

PROSPERITY



'EDUCATION THROUGH LOVE'

INTERNATIONAL SAHAJA PUBLIC SCHOOL

DHARAMSHALA, INDIA

www.isps.edu.in

INTERNATIONAL SAHAJA PUBLIC SCHOOL

An institution for children of Sahaja Yogi families around the world, to provide for the protection of their innocence, for the development of their personality and for their academic advancement in a pure, ethical and spiritual environment, so that they grow up to be responsible members of the community striving for the vision of an enlightened, world-wide human family, owing allegiance to One Almighty God and living together in peace and harmony.

Shri Mataji Nirmala Devi.

Vision

Our vision is of an educational system that harnesses the power of our innate spiritual potential and is imbued with the teachings of H.H. Shri Mataji Nirmala Devi.

Mission

Our mission is to create a safe, healthy environment which fosters the pursuit of excellence in all fields and supports students in their development as 'whole' personalities, encouraging them to work towards the fulfilment of their physical, emotional, intellectual and above all spiritual potential. Our students are individuals with a profound sense of their own worth; yet, at the same time, mindful of their responsibilities towards their family, their community and the world at large.

Values

Our mission is underpinned by a belief in the following values:

Innocence, wisdom and purity.

Creativity and spontaneity,

Inner balance, inner satisfaction and inner peace.

Righteousness and self-discipline.

Compassion and fearlessness.

Collectivity and detachment.

Humility and forgiveness.

Joy



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‘Children learn what they live. Children live what they learn.’

Based on the teachings of Her Supreme Holiness Shri Mataji Nirmala Devi, Sahaja Education, while striving for excellence in an internationally recognised academic curriculum, envisages the development of the child in an atmosphere where the innate qualities, such as innocence and wisdom, are protected and enhanced; where the students imbibe the timeless and unchanging values which come from inner awareness, and are not subject to the vagaries of fashion, religion or national culture.

It is a well-rounded education, with lots of exercise, many creative and expressive outlets, a great deal of collectivity but perhaps most importantly plenty of meditation. In a world where ancient values are being eroded everywhere, the International Sahaja Public School is providing a unique haven where children can receive a vibrant education and still enjoy the precious days of innocence and pure Spirit. As Shri Mataji says: *“Innocence is an eternal quality which can never be lost or destroyed”*. We strive to preserve it.



AIMS AND OBJECTIVES:

At ISPS the children are nurtured in a loving family environment and grow in surroundings that emit Divine vibrations and enrich the human spirit. By strengthening their roots, this prepares them for the realities of the outside world. The accent is on developing self-respect which leads to respect for others, a love of Nature, care for the environment, gentleness, honesty and wisdom; essential assets for the great adventure of life. The children are made mindful of their individual and collective responsibilities such as respect and duty towards parents, elders, teachers and fellow students as well as to their countries and to improve the world at large.

The pupil's curiosity, creativity and imagination are encouraged and stimulated in this peaceful natural environment. In day-to-day practice the pupils learn to understand and value spiritual and moral principles. Personality and individuality develop in such a way that each child expands their ability to relate, work, share and play harmoniously without competition, in an ideal collectivity of realized souls. The friendships they form here are life-long.

Classroom lessons are an integral part of the overall learning process. Lessons stimulate the child's awareness and appreciation of the Divine Creation. The development of the aesthetic sense as expressions of spiritual joy comes from the inner experience of 'Self Realization' through Sahaja Yoga.

In short, while embracing the academic policies of International Education, Sahaja Education preserves and enriches the magic days of innocence and purity. Every member of the qualified staff has experience of the science of Sahaja Yoga, which enables them to guide the academic and recreational activities of the School. The teachers through their selfless dedication are models for the students to follow.

Meditation

Meditation is the corner-stone of Sahaja culture, and the children not only meditate but learn through practice how to lead meditations, to generate vibrations and how to clear the subtle system. The children are all taught Indian music which enables them to sing the Bhajans and devotional songs, not only with blissful vibrations, but also with some technical proficiency. The meditations, Havans and Pujas we perform are on joyous occasions. All children have times for footsoaking and clearing apart meditation times.



