tends towards the increasing of necessities of life to an abnormal limit. All through life people go on striving for their procurement with the full force of their thought and effort. That becomes their main pursuit of life. Reverses and failures create unhappy effects upon them and spoil their mood."

In other words He rues about the indoctrination of materialism by the modern day education which sow seeds of unhappiness in the minds of children. Against this trend, Sahaj Seva Samsthan has used the term "Divine Resource Development" in the core of its educational philosophy. Pursuit of the Divine within can only lead to happiness for one and all. The surest solution is the method and commandments given by Pujya Sri Ramchandraj Maharaj. It is with gratitude we must recall His Benevolence frequently, and share it with children in as many ways as we can. Spandan is one such platform. I feel happy at the release of 2nd issue of Volume 2 of Spandan in the month of Prabhu that coincides with the Birthday of Beloved Babuji Maharaj and thank all students, guest contributors and editors for the same.

Student Editorial

- G. Sri Krishna, IX Class

This is the second issue of Spandan for this year and is the last issue for this academic year. Everyone has finished their exams. I hope that everybody has written their exams excellently. The tenth class students have written their public examination during the end of March. We on the behalf of the school wish them the best and hope they fare well. There are a lot of puzzles, stories, poems and paintings in this Spandan issue which I suggest all to read as it is filled with many good moral values. There are lot of science articles in this issue that were part of the science and language fair. As we have finished our exams, we feel happy about the summer holidays. I suggest you not to play in the sun for a long time because you may get dehydrated. Drink plenty of water and stay healthy. We are proud to publish this newsletter and hope all the readers enjoy reading it! We are thankful to Sri K. V. Dakshinamurty and Dr. G. Vijay Kumar and Chi. Nikita Joshi for their contributions. We always welcome your feedback and suggestions to improve our newsletter. Please feel free to write to spandan@sahajsevasamsthan.org

TEACHER'S CORNER

Smt S. Jyoti Rani, Social Studies Teacher

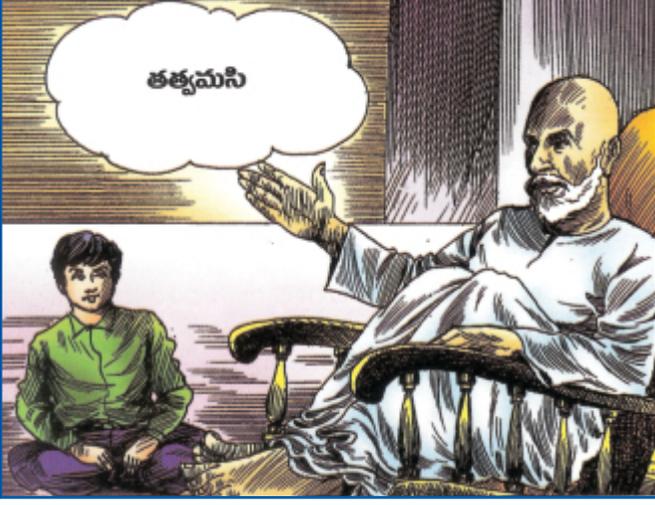
Social Studies is the integrated study of social sciences and humanities to promote civic competence. It provides coordinated systematic study drawing upon such disciplines as anthropology, archeology, geography, history, economics, law, philosophy, political science, psychology and sociology. *Anthropology* is a social science that includes archeology. It deals with the study of the evolution of human life. When it comes to knowing our planet, the various life forms, land forms that exist on Earth and how their existence influences our living, we cannot escape *Geography*. *Economics* intends to study the distribution and consumption of wealth by the human population around the world. Everyone should have the basic knowledge of the world economy and global issues like inflation, poverty, unemployment, taxation, investment and labour force. In *history*, students are required to learn about the past in order to provide them a context for today's society and current events. A current event is where students learn about the working of their own government and those of other countries.

Some methods of teaching social studies include stimulation, laboratory, inquiry, projects, dramatization, conducting quizzes, field trips, newspapers, pictures, charts, maps, models etc. The methods adopted in the school were:

- + Maps were used while teaching about different continents and countries.
 - + For formation of 'Fold mountains' and 'Block mountains' power point presentation was shown to the students to give clear idea on how the layers of earth formed into mountains.
 - + Power point presentation with pictures was shown to understand 'Tertiary Land forms' like Island, isthmus, waterfall, bay, valley, canyon, river, delta.
 - + Mock elections were conducted in the classroom to understand the election procedure of our country.
 - + Periodic timetable was prepared by the students in history class. This helps in remembering the historical events which were taken place in particular time.
 - + Factors of Production can be taught by taking examples of different objects in the classroom itself.
 - + Children acting as shopkeeper and consumer can know the relationship between demand, supply and price of the commodities.
 - + Students presented a street play on entire freedom struggle on 15th August. They did various projects on social studies in science, humanities and language fair this year.
 - + Students were taken to Zonal Railway training Center and were given information of different railway zones, railway signals etc. They were taken to INCOIS and were explained about Tropical Cyclones, formation of Island through power point presentations.
- Social Studies education has as its goal the preparation of students to make and act on rational decisions both as individuals and as group members. This decision should be based on knowledge and on personal values that have been systematically explored and clarified.

STORY OF MASTER - SEARCH FOR THE GURU

Reference Book : Spirituality



My revered father always used to say, "Blessed is he who seeks God as he is in himself. Others cannot know the truth". Though it appears that the sentence is understood, by me, the question was, "is it possible?", "is it possible to do a motivationless work?"

I asked the same question to Pujya Babuji when I visited him once. He replied that it is experientially possible. I asked him as to how to know that I am asking something not for myself, but for itself.

For that, he said, "By sadhana you recognize that what you think as 'you' is only the feelings you have about yourself and the statements made by others and that 'you' is not something that is different from God. Guru's Pranahuti helps much in this regard.

The sadhaka spends his entire lifetime to know the Guru. Even when he gets his Guru, the samskaras make the sadhaka to forget him. Although the Guru remains as he is, the sadhaka cannot know him without Guru's grace. This is a very subtle spiritual truth." Saying this, he remained in deep thought.

Guru is the connecting link between God and man.

- Pujya Sri Ramchandraji Maharaj

ప్రార్థన - అనుభవము

Questionnaire for VII to X students on meditation

1. How are you meditating? (What do you do after you close your eyes?)

I will close my eyes and I think that there is a divine light in my heart and I try to pay attention on it.

2. How do you feel during meditation?

I feel very disturbed when I was doing meditation. Many things come to me, about my friends, parents, exams etc. one after another.

3. How do you feel after meditation?

Though I get many thoughts in my mind, though those thoughts disturbed me, I feel very calm, fresh and happy after meditation.

4. What do you feel about meditation period?

It is appropriate (Neither long nor short).

5. Do you feel that you are more attentive and fresh in the first period because of meditation?

Yes, I feel so because in the first period my mind and heart will be fresh and happy. So I can pay more attention. This is only because of meditation in my opinion.

