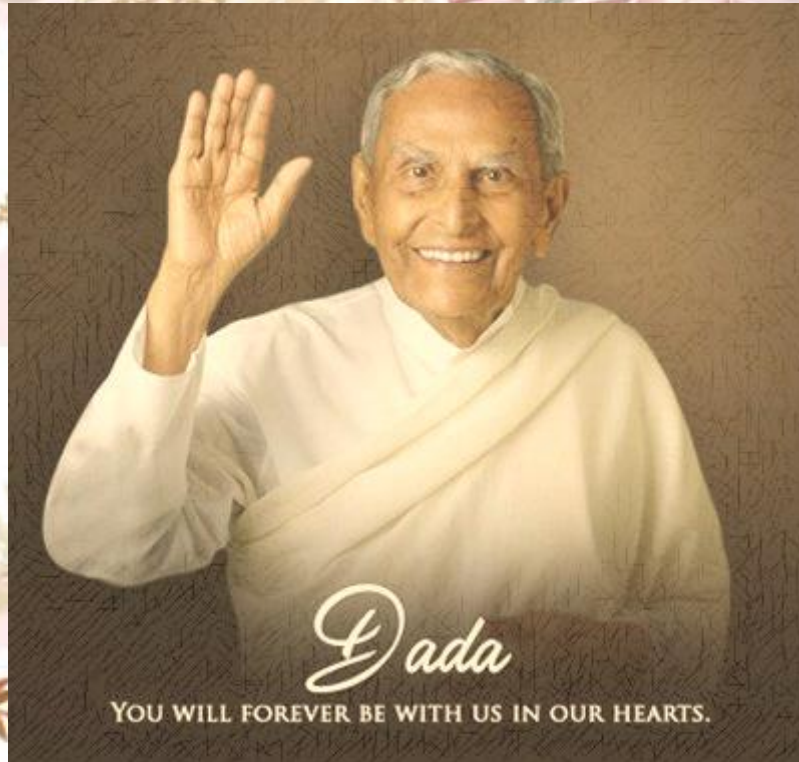

***The spark of compassion takes us
closer to God- Dada J.P. Vaswani***



**SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS
COMMEMORATES**

REV. DADA J.P. VASWANI'S 104TH BIRTH ANNIVERSARY

REJOICING IN

"THE MOMENT OF CALM"- FORGIVENESS FOR EMOTIONAL INTELLIGENCE

01 JULY 2022- 02 AUGUST 2022

ONLINE FORGIVENESS PLEDGE FORMS

The month-long celebration of Moment of Calm 2022 commenced with the release of online pledge forms. A PPT was presented in the senior and junior school assembly for seamless process of filling out the form. The same was circulated in the class WhatsApp groups and parents were encouraged to pledge their allegiance to build a world of love.



JOURNEY OF THE SELF, TO THE SELF, THROUGH THE SELF

A Yoga session was organized for the students of classes VI- XII to help them direct their thought process towards the manifestation of positive emotions and purge their consciousness of all repressed feelings of guilt or hatred, helping them realize a more confident self, committed to the service of others.



DEALING WITH THE NEW NORMAL- LET THERE BE LIGHT

A workshop was organized by the school nurse, Ms. Bindu Jomon for the students of Sankalp to help them acquire the importance of nurturing the body as it is believed to be the dwelling of God. Eating a balanced diet, following protocols of hygiene and safety were some of the values disseminated amongst the audience during the workshop, followed by an annual health examination.



BRIDGE OF FORGIVENESS- A NEW BEGINNING

The beautiful month witnessed spiritually awakened students and teachers of SVISG, writing and sharing messages of forgiveness with each other. The exercise helped them purge their consciousness of all repressed ill feelings.



Bridge of forgiveness



THE ART OF FORGIVENESS

Forgiveness is a wonderful process but cannot be forced. It requires one to revisit every hurt over and over again, so that it can be forgiven and forgotten. Aligning ourselves with this thought, a skill-sharing craft session was organized for the students. The joy of forgiving was reflected by the beautiful creations of love.