International School

The International Sahaja Public School was started in 1990 with twenty children from Europe, India and Australia, in response to the desire of the children and their parents for an education in an atmosphere of purity away from the increasing turbulence of modern society. Over the next few years the three main buildings of the school were constructed, and the school now has nearly 344 full-time residential students from more than 35 countries with demand for places outstripping availability.



LOCATION:

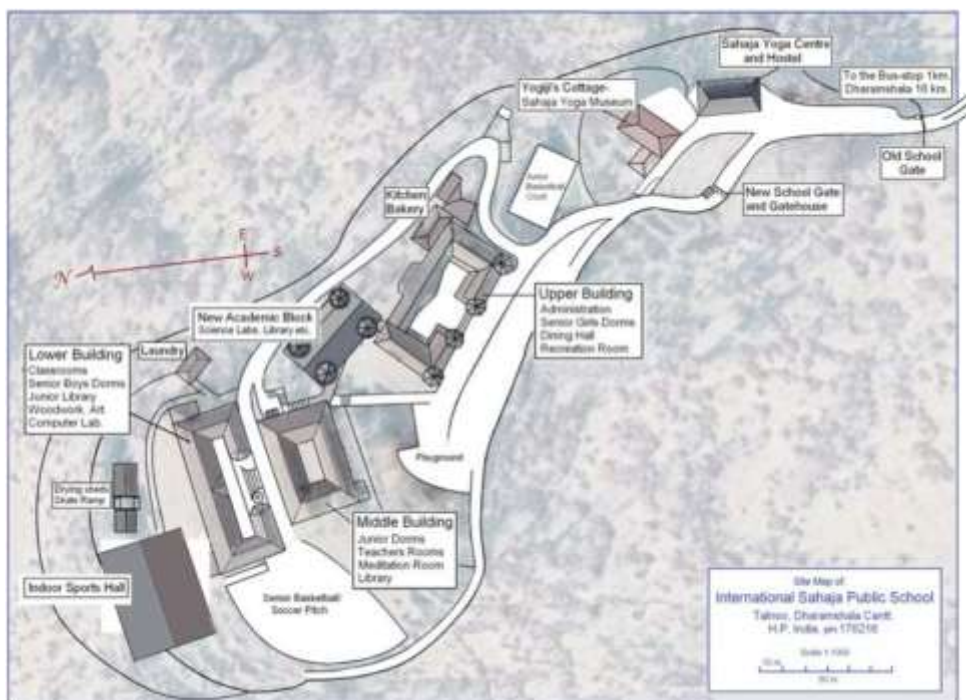
The school is situated at Talnoo, Dharamshala; a beautiful spot in the foothills of the Himalayan ranges called Dhaulagiri, which means the 'sacred mountains'. It is at an altitude of almost 2500 m and is 16 km above Dharamshala by road. Its high altitude makes Talnoo cool and pleasant at all times of the year.

This part of Himachal Pradesh is famous for trekking holidays, and as a place to escape the heat of India. The school is surrounded by breath-taking views of snow-capped mountains on one side and panoramic vistas of far-below valleys on the other.

Shri Mataji visited Talnoo in March 1985. In a speech which She gave at the site of the school She said:

'The Himalayas are the Sahasrara that Mother Earth has created for you. This Sahasrara is to be worshipped. This Sahasrara is very great. I don't know if you can see vibrations emitting from it. I am completely engulfed by their vibrations that I cannot see anything else. There are only vibrations and vibrations. Nothing else. Those who are residing here are swimming in vibrations and seem like fish swimming in the ocean of vibrations. You cannot distinguish one from the other. I cannot describe in words the splendour of the beautiful vibrations that are spread here. This is indeed the blessings of the Himalayas.'

'The Himalayas are the Sahasrara of the whole Universe. They have given the whole Universe so much comfort and joy after which there is nothing more to be attained. With the help of this Sahasrara, I have opened your Sahasrara.'



Shri Mataji has provided young Sahaja Yogis from all over the world with the opportunity to get drenched in these heavenly vibrations, so that the peace and timelessness of the Himalayas settles in them and its greatness penetrates their character.

