



Shri Sanjay Sai Seva Organisations International

Holland Chapter



2026-w34 [21, 22, 23 August] Topic Story SSSSB 052a+b [Kusumaa]

Website: www.ssssohc.org / www.ssssb.info

Chapter - Coordinator: SsssbGuru Daju (Sunil Marapin) Holland Chapter (SSSSOHC)

Time Saturday [weekly]: Nepal 9:00-10:15, Congo 4:15-5:30, Holland 4:15-5:30am India 8:45-10:00

Time Sunday [monthly]: Nepal 19:00-20:00, Congo 14:15-15:15, Holland 14:15-15:15 India 18:45-19:45

The SSSSB classes that follow this program

- 01-Manage Nepal Balkot 5-12 years Ssssb physical class: Gita Ma'am, with support from our youth team
- 02-Manage Nepal Balkot 13+ physical Family Ssssb class: Meena Ma'am, with support from our youth team
- 03-Manage Nepal Sssvm School Ssssb classes: Meena Ma'am, with support of teachers from the class
- 04-Manage Nepal Katunje physical Ssssb class: Naresh Sairam and Rama Ma'am
- 05-Manage Online Family Saturday weekly Ssssb class: Guru Daju, with support from the Guru's and youth
- 06-Manage Online Family Sunday monthly Ssssb class: Guru Daju, with support from the Guru's and youth
- 07-Manage India, Gokul Gagan Ssssb class: Kusuma Katara
- 08-Manage Congo 5-12 years physical Ssssb class: Merphia Dilua Madame with other Congo Gurus
- 09-Manage Congo 13-17 physically Ssssb class: Merphia Dilua Madame with other Congo Gurus
- 10-Manage Congo 18-30 Youth physical class: Merphia Dilua Madame with other Congo Gurus
- 11-Manage Congo Womans physical class: Merphia Dilua Madame with other Congo Gurus

Program

1a- GB Bhajans, try so learn and sing new bhajans / 1a FR Bhajans essayez de chanter de nouveaux Bhajans

1b- GB Focusing-Meditation-Concentration: Light Meditation / 1b FR Méditation de concentration et d'attention : Méditation lumineuse

2- GB Weekly creative presentation with SSSSB values: Each week, a participant or group can present something creative using SSSSB values (e.g., dance, drama, song, drawing, or role-play). Max. 10 minutes.

2- FR Présentation créative hebdomadaire avec les valeurs SSSSB :

Chaque semaine, un participant ou un groupe peut présenter quelque chose de créatif avec les valeurs SSSSB (par exemple : danse, théâtre, chanson, dessin ou jeu de rôle). Max. 10 minutes.

3- GB Games for Physical and Online Classes / 3 FR Jeux pour les cours en présentiel et en ligne

4- GB Story / Topic / Question / Speech / Etc. and H-W / practice value / Drama Activity in the Physical Class

4- FR Histoire / Sujet / Question / Discours / Etc. et H-W / valeur de pratique / Activité de théâtre dans la classe physique

5- GB Closing prayers and mantras / 5 FR Prières et mantras de cloture

H-w: Let's share our experiences and insights through words and/or creative expression.

Request to all our participants:

1. Let's share our own feelings, experiences, and opinions.
2. Perform Seva daily, and pray daily to God, who is also in our hearts, followed by Jyoti Meditation.
3. Honestly evaluate your words, thoughts, and actions daily, and improve wherever possible.

Fench H-w : Partageons nos expériences et nos idées à travers des mots et/ou des expressions créatives.

Demande à tous nos participants :

1. Partageons nos propres sentiments, expériences et opinions.
2. Pratiquez le Seva quotidiennement, priez chaque jour le Divin qui réside dans nos cœurs, suivi de la Méditation Jyoti.
3. Évaluez honnêtement vos paroles, pensées et actions chaque jour, et améliorez-vous là où c'est possible.

1a - Bhajans, try so learn and sing new bhajans / Bhajans essayez de chanter de nouveaux Bhajans

Om (3x)

Om Sai Thrayaaya Vidmahe,

Sanjay Babaya Dheemahi,

Tanna Sarva Prachodayath (3x)

- Om, Shanti Shanti Shanti

- Lord Ganesha Bhajan

- Guru Bhajan

- Devi Bhajan

- Lord Shiva Bhajan

- Other Bhajans

- Ssssb Song [Our happiest day is]

GB English: Our Happiest day of the week is the Shri Sanjay Sai Soul Blossom day

Our happiest day is, Soul Blossom Day, Soul Blossom Day, Our Soul Blossom Day.
Our Shri Sanjay Sai Soul Blossom Day, Is Our Happiest Day

Jyothi Dhyaan [Light Meditation]

Also fun Is Jyothi Dhyaan, Jyothi Dhyaan, Our Jyothi Dhyaan.

