



SHRI SANJAY SAI SOUL BLOSSOM

National Youth SSSSB class (age: 14+ and Active students)

Program 2, National Soul Blossom class **Saturday, December 05, 2020 from 6:30- 8:00 pm**

For age group: **15 year and older & for active students**

Gurus: Naresh Uncle and Guru Daju

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

Aum Shanti Shanti Shanti

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 our Future: **Question 1: Is it good to think about your future already?**

Question 2: Have you made some dreams or plans already?

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===



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





SHRI SANJAY SAI SOUL BLOSSOM

National Youth SSSSB class (age: 14+ and Active students)

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

Students of our SSSSB kids class Meg:

01-Shikshya Rijal (17)

02-Nobel DEVKOTA

03-Suprem Sen THAKURI

04-Aakriti SUBEDI(15)

Rashu-gr8

Suweeksha-gr8

Shristi-gr10

Garima Panday-gr8

Sabina-gr9

Babika-gr8

Sarika-gr8

Dr Triveni

Aditi Bhandi-gr7

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 5th Dec 2020, Youth soul blossom was held. This program was conducted and coordinated by Guru Daju (Sunil Marapin) from Holland and Naresh Dhungel Sir from Kantunje class. We gurus from SSSVM Rama ma'am (Rama Rijal), Gita Ma'am (Gita Gautam) and Meena ma'am (Meena Rijal) also participated in that class. The youth started the program it was good that the youth are taking responsibility We talked about wish:- all the youth told about their wish, what they want to be in the future, all the students expressed about their wish. We Gurus also talked about the wish in the future what they want to be. Guru Daju talked about the Bible Quote that every Avtar comes in the Earth just to give the positive message to the people. Naresh Uncle also added that if we make a house in the sand it will not be sustainable, the same thing if we make in the rock ti will be durable and remain many years. So, if we want wish should be from inside and should listen of inside. Everything is in our inside. We may follow the path of the any posive but can make our own strong desire should be of our own.

At the end we talked about the youth also has taken responsibility by being a soul blossom teacher and running well the class.

Twam Sharanam Mama

December 7, 2020

Balkot, Nepal

Meena Ma'am (Meena RIJAL)



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Twam Sharanam Mama.**

