



# SHRI SANJAY SAI SOUL BLOSSOM

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

Program 3, National Soul Blossom class **Saturday, December 12, 2020 from 6:30- 8:00 pm**  
Gurus: Naresh Uncle and Guru Daju / For age group: **15 year and older & for active**

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

01b Silent sitting: **Light Meditation, 3 to 5 minutes**

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.)

- In short, discipline, bhajan rules etc (guru daju)

- Topic 1 from Shikshya: **How to stay happy and cheerful all the time?**

- Topic 2 from Guru Daju: **Story, Alien Boy**

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.**



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## Summary

### Students

- 01-Shikshya Rijal (17, gr12)
- 02-Suweksha (14, gr8)
- 03-Rashu (14, gr8)
- 04-Shristi-gr10
- 05-Garima Panday (15, gr8)
- 06-Babika (15, gr8)
- 07-Suva THAPA (16, +2)
- 08-Naitik RIJAL (13, gr9)
- 09-Suprem Sen THAKURI
- 10-Pari POKHAREL (14, gr9)
- 11-Nobel DEVKOTA (14, gr8)
- 12-Aakriti SUBEDI(15, ...)
- 13-Rose Dhungel (

Sabina-gr9  
Sarika-gr8  
Pranzal Thapa-gr9  
Raj Dhungel  
Prabesh  
Aditi Bhandi-gr7  
Aneesha Thapa

### 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),  
Support / guest: Dr Triveni)

## Summary

We talk about

- Shikshya topic: How to stay happy and cheerful all the time? All give their view, it is not a easy, but very important topic. Another time we will connect this topic with karma
- Guru Daju topic: a alien boy, suprice everyone, to visit us. Everything what he touches, became 50%, so everybody stay far from him. But a week later, everything what he touches became double.

Twam Sharanam Mama

December 13, 2020  
The Hague, Holland  
Guru Daju



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Twam Sharanam Mama.**

