



# SHRI SANJAY SAI SOUL BLOSSOM

## National Junior-2 SSSSB class (10-14 year)

Program 4, National Soul Blossom class **Saturday, December 19, 2020 from 4:30-5:30 pm**  
Gurus: Rama Ma'am (Rama KHANAL DHUNGEL), 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

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.)

**-Topic: Riddles & puzzles & a short story**

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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## National Junior-2 SSSSB class (10-14 year)

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-Naitik Rijal (13)

02-Pari Pokharel (13)

03-Prabhu Pokharel (9)

04-Ishan Acharya (10)

05-Manoj Tamag (10)

09-Aakriti SUBEDI(15)

10-Sadiksha KHADKI (12)

Katunje students

Pari

Nobel

Rashu-8

Suweksha-8

Shristi-10

Garima Panday-8

Sabina-9

Babika-8

Sarika-8

Anish Khadka

Coordinator & team:

Coordinator: Rama Ma'am, (Rama Khanal dhungel)

Support: Guru Daju (Sunil Marapin from Holland)

Support / guest: Meena Ma'am (Meena Rijal),

Support / guest: Gita Ma'am (Gita Gautam),

Coordinator: Reshma Ma'am (Reshma Rijal),

Summary

- Rama Ma'am did the light meditation

- We did 5 Riddles-Puzzles,

- Short story about a girl who ask her parents also a new bag when she see a other girl with a new bag.

Children like todays lesson very much, so much

Children had a lot of fun especially because of the games. and probably partly because of the good start with light meditation

- Topic next week: About Lord Jesus Christ, video/photos, quiz and the message of Lord Jesus Christ

Twam Sharanam Mama

December 19, 2020

The Hague, Holland

Guru Daju



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Twam Sharanam Mama.**