International Sahaja Public School is the concrete form of Her vision.

ACADEMICS :

The school teaches all major subjects of languages, sciences, humanities and arts.

English Language

English is the medium of instruction in every field of ISPS life and it is important for children to grasp it quickly. Children with no knowledge of English will be at a disadvantage academically and socially. We therefore encourage parents of all non-English speaking children to have their child coached in English before coming to the school.

In Class 1 and 2, we accept children who have limited ability in English language.

From Class 3 onwards, it is essential that all children arriving new at the school already have a good command of spoken and written English.

An entry-level language test is set for all new pupils wishing to join the school. Admission tests are taken in Mathematics, English and Science for new students joining the senior section to assess their level.

At present students are prepared for the Class 10 Indian Certificate of Secondary Education [ICSE] and Class 12 [ISC]. The school is affiliated with the Council for the Indian School Certificate Examinations which administers the Indian Certificate of Secondary Education (I.C.S.E) bearing the number H.P 016. This board was set up in 1956 to administer University of Cambridge Local Syndicate Examinations.



Shri Mataji chose this curriculum Herself because it has a high academic standard, while still being quite practical and not too methodological. The standard is higher than State Boards in India, and is at about the same level as GCSE in UK or the equivalent in other countries.

Staff

The school has at present 33 teachers, including art, music, woodwork and sports teachers. It has an administrative staff of 11, a dorm staff of 21 with a maintenance, kitchen and general staff of about 58 all headed by the Core Management Team comprised of the Principal, Vice Principal and Counsellor.

MEDIUM OF INSTRUCTION ENGLISH

SUBJECTS STUDIED AT ISPS

JUNIOR SCHOOL

Class 1 to 5

*English, Mathematics, Science, Social Studies inc. History Civics & Geography
Hindi, Sahaja Yoga and Computer.*

SENIOR SCHOOL

Class 6 to 12

English, Mathematics, Biology, Chemistry, Physics, History and Civics, Geography, Computer, Hindi, German, Environmental Studies and Sahaja Yoga.

School Term

The school has only one term which starts around March 28th and ends in the second half of December. The children are expected to stay at the school for the duration of the term. Parental visits or breaks from the school are discouraged due to the disruption this causes. Parents are encouraged to send a limited number of parcels and to contact their children by landline and phone.



Timetable

The timetable is arranged so that classes such as art or sport intersperse the more academic classes where the children have to concentrate and write. The children have eight classes of 45 minutes each with a break at 11.15. After lunch there are Activity Periods and free time before foot soak and meditation.

Examinations

During the school year, four examinations are held- 2 Unit Tests on recently learned material,; a Half-yearly and End of Year Examination on all material learned so far in the year. The annual report of the student is based on all these tests together, with some allocation for class-work and projects undertaken.

Projects

In the times between exams the children undertake projects in most subjects usually as individual or small group research which can be presented to the rest of the class, or drawn up as a poster for their classrooms, such as the major civilisations of the World, or the bodies in the Solar System. The children undertake these with enthusiasm and the results are well worth looking at.

Reports

All the registered parents/guardians receive a monthly report on the academic, health and extra-curricular progress of their child by email. This includes the Examination reports every two months. Other information such as newsletters, contact numbers and the mobile phone numbers in the dorms are also e-mailed to parents.

Class 10 Study

It is hoped that all ISPS students will stay at the school up to Class 10, and sit the ICSE Board exam, which is held in March. Class 10 pupils would come in February for one month exam preparation, before sitting the Board exam in March.

Studying and preparing for an exam under pressure is invaluable practice for students wherever they end up. ICSE is run by the CISCE. It is accepted by universities in other countries like USA / Canada / UK, to name a few, and has some international credibility. We would therefore encourage all parents and students to commit themselves to taking the Class 10 exams in India in March. Pupils must be registered for the exam whilst in Class 9 (by the end of May), and the Board does not accept late registrations. Because of this, admission to ISPS cannot be granted for new students into Class 10. Further information on the ICSE syllabus and the Class 10 exam is available from the school.