Our happiest day is, Dhyaan Day, Om Sai Ram

Bhajans Day

Our happiest day is, Bhajans Day, Bhajans Day, Our Bhajans Day.

Our happiest day is, Bhajans Day, Om Sai Ram

Games Day

Our happiest day is, Games Day, Games Day, Our Games Day.

Our happiest day is, Games Day, Om Sai Ram

Our happiest day is, Soul Blossom Day, Soul Blossom Day, Our Soul Blossom Day.
Our Shri Sanjay Sai Soul Blossom Day, Is Our Happiest Day

Story Day

Our happiest day is, Story Day, Story Day, Our Story Day.

Our happiest day is, Story Day, Om Sai Ram

Questions Day

Our happiest day is, Questions Day, Questions Day, Our Questions Day.

Our happiest day is, Quistions Day, Om Sai Ram

Drama Day

Our happiest day is, Drama Day, Drama Day, Our Drama Day.

Our happiest day Is, Drama Day, Om Sai Ram



नेपाली: हाम्रो हप्ताको सबैभन्दा खुसीको दिन श्री संजय साई सोल ब्लोसम दिन हो।

हाम्रो खुशीको दिन हो सोल ब्लसम दिन, सोल ब्लसम दिन, हाम्रो सोल ब्लसम दिन

हाम्रो श्री संजय साई सोल ब्लसम दिन, हाम्रो खुशीको दिन ।

Hamro Khushiko Din ho Soul Blossom Din, Soul Blossom Din, Hamro Soul Blossom Din

Hamro Shree Sanjay Sai Soul Blossom Din, Hamro Khushiko Din

ज्योति ध्यान रमाइलो पनि छ ज्योति ध्यान, ज्योति ध्यान, हाम्रो ज्योति ध्यान ।

हाम्रो खुशीको दिन हो ध्यान दिन, ॐ साई राम ।

Ramailo pani cha Jyoti Dhyan, Jyoti Dhyan, Hamro Jyoti Dhyan

Hamro Khushiko Din ho Dhyan Din, Om Sai Ram

भजन दिन हाम्रो खुशीको दिन हो भजन दिन, भजन दिन, हाम्रो भजन दिन ।

हाम्रो खुशीको दिन हो भजन दिन, ॐ साई राम ।

Hamro Khushiko Din ho Bhajan Din, Bhajan Din, Hamro Bhajan Din

Hamro Khushiko Din ho Bhajan Din, Om Sai Ram

खेल दिन हाम्रो खुशीको दिन हो खेल दिन, खेल दिन, हाम्रो खेल दिन ।

हाम्रो खुशीको दिन हो खेल दिन, ॐ साई राम ।

Hamro Khushiko Din ho Khel Din, Khel Din, Hamro Khel Din

Hamro Khushiko Din ho Khel Din, Om Sai Ram

हाम्रो खुशीको दिन हो सोल ब्लसम दिन, सोल ब्लसम दिन, हाम्रो सोल ब्लसम दिन

हाम्रो श्री संजय साई सोल ब्लसम दिन, हाम्रो खुशीको दिन ।

Hamro Khushiko Din ho Soul Blossom Din, Soul Blossom Din, Hamro Soul Blossom Din

Hamro Shree Sanjay Sai Soul Blossom Din, Hamro Khushiko Din

कथा दिन हाम्रो खुशीको दिन हो कथा दिन, कथा दिन, हाम्रो कथा दिन ।

हाम्रो खुशीको दिन हो कथा दिन, ॐ साई राम ।

Hamro Khushiko Din ho Katha Din, Katha Din, Hamro Katha Din

Hamro Khushiko Din ho Katha Din, Om Sai Ram

प्रश्न दिन हाम्रो खुशीको दिन हो प्रश्न दिन, प्रश्न दिन, हाम्रो प्रश्न दिन ।

हाम्रो खुशीको दिन हो प्रश्न दिन, ॐ साई राम ।

Hamro Khushiko Din ho Prashna Din, Prashna Din, Hamro Prashna Din

Hamro Khushiko Din ho Prashna Din, Om Sai Ram

नाटक दिन हाम्रो खुशीको दिन हो नाटक दिन, नाटक दिन, हाम्रो नाटक दिन ।

हाम्रो खुशीको दिन हो नाटक दिन, ॐ साई राम ।

Hamro Khushiko Din ho Natak Din, Natak Din, Hamro Natak Din

Hamro Khushiko Din ho Natak Din, Om Sai Ram

FRFrench: Le plus beau jour de notre semaine est le jour Shri Sanjay Sai Soul Blossom
[Ssssb Song: Our most beautiful day of the week is the Shri Sanjay Sai Soul Blossom Day]