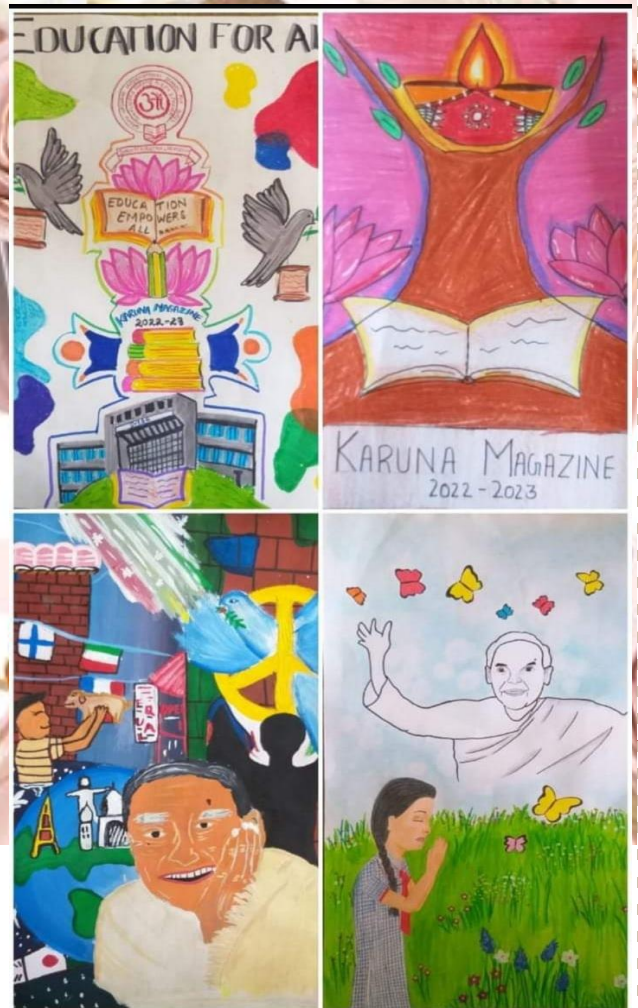
CONNECTING HEARTS AND HEALING SOULS

The Sports Department and the students of SVISG took a step forward to organize a Forgiveness Drive in other schools of Delhi, so that they are motivated to participate in the Moment of Calm and absorb the wonderful elixir called 'forgiveness.' Street plays were performed by the students in English and Hindi endorsing such noble values which our institution upholds as supreme.



THE PALETTE OF LOVE

The Inter House Magazine Cover Designing Competition for the school magazine, 'Karuna' evoked a spirited response in the students as creative ingenuity and unalloyed love adorned the lovely designs dedicated to Dadaji.



UNLEASHING LOVE, DESIGNING HAPPINESS

Students of the Primary School designed beautiful birthday cards that were decorated with the colours of gratitude and love. Each of these cards treasured the little ones' love for their Beloved Dada. It was a treat to watch the young ones drenching everyone in the myriad shades of love.



Birthday Card Designing Activity



SHARE THAT EUPHORIA- FILM ON FORGIVENESS

The students of SVISG Animation Club presented a short film on 'forgiveness' with an aim to bring about a positive change in the hearts of people. The movie showcased the story of two friends trying to master the art of forgiveness. It was an inordinate effort of our young budding artists to make good use of their creative skills.



REMEMBERING BELOVED DADA

The mood was a sombre one but the spirit regenerated as each one of us at SVISG felt the ethereal presence of our DADAJI on the morning of 12 July, 2022. The Sanctuary Hall of our school was an abode of tranquility as the sacred fire was lit and MAHAYAGNA was performed to re-energize the self with a positive aura. Students and staff of SVISG took turns to make offerings in the sacred fire.



DADA'S TALK- 'YOU FIRST, I LATER' SERVICE BEFORE SELF

The students and teachers allowed themselves to be guided by Dadaji's gentle words as one of his most cherished talks, 'YOU FIRST, I LATER' was shared to help us discover the goodness that lies dormant within us. In the power of giving, we felt empowered as we performed SEWA on the sacred occasion. The school was enveloped in the beauty of service as edified by our Beloved Dadaji.



EXPERIENCE THE JOY OF FORGIVENESS

Forgiveness is indeed miraculous as it heals without medicine. The School Counsellor, Dr. Vanita Dua addressed the students of Sankalp section on 'Heal Yourself'. They were also trained to use the basics of Sujok Therapy to heal themselves. The participants eagerly absorbed the secrets to a happier life.



NO LOVE WITHOUT FORGIVENESS – COLLAGE MAKING

In order to honour Dadaji's cherished thoughts, the little ones of our school incorporated their creativity and imagination in designing exquisite collages and adorning them with the colours of love.