Classes 11 to 12 Study

Since 2009, ISPS has started classes for 11th and 12th, who will prepare for the pre-university, ISC board examinations. This is the same board as the above..

Computers

The Computer Lab is at present equipped with 25 computers, all connected to Broadband Internet and networked together. The computer is a great lure for the children and it is one of the classes where the students never come late!

Some of the classrooms have their own computers and the school has some lap-top computers which are

used for showing educational videos in the classrooms which do not already have computers.



Science labs

In preparation for the new academic block, the science labs which have been running for the last few years have been moved. The new academic block is well-equipped with three (3) science labs for Physics, Chemistry and Biology that match international standards.

Classrooms

The school is at present running with eleven Senior and eight Junior classrooms, apart from the science and computer labs, Most of the lower classes are divided in two, and class sizes very rarely exceed twenty five (25). The new block has ten new classrooms apart from the new labs, library, staff and art room.

The **Staff Room** has six (6) computers, networked together with Broadband Internet. Teachers access material for their classes from the Internet. Teachers and dorm staff prepare the bi- monthly reports for the parents here.

Library

The school has at present 2 general libraries with around 3000 books. With the completion of the new academic block with its large library, this is being developed further.

There is also an extensive library of Sahaja books and Shri Mataji's audio and video cassettes. We have a VCD/ DVD

library of academic aids, documentaries and general films considered suitable for young minds. There is a recreation hall for celebrations and watching films.



Internet

The school is connected to Broadband Internet, which enables the administrative staff, the teachers and dorm staff to keep in touch with the world and obtain educational material from the Internet. The senior children get personal internet time one afternoon a week, as well as accessing it for computer studies and for their projects.

CO-CURRICULAR ACTIVITIES :

Music	Vocal and Instrumental. Tabla/Harmonium/ Indian classical and Bhajans
Dance	Classical and Folk dance
Art and Craft	Drawing, Painting, Paper work, Clay work, Modeling, Pottery.
Woodwork	Wood-carving, Toy-making, Structural woodwork
Sports-	A range of sports and games are taught, including Basketball, Volleyball, Soccer, Badminton, Chess, Khokho, Carrom.



Music and Dance

The emphasis on music in the school is mainly Indian. We have Music Department who teach

Harmonium, Tabla, Dholak and Vocal music to all the

students. The students learn the rudiments of Taals (rhythms) and Ragas (melody/ scales) in Indian music. They perform for the other students during the year and the school prepares a varied program of music and dance for the Yearly Sahaja Seminar. The children also learn a range of Bhajans and Qawwalis, which form part of the evening meditations and Pujas which they lead. The school also has acoustic and electric guitars, keyboards, violins, flutes, etc. which some of the children learn.

The school has a long tradition of classical Indian dance, such as Bharat-natyam and Kuchipudi, as well as other classical and folk dances. All the Juniors and the Seniors who opt for it, have classes as part of their curriculum and dance is an important part of the cultural program that the school prepares every year, with some drama and mime items.



Art and Crafts

All the students have art during morning classes as well as for an afternoon activity once a week. They learn drawing and painting, and create on a monthly basis decorations for the Pujas, Origami- paper folding- is another popular item on the curriculum. The children sculpt in clay, papier mache and wood; they learn photography and film-making. We have an annual art competition which always produces good results.

Pottery and modelling in clay are popular and a couple of times a year. These are then decorated and even glazed. We also do mould making, plaster casting, and some forays into spinning, weaving and fabric design, lino-cuts and block printing,

Woodwork

Shri Mataji has always encouraged the children to learn handicrafts, especially wood-carving and this is still taught at the school in the wood-craft room. As well as benches and hand-tools the workshop has lathes, drills, and other machinery which the older children learn to operate under supervision. Also taught are toy-making, wood-burning and making small items of furniture.