Notre plus beau jour est, le jour de Soul Blossom, le jour de Soul Blossom, notre jour de Soul Blossom.

Notre Shri Sanjay Sai Soul Blossom Day est notre plus beau jour.

Jyothi Dhyaan [Méditation de la Lumière]

C'est aussi une joie de faire, Jyothi Dhyaan, Jyothi Dhyaan, notre Jyothi Dhyaan.
Notre plus beau jour est le jour de Dhyaan, Om Sai Ram.

Jour des Bhajans

Notre plus beau jour est, le jour des Bhajans, le jour des Bhajans, notre jour des Bhajans.

Notre plus beau jour est le jour des Bhajans, Om Sai Ram.

Jour des Jeux

Notre plus beau jour est, le jour des Jeux, le jour des Jeux, notre jour des Jeux.

Notre plus beau jour est le jour des Jeux, Om Sai Ram.

Notre plus beau jour est, le jour de Soul Blossom, le jour de Soul Blossom, notre jour de Soul Blossom.

Notre Shri Sanjay Sai Soul Blossom Day est notre plus beau jour.

Jour des Histoires

Notre plus beau jour est, le jour des Histoires, le jour des Histoires, notre jour des Histoires.

Notre plus beau jour est le jour des Histoires, Om Sai Ram.

Jour des Questions

Notre plus beau jour est, le jour des Questions, le jour des Questions, notre jour des Questions.

Notre plus beau jour est le jour des Questions, Om Sai Ram.

Jour du Théâtre

Notre plus beau jour est, le jour du Théâtre, le jour du Théâtre, notre jour du Théâtre.

Notre plus beau jour est le jour du Théâtre, Om Sai Ram.

NLDutch: *Ons mooiste dag van de week is de Shri Sanjay Sai Soul Blossom dag*
[Ssssb Song: *Our most beautiful day of the week is the Shri Sanjay Sai Soul Blossom Day*]

Samen [Together] 2x:

Ons mooiste dag is Soul Blossom-dag, Soul Blossom-dag, ons Soul Blossom-dag.
Ons Shri Sanjay Sai Soul Blossom-dag, is ons mooiste dag.

Jyothi Dhyaan [Lichtmeditatie]

Ook vreugdevol is Jyothi Dhyaan, Jyothi Dhyaan, ons Jyothi Dhyaan.
Ons mooiste dag is, Dhyaan-dag, Om Sai Ram.

Bhajans-dag

Ons mooiste dag is Bhajans-dag, Bhajans-dag, ons Bhajans-dag.
Ons mooiste dag is Bhajans-dag, Om Sai Ram.

Spellen-dag [Games day]

Ons mooiste dag is Spellen-dag, Spellen-dag, ons Spellen-dag.
Ons mooiste dag is Spellen-dag, Om Sai Ram.

Ons mooiste dag is Soul Blossom-dag, Soul Blossom-dag, ons Soul Blossom-dag.
Ons Shri Sanjay Sai Soul Blossom-dag, is ons mooiste dag.

Verhalen-dag [Stories day]

Ons mooiste dag is Verhalen-dag, Verhalen-dag, ons Verhalen-dag.
Ons mooiste dag is Verhalen-dag, Om Sai Ram.

Vragen-dag [Questions day]