6. How is meditation helping you? (In your behavior, studies, any other things etc)

To be frank, I am short tempered girl, but now I can control my anger. Not only that I can also pay more concentration on my studies.

Meditation Report Sample 1

1. How are you meditating? (What do you do after you close your eyes?)

After closing my eyes, I will think that there is divine light in my heart and start meditation by sitting silently.

2. How do you feel during meditation?

While doing meditation, I will get so many thoughts but I don't care about them and I feel very calm and silent.

3. How do you feel after meditation?

After meditation I will feel happy, calm, sometimes peaceful and tension free.

4. What do you feel about meditation period?

It is appropriate (Neither long nor short).

5. Do you feel that you are more attentive and fresh in the first period because of meditation?

Yes, I feel that I am more attentive and fresh in the first period because of meditation and I will understand the topics well and I won't be easily disturbed or distracted.

6. How is meditation helping you? (In your behavior, studies, any other things etc)

Meditation is very helpful for me by making me calm and peaceful and due to it I am more attentive in the class and if there are exams, I feel some tension free and sometimes if I get headache, it may reduce completely or partially.

Meditation Report Sample 2

MEDITATION REPORT

BACKGROUND

At Satkama High School, meditation on supposition of Divine Light is a 15 minute daily practice for students of VII to X class. In addition to this, Pujya Babuji Maharaj's recitation of shloka is gently played in the background during the meditation period in all classes. Students from I to VI class are asked to maintain only silence in the 15 minute period. This 15 minute meditation period followed the morning assembly prayer for all classes.

This is a short report on the feedback from 46 students from VII to X class only. The students were asked to write periodically in their notes on how they feel after meditation. The feedback was sought in form of a written questionnaire from students of class VII to X at the end of the school year. Response was solicited primarily for the following questions

1. How are you doing meditation?
2. How do you feel during meditation?
3. How do you feel after meditation?
4. Do you feel meditation is helping you in any other things?

Each report was analyzed to identify major feelings and changes reported. Each occurrence of a feeling in the report is counted as an instance. For e.g, if a student reports calmness and happiness, it is treated as an instance of calmness and happiness each. Since most students have reported more than one feeling, the total instances against feelings and behavioural changes will be more than the total number of students whose reports have been considered.

OBSERVATIONS

Given below is the compilation of the response of the students to the feedback questionnaire.

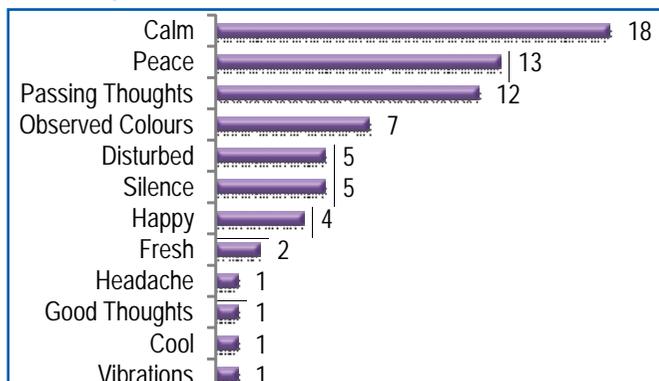
Q1) How are you doing meditation?

In response to this, 32 students have explicitly mentioned that they think of Divine Light in the heart and try to be attentive to that. 7 have expressed that they try to maintain silence as they listen to the recitation of the Master. Remaining children were not very clear in their expression.

Q2) How do you feel during meditation?

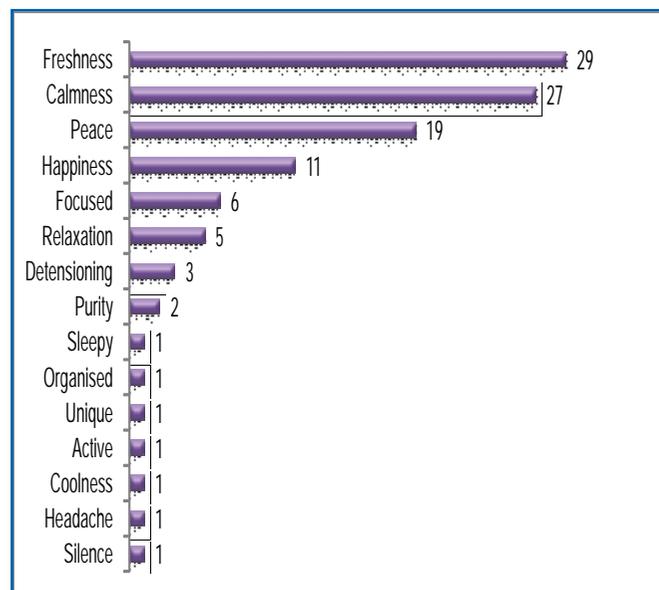
In response to this question, there are 7 instances of students reporting colors. There are 12 instances of students reporting thoughts passing by out of which 5 have reported that it is disturbing. Most other students have reported calmness, peace, silence and happiness as the major feelings experienced during meditation. Almost all students have reported 15 minute as an appropriate time for

meditation. In a couple of cases they have reported that the period is short.



Q3) How do you feel after meditation?

In response to the question, Calmness, Peace, Freshness and Happiness are the feelings reported by the majority. Students have reported more than one feeling like calmness and happiness or peace and happiness etc. All the reported feelings expressed by the students were captured.



Q4) Do you feel meditation is helping you in any other things?

In response to this question, the response is varied and is based on the subjective judgment of the student.

Majority of the students felt that meditation is helping in their studies and concentration. Some have reported better memory. Other effects reported are removal of anxiety and tension, better self control & discipline, peacefulness, patience, improved confidence and praying at bed time. Reduction in impulsive tendencies like improved tolerance or less irritation, controlled emotions, improved patience, discipline etc is very commonly reported.

OUR PAGES



Abhishek Joshi & G. Sri Krishna
IX Class

OPTICS

*I Prize in Science Fair
Senior Group*

Light or visible light is a type of electromagnetic radiation that is visible to the human eye, and is responsible for the sense of sight. It consists of colors which are: red, orange, yellow, green, blue, indigo and violet.

Optics is the branch of physics which involves the behaviour and properties of light. Optics can be divided into three types: Ray optics, Wave optics and modern optics.

Ray optics describes the propagation of light in terms of "rays" which travel in straight lines. It can be summarized as follows:

When a ray of light hits the boundary between two transparent materials, it is divided into a reflected and a refracted ray.

SPECTRUM : A spectrum is a band of several colors, violet, indigo, blue, green, yellow, orange and red. It can be seen if the Sun's light is passed through a prism and allowed to gather on a white screen.

APPLICATIONS : Many people benefit from eyeglasses or contact lenses, and optics is integral to the functioning of many consumer goods including cameras. Rainbows and mirages are examples of optical phenomena. Optical communication provides the backbone for both the Internet and modern telephony. Single lenses have a variety of applications including photographic lenses, corrective lenses, and magnifying glasses while single mirrors are used in rear-view mirrors.

FIBER OPTIC COMMUNICATION: This is a method of transmitting information from one place to another by sending pulses of light through an optical fiber. The light is modulated to carry information.