Sports

The children have sports as both morning lessons and as afternoon activities with a range of sports and games taught, including Basketball, Soccer, Badminton, Baseball, Chess, Kabaddi and Khokho (Indian running games). There are two basketball courts, a Soccer pitch. three Badminton courts and other playing fields, where Cricket, Baseball and Volleyball are played. There is an indoor games room with Table Tennis and Table Football, and construction of an Indoor Sports Hall is beginning this year, which will have space for Badminton, Volleyball etc. This will be especially useful during the three months of monsoon

PASTORAL CARE:

As a Residential School, food and lodging are provided for all students, teachers, administration and caring staff. There are 18 dormitories for the students, with a ratio of one caring staff to 10 – 15 children. The dormitory-in-charge takes care of all the disciplines of the daily routine - hygiene, laundry, Sahaja clearing, etc. overseeing their families as a parent would.

Mentors

Children new to the school are given to the charge of a staff member and a senior student, who help them to settle down. The child carries a report card, which their adult mentor goes through daily to help the children see their progress and report to the parents. All members of Staff live on site and are available at any time to help the children.

Health and Care

There is one full-time doctor resident in the school, one Allopathic, which are most effective. Antibiotics are only given as a last resort.

The doctor holds daily clinics, and there are qualified members of the caring staff who help to run the Sick Room. When necessary, children are taken to the Dharamshala Tanda hospital for treatment.

The dentist comes to the school for check-ups, and those requiring treatment attend the clinic in Dharamshala, which also has a regular orthodontic specialist.

We have a dedicated room for Sahaja Treatments, where we have daily sessions for Juniors and Seniors. Students with vibrational difficulties or behavioural problems come for a week at a time, and usually do not need to continue, although they often like to. We stress that this is supposed to be enjoyable and not a punishment.

House System

The school is divided into 4 houses: Nirmal, Sat, Chit and Ananda

All Senior and Junior children as well as staff members will belong to one of the houses.

Each house has weekly duties including organizing Sunday Puja and there are inter-house competitions for sports and other activities throughout the year.

Catering

The food provided by our kitchen is a mixture of Indian and Continental cuisine. The menus are drawn up by a committee including some students, and there are plenty of fruits, vegetables and salads. There is always considerable choice of main dishes which is available buffet-style for the Senior children while the Juniors are served their meals. The school has its own bakery where fresh bread, buns, cakes, etc. are produced.

The school provides a 'Tuck shop' for the children to spend their pocket money, which is open at certain times on weekends.

Excursions

The school undertake several excursions throughout the year. Some are treks from the school to places in the surrounding mountains for the Senior children, which usually involve one or two nights out in hostels. The Junior children camp down by the river on these weekends. We also make outings to water-parks, museums and places of local interest. Occasionally the Children attend Sahaja Yoga programs in near-by towns and villages. The children may attend National Pujas as a part of their annual excursion.



Entertainment

A video is normally screened for juniors and one for seniors at weekends and on holidays. The choice of films is made by the students and a member of staff. There are times for supervised cable TV (Animal Planet etc.) and more educational/ cultural films.

ENROLMENT:

You may enrol your child for the school at any age. Earlier applications will receive preference when deciding to offer places. The enclosed Enrolment Form, duly signed, should be mailed, or scanned and e-mailed to reach the school at the latest by the end of October, for the term starting in March of the following year. Decisions to offer places will be made by the end of November. Details of the **School Fees** and extra Enrolment Forms will be e-mailed if you apply to the school office at - admissionsips@gmail.com. Fees are to be paid by 15 December.



The little children - they are the ones who are going to lead humanity into some great advancement - the humanity has to be looked after - they are tomorrow's humanity.

What are we giving them for them to follow? With Sahaja Yoga they will all go in the proper way, they'll behave in the proper way - but it is the duty of the bigger Sahaja Yogis to look after them, to have better moral standards and to have better lives, so that they follow your life and become genuinely good Sahja Yogis. It's a very big responsibility for us.

All of them are after the image of great souls. They should be brought up in that manner, respected and loved with great care. This is to be understood. We should know they are all incarnations of Shri Ganesha, they should be given proper respect, proper understanding about themselves.

H.H. Shri Mataji Nirmala Devi

Shri Ganesha Puja, Cabella, 14th Sept 2003

INTERNATIONAL SAHAJA PUBLIC SCHOOL

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