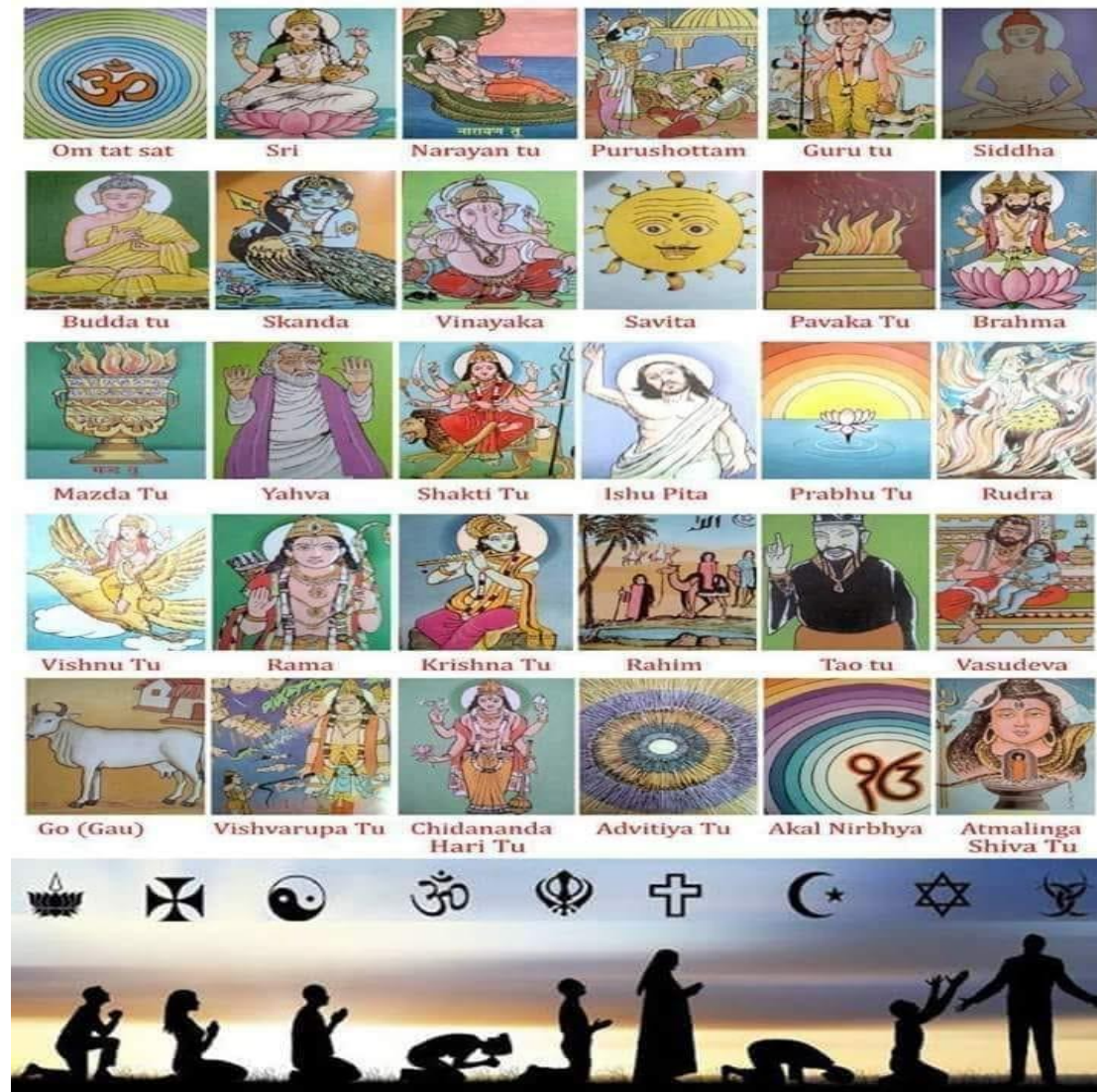
Ons mooiste dag is Vragen-dag, Vragen-dag, ons Vragen-dag.
Ons mooiste dag is Vragen-dag, Om Sai Ram.

Toneel-dag [Drama day]

Ons mooiste dag is Toneel-dag, Toneel-dag, ons Toneel-dag.
Ons mooiste dag is Toneel-dag, Om Sai Ram.

- Ram Laxman Janaki, Jay Bolo Hanuman Ki

- Sarva Dharma Prayer



Atma Linga Siva Tu, Sai Atma Linga Siva Tu

- Om, Shanti Shanti Shanti

2a - Do you want to share or ask something? / Voulez-vous partager ou demander quelque chose ?

1b - Focusing-Meditation-Concentration: Light Meditation / Méditation de la lumière



2- GB Weekly creative presentation with SSSSB values: Each week, a participant or group can present something creative using SSSSB values (e.g., dance, drama, song, drawing, or role-play). Max. 10 minutes.

2- FR Présentation créative hebdomadaire avec les valeurs SSSSB :

Chaque semaine, un participant ou un groupe peut présenter quelque chose de créatif avec les valeurs SSSSB (par exemple : danse, théâtre, chanson, dessin ou jeu de rôle). Max. 10 minutes.

