



Volume 1 Issue 2

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MESSAGE FROM THE DIRECTOR

It is a matter of great joy that the students of the school are offering this bouquet of multicoloured flowers into the hands of their parents. Each flower has a special fragrance and I hope it will spread joy and bliss in their hearts and homes and evoke blessings from them for their children and that will be a precious treasure for them. I congratulate the loving and talented little angels of this school who have taken pains to share their joys and achievements with their parents with the blessings of 'H.H.SHRI MATAJI NIRMALA DEVI' and hope and pray that they will continue enjoying these blessings of the 'DIVINE MOTHER' forever.

'JAI SHRI MATAJI'

EDITORS' NOTE

Beloved MOTHER ,respected brothers , sisters , uncles , aunties and parents ,

We , the

children of the editorial committee , have , for the first time , attempted to publish a school news letter , in order to give you a bit of an idea of what the children are doing and how the school is progressing . Unfortunately , due to inexperience , and limited time , we were not able to present the news letter to our complete satisfaction . To improve our annual issue of the news letter , which will be taken out in late November , we welcome any suggestions .

We would like to THANK all the children and staff for their efforts towards the News Letter , especially our typist Mrs. Kavita , who took a lot of her free time to type the fair copy . And Miss Bhupali , our computer teacher for helping us to make the layout on the computer .

We hope you enjoy reading our news letter .

“JAI SHRI MATAJI”

EDITORIAL BOARD —

ANNA PURCELL – CLASS IX

LEELA FRANKCOMBE – CLASS IX

MINAKSHI PEARCE – CLASS IX

RISHI NICOLAI – CLASS IX

Enthusiasm Marks Celebration of 50th Anniversary of India's Independence by I.S.P.S.

UNFURLING THE FLAG



August 15, 1997 was an occasion of great joy for I.S.P.S. On this day the school, perched high in the Dhauladhar Mountains, joined millions of Indians in celebrating the 50th anniversary of India's independence. The occasion was marked by tremendous enthusiasm and patriotic spirit with the surrounding peaks reverberating joyfully to the strains of the national anthem sung by the school choir.

The Director of I.S.P.S., Shri H.N.KAUL, saluted the national tricolour as it unfurled releasing a shower of flower petals down on a floral map of India at the bottom of the flagpost designed beautifully by the students. The whole atmosphere was full of a feeling of national pride.

Explaining the significance of the event the Director, Shri H.N.KAUL said, "Man has always struggled for freedom from the inner foes such as greed, ego and lust, arising out of wrong identification of ourselves with our physical bodies, for attaining a life of fulfilment and bliss. Inert and finite matter can hardly give joy or satisfaction to the spirit that is infinite. So it is only by looking within that Kundalini the store house of Light Wisdom and Power rises and connects us to Param Chaitanya that gives us total freedom, attaining which there is nothing else to be craved for. The land of such self realized souls alone can claim to be really free."

This set the tone for celebration, evoking a spirit of devotion to India's mission in the world. It was also recalled here that SHRI MATAJI NIRMALA DEVI too had taken part in the glorious struggle for independence.

The school notice boards were colourfully decorated by the respective houses with articles and write-ups on the freedom movement revealing inspiring facts of history.

BY ANNA PURCELL (IX).

Govinda Ala Re !!

An interesting feature of Janamashtami celebration (the birthday of Shri Krishna) in the school this year was 'Govind Ala Re', or Govind has come! (a game very popular in Maharashtra). An earthen pot with butter, cream and coconut inside is kept at a certain height and boys playing Krishna form a pyramid to reach and crack it. The celebration was actually organised on the day following Janamashtami. The earthen pot was hung at a height of fifteen feet from the ground for the juniors. For the seniors the height was 20 feet and for the teachers a tantalizing 30 feet. The sport teacher Shri Rishikeshan organised the programme.

RAKSHA BANDHAN CELEBRATED IN THE SCHOOL

On Monday , 18th of August , we at I.S.P.S. celebrated Raksha bandhan with joy and enthusiasm . Before the ceremony ,Rakhi Brothers and Rakhi Sisters were chosen in a novel way . Names of all the girls were written on slips of paper which were put in a bowl . Similarly all the names of the boys were put in another bowl and one name each was picked out of either bowl .