A. Kaivalya
V Class

SEE NATURE

See the plants, see the flowers,
We should observe Nature.

See the grass, see the leaves,
We should observe Nature.

See the birds, see the clouds,
We should observe Nature.

See the moon, see the stars,
We should observe Nature.

See the men, see the confidence,
We should observe Nature,

To find that God is everywhere,
To know His great creation.

NATURE

This is nature, This is nature
All so green.

Nature gives us fruits
Nature gives us roots
Nature gives us air
Nature gives us a lot of care.

Nature gives us wood
But we cut it and make firewood.
Nature gives us shade
This is how it is made.

This is nature, This is nature
All so cool
Make this earth a beautiful pool.



K. C. Vasudha
VI Class

రాము యొక్క నిజాయితీ

అనగనగా ఒక ఊరిలో ఒక పాఠశాలలో సుమారు రెండు వేల మంది విద్యార్థులు ఉండేవారు. ఆ పాఠశాల మొత్తానికి ఒక వ్యాస రచన పోటీ పెట్టారు. అందులో సుమారు ఐదొందల మంది వ్యాసం వ్రాసారు. ఆ వ్యాసమును కనీసం మూడొందల పదములతో పూర్తి చేయాలి. ఆ పాఠశాలలో పదవ తరగతిలో ఐదు మంది మిత్రులు ఉండేవారు. వారి పేర్లు రాము, సోము, రవి, లక్ష్మి, రోహిత్. వీరు చాలా మంచివారు. ఆ వ్యాసమును వీరందరూ వ్రాసారు. కాని ఎవరూ మూడొందల పదాలు వ్రాయలేదు. రవి మాత్రమే కాపీ కొట్టి మూడొందల పదములతో వ్రాసాడు. ఆ పోటీ ఒక అంతర్జాతీయ పోటీ. అందుకే రవికి ఐదొందల రూపాయిలు బహుమతిగా ఇచ్చారు. రవి ముందు సంతోషపడినా, తరువాత చాలా బాధపడ్డాడు. రవి ప్రధానోపాధ్యాయుని వద్దకు వెళ్ళి తను కాపీ కొట్టిన విషయం చెప్పి బహుమానాన్ని తిరిగి ఇచ్చేసాడు. ఆయన ముందు కోప్పడినా తరువాత సహృదయంతో రవి నిజాయితీని మెచ్చుకొన్నారు.

సీతి: మనము నిజాయితీగా ఉండాలి.



కె. సి. శ్రీరామ్
ఏడవ తరగతి

HOW TMT STEEL IS MANUFACTURED

Field Trip Report by T. Dinesh, X Class



We went to Sujana Steel Industry and learnt about the manufacturing of TMT rods. Here Iron scrap is collected and heated in a furnace at 1650°C . The iron is melted, kept in molds and cooled. A block shaped iron is formed called Billet. These Billets are converted into iron rods or TMT rods. The rods are heated at more than 1000°C and converted into molten rods. By this process strong rods are obtained. These hot rods are then cooled. The water used in this process is reused. The rods obtained are tested using two different methods namely, Bending test and Tensile test. The Tensile test is done using a machine called Universal Testing Machine (UTM). Later these rods are sent out for sale. In this process, different length and diameter bars are made.

I learnt a lot and felt excited in this trip. I am thankful to teachers who took us to this educational tour and officers who shared their knowledge with us and explained to us patiently.

HOW FANS ARE MANUFACTURED

Field Trip Report by B. Naveen, X Class



A fan has upper and bottom caps made of aluminum and GP. These caps are polished and painted. A fan also has Rotor and Stator that are made of soft aluminum sheets. A 35 or 36 gauge copper wire is wound to Stator in two rows of coils using winding machines. The

top coil has 365 turns and bottom coil has 415 turns. Rotor and Stator are fixed to the upper and bottom covers of the fan in the assembly room. When electricity is passed to the copper wire of the Stator, magnetic force is produced. The blades of the fan are made of aluminum sheets. A particular angle is set to the blade such that the fan gives more air. The remaining parts are assembled in an assembly room and the working of a fan is tested in another room. In that room, an Anemometer is set and the distance a fan can give air on x and y axis is measured. Air gauge, dimensions, quality, voltage withstand, withstanding of tolerance are checked in quality control room. The fans are checked and finally sent for packing and selling.

I enjoyed this trip a lot. I am thankful to the workers of the industry and I am also thankful to my respected teachers for taking us to this educational trip.

LATITUDES & LONGITUDES

Consolation Prize in Science Fair Elementary Group



K. Sravani & A. Vijaya Sree
IV Class

The imaginary line that divides the globe into two hemispheres is called the equator. The imaginary circular lines drawn parallel to the equator are called latitudes.

The northern and southern hemispheres on the globe are divided into 90 degrees each with latitudes. The equator is 0° latitude. The entire globe is divided into 180 degrees. The 90° northern latitude is called the North Pole, and the 90° southern latitude is called the South Pole. The $23\frac{1}{2}^{\circ}$ North latitude is called the Tropic of Cancer and the $23\frac{1}{2}^{\circ}$ south latitude is called the Tropic of Capricorn. Longitudes are the lines that decide the time at a particular part on the earth. They are perpendicular to the equator. There are 360 Longitudes on the globe.

OUR UNIVERSE - OUR EARTH

III Prize in Science Fair Elementary Group



Y. Keerti & Ch. Jahnavi
II Class

The earth is made of land and water. There are many landforms and water bodies. They are natural and are gifts of nature. A *Plain* is a large area of flat land. A *Valley* is a piece of land

between two hills or mountains. A *Mountain* is a very high land. A *Hill* is a small low mountain. An *Island* is a piece of land surrounded by water on all sides. A *Forest* is a large area of land thickly covered with trees. A *Sea* is a stretch of salty water. A very big sea is called an *Ocean*. A *River* is a large amount of water that flows like a long line. It flows from land to sea. A *Stream* is a small river. A *Lake* is a large area of water surrounded by land. A *Pond* is a small area of still water. But for our comfort, we have made many changes on this Earth, like cutting trees, buildings, factory and fields. If we keep cutting trees we may lose valuable benefits like shade, rain and fresh air. Plant purifies the air. So we should conserve through planting more trees.



పి. రమ్య
ఒకటవ తరగతి

పాడుపు కథలు

II Prize in Language Fair Elementary

పొడుపు కథలు మన మెదడుకు పదును పెట్టడానికి, బుద్ధి బలాన్ని పెంచడానికి ఏర్పడ్డాయి. వీటి వలన మన తెలివితేటలు కూడా పెరుగుతాయి. ఖాళీ సమయములో పొడుపు కథలు చెప్పుకొనుట ద్వారా మన సమయాన్ని సద్వినియోగం చేసుకొనవచ్చు. దీని ద్వారా మనకు ఆనందంతో పాటు విజ్ఞానం కూడా కలుగుతుంది.