2-

Weekly creative presentation with SSSSB values:

Each week, a participant or group can present something creative using SSSSB values (e.g., dance, drama, song, drawing, or role-play).

Max. 10 minutes.

Dance

Drama

Song

Drawing

Role-play

2-

Présentation créative hebdomadaire avec les valeurs SSSSB :

Chaque semaine, un participant ou un groupe peut présenter quelque chose de créatif avec les valeurs SSSSB (par exemple : danse, théâtre, chanson, dessin ou jeu de rôle).

Max. 10 minutes.

Danse

Théâtre

Chanson

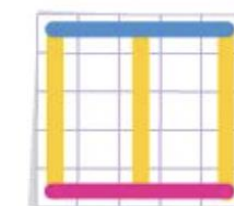
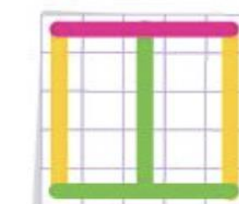
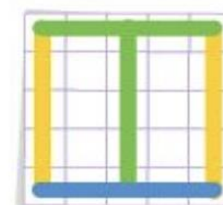
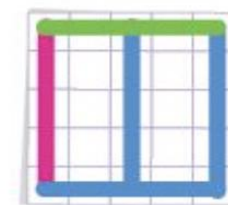
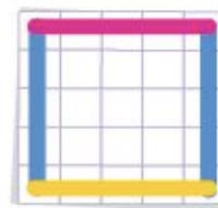
Dessin

Jeu de rôle

4- Topic / Story / Info / Statement / Question / Speech / Situation / Festival / Feelings / Etc.

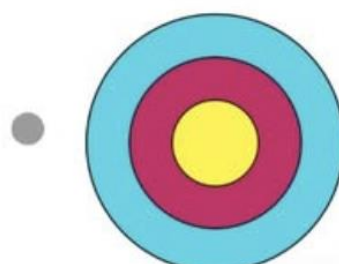
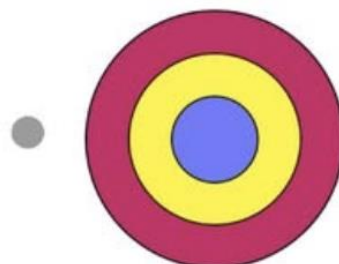
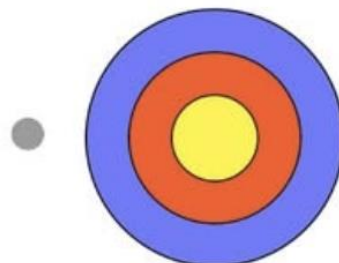
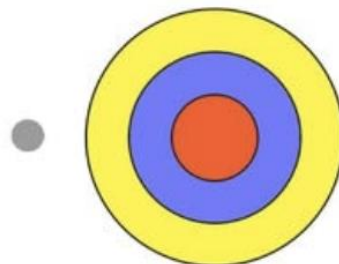
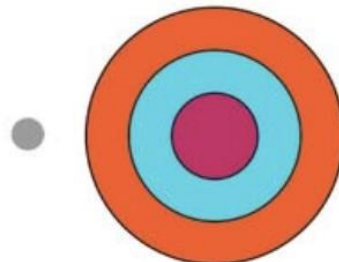
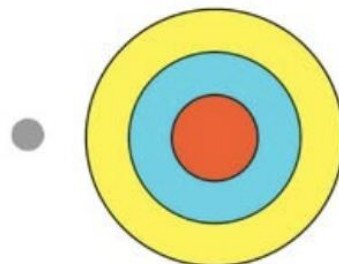
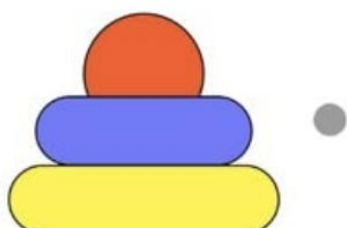
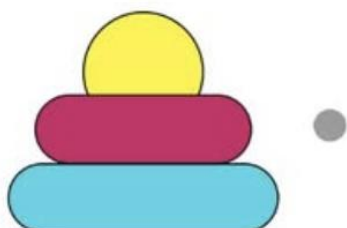
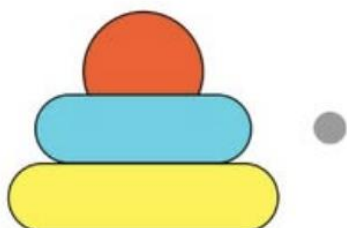
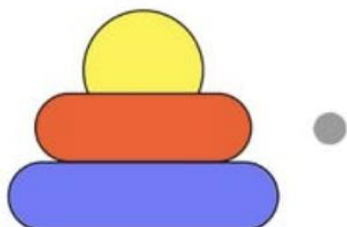
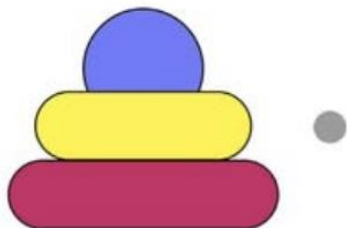
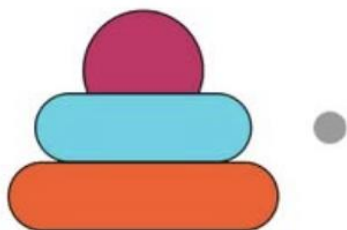
4- Thème- Histoire- Information- Déclaration- Question- Discours- Situation- Festival-Sentiments-Etc.

