

## Prayer:

Oh God, lead us from the  
unreal to the Real.  
Oh God, lead us from darkness to light.

Oh God, lead us from death to immortality.  
Shanti, Shanti, Shanti unto all.

**Day of Prayer and Action for Children**  
< 20<sup>th</sup> November 2008 >



**HUGE Namaste from Nepal - the Country of Himalayas !**

**Prayer** is the practice of the presence of God. It is the place where pride is abandoned, hope is lifted, and prayer is made. Prayer is the place of admitting our need, of adopting humility, and claiming dependence upon God.

Prayer is one of the greatest tools one can have in the world because it opens the door to a dialogue with God. To pray is to know to whom you are speaking, rather than the form it takes. Prayer means that you are beginning a dialogue with the One who created you, the One who never left you, and you are reestablishing that connection within your mind, within your heart, and giving yourself the opportunity to have a deeper experience with **Source**.

*"Work, work, from morning until late at night. In fact, I have so much to do that I shall have to spend the first three hours in **prayer**."*

- Martin Luther

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### Shanti Sewa Ashram (SSA)

#### SSA coordinated different programs to commemorate the Day of Prayer and Action for Children:

##### **Song and Poem Competition:**

SSA organized a poem and song competition for the children of "**Helping Children's Study Club**" to mark the "**Day of Prayer and Action for Children**" on **19th, November**. About 65 Children aged from 6 to 12 years, with lots of excitement and enthusiasm, took part in the competition. Some sang various Nepali typical songs, some wrote poems on various topics such as the importance of prayers, good thoughts and deeds and the practice of spirituality. The program was coordinated by **Hari Prasad Sodari**, the program in-charge of Helping Children's Study Club. The opening and closing of the program included special prayers by the children representing different religious backgrounds. Winning children were awarded some educational materials to enhance their visionary capabilities and boost up their morale.



Children of HCSC

*"God speaks in the silence of the heart. Listening is the beginning of **prayer**."*  
- Mother Teresa

##### **Inter-faith Prayer Program:**

To mark the Day of Prayer and Action for Children, in conjunction with different social, spiritual and educational institutions **SSA** arranged an **Inter-faith Program** on its premises on Friday **21st, November**. Educationists, social workers, philanthropists and doctors representing more than 21 organizations performed a special prayer as a group as well as separate prayers according to their faiths and beliefs. Talks on prayers and their roles in leading a peaceful and mindful life were given by some distinguished personalities including **Dr. Chintamani Yogi**, founder of SSA.

*"**Prayer** is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in **prayer** to have a heart without words than words without a heart."*

- Gandhi

## Hindu Vidyapeeth-Nepal (HVP)

### A Day Tour to Gurdwara and Buddhist Stupa:

On **November 20**, Hindu Vidyapeeth-Nepal took out some students mainly the members of "Peace Club" to a **Gurdwara, Sikh Temple** and a **Buddhist Stupa**. First students went to **Gurdwara** and participated in the prayer session. One of the members of Gurdwara, **Mr Harmit Singh** explained the students about **Sikh, Sikhism** and the eternal teachings of **Shri Guru Nanak Dev Ji**. Secondly they visited a **Buddhist Stupa** and prayed and sang some **Buddha Bhajans** (devotional songs) together.



Participating in Sikh Prayer



Praying in a Buddhist Temple

*"We are shaped by our **thoughts**; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."*

- Lord Buddha

### A Special Prayer in School Assembly:

On the **20th November**, in the morning assembly of the school students carried out a special prayer session coupled with speeches by some students on prayer and its significance in such a dramatically changing world. Students from different faiths and religions collectively prayed and got the rest of the students to follow them. Latter they organized an interaction program in different groups and expressed their deepest satisfaction having such an inspiring and wonderful program at their school. Founding Principal **Dr Chintamani Yogi** gave a special talk on prayer with highly inspirational and motivational words.