1. తెల్లటి పొలంలో నల్లటి విత్తనాలు చేత్తో చల్లుతారు, నోటితో ఏరుతారు. ఏమిటవి?
2. కాళ్ళున్నా కదలేనిది ఏది?
3. పళ్ళున్నా నోరులేనిది ఏది?
4. ఎండకు ఎండిన చీర వానకు తడిసిన చీర ఆకాశంలో ఆరేసిన చీర రంగు రంగుల చీర, ఏమిటది?
5. పందిరి మంచంలో జంతువు ఏది?
6. తల ఉన్నా కాలలేనిది ఏది?
7. రాజుగారి తోటలో రోజూ పూలు చూసేవారే కాని కోసేవారు లేరు?



హకీమ్
చౌథి కक्षा

मुहावरे

I Prize in Language Fair Elementary

चित्र का नाम लिखकर
मुहावरा पूरा करो और लिखो।



बनना



आना



कूदना



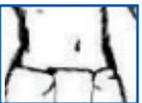
न रेंगना



होना



में



में



पर



का

పక్షాలు - తిధులు

III Prize in Language Fair - Elementary

నెలకు రెండు పక్షాలు ఉండును. అవి శుక్ల పక్షం మరియు బహుళ పక్షం. శుక్లపక్షంలో చంద్రుడు పెరుగుతూ ఉంటాడు, బహుళపక్షంలోని చంద్రుడు తరుగుతూ ఉంటాడు. పక్షంలోనున్న పదిహేను రోజులను తిధులు అంటారు. శుక్లపక్షంలోని తిధుల పేర్లకు ముందు శుద్ధ అని, బహుళపక్షంలోని తిధుల పేర్లకు ముందు బహుళ అని వస్తుంది. పాడ్యమి, విదియ, తదియ, చవితి, పంచమి, షష్ఠి, సప్తమి, అష్టమి, నవమి, దశమి, ఏకాదశి, ద్వాదశి, త్రయోదశి, చతుర్దశి, పౌర్ణమి లేక అమావాస్య మొదలగునవి తిధుల పేర్లు.



టి. శ్రీజి. సి. లాక్ష్మి
రెండవ తరగతి

అతని పేరేమిటి?

చుక్కల్లో ఉంటాడట
ఎవరకీ అందడట
అందమైనవాడట
అందరికీ వెలుగు చూపేవాడట
అతని పేరేమిటి?



జె. అను
ఐదవ తరగతి

पहेलियाँ

I Prize in Language Fair Elementary

एक जानवर ऐसा था,
चलते चलते रुक गया।
लाओ छुरी गला काटो,
फिर से चलना लग गया।

नीचे पटको ऊपर जाऊँ,
ऊपर से फिर नीचे आऊँ।
आऊँ-जाऊँ, आऊँ-जाऊँ,
जितना देखो खेल दिखाऊँ।
आँखे दो हों चाहे चार,
मेरे बिना कोट बेकार।
घुसा आँख में मेरे धागा,
दर्जी के घर से मैं भागा।



एम. रोहेचल
चौथी कक्षा

SCHOOL NEWS



On January 11, tenth class students went to Sujana steel plant that manufactures fans. They enjoyed looking at the great factory environment and learnt how a fan is manufactured. **Satkama School thanks Sri G. Srinivas Raju Managing Director of Sujana Group, for taking the effort to arrange this valuable field trip for students of X class.**



In second week of January higher class students helped the vocational wing in making biscuits. They understood the process of making nutritious biscuits. The time was well spent as the students prepared and packed biscuits.



On January 26, Republic day was celebrated with Dr. M. Keshav Reddy, Director of Bariatric Surgery at Homerton University Hospital, London UK as the chief guest. He addressed the students and exhorted them to depend on honesty and hard work for success. Students gave a speech on Constitution and read a detailed description of National Pledge in telugu and sung patriotic songs. Books written by G. Poornachander Rao on National Pledge in telugu were distributed to children. Prizes were given to winners of Moral story contest and Sloka contest held on 12 January.



On February 10 and 11, Sports day was celebrated and different events were conducted. For classes 1 and 2, Dodge ball, musical chairs, lemon and spoon were held. For classes 3 to 5, kho-kho, lemon and spoon and sack race competitions were held. For higher class girls, throw ball, kho-kho, lemon and spoon was held and for boys, volley ball and kho-kho competitions were held.



On February 18, we conducted science, arts and language fair. Language fair is a new addition this year and students participated with a lot of zeal and confidence. Sri S. S. Reddy, Professor & Head (Retd.), Dept. of IT at Vardhaman College of Engineering, Shamshabad, presided as the chief guest and Sri J. M. Sarma, Vice President (Technical), CSSTechnergy Systems and Sri Ravi Yelluripati, Sr. Software

SCHOOL NEWS



Manager, Saven Technologies Pvt. Ltd. gave away the prizes to the winning entries in the fair and also for sports day winners and runners. Sri K. Shankar, Sr. Delivery Manager, Awas Infotech Pvt. Ltd. and Smt. K. Madhavi, Administrative Officer were judges for primary classes in both science and languages. Sri Murthy Gudipati, Executive

Director, Saven Technologies Pvt. Ltd. and Smt. T. V. Ratna, Practicing Homeopath were judges for the science fair for higher classes. Smt. Devasena, Office Superintendent, Electrical Dept., South Central Railways and Sri T. V. Rao, SAP-HR Practice Head, Mahindra Satyam were judges for languages for higher classes. The Art exhibition exhibited many paintings, greeting cards and craft work done by the students. The sale proceedings on these items went to the students.



ART GALLERY



B. Shiva, IV



P. Ramya Sai, VIII



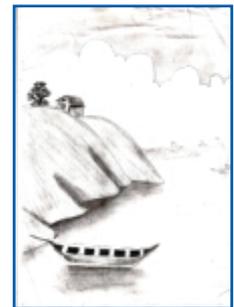
M. Bala Kalyan, IX



J. Poojitha, VIII



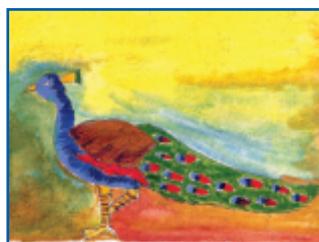
G. Surekha, IX



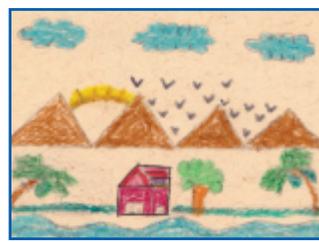
P. Yeshwanth, X



K. Shashidhar, VIII



K. C. Sri Sthuthi, IV



A. Vijay, V



N. Pavan Sai Prasad, X

SCIENCE FAIR



K. C. Prajna & Ch. Sambhavi
III Class

INDIA - OUR COUNTRY

I Prize in Elementary Group

We enjoyed doing this project. There is so much to learn about our country. We made a power point presentation with a lot of information about our country. We made a model map of India with its states and capitals. We also created a game, 'Guess how you call your father' in different languages of India. We have 28 states and seven union territories in India. We have so many languages in India. Though we speak different languages yet we are all Indians. Visitors showed great interest to know about our India. We feel happy and proud to explain to everyone and thank all the teachers for helping us.