GB Game 1/4: Let the youngest children answer first. If they don't know, help them find the answer.
FR Jeu 1/4: Laissez d'abord répondre les plus jeunes enfants. S'ils ne savent pas, aidez-les à trouver la réponse.



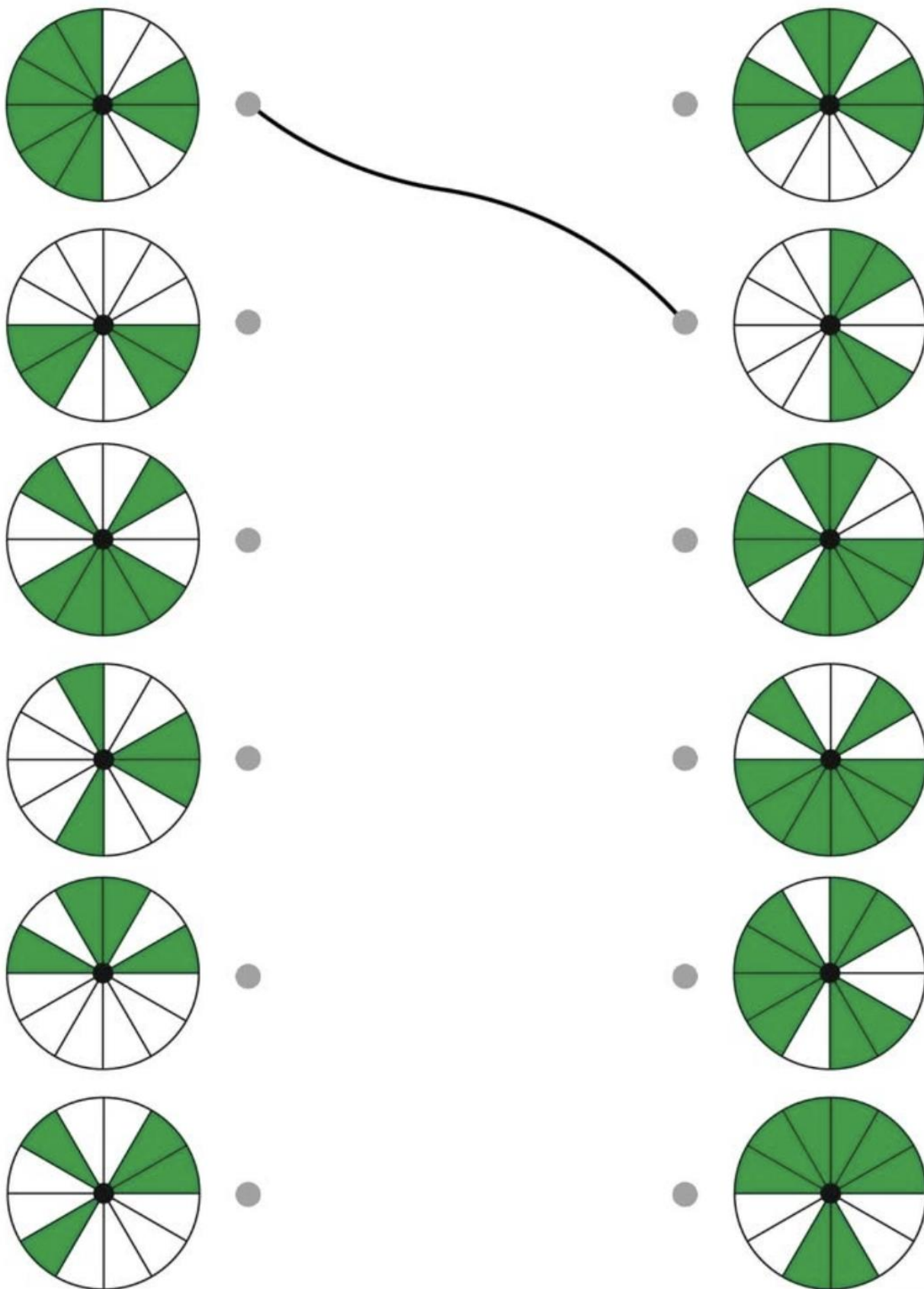
GB Game 2/4: Let the youngest children answer first. If they don't know, help them find the answer.

