

We live a community life of discipline & deligence. We have long days which look short for us.

Early mornings amidst the sylvan surroundings & the holy heights is not a sight to be missed. So the students cannot be allowed to miss the soft whispers of the refreshing breeze. So their motherly matrons wake them up and they are out of bed before it is 6 A.M. only to enjoy the chirping of the birds. Soon they are found in the corridors shoe beating their negativities and clearing their Vishudhies while the staff is engrossed in the morning meditation in the meditation hall.

Now it is time for meditation & the students move to the meditation hall for it, to gain inner strength and tranquility by surrendering themselves at the LOTUS FEET of SHRI MATAJI and receiving the blessings of joy and bliss. Now they are in a fit mood to meet the challenges of new day with hope and confidence.

The dining hall is the next destination. Tempting breakfasts and changing varieties. Sometimes it is hard to resist the temptation to over eat and subsequently, visit the sick room perhaps for a change?

Now they have an hour to call their own and some of them are seen engrossed in playing and making fun in groups. To heighten their bliss Chetak, Shyama & Meena play an important role.

Soon the bell sees them rushing to the morning assembly. Soon after extolling the Devi and praying for Shanti, Smriti & Buddhi they march to their classes.

On Mondays every house presents a report of the whole week, wherein they identify the areas for better attention and further improvement as for them sky is the limit. It is here that they receive the most opportune instructions required to develop values that are most needed during that week.

Their regular education now starts. They have three sessions of three periods each, two before lunch and one after

lunch. The three sessions are punctuated by short in between breaks which they enjoy as tea break and fruit break.

The concluding part of formal education ends with games, sports and hobby activities, which meet all their fatigue and they feel fresh again.

The evening meditation is very much awaited by all of us as it is followed by prayerful songs and recitations.

They then go for dinner followed by supervised learning and assignment.

It is then time to bid good bye to the day which always looks to be inadequate for doing all that we wanted to do. Finally, a bath/foot soak & restful sleep.

OUR LIMITLESS CURRICULUM

While the school does follow the prescribed courses of study its own curriculum is limitless and admits no boundaries. With the pursuit of excellence as the sole aim the school takes care of both the scholastic and non scholastic aspects of pupils growth.

What others call as extra curricular are all curricular for us.

The wide ranging activities and hobbies offered by the school enable each one of them to pursue his or her interests and to acquire a high degree of proficiency in them. Each of them, therefore, has abundant opportunities for igniting and nurturing their talents.

With a view to providing extensive choice for intensive growth we have a very well organised house system.

The houses are named as

SENIORS	JUNIORS
SATYAM	SAT
SHIVAM	CHIT
SUNDRAM	ANAND

The Houses, show a number of responsibilites in the functioning of the schools and these duties keep on rotating among them. A lesson in collectivity of course.

Inter house competitions are a regular on going feature of our programme and we learn the spirit of sportsmanship and co operation through them.

Art and craft exhibitions are a great attraction to all of us. We all feel proud of our innovative and creative creations.

You name an activity and we have it. We even indulge in adventures through our adventurous activities like trekking hiking

& excursions. These are not just used for pleasure but more so for education in the practice of the human values and qualities.

The full individual, and the complete personality is our constant aim.

Wall magazines, subject clubs & creative writing and quiz competitions, provide opportunities of participation to one & all and are looked forward to by juniors and seniors alike. They are great learning experience. After all we want to have a serving hand and loving heart that finds the world too small a place for giving out its gifts.

THE SAHAJ PATRIKA
VOL I JUN 97 ISSUE 1
OM SHRI GANESHAYE NAMAH

Our Inspiration

"I am sure the children who are brought up in Sahaja School, wherever they will go, they cannot change. They will change others, but they will not change because they will be so well developed in their own personality that their own personality will impress others. Sahaja Yogis do not change. They change others"

H H SHRI MATAJI

Om Shri Ganesha Namah

Through the unbounded love & blessings of H H Shri Mataji we venture to bring out the 1st issue of the Sahaj Patrika the future issues of which will be brought out by the students themselves.

Living in an ethos of International brotherhood, committed to universal love and goodwill and following a democratic way of life our endeavour is to train the students to govern themselves and even take crucial decisions through different committees.

Not that they would be free to do anything they like but would always look to the teachers as their guiding stars. The desire and the decision to reach you through a newsletter 3 times a year in an academic session is aimed at bringing closer the home and the school.

The attempt embodies therefore, for developing accountability, a value which is so thoroughly drilled and instilled into them at the school. A feeling of being accountable to the parents, to the teachers and the community at large is highly desirable. It is up to their accomplishments, ambitions and aspirations.

The School Plant And Its Environs.

International Sahaj Public School is gracefully perched in the lap of the Dauladhar Range of the Himalayas on the one side, and flanked on the other side by the vernal woods. The environment is best suited for full and balanced growth of body, mind and soul of the young Saha Yogis of the world under the kind protection of H H Shri Mataji.

The snow peaked mountains provide unexplainable comfort and solace and urge us all to rise high to enviable positions like them.

We have three staircase-like plateaus which house the Junior and Senior wings of the school and extensive playgrounds.

The landscaping of the campus and the flowerbeds are a sight to see, and we enjoy these gifts of nature to beautify to which we add our own efforts.

Our School A Community Of Nations.

We come from different social, cultural, political and economic environments representing the following countries:

Australia, Austria, U.S.A., Canada, Italy, Germany, U.K., New Zealand, France, Switzerland, India, Finland, Israel, Belgium, Taiwan Hong Kong and the Phillipines.

The school therefore presents a truly international kaleidoscope of the comity of nations. Does it not look amazing as to how all of us have come to be so close and so quickly when only a few days back we were complete strangers to one another. Is not it only natural that the whole world should assemble with the feeling of surrender at the Holy Feet of Shri Jagat Amba Mother Of The Universe. Sarvam Samarpayami.

THE GENESIS OF OUR EDUCATIONAL PURSUITS

The educational inputs offered by the school are unique in many ways. A few of the salient highlights of these innovative approaches are that we learn how to learn, we become our own rivals always endeavouring to excel our performance.

We try to develop a questioning mind for getting over dogmas and prejudices & superstitions. We learn through exploration, experimentation and observation. We learn to be original and creative.

We imbibe leadership qualities, we acquire a sense of responsibility.

And above all we develop a love for humanity;
Vasudaiṃ Kutumbakam

INTERNATIONAL SAHAJ PUBLIC SCHOOL.

TALNOO Dharamshala, Cantt. (H.P.) India.

"JAI SHRI MATAJI"

You will be happy to know that with the blessings of Shri Mataji, Sahaj Public School, Talnoo, Dharamshala is registering students for admission to 11th class (1998-1999 session) First year Diploma Course in Education of International Baccalaureate Diploma Program of Switzerland.

The general objective of the IBO are to provide students with a balanced education to facilitate geographical and cultural mobility to promote international understanding through shared academic experiences. In the 30 years since it's founding, the IBO diploma has become symbol of academic integrity and intellectual promise. The students who satisfies it's demands demonstrates a strong commitment to learning, both in terms of a mastery of subject content and in the development of the skills and discipline necessary for success in a competitive world. College and universities are well served by encouraging the enrollment of these able young scholars.

All application forms for registration of students duly filled in should reach:

DIRECTOR
INTERNATIONAL SAHAJ PUBLIC SCHOOL
TALNOO, DHARAMSHALA, CANTT.
DISTRICT ; KANGRA

The last date for registration is 30th of October 1997.

Please circulate it among Sahaja Yogis whose children are eligible for admission.

"Jai Shri Mataji"
Director
Sahaj School. India.