II Prize in Elementary Group

TYPES OF TEETH

We explained about types of teeth, their functions, kinds of teeth etc. Teeth are divided into Incisors, Pre molars, Molars and Canines. We collected various pulses, cereals, nuts, fruits, chocolates to explain about the good food that helps teeth to be strong and the bad food that spoils the teeth. When we eat food, food particles get stuck between the teeth. If they remain there for long, bacteria gather. Bacteria convert sugars into acid and this acid eats up the enamel on the tooth. To protect the teeth, we must gargle after eating and brush twice a day.



**K. C. Sri Sthuthi &
V. P. S. Tejaswini**
IV Class



Rishikesh Joshi & Md. Kaif
III Class

OUR BODY

III Prize in Elementary Group

Our body is like a machine. As we find in a machine there are many organs in our body and with their help only, we do a number of things. We have the heart, lungs, kidneys, stomach and other parts of our body. Our skeleton gives our body proper shape and it also provides proper protection to some internal organs like the heart, lungs and stomach. Our heart is a muscle. It is placed in the chest slightly to the left of the person. It is very important to be happy while eating. If we are happy while eating, our internal organs will also be happy and do their work properly.

I Prize in Middle Group

CAR BOAT

Car boat is a car that can travel both on water and land. It can go on land with electricity and force. Light weight material was used to prepare the car boat. A propeller with its wings bent like fan wings was attached to the back part of the car with a motor and four wheels. Wires of the motor were connected to the battery. The propeller rotates and it takes air from the front and pushes it back. Then the car moves forward because of the force of air. Since the car is made of light weight material, it can float on water. When power supply is given, the car moves forward because of force, flotation and electricity. This is an eco-friendly car and can be used in future as the petroleum resources are diminishing.



Ch. Harichandra Prasad
VII Class

SCIENCE FAIR



T. Tarun & Sai Durga Prasad
VI Class

CHROMATOGRAPHY

II Prize in Middle Group

Chromatography consists of the two words 'chroma' and 'graphy'. 'Chroma' means color and 'graphy' means writing. So, chromatography is the method of separating and identifying the different components of the material. It was invented in 1906 by a Russian botanist Michael Tsvet.

Sample A: Mix different colored inks and filter it with a filter paper. Prepare a chromatography column and wait. After a few minutes, it shows the colors which we mixed.

Sample B: Take some flowers and leaves of various colors and grind them in a grinder. Add some acetone to it and filter the paste. Take the filtrate in a glass and prepare the chromatography column. After a few minutes, it shows the colors of the flowers and leaves.

III Prize in Middle Group

TERTIARY LANDFORMS

A model was made with all the land forms like hills, rivers, lakes, deltas, isthmus etc. We understood the meaning of interdependence while doing the project. When we see the river starting at the mountain and ending in the sea, we understand the big picture. If a person living in the mountains throws garbage into the river, the entire stretch of the river is polluted till it reaches the sea. The person living in the mountain may think that he is the only one throwing something into the river and what can happen with the small piece of garbage. But from the model we see that, if each person throws something into the river, it is polluted by the time it reaches the sea. Hence nature's gifts should be properly used and maintained. The land forms have specific names like bay, isthmus, cape etc. and have to be used correctly.



K. C. Vasudha & Pavan Kalyan
VI Class



MINERALS AND THEIR USES

III Prize in Middle Group

We brought some metals and weapons made of minerals such as Iron, Manganese, Copper, Tin etc. There are a lot of minerals in our country and are dug out from mines. Much process is done for taking out the minerals from Earth. They are highly useful for industrialization. Much of the industrial development depends on the natural resources. Hence their use should be limited. Some metals like Iron is used in weapons and metals, Manganese is used in glasses, Tin in electrical goods and Copper for coins.

K. Sushma & S. Harika
VII Class

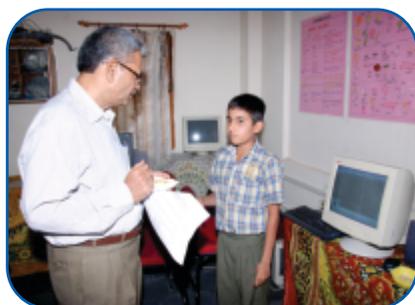
Consolation Prize in Middle Group **AFRICAN CONTINENT**

Africa is called the 'Dark Continent' since European explorers did not discover the continent till 19th century. In the northern part of Africa, the world's biggest desert 'Sahara' is located. Egypt called 'the gift of Nile' is located in Africa. The river Nile is useful for navigation, irrigation of fields. Zanzibar is known as 'Island of Cloves' as they export more cloves. Johannesburg in South Africa is famous for gold, while Kimberly is famous for diamonds. The camel is used as means of transportation in deserts and hence known as 'Ship of the desert'.



L. Sri Ramya & B. Lahari
VI Class

SCIENCE FAIR



Bhargav Raj, VIII Class
Organic Food



Ch. Sumanth, VIII Class
Importance of Ragi



B. Sravan Kumar, X Class
Automatic Street Light



**Md. Farah Begum &
K. Shashi Vardhan Reddy**
VIII Class

VITAMINS

II Prize in Senior Group

Vitamins are organic substances. They are micro nutrients and are required in small quantities. They are not synthesized in the body and therefore are essential nutrients. They are present in all types of natural foods like milk, fruits and vegetables. Vitamins are classified into two groups - water soluble and fat soluble. Vitamin B Complex and Vitamin C are water soluble whereas Vitamins A, D, E and K are fat soluble. Vitamin B Complex has group of vitamins such as Thiamine, Riboflavin, Niacin, Pyridoxine, Folic Acid etc. Every vitamin should be present in our body. Even if one vitamin is not present, deficiency diseases occur.

III Prize in Senior Group

FIRST AID

FIRST AID means the basic knowledge about injuries (body damage). It is used in accidents to help to stop more serious harm from happening to an injured person until he receives medical treatment without the help of doctors, nurses or ambulance. Some of the topics I selected in it to explain are snake-bite, Scorpion sting, sun stroke, accidents, chemical burns etc.

First aid for sun stroke: This is caused usually due to the hot sun in summer. Patient suffers from headache, dizziness, fever and low blood pressure. The temperature in his/her body increases because of failure of heat controlling mechanism in the body. Patient must be moved into a cool place. Extra clothing must be removed. A fan must be switched on to make the body cool. This should be done till the body temperature is reduced.



D. Rajitha
VIII Class



K. Sony & G. Surekha
IX Class

AUTOMATIC WATER LEVEL

III Prize in Senior Group

Our experiment name is automatic water level. We wanted tell people to control the water wastage. This is a useful device which helps while filling the water into the tank. It stops the water flow when it is full. This process is based on the principle of toilet flush. The ball is attached to the circuit of wire. When the tank is filled automatically the circuit changes and stops the water filling. Then the ball comes up with the water. Due to this, the circuit breaks and the pump stops. This process is done by using a specific mechanism. Everybody should know that water should not be wasted and used in limited quantity.