FR Jeu 2/4: Laissez d'abord répondre les plus jeunes enfants. S'ils ne savent pas, aidez-les à trouver la réponse.



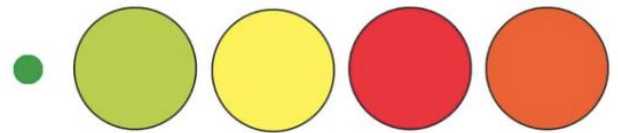
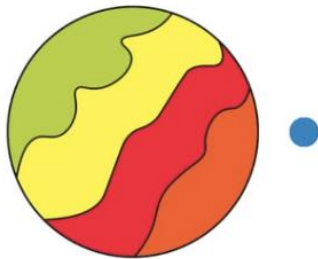
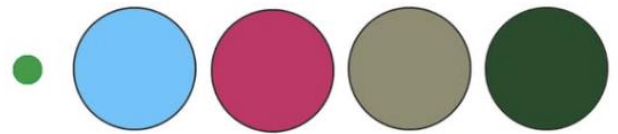
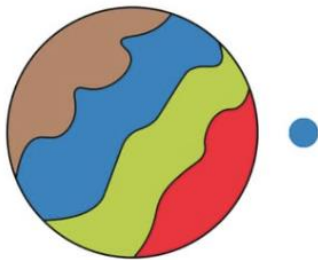
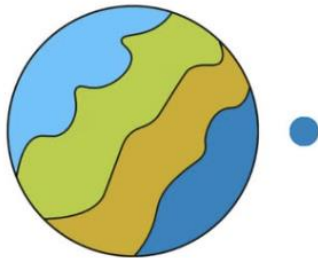
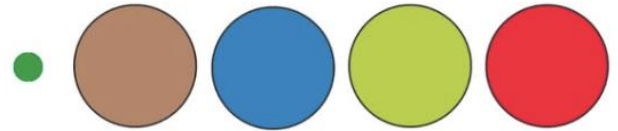
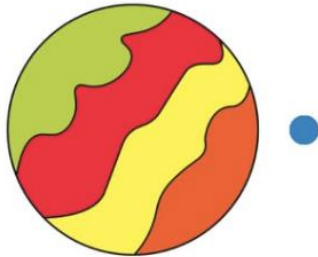
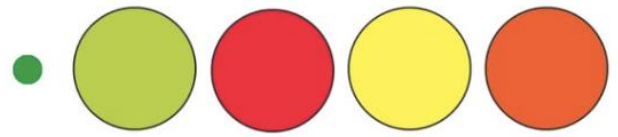
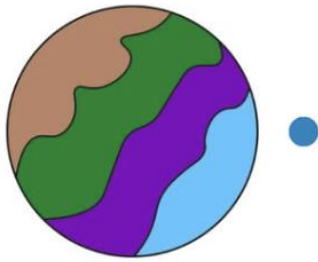
GB Game 3/4: Let the youngest children answer first. If they don't know, help them find the answer.

FR Jeu 3/4: Laissez d'abord répondre les plus jeunes enfants. S'ils ne savent pas, aidez-les à trouver la réponse.



GB Game 4/4: Let the youngest children answer first. If they don't know, help them find the answer.
 FR Jeu 4/4: Laissez d'abord répondre les plus jeunes enfants. S'ils ne savent pas, aidez-les à trouver la réponse.





