



# SHRI SANJAY SAI SOUL BLOSSOM

## Dang: Junior1, Junior2 & Youth1

**Program 10, SSSSB class Dang, Saturday, October 17, 2020 from 7 to 8 pm**

Junior-1: 5-9 years old, Junior-2: 10-14 years old, Youth-1: 15-19 years old, Youth-2: 20-28 years old

**Note 1a** points: 10 points if you send after each class a short summary 5-10 sentences, please type it (not by handwriting). (for grade 9 and higher classes)

**Gurus:** Reshma Ma'am (Reshma RIJAL), Guru Daju (Sunil Marapin).

**Guest:** Suwekha didi and Rashu Didi

01 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 Sri Sanjay Sai Baba 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

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

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

4: Heart-work for next lesson

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 ममः

=== END ===



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



# SHRI SANJAY SAI SOUL BLOSSOM

## Dang: Junior1, Junior2 & Youth1

Topic: Study Tips; 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, 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 our SSSSB kids class Meg:

01-Naitik Rijal (13)

02-Pari Pokharel (13)

03-Prabhu Pokharel (9)

04-Ishan Acharya (9)

05-Manoj Tamag (10)

06-Shikshya Rijal (17)

07-Nobel DEVKOTA

08-Suprem Sen THAKURI

Coordinator, Gurus (teachers) & team:

Reshma Ma'am Coordinator of SSSSB class Dang, Teacher SSSVM

Guru Daju (Sunil Marapin from Holland) Coordinator of SSSSB classes Meg-Siddhi Home

Meena Ma'am (Meena Rijal), Coordinator of SSSSB class Balkot, Teacher SSSVM

Gita Ma'am (Gita Gautam), Guru of SSSSB class Balkot & teacher of SSSVM

Naresh Uncle Coordinator of SSSSB class Youth Katunje

Summary of the 20<sup>th</sup> SSSSB Kids class Siddhi-Meg-Noble House, Saturday October 10, 2020 from 10-10:50 am

- Guest today: Suvekha Didi and Rashu Didi.

- Ishan ask about Ram and Ram Nam.

- Guru Daju talk about the important to talk the truth.

- 12 Study tips for the students.

- Tip 9 about focus, guru daju tell a story about the assistant.

- School time is best time, guru daju tell short story about, responsibility later.

October 17, 2020

The Hague, Holland

Guru Daju (Sunil Marapin)



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