With the Rakhi brothers and sisters chosen , the actual ceremony began and a puja was performed. After the puja , the juniors' turn came first , and all the rakhi brothers and sisters sat in rows in front of one another . Then came the turn of the seniors, the entire ceremony being conducted by our Vice - Principal , Miss Jyoti .

The ceremony of Raksha Bandhan symbolizes a relationship of PURE LOVE between Brothers and Sisters . Often a Rakhi brother is taken for a real brother . History has many examples of this . One story goes , a queen named Karamvati sent a Rakhi to the Mughal Emperor Humayun , when her kingdom was attacked by an enemy . Humayun was so overwhelmed , that he rushed immediately to her help , although he too was among the queen's enemies .

Such is the nature of this PURE RELATIONSHIP .

By MINAKSHI PEARCE
CLASS IX

Senior children participate in music competition

Among the many activities and programmes at the I.S.P.S. that the children love to take part in,music is perhaps one of the most important. Infact,some of them are quite talented,especially in various forms of Indian Music,both vocal and instrumental. This was amply demonstrated at the music competition held in the school on Saturday,the 30th of August,1997. It was a competition mainly for the senior children,who participated house wise in group songs or solo instrumental recitals. The participants enthralled everyone present with their delightful performances,making

the programme an event to remember. The instrumental item which was awarded the first place was a wonderful Sitar recital by Rosie Henshaw of class VI which held the audience captivated . The second place went to Virangana Kohlbauer of class IX again for a Sitar recital. Ram Gratz of the same class secured the third place for his Tabla performance.A really rich fare indeed,a veritable feast for the ears!

BY MINAKSHI P. (IX).

I.S.P.S. Student Secures Third Place in Regional Art Competition

Fatima Morissey,a student of class V secured the third position in her age group in an art competition held in Dharamsala on August 30,1997. Many schools from the area were invited to participate in the competition and our school was lucky enough to be one of them. The topic was '50 Years of Independence'. Fatima received a prize of Rs.200/- for her efforts in the three hour long painting competition.

BY MINAKSHI P. (IX).

Hot Water Facility For The Senior Wing

Supply of hot water for the senior building of the school has commenced with the installation of a huge boiler in the last week of August. So far only the junior wing was enjoying this facility. The facility was installed with the help of the Chandigarh branch of the manufacturing company. Shri Ramesh Raina,the marketing manager of the company,came personally to Talnoo and the work was completed under his supervision,at a total cost of Rs. 1.25Lakh. The company donated the entire cost of the work,amounting to Rs. 6,000/-,to the Sahaj Fund of the school. The boiler was purchased about three and a half years back,but was lying unused in the school premises. With its installation,the senior wing will get a regular supply of hot water for about one and a half hours everyday in the morning and in the evening.

BY RISHI NICOLAI. (IX).

Inauguration of Hot water plant



A Launderette For Washing Clothes :

Washing spread on the balconies, railings, windows and other places in the dormitories are a familiar feature of the school, giving it the look of a 'Dhobi Ghat' at times. Constant rains do not allow the clothes to be hung for drying on the lines outside. But now a laundry unit is soon going to function, eliminating manual washing and drying of clothes.

Machines for the unit have already been purchased and tested. The unit comprises of a washing machine, a rinser and a dryer. The machines were ordered through a Jullundhar firm and are expected to work in a few days reducing the burden of the hardworking dorm aunties. The total cost of the laundry unit will come to about Rs. 1.23 Lakh.

BY RISHI NICOLAI. (IX).

Delights For Children:

Here's good news for those children who want to have a little more variety in their food. With them in mind several additions are being made to the school kitchen - and soon. In about a months time an Ice-cream maker will be installed for those who love ice-cream. And who doesn't? In a couple of months, the school will also have its own bakery unit. This will be followed by a range of steaming-hot South Indian dishes! Mouth-watering indeed !!

BY RISHI NICOLAI. (IX).

Teachers' Day

Perhaps one programme that most senior students love and the teachers too like is the teachers' day. To the students it gives the excitement of playing teachers and running the school, while to the teachers it provides the much needed relief from the tedium of teaching day after day.