05 Closing: Last part of today's Ssssb Family Class

05 Fermeture: Dernière partie du cours Ssssb Famille d'aujourd'hui

- **Asato Ma Sadgamaya**
Tamaso Ma Jyotir Gamaya
Mrytyor Ma Amritam Gamaya

- Bhagwan Shri Sanjay Sai Aarati. भगवान श्री संजय साई आरती

Om Jaya Sañjaya Bābā, Swami Jaya Sañjaya Bābā,

ॐ जय संजय बाबा, स्वामी जय संजय बाबा,

Satya Sanātana Nirmala, Satya Sanātana Nirmala,

सत्य सनातन निर्मल, सत्य सनातन निर्मल,

He Jagake Dātā, Om Jaya Sañjaya Bābā

हे जगके दाता, ॐ जय संजय बाबा।

Sumadhura Sundara Vaibhava, Kamala Dalekṣhaṇa He, Svāmi Kamala Dalekṣhaṇa He,

सुमधुर सुन्दर वैभव, कमल दलेक्षण हे, स्वामी कमल दलेक्षण हे,

Kāṣhāyāmbara Dhāraṇa, Kāṣhāyāmbara Dhāraṇa,

काशायाम्बर धारण, काशायाम्बर धारण,

Pañkaja Caraṇa Namō, Om Jaya Sañjaya Bābā.

पङ्कज चरण नमो, ॐ जय संजय बाबा।

Param Dhāma Parameśhvara, Paramānanda Namō, Svāmi Paramānanda Namō,

परम धाम परमेश्वर, परमानन्द नमो, स्वामी परमानन्द नमो,

Parama Pūjya Sāīśhvara, Parama Pūjya Sāīśhvara,

परम पूज्य साईश्वर, परम पूज्य साईश्वर,

Atmānanda Namō, Om Jaya Sañjaya Bābā

आत्मानन्द नमो, ॐ जय संजय बाबा।

Lakṣhmī Nārāyaṇa Mūrata, Shubhadāyaka Bhagavān, Svāmi Shubhadāyaka Bhagavān

लक्ष्मी नारायण मूरत, शुभदायक भगवान्, स्वामी शुभदायक भगवान्,

Sakala Jagata Ke Rakṣhaka, Sakala Jagata Ke Rakṣhaka,

सकल जगतके रक्षक, सकल जगतके रक्षक,

Maṅgala Kara Prabhu He, Om Jaya Sañjaya Bābā

मङ्गल कर प्रभु हे, ॐ जय संजय बाबा।

Om Jaya Sañjaya Bābā, Swami Jaya Sañjaya Bābā,

ॐ जय संजय बाबा, स्वामी जय संजय बाबा,

Satya Sanātana Nirmala, Satya Sanātana Nirmala,

सत्य सनातन निर्मल, सत्य सनातन निर्मल,

He Jagake Dātā, Om Jaya Sañjaya Bābā,

हे जगके दाता,

Om Jaya Sañjaya Bābā [x3]

ॐ जय संजय बाबा। [x 3]

-Om Shanti, Shanti, Shanti

- ॐ शान्ति, शान्ति, शान्ति

- *Samastha Jiva Sukhino Bhavantu* (3x)

- Sarveshaam Swastir Bhavatu
Sarveshaam Shaantir Bhavatu
Sarveshaam Purnam Bhavatu
Sarveshaam Mangalam Bhavatu
- Om Shanti, Shanti, Shanti

- Jai Bolo Shri Sanjay Sai Soul Blossom Program Ki ... Jai (1x)
- Jai Bolo Bhagawan Shri Sanjay Sai Baba Ji Ki ... Jai (1x)

- Viebhoote Mantram
Paramam Pavitram Baba Vibhootim.
Paramam Vichitram Leela Vibhootim
Paramartha Isthratha Moksha Pradhanam
Baba Vibhootim Idam Ashrayami

End, Fin, Ende, Fine, Fim, Konec, Jiéshù, Shūryō, Nihaya, Ant, Anta, Lokola

Short version / Version courte

05 Closing: Last part of today's Ssssb Family Class [Short version]

05 Fermeture: Dernière partie du cours Ssssb Famille d'aujourd'hui [Version courte]

- Asato Ma Sadgamaya
Tamaso Ma Jyotir Gamaya
Mrytyor Ma Amritam Gamaya

- *Samastha Jiva Sukhino Bhavantu* (3x)

- Om Shanti, Shanti, Shanti

- Jai Bolo Shri Sanjay Sai Soul Blossom Program Ki ... Jai (1x)
- Jai Bolo Bhagawan Shri Sanjay Sai Baba Ji Ki ... Jai (1x)

End, Fin, Ende, Fine, Fim, Konec, Jiéshù, Shūryō, Nihaya, Ant, Anta, Lokola