Special Prayer in the Morning Assembly



Students Joining Prayer

*"May God give you...For every storm a rainbow, for every tear a smile, for every care a promise and a blessing in each trial. For every problem life sends, a faithful friend to share, for every sigh a sweet song and an answer for each **prayer**."*

- An Irish Blessing

### [Youth Society for Peace \(YSP\)](#)

**Youth Society for Peace (YSP)**, an initiative of **Shanti Sewa Ashram** dedicated to promote peace, organized a meditation session along with some prayers for the children of **Balbhojan Program**. Balbhojan Program (Street Children Food Program), led by a well known social worker **Dr. Siddha S. Rauniyar**, provides food free of cost twice a day to about 200 street children. These children do receive an informal type of education through this program as well. Coordinator of YSP **Mr Jagannath Kandel** and member **Mr Sujan Bishwokarma** performed half an hour long meditation and prayer for these destitute but very lovely children in the morning on **21st of November**.



A Girl of Balbhojan Praying



Jagannath, YSP Coordinator (left) leading the Prayer

*"Take charity out of their property, you would cleanse them and purify them thereby, and pray for them; surely your **prayer** is tranquility to them, and Allah is Hearing, Knowing"*

- Holy Qur'an

### [A Day Camp at Chepang School:](#)

In conjunction with **Room to Read, Room to Grow Program** and **Youth Society for Peace Shanti Sewa Ashram (SSA)** organized a one-day camp for the students of **Antyodaya Janajati Aawasiya School**. The school is fully residential and has around 210 students including girls. This school is established for only those children who are from an endangered community of Nepal known as **CHEPANG**. Chepang people are landless, very poor and work as servants who are found near Chitwan area which is some 70 kms in the south from **Kthmandu**. The camp was organized on **21st of November** with the generous assistance of core members of Youth Society for Peace. All the two hundred and ten students seemed to have highly benefitted by this program which mainly focused on ethic education.

The camp began from 6 am in the morning and ended at 9 at night and comprised lots of activities such as prayers, songs, Yoga, meditation, talks, speeches, friendship games, entertainment, paintings, creative works and power point presentations. The main objective of the camp is to boost up the morale of the students enabling them to take up challenges and opportunities in upcoming days and encourage them to be good and responsible world citizens. Precisely speaking the program was organized mainly to give the children hope. With the experiences the students have received from this camp will build up their leadership qualities and positive attitude and can become well behaved, disciplined, confident and smart in every field. A Special thank goes to **Ms. Deepa Yogi, Ms. Anita Thapa, Ms. Poonam Bastola, Mr. Laxman Panthi, Mr. Ram Bhandari, Mr. Sujan Bishwakarma and Mr. Jagannath Kandel** (all YSP members) for their invaluable contributions to run the camp very effectively and successfully.

**Chepang Students listening the talk and busy in creation**



**Very Glad to have received some materials**



**YSP team that conducted the Camp**

*"O Man of Two Visions! Close one eye and open the other. Close one to the world and all that is therein, and open the other to the hallowed beauty of the Beloved."*

**- Bahá'u'lláh**

### **Peace Fair Festival:**

**Conflict, Peace and Development Studies Center (CPDS), Tribhuvan University** organized "Peace Fair Festival" on 22nd of November at Nepal Academy Hall, Kamaladi, Kathmandu. Various scholars spoke on the need of spirituality and moral values for the sustainable solutions of the conflicts facing the world eventually laying the foundation of lasting peace. **Dr. Chintamani Yogi** was also invited as a chief speaker who shed light on spiritual awareness, the positive influence of prayers and meditation. Hundreds of people from the

different walks of life were present on the occasion in which Dr Yogi performed some prayers as well.

*"Pray to God that He may strengthen you in divine virtue, so that you may be as angels in the world...."*

- Bahá'u'lláh

### Hindu Prayer for Peace

Oh Lord God almighty, may there be peace in  
celestial regions.

May there be peace on Earth.  
May the waters be appeasing.

May herbs be wholesome, and may trees  
plants bring peace to all. May all beneficent  
beings bring peace to us.

May all things be a source of peace to us.  
And may thy peace itself, bestow peace on all  
and may that peace come to me also.

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**Dhannyabaad !**

**Thank You !**

**Smile and the world will smile with you.**

**May Peace Prevail on the Earth.**

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