



SHRI SANJAY SAI SOUL BLOSSOM

Program for the SSSSB classes SSSVM grade 6 and 7

13rd Program SB class SSSVM Grade 6 and Grade 7, Saturday, Jan 09, 2020 from 3 to 4pm

Gurus: Reshama Ma'am, Guru Daju (From Febr 2021 Chithra Amma will Join)

1: Opening

Pray for Bhagawan Shri Sanjay Sai Baba:

Aum Shri Sanjay Sairam

With love and humility, we dedicate today's program at Thy lotus feet.

Swami, be with us and guide us in the process to realise the eternal blessing.

ॐ श्री सञ्जय साईराम,

हामी आजको कार्यक्रम स्नेह तथा नम्रता पूर्वक हजुरको चरण कमलमा समर्पण तथा अर्पण गर्दछौं ।

स्वामी, हाम्रो साथमैरहेर पथप्रदर्शकभई निरन्तर आशिर्वाद तथा कृपा बक्सियोस ।

3 x Aum & 1 x Sai Gayatri Mantra:

Aum, Sai Thrayaaya Vidmahe

Sanjay Babaya Dheemahi

Tanna Sarva Prachodayath.

1 x Ganesh Mantra:

Bakra Tunda Mahakaya , Suryakoti Samaprabha,

Nirbighnam Kurume Devo, Sarva Karya Su Sarvada

1 x Guru Mantra:

Guru Brahma Guru Vishnu, Guru Deva Maheshwor,

Guru Sakshat Param Brahma, Tasmai Shree Guruve Namah

Aum Shanti Shanti Shanti

01b Silent sitting: Light Meditation, 3 to 5 minutes

2: Last update, questions and experience after practising the SSSSB values

What we learn till now in Soul Blossom class,

3: Activity (one or more of the following activities: Questions, Value stories, Value games, Value Drawings, Bhajans, Value Song, Drama, etc. etc.)

- About our 33rd Birthday program, tomorrows program after kirtan.

- Discipline and Study , study tips.

4: Heart-work for next lesson

Practice in Jan 2021: All the values of year 2020

"Speak Politely and Lovingly", "Gratitude to Mother Earth", "Speak the truth" and "Act righteous"

5: Closing

Bhagawan Shri Sanjay Sai Baba Aarati (With Audio sound. We don't have to get up)

3 x Samasta Jiwa Sukhino Bhawantu

Aum Shanti, Shanti, Shanti

We are forever grateful to you Bhagawan for your blessings and grace. Twam Saranam Mama

भगवान हजुरको शोभनिय आशिर्वाद तथा कृपाकोलागी हामी सदासर्वदा आभारी तथा कृतज्ञ छौं । त्वम शरणम मम:

Jai Bolo Bhagawan Shri Sanjay Sai Baba Ji Ki Jai (1x)

===END===

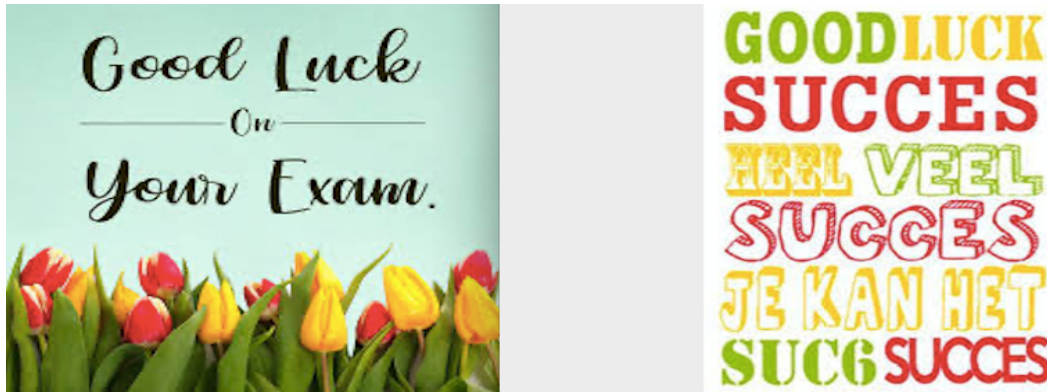


**Our gratitude to Bhagawan Baba
for Showing us the path.
Twam Sharanam Mama.**



SHRI SANJAY SAI SOUL BLOSSOM

Program for the SSSSB classes SSSVM grade 6 and 7



Study tips, overview of useful tips.

- How to study effective

01: Do your homework / learning work right away as much as possible
(Do not Delay your homework / Learning work until the last moment).

02: Work ahead, especially the subjects in which you want to improve.
(Setbacks have then lesser influence)

03: Study regularly, even if you don't have homework / learning work.

04: Make a realistic / useful study schedule and follow your timetable.
(Rhythm and discipline make life easy and enjoyable)

05: Do what's most important first.
(Postpone things that are not really necessary as often as possible)

06: Help your classmates. Not the one who gets the best marks, but the one who helps others are the happiest people and the best peoples (and how more you help, how better you will understand and remember the subject).

07: Be happy with homework and have fun doing it.
The more homework the easier the exams will be for you.

08: Use your mobile as useful as possible. In the past, often the smartest students had the best marks.
Nowadays often the students who use their mobile the least for unnecessary things are the best students.

09: Being calm and focused makes everything in life easier and funnier. Healthy food, exercises, less mobile, sufficient rest, meditation, mantra, bhajans etc. etc. help to improve our concentration

10: Don't put unnecessary pressure on yourself. When you have done your best, be satisfied with yourself and the result.

11: If you feel bore with study then help your parents some time, it makes you fresh.

12: If you feel bore with study then do meditation or sing bhajan it also make you fresh but don't play mobile game.

Students of SSSVM grade 6, Grade 7, Grade 8



**Our gratitude to Bhagawan Baba
for Showing us the path.
Twam Sharanam Mama.**





SHRI SANJAY SAI SOUL BLOSSOM

Program for the SSSSB classes SSSVM grade 6 and 7

Coordinator, Gurus (teachers) & team:

- v Guru Daju (Sunil Marapin from Holland) Coordinator of SSSSB classes Meg-Siddhi Home
- v Meena Ma'am (Meena Rijal), Coordinator of SSSSB class Balkot, Teacher SSSVM
- v Gita Ma'am (Gita Gautam), Guru of SSSSB class Balkot & teacher of SSSVM
- v Reshma ma'am (Reshma RIJAL), Guru of SSSSB class Dang & teacher of SSSVM

Summary of the SSSSB class of 2nd Jan 2021

Numbers of children: About 26 (teachers and students)

- Last class with grade 8 together.
- We gurus Guru Daju explain the students the important discipline of good marks also. Short time left before exam. And because of corona we don't have normal classes. Let we focus this last month's extra on our study.
- Some students practice what they want to present on Baba's 33th Birthday.

Twam Sharanam Mama

Jan 2, 2021

The Hague, Holland

Guru daju (Sunil Marapin)



**Our gratitude to Bhagawan Baba
for Showing us the path.
Twam Sharanam Mama.**