LANGUAGE FAIR

SWAMI VIVEKANANDA

I Prize in Language Fair Senior Group



S. Sai Sree Reddy & Rohit
VII Class

We got great opportunity to share information on Swami Vivekananda. He was a great person. We can learn many values from him. When we are

doing any work that we feel is very hard and cannot do anymore, we have to take Swami Vivekananda as an example. He said, "Whatever you think, that you will be. If you think yourselves weak, weak you will be; if you think yourself strong; strong you will be." So we should always think positive. The teachings, poems, sayings of Swami Vivekananda inspired us and hence we have chosen him for the language fair. Our principal and Ravi sir also helped us in this topic. We are thankful to them for supporting us.

OTHER PRIZE WINNERS

Ramayana Scene - III Prize in Elementary Group, Anoop Reddy, M. Eesha, Y. Ratnam, Prasanna

Military Services, II Prize in Senior Group - Dharmendar, X Class

Yogi Vemana, III Prize in Senior Group, K. C. Sriram, VII Class

Kabir Dohe, Consolation Prize in Senior Group, T. Dinesh, X Class.

THOUGHTS ON ANNUAL DAY

It gave me immense pleasure to be part of the science & humanities exhibition that was conducted in Satkama school recently. The active participation of the students was wonderful to see and their enthusiasm was infectious.

Students of all classes have shown immense character to display many exhibits ranging from life size models to charts to role plays and many more. I was particularly impressed with three exhibits.

One was a presentation on Swami Vivekananda which the students did it by themselves by exploring the internet for PowerPoint, etc.

One exhibit on Yogi Vemana, where a student was acting as Vemana with good background setting, while the other was talking about him.

Another one was on Ramayana where the students spoke about devotion, brotherhood, obedience to the father's command, etc.

It was impressive to see that these great qualities are being cultivated into these young minds in the most alluring manner. I hope that teachers will continue the great work in shaping these young lives in the right direction and I wish them all the best in all their future endeavours.

THOUGHTS ON ANNUAL DAY

*Sri S. S. Reddy, Professor & Head (Retd.),
IT Dept., Vardhaman College of Engineering*

There were a total of 71 exhibits. They belong to various categories: science, mathematics, social science, language arts in



English/Hindi/Telugu. For the visitors, it took more than four hours even with a small time stop over at each of the exhibits.

Science exhibits demonstrated how the basic principles were used for the functioning of the item/exhibit. There were exhibits with the display of "Andhra Mahabharatamu" along with the showing of three students with the wear as "Nannaya", "Tikkana" and "Yerrana" who wrote some parts of "Andhra Mahabharatamu". There were counters showing students in the wear of "Vemana", "Swami Vivekananda" and "Dr. B.R. Ambedhkar". There were counters showing public services like: Indian Railways, National banks, AP tourism, Fire services etc.

To sum up, all the exhibits were very impressive and covered wide range of subjects. Students participating in the stalls/counters have shown liveliness and zeal in explaining or interacting with the visitors. They have done their very best in Fair presentation. Special appreciation should go to teachers who have helped the students in choosing the themes preparation and presentation of their exhibits.

Sri T. V. Rao, SAP-HR, Practice Head, Mahindra Satyam



CONTRIBUTIONS



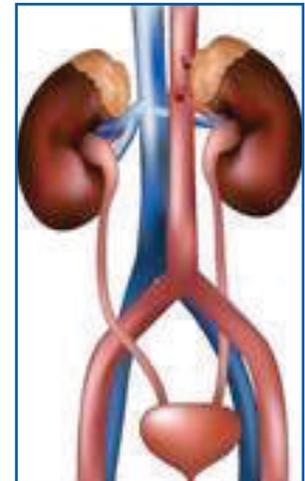
TAKING CARE OF OUR KIDNEYS

Dr. K. V. Dakshinamurty,
Senior Professor,
Head of Department of Nephrology,
NIMS, Hyderabad

Dear Children,

We all know that we have two kidneys in our body. They are described as being bean shaped. Their function is mainly to remove the waste products from the body and excrete them in the urine. They have other functions which are also important such as helping in the formation of blood, maintaining the strength of the bones and balancing the quantity of water, salts, acids and alkali in our body. They also help in regulating the blood pressure. When they function normally, we are healthy. If they are damaged all the above functions are effected and we feel ill.

Therefore we should take care of the well being of our kidneys which help us in being healthy. The main causes of kidney damage are high blood sugar (diabetes mellitus), high blood pressure (hypertension), stones in the kidney, infection in urine, unnecessary and over dosage of certain medicines especially pain killers etc. Therefore any one who has the above problems should immediately and regularly consult the doctor and take good care of the problem.



Controlling blood sugar and blood pressure, and treating the infection in urine are very important. Stones in the kidney need to be removed by the doctors. To prevent forming stones again, one should drink good amount water daily, preferably one to two glasses of water every one hour during the wakeful hours. Also reducing intake of salt, and altering the dietary habits prevents the formation of stones.

That means having a moderate lifestyle, being selective about the foods we eat, avoiding the bad habits like smoking and alcohol and taking medicines only on the advice of the doctors will help in maintaining the health of the kidneys and our well being.



Nikita Joshi

VI Class
Cambridge School
Mumbai

IF I WON A LOTTERY TICKET

If I ever win a lottery ticket I would first store the money in a bank then after some time with the money I would buy some land and three mansions.

On the land I would grow fruits, vegetables, nuts and grains. This land will have an adjoining room to store the stock and a kitchen with some cooks to turn some of the vegetables and fruits into pickle and jams. Some of these I would sell and keep some of them.

With the three mansions I bought, I would turn the 1st one into an orphanage. The second one I would turn into an old age home. The third one I would turn into a house for poor people. These 3 mansions would have at least more than a 1000 social workers including me who would take good care of all the people in the mansions.

They would get their food from my farm. The mansions would have all good facilities and would use only solar power, dam power and wind power. These 3 mansions would be situated in a clean fresh area and everything would be free.

The rest of the money would go to various temples, schools, colleges, libraries, wild life protectors, various institutions, orphanages, animal care centers and many other good cause institutes.

SSS Members and their children are invited to send in articles to spandan@sahajsevasamthan.org

MSRCM HOSPITAL NEWS

The hospital has offered services to a total number of 3430 patients through the consultations from General Physician and 1300 patients availed consultation services from ENT, Paediatrics, Ayurveda and Homeopathy consultants during the period January 2012 to March 2012. 34 children were vaccinated and 85 children in the Pulse Polio Programme. 85 children were administered Oral Polio Vaccine. The Hospital has also offered treatment to 29 patients as day care treatment and another 29 patients were offered treatment as inpatients. A total no of 1078 patients availed our Laboratory facility.