This is precisely what happened on teachers' day at I.S.P.S. on September 5th. Virangana of class IX put on the mantle of Principal, Anna of class IX acted as Vice Principal and Ram, again of class IX, sat on the Director's chair.

Surely the trio must have fully enjoyed their roles, and also understood what it is like to run a school and maintain discipline.

As for the teachers ,after the morning break they participated in a compulsory period of sports. Kho-kho, balloon races and thread and needle races were among the games played.

BY ANNA PURCELL (IX).

Ganesha Puja

Ganesha, the remover of obstacles, is the deity to whom obessione is customary before starting new work. The great leader Lokmanya Tilak, made the worship of Ganesha on Ganesha Chathurthi a National Festival as Ganesha is also Gananayak, or the leader of the masses. This year the festival was celebrated on September 7th and the entire school worshipped the deity with great devotion. A beautiful idol of Lord Ganesha was adorned with flowers. The idol of Lord Ganesha was taken in a procession on the tractor to the Dal Lake near the school. Teachers and children of senior classes from 6th upwards joined the colourful procession, merrily chanting "Ganapati Bappa Morya !" When the procession reached the banks of the lake, the Ganesha idol was immersed in its waters. Then the procession returned to the school.

BY RISHI NICOLAI (IX).

Academics "Study, study !"

At the end of July we had our SECOND UNIT TEST . Melissa Schwartz , class VIII, topped the school, with an 'A' Grade in every subject.

Class IX and X had organised a shop for the school. It is a part of the school assignments and will be run on Sundays. We enjoyed it so much the first time that we have decided to run every week. On the first week, cold drinks, momos (a Tibetan Steamed Dish), Chips and different types of sweets were sold. An overall profit of about Rs. 650/- was made, which was donated to the school Sahaj Fund.

Applications are invited for admission to all the classes of the school. Last date for submission of the application form is 30th October along with the admission fees of Rs. 35,000/-

Assignments are also given in History, Geography and Languages. Projects have to be finished by the end of September in Computer Science and Social studies.

The girls of classes VIII, IX & X have learnt enough German to perform a small play called "The Fairy Tale of King Thrushbeard". It is the story of a spoilt Princess who always makes fun of the Princes who come to ask for her hand in marriage. The King, her father, finally gets angry and marries her to a minstrel, who is actually a King in disguise. When she is taught a lesson and becomes sweet and good natured.

THE HALF-YEARLY EXAMINATIONS began on the 6th of September. The result in these exams is very important, as they make up for 30 % of the marks in the final report.

BY LEELA FRANKCOMBE (IX).

More news !!!!!

Every Sunday some representatives from the school participate in the weekly meditation at Dharamsala - centre . It has become regular feature . Not only do we enjoy the group meditation there the Sahaj yogis at the centre also are thrilled by the devotional Bhajans sung by us . Isn't it thrilling to feel one with the Dharamsala Sahaj yogis ?

Games and sports doubled as the monsoon weakened -- two sports teachers in place of one are already at their best . Nowadays we are passing through Physical Efficiency Tests --- well after all the Half Yearly Exams are over .

When spring comes can we be far behind ? - - No -- already 13 spots have been identified for Picnics and excursions even trekking of course and the calendar has already been drawn . We will be starting it on the 28th of this very month -- simply wonderful .

Sahaj School getting transformed into the Sahaj Nagari . Not only the staff and the students but even the dormitory aunties whom we prefer to call "Dorm Mothers" are also learning Sahaj yoga and have already started meditations .

They are attending the Sahaj classes , being conducted by the Director himself , with great enthusiasm - "Jai Shri Mataji"

Collective effort

Miracles at I.S.P.S.

It was a beautiful evening, as evenings at Talnoo usually are. At the I.S.P.S. we, senior girls were having a foot-soak - a daily practice. We were listening to a tape of SHRI MATAJI'S LECTURES, and suddenly the lights went off plunging the whole building into darkness. But to our utter astonishment, we found that the tape kept playing on with 'SHRI MATAJI'S words soothing our ears and calming our minds. But that was not all, a little later, when the lights came back on, we were listening to Bhajans. Again the lights went off but the Bhajans continued. It was surely "A MIRACLE" that all of the girls had the privilege to share.

BY NIRA NICELY (VII).

