

SHRI SANJAY SAI SOUL BLOSSOM

Katunje Junior2 + Youth1

Program 11 SSSSB class Katunje J-1 +J-2, Saturday, Oct 17, 2020 from 4 pm to 5 pm

Gurus: Naresh Uncle, Guru Daju (Sunil Marapin),

Guest: Suweksha JHA

1: Opening

Pray for Bhagawan Shri Sanjay Sai Baba:

Aum Shri Sanjay Sairam

With love and humility, we dedicate today's soul blossom classes at Thy lotus feet.

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

ॐ श्री सञ्जय साईराम

हामी आजको आत्मा विकशित कक्षा स्नेह तथा नम्रता पूर्वक हजुरको चरण कमलमा समर्पण तथा अर्पण गर्दछौं ।

स्वामी, हाम्रो साथमै रहेर पथप्रदर्शकभई यस अनन्त तथा निरन्तर शिक्षा प्रकृत्यालाई साकार पारिबक्सियोस् ।

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

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

03: Activity (one or more of the following activities: Questions, Value stories-games-drawings-song etc. etc.)

Topic 1: Study pressure; How to study effective & How to handle with study stress.

Topic 2: Global SSSSB class, by Katunje? Junior2 (10-14 years): Swayeksha + Sumu & Rama Aunty

04: Heart-work for next lesson & questions

Practice the October month value: Gratitude to Mother Earth + Speak the truth

5: Closing

Bhagawan Shri Sanjay Sai Aarati (With Audio sound)

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:

=== End ===



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



SHRI SANJAY SAI SOUL BLOSSOM

Katunje Junior2 + Youth1

October 17, 2020

Topic: Study pressure; How to study effective & How to handle with study stress.

Overview of useful tips.

- 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, mediation, 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.

Students of our Soul Blossom Youth Class Katunje:

- 01-Rose, she is sharing food
- 02-Sumu, she is friendly with others
- 03-Raj, he is very funny and respect elderly
- 04-Suvam, he is studies very well
- 05-Swayeksha, the way she makes the activities or work understandable is very interesting
- 06-Pranjol, he is talking new things
- 07-Prabesh, he studies very hard
- 08-Anish Thapa,
- 09-Suwa Thapa

Gurus (teachers) & team of our Soul Blossom Youth Class:

- v-Naresh Uncle (Naresh DHUNGEL): Coordinators youth class
- v-Guru Daju (Sunil MARAPIN, from Holland) , support
- Rama Aunt (Rama DHUNGEL, Coordinator SSSSB Kids class), Our Mantra, Bhajans and Prayers teacher

Summary of the lesson 11th SSSSB class Katunje youth on October 17, 2020:

- Suweksha (SSSVM grade 8) was guest and also it was birthday of suweksha.
- How was to talk only the truth?
- We talk about the study tips.
- The power of mantras (Gayatri Mantra)
- A very important point is to be focus only on what we are busy.
- Guru daju tell story about the assistant.

October 17, 2020

The Hague, Holland

Guru Daju (Sunil Marapin)



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