HEALTH TIPS

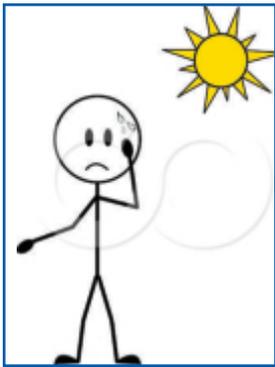
Dear Children:

Summer is here and it is time for fun and frolic. After the hard work put in for studies, its time for play and frolic. Get involved in outdoor games. Exposing to sun gives you the most important Vitamin - Vitamin D3. Get exposure in the mornings up to 9:00 a.m. or 10:00 a.m.; and in the evenings after 4:30 p.m.. Outdoor games help you develop the most important skills and attitudes required in life.



Prolonged exposure to sun may result in
1) Loss of Sodium 2) Loss of water.

If you observe the following symptoms, they are indicative of imbalances and loss of salts—



Symptoms: Excess sweating followed by dry skin, fever, headache, weakness, vomiting, body pains, giddiness, confusion, blurred vision, pain in abdomen.

Remedies: Plenty of fluids- Electrol to be mixed in water as per directions on the sachet, Coconut water, Buttermilk with salt, Kanji (Ganji) with salt are some of the best supplements that replenishes fluids and salts in the body.

Before going out of the house and after returning take any of the above drinks.

When moving in the hot afternoon sun, wear caps to protect head and eyes.

Drink plenty of fluids- NOT Pepsi, Miranda, Coca cola, Rasna etc.

Take above mentioned precautions in summer so that you may not miss the good times by sun stroke.

USEFUL REMEDIES

It is observed that daily an intake of one glass of Kanji with salt is offsetting the Sodium and mineral loss and preventing Sun Stroke.

One of our members has sent an e-mail containing a tip regarding replenishing the PLATELET COUNT DROP - That is by consuming juice of TWO Papaya Leaves twice daily increases Platelet Count. It was observed in our hospital - patients having fever with low platelet counts, when Papaya Leaf Juice is taken there is remarkable increment in the Platelet Count. Admissions are avoided thereby.

This remedy gives assurance to patients who are desperate to see low platelet counts improve quickly.

In case if anyone wishes to share their experience in this regard, they may contact us with relevant reports and supporting documents and help us in the study.

SOLUTIONS

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Service and sacrifice are the two main instruments with which we build the temple of spirituality, love ofcourse being the fundamental basis.

- Pujya Sri Ramchandraji Maharaj

SSS VOCATIONAL WING

Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme

Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme was started on the occasion of centenary birth year of Pujya Dr. K. C. Vardachari in 2002.

✦ Under Pujya Dr. K. C. Varadachari Nutritive Supplement Scheme, Sahaj Seva Samsthan is distributing free biscuits and milk every day to all the students and staff of Satkama and Bodh schools.

✦ The scheme runs with gracious contributions of people who want to serve and try to find ways to help others. The contributions are made either life time subscriptions (3000/- Rs) or one day in a year (300/- Rs) subscription. The life time subscription is for 15 years. One day subscription is for one day in a year. On either scheme, their chosen names of the persons will be displayed in the school as mark of respect towards them and the money contributed will be used for preparing biscuits and ready mix powder for preparing instant milk. On some days in which we do not find any contributor Samsthan will donate the money to continue the scheme.

✦ The scheme has been running since 10 years. We are thankful to all contributors who are really participating in helping children to have a balanced nutritive food every day.

✦ Children rejoice in taking milk and biscuits and in fact it has become part of their every day intake of food.

✦ Apart from taste, Sahaj Shakthi has many nutritive qualities. It has soya which is known for its rich protein values and also Brahmi and Shankapushpi having great medicinal properties, most widely used for memory enhancing and growth. We are highly thankful to Dr. G. Vijaya Kumar who is presenting his notes on each of these popular herbs in our Spandan issues.

✦ The products which are made by Samsthan's Vocational Wing is useful for all ages. Irrespective of their other food intake, daily one cup of Sahaj Sakthi helps children , women and men improve their overall health. We will publish in our upcoming issues regarding studies being conducted on this nutritive supplement.

MEDICINAL PLANT - SHANKAPUSHPI



**Dr. G. Vijay Kumar, B.A.M.S., M.S(Psychotherapy and Counselling)
Ayurvedic Doctor, MSRCM Hospital**

Shankapushpi is a popular ayurvedic herb with an ancient history. This herb is one of the ingredients in Sahaj Sakthi milk and biscuits prepared by Vocational Wing of SSS, regularly given to students and staff of Satkama and Bodh under Dr.K.C.Varadachari Nutritive Supplement scheme.

Names: Sanskrit - Vaishnava, Nila Sankhapushpi, Telugu-Vishnukranthamu, English - English Speedwheel

Description: Perennial sub-erect, spreading, hairy herb grows 10 CMS to 30 CMS long.

Location: It originates in whole of India particularly in hard areas and Burma.

Ayurvedic Properties: Guna (Quality) : Snigdha Pichilamu, Rasa (Taste) : Tikta Rasamu, Vipaka (Metabolism) : Madhuramu, Veerya (Potency) : Sheeta Veeryamu, Prabhav (Impact) : Medya Rasayanam

Medicinal Uses : Good brain tonic, enhances memory, intellect and cognitive levels. Shows significant results in Epilepsy, calms down depressive moods, anxiolytic and tranquilizer. Immune booster, hepato protective, carminitive, spasmolytic, anti-ulcerant, anti-pyretic, anti-inflammatory, anti-fungal, laxative. Controls hair fall. Helpful in motor neuron disease and anti-hypertensive Insanity, Insomnia, cough, Asthma, dysuria, dysentary, hypolipodaemic, haematemesis, Medhyarasayan and strength promoter, tridhosaharam etc.



IT IS THE THOUGHT THAT COUNTS

Excerpt : Reality dawns upon him alone...., Bodhayanti Parasparam Vol 9

While roaming in the desert, a young man came across a spring of delicious crystal-clear water. The water was so sweet that he filled his leather can so that he could bring some back to a tribal elder who had been his teacher. After a four-day journey he presented the water to the old man who took a deep drink, smiled warmly and thanked his student lavishly for the sweet water. The young man returned to his village with a happy heart. Afterward, the teacher let another student taste the water. He spat it out, saying it was awful. It apparently had become stale because of the old leather container. The student challenged his teacher: "Master, the water was foul. Why did you pretend to like it?". The teacher replied, "You only tasted the water. I tasted the gift. The water was simply the container for an act of loving-kindness and nothing could be sweeter."

Meaning : "It is the thought that counts." It represents the awareness that goodness, even happiness, is a choice available to us in every moment. Even in hard times; even faced with that which we would never wish for ourselves, we have the capacity to experience the sweetness lying beneath the bitter.

BODH SCHOOL

Special School for Slow Learners (Children with Learning Difficulties)

1) School reopened in the month of June 2011. There were around 15 enquires for admission into Bodh. As per admission procedure of Bodh only two students were recommended. Out of them one was selected by committee and given admission.

2) One student from Satkama School also was given remediation for about four months in reading and writing. It was observed that he considerably improved in reading and writing Telugu.

3) Three students from Satkama are helped in Maths. It is observed by teachers that they are performing well.