Once it rained and rained and rained , three days , four days even five days at a stretch . The temperature dropped to the extent that many students started coughing and sneezing . Perhaps SHRI MATAJI wanted to make us aware of our powers . We gave a "Collective Bandhan" after the morning meditation and lo! within minutes the dark and over laden clouds took to heels and within half an hour we saw an amazing sight . Can you believe it ? A brightly shining sun in the blue skies & it lasted for over a week at a stretch .

A period some time in June , students started hurting themselves more often than ever. Again a "Collective Bandhan" and in a few days the sick room became empty - "Jai Shri Mataji"

When I Go Into Thoughtless Awareness :

When I sit down for meditation and gradually go into thoughtless awareness state, I feel a cool breeze passing through my hands, and it is not just a feeling of an ordinary breeze but with it comes a feeling



of joy,happiness and peace. To come into the state of thoughtless awareness, I keep away thoughts, but if thoughts begin to come into my mind, I push them out of my head and concentrate on 'SHRI MATAJI'S FEET'. At times when I look around at other people at once the vibrations which I get in thoughtless awareness stop coming. When I am completely thoughtless, I feel I am connected with the DIVINE, and vibrations keep flowing, which 'SHRI MATAJI' is bestowing upon me.

"JAI SHRI MATAJI"

BY NIRA NICELY (VII).

I came into Sahaj Yoga when I was 2 years old and before I came to this school , I took it for granted that I was in Sahaj Yoga and I would be safe as long as I called myself a Sahaj Yogi . But now I feel that I have a deeper understanding about what Sahaj Yoga really is and why it is so important to meditate and that it is not enough to just call myself a Sahaj Yogi , I actually have to work , introspect and meditate to achieve a higher level of awareness , and to grow spiritually , which is the first priority in life.

Just recently , in the last few years , I have been able to reach a real state of thoughtless awareness and it is so overwhelming that sometimes I feel that I could just meditate for the whole day .

BY ANNA PURCELL (IX)

