

SHRI SANJAY SAI SOUL BLOSSOM

Dang: Junior1, Junior2 & Youth1

Program 14, SSSSB class Dang, Saturday, November 21, 2020 from 7-8 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 1: Circle of life & what we learn till now.

- Topic 2: What is see always insite? / Than what is See always outside?

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-8
- Suweksha-8
- Shristi-10
- Garima Panday-8
- Sabina-9
- Babika-8
- Sarika-8

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

- We talk about the circle of life
- See always inside, what is then see always outside?
- What we can practice
- We will make national classes

Twam Sharanam Mama

November 21, 2020

The Hague, Holland

Guru Daju



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