4) School celebrated August 15th and January 26th along with Satkama School.

5) Student of Bodh has participated along with Satkama students in making Greeting Cards for New Year Day of Lalaji Era. His painting was published in the art gallery section of January 2012 Spandan Newsletter.

6) Master's stories, poems (neethi padyalu) and moral stories were taught regularly. Student of Bodh has written few sentences about Master which is published in this news letter.

7) Trataka has been used for few months. During remediation time he overcame from reading errors to the maximum extent but still he had an occasional problem of skipping lines while reading and also used to lose place of reading. After using Trataka it is observed that he

improved in this area as his attention was more focussed on the place where he reads. He has been taught to understand while reading.

8) He is given regularly Sahaj Sakthi biscuits and milk. His over all health has improved.

9) Student of Bodh enjoyed a trip to Farm house along with Satkama students.



10) Bodh School student has participated in Science and Art Fair conducted by Satkama high school. He enthusiastically explained about Sahaj Sakthi Ready Mix and Biscuits. He also explained about Pujya Dr.K. C. Varadachari Nutritive Supplement Scheme to almost fifty persons including parents and visitors who visited.

11) Academics-

✦ Master Shiva Sai, student of Bodh has improved his language skills almost from word level to sentence writing. On his own, he has written an article and they are also published in Spandan issues.

✦ In the beginning of the year a plan was drawn to train him in Bodh for one year so that he can go back to regular school after completion.

✦ His language skills have improved in Telugu

and English. He improved from 1st grade level of reading and writing to 3rd grade level and he has also worked hard.

✦ He has developed self confidence and interest in his studies.

✦ He has improved in computer skills and drawing skills along with language and arithmetic skills.

✦ His math skills were improved with the help of a computer and strengthened some basic skills.

✦ He has also learnt measurement skills practically in our Vocational wing.

✦ Over all he has come up to the level of 3rd grade in all subjects. As he has performed above average in English, Telugu, Environmental Science and Math, he is recommended to attend normal school with regular class room teaching.

✦ He also developed interest in painting, writing

small paragraphs on his own of a chosen topic.

✦ His parents are very happy after seeing the improvement of their child.

11) In the year 2010 a student of Bodh, Arshiya Begum has joined in Satkama School after successful training in Bodh. Her class teachers are appreciating her performance.

12) In the year 2011-12 SMALSI (School Motivation and Learning Strategies Inventory) test was purchased by Bodh after approval from Committee. The test was conducted on current 10th class students of Satkama for improving their Study Skills. After the test results, they were provided a brief report for improving themselves. In April 2012 they were asked to write a brief report about the use of it. They replied that it was very useful.

Bodh School Student Articles

PUJYA BABUJI MAHARAJ STORY



పూజ్య బాబూజీ మహారాజ్ 30 ఏప్రిల్ 1899 ఉదయము 7 గంటల 23 నిమిషములకు ఆదివారము నాడు పుట్టారు. పూజ్య బాబూజీ పుట్టిన స్థలము భారతదేశములోని ఉత్తర్ప్రదేశ్ రాష్ట్రములోని షాజహాన్ పూర్.

ఆయన గుర్రంపై స్వారీ చేస్తూ బడికి వెళ్ళేవారు. ఒక రోజు ఆయనకు ఒక రూపాయి వాళ్ళ బడిలో దొరికింది. అది వాళ్ళ ప్రధాన ఉపాధ్యాయుడికి ఇచ్చారు. దానిని పోగొట్టుకొన్నవారికి ఇవ్వవలసినదిగా కోరారు. ప్రధానోపాధ్యాయుడు ఈ విషయాన్ని అన్ని తరగతులకి తెలిపి బాబూజీగారి మంచితనాన్ని పొగిడారు.

EARLY HOURS OF MORNING - MY FEELINGS



K. Shiva Sai
Bodh School
Student

Pujya Babuji Maharaj says "Rise before dawn."

The sky looks beautiful in the morning.

Sun rises early in the morning.

Trees look beautiful in the morning because sun rays fall on the leaves.

Early in the morning we can see many colours in the sky.

We can see many birds flying in the sky.

I do prayer after taking bath.

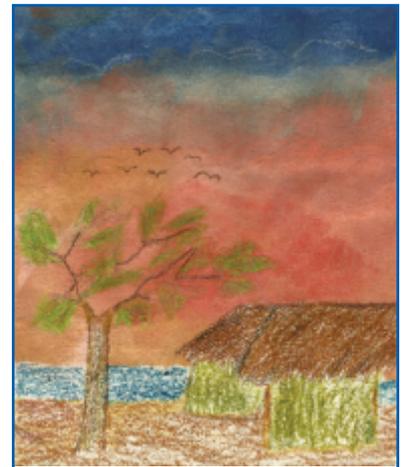
I feel happy after doing prayer.

If we get up in the morning we get lot of time to read and play.

వేమన శతకము

అయిన నయన రాగ ముఖముల్లుచు నుడు
అనియ లీనగ వేమన ఆయునుండు
సాధనమున యనుట నమకూరు ఫలలోక
విశ్వాదాభిరాయ! తిరులవోడు!

భావం: అడుగా అడుగా రాగం బాగా యస్తుంది
రోజూ ఆంకట ఉంటే వేమన కుడా
శుభంగానే ఉంటుంది. ప్రయత్నం చేస్తే
నే యనుట్లైన సులభంగా నడివేరులొయి
నే యనియునా రాదు అనుకోవద్దు
అయిన నయన చేస్తే ఉంటే వస్తుంది.



వేమన శతకము

ఆత్మ శుద్ధిలేని ఆచారమదియేల
భాండశుద్ధిలేని పాకమేల
చిత్తశుద్ధిలేని శివపూజలేలరా
విశ్వదాభిరామ వినురవేమ

తాత్పర్యము

నిర్మలమైన మనస్సుతో చేయని ఆచారము వలన ప్రయోజనము లేదు. వంట చేసుకొను కుండను తోమకనే వంట చేసిన ఆ పదార్థము తినుటకు మంచిది కాదు కదా! అట్లే నిశ్చలమైన మనస్సుతో చేయని శివపూజలవలన పుణ్యము లభింపదు.

THANK YOU

This issue of SPANDAN is sponsored by Sri Dharmesh Shah on the occasion of Riya's birthday.

SSS acknowledges with gratitude the contributions of following people in services and kind.

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MSRCM Hospital : Smt. I. Sujatha, Smt. T. Meenakshi, Smt. Tucker, Smt. M. Bharathi Devi, Sri Yousuf Sharif, Baby Hima Bindu, Sri Mahendar Agarwal, MD Gati Ltd.

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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 శిక్షణా తరగతులు ప్రతి నెల రెండవ శనివారము మరియు ఆదివారము వివిధ కేంద్రములలో నిర్వహించబడును. 18 నుండి 60 సంవత్సరముల మధ్య వయసున్న ఆసక్తి గలవారు వివరాలకు (040) 27731223 నెంబరును సంప్రదించగలరు.



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