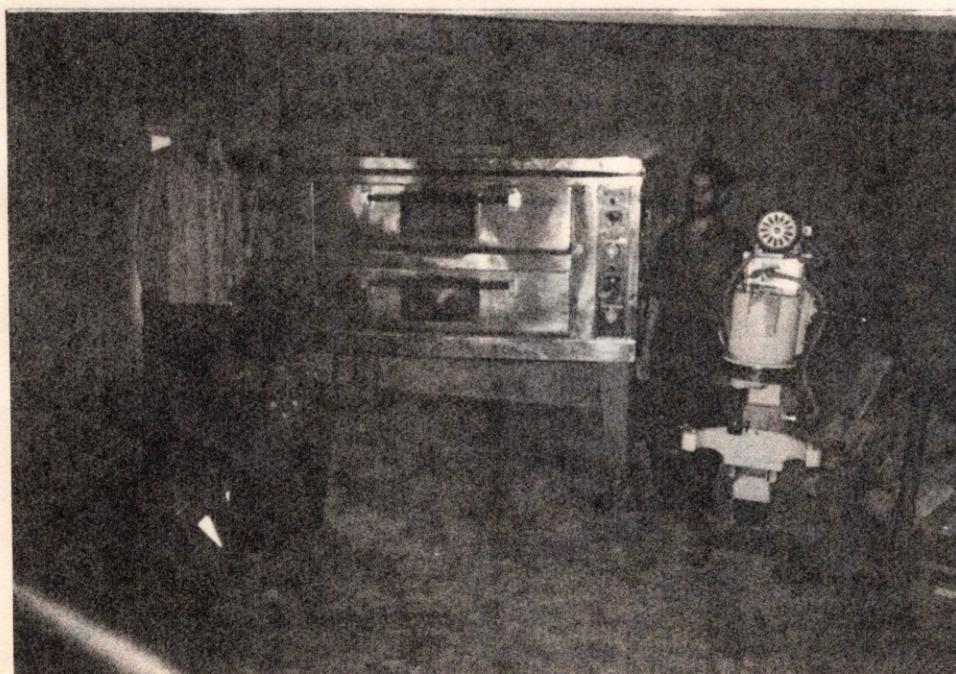
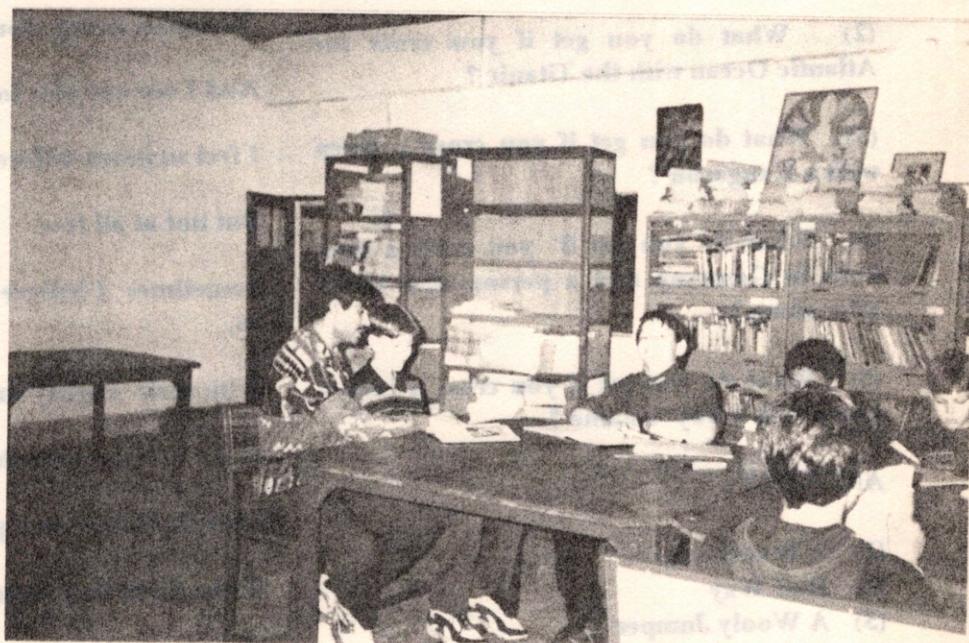
Whenever I sit for meditation, as soon as I close my eyes , thoughts flow in my mind . I let them pass I let them pass and try to get rid of that situation by saying , "I forgive every one including my own self". That is how I go into Thoughtless awareness. I get alot of cool breeze which passes through my hands and Sahasrara . I start feeling my whole body light .

I enjoy this situation with my whole attention in SHRI MATAJI'S lotus feet .

BY PRAGYA MAHAJAN (X)



OUR NEW LIBRARY



OUR BAKERY UNIT

What I feel when I meditate

When I sit down to do meditation , I feel great because of tremendous cool vibrations . I feel that I should stay all day to get these cool vibrations I feel my spirit cleaning all my chakras . Then I feel something going towards my Sahasrara . I enjoy these cool vibrations as long as I can . When it is over , I say in my mind , "I can't wait till we have our next meditation".

By NANAK CHUGH CLASS V

"JOKES" HAHA HA.....HA HA HA !!!!

(1) What do you get if you cross a dog and a clock ?

(2) What do you get if you cross the Atlantic Ocean with the Titanic ?

(3) What do you get if you cross a sheep with a Kangaroo ?

(4) What do you get if you cross a man born in Germany and a person who looks after sheep ?

(5) What do you get if you cross a Lion's home with a boy 's name ?

ANSWERS :

- (1) A Watch dog.
- (2) Half Way
- (3) A Wooly Jumper
- (4) A German Shepherd
- (5) Denmark

HA....HA HA
HA.....HA !!!!!!!

BY LEELA T. (V).

A POEM

MOUNTAINS

Whenever I look at the mountains,
I feel free.

Free as a bird,free as a butterfly,
Free as a bee.

The mountains bring me out of reality.

Their humongous size and snowy peaks
Make me wanna fly.

Fly until the world below me is tiny,
Fly until I have reached the very top.

Whenever heavy clouds crowd around them,
And I am not able to see

I feel so much different
But not at all free.

Sometimes I believe they are here to guard us,

With their mighty size,
From wind and weather,

They have their own prize.

In the night they look peaceful and cold,

With many sparkling stars around them,

And with them and the Sun

They turn old.

BY GAURI ETTER (Class -X)

