

# The Swaminarayan

**EDUCATION IS THAT WHICH LIBERATES**

Dear Parents, Guardians, Pupils and Friends,

## Theme for next week

The theme for next week is: **The power to silence.** I have written about it in the newsletter. I hope you find it of interest.

## Prize Day: 25<sup>th</sup> November 2016

Parents and guardians are reminded about the Senior School Prize Day to take place on **Friday, 25<sup>th</sup> November 2016 in the front part of the Mandir Haveli at 6.30 pm.** All the GCSE and A Levels certificates have arrived, shields are being prepared to be awarded on the day. The dress code is formal Indian. The evening will be followed by a delicious meal at the end. Everyone is requested to be seated in the Haveli by 6.45 pm. Parents and guardians should also note that as it is usual for any school prize day, we will have a half day. Pupils should be picked up at 12.55 pm.

## Wisdom of India 16 – Yoga

In the daily bustle of the modern life, it is so important for us all to find some time for ourselves. The slide Yoga is a fitting for this week considering the theme for next week is 'The Power of Silence.'

**Yoga**

*Yoga is a Sanskrit word. It is derived from the Sanskrit root yuj meaning 'unite'. Union of Jivatma (Individual soul) with paramatma (Universal soul or God) is called Yoga.*

*Yoga is also one of the six Astika (orthodox) schools of Hindu philosophy. Texts on Vedas, Upanishads, Hindu Tantras and Buddhist Tantras have all extensively use the Yogic practices.*

*Major branches of Yoga are Jnanayoga, Bhaktiyoga, Karmayoga and Rajayoga.*





**Anti-bullying talk**

Y7-10 were privileged to be addressed by Alex Holmes.



Alex was bullied at school and has made it his purpose not to let it happen to others. He inspired our young people and left the whole school buzzing. We look forward to inviting him again as he clearly has so much more to share with us on this issue.

As part of our commitment to keeping you safe, next year we hope to train some of you to become anti-bullying Ambassadors. Watch this space!

**Anti-bullying Project**



Each Tutor group was asked to turn their classroom door into a giant anti-bullying poster. Thank you for your efforts! I have entrusted the help of some very astute judges: pupils from Y4C. They will scrutinise and decide which door they feel is the most effective poster. Next week, we will publish the winners.



As always, please practise what you've learnt. Your actions and words affect other people, so please stop and think! Be a buddy, not a bully!



## **The Power of Silence**

### **Think**

We live a life where we are forever in a rush from the moment we wake up. We will rush our shower, we will rush our breakfast, and before we know it we will be out on the road rushing to school. At school we will go from one lesson to another, and in between chat to our friends, possibly about football and television programmes. At break time the boys may be busy playing football while the girls may sit and chat while eating snacks. Some of us may be busy doing our homework that we had forgotten to do the night before. We may all be so busy in our own ways that some of us may even forget to eat our snack that our mothers had carefully prepared for us. When the bell rings at the end of break, we may pick up our bags and rush to our next lesson. The same may follow at lunch time, with a quick lunch and going back to our homework, football and aimless chit-chat about anything and everything. After school some of us may be involved in team sports, attend a homework club or other activities that our school may offer. The rest will go home and have a snack while watching our favourite television programmes. If our parents are home they may tell us to do our homework while the dinner is being prepared. The conscientious amongst us may do the homework well while the rest may rush it. We may watch more television, read or play games on the computer, Xbox, Nintendo or other gaming machines and before we know it, it will be time for bed.

### **Feel**

At no stage will we have sat down in silence or stopped to think about the events of the day. Finding time for silence is important for our hectic life because it allows us to look within ourselves, and enables us to think about things carefully before making important decisions in our life.

### **Do**

There is a lot of truth in the saying 'Silence is Golden'. If we can learn to find some quiet time for ourselves every day, we will surely have a golden future because we will learn to listen to what our heart is saying.

Yours sincerely,

**Nilesh Manani**