

SHRI SANJAY SAI SOUL BLOSSOM

Dang: Junior1, Junior2 & Youth1

Program 12, SSSSB class Dang, Saturday, November 07, 2020 from 7 to 8 pm

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

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: About Tihar festival. If we have enough time, we can do 1 or 2 activities more.

04a: Heart-work to do (Send on the class day: 10 points. The next day: 5 points. After the next day, 2 points).

-Make a short summary (5 till 10 lines) of today's SSSSB class

04b: Heart-work to practice. Practice the values of the months till now

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

5: Closing

Bhagawan Sri Sanjay Sai 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===

Topic: Study Tips; How to study effective & How to handle with study stress. Overview of useful tips.



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





SHRI SANJAY SAI SOUL BLOSSOM

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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
- 09-Aakriti SUBEDI(15)
- 10-Sadiksha KHADKI (12)

3 Guest students:

Rashu
Suweksha
Shristi

Coordinator & team:

Coordinator: Reshma Ma'am (Reshma Rijal),
Support: Guru Daju (Sunil Marapin from Holland)
Support / guest: Meena Ma'am (Meena Rijal),
Support / guest: Gita Ma'am (Gita Gautam),

Summary

On the date of 7th Nov 2020 in the soul blossom Dang class we gurus:

Guru Daju(Sunil Marapin), Reshma Rijal Ma'am, Gita Gautam Ma'am and Meena Rijal Ma'am were in the class. Reshma Ma'am and Guru Daju coordinated the class.

Our SSSVM students Suweksha Jha, Rashu Karki and Shristi were the Guest in the class.

Some new students Sadikshya Khadka grade 5, 12 years old from SSSVM also join the class today. Today 10 students were there in the class. Pari Pokhrel, Prabhu Pokhrel, Ishan Acharya, Swekshya Rijal were from Dang. Aakriti Subedi was from Duwakot Bhaktapur. Nobel Khanal KTM, we started as usual the class with Pray and mantras and thank to Bhagwan Baba at the end. The topics of the class was about Tihar festival. All the students shared about their experience and about Tihar festival. They said that we celebrate 5 days by worshipping different animal, God and Goddess, like first day Crow (as a messenger and cleans the surroundings by eating dirty things), second day Dog (It is faithful, obedient and guards our house), third day Laxmi pooja and Cow Pooja (for the wealth, prosperity, peace and cow as a god), fourth day Oxen (It helps us to plough the field) and the last day we celebrate by giving tika to the brothers. We light the lamps whole 5 days in the house.

Guru Daju told about the three persons wealthy, Healthy and Spiritual (Good character). If we lost wealth nothing is lost, if we lost health something is lost and if we lost character everything is lost. So we should be a good person in the life. Twam Sharanam Mama

November 7, 2020

Balkot, Bhaktapur

Meena Ma'am



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Twam Sharanam Mama.**