An act of forgiveness can change one's life



Class 1 & 2



BE THE FIRST TO FORGIVE- SELF COMPOSED STORIES

Forgiveness is not justice. Justice seeks to punish. Forgiveness seeks reconciliation. We commit ourselves to abide by these words which were once said by Dadaji and immortalized in our heart. The students of our school put in their most sincere efforts to write stories on forgiveness which intended to take the message far and wide.



GURUDEV JEEVAN JOT

The Sindhi students of our blessed school took it under their wings to portray and voice the eminence of a Guru through their musical play as it is believed that music speaks the language of kindness. The students were able to articulate the divine relationship Dadaji shared with his mentor, Sadhu T.L. Vaswani.



THREADS OF LOVE- FORGIVENESS BANDS

The ever-cheerful learners of our Primary School invested their love and effort to make Forgiveness Bands as a mark of respect for their dearest Dada and made a solemn promise to expunge all memories of resentment from the consciousness and wrap one and all in a warm embrace.



PEACE BEGINS ON MY PLATE- FOOD FOR THE SOUL

To proliferate the message of universal love towards the animal world and as an attempt to allow the learners to explore the wonderful world of vegetarian food, sandwich making activity was organized. The children portrayed their creativity through the language of food.



LET GO AND GROW- POSTER MAKING

Taking a step closer to experiencing joy, peace and inner healing, an Inter House Poster Making Competition was organized for the students, who imprinted the heart with colours of love and kindness while their paintings expressed the healing of a hurt heart, attesting their commitment to global harmony and peace.



ISHWAR KA VARDAAN, KSHAMA DAAN & KSHAMA PARMO DHARMA

The euphonious voice of the students reciting thoughts in Hindi and chanting shlokas in Sanskrit engraved our consciousness with the deeper meaning of forgiveness. Only the one who has given up his pride and surrendered to God can truly forgive.



IN LOVE WE FORGIVE- FRENCH PRESENTATION

Forgiveness is the virtue of the innocent heart, which melts the ego and solidifies love. Embracing this virtue, the students of SVISG presented a play in French which depicted a historical event from the life of King Louis XVII, who set a great example of true forgiveness by forgiving a jailor who mistreated his family. The students indeed learnt to release hatred and bitterness.



BIRD FEEDING- A FORM OF PRAYER

Sadhu T.L. Vaswani once said, "For me, not to love birds and animals would be not to love God. For his children are birds and animals, no less than human beings." Thus, bird feeding formed one of the important activities in the birthday celebrations of our Beloved Dadaji, accompanied by an aim to inculcate in children, empathy towards all forms of life.



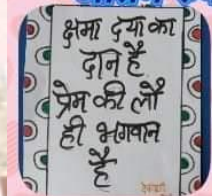
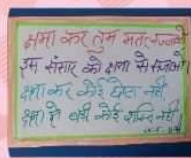
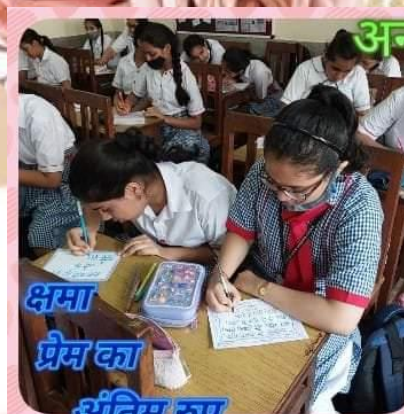
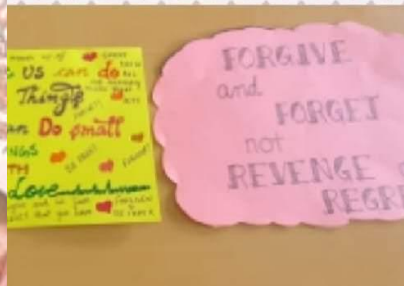
HEAL THROUGH THE POWER OF YOGA

In the mission to knit the world together in a single unit of love, our children know that they must reach the crevices of the soul in search of God. We helped them commence on their journey to self-discovery by organizing Inter School Yoga Competition. The participants were congratulated by School Principal, Ms. Santosh Vyas.



PRAYER OF A PURE HEART & ANMOL VICHAAR- THOUGHT SHARING ACTIVITIES

Inspired by Beloved Dadaji's principle of peace and harmony, our girls, too, set out on the path of discovering the magic of forgiveness. To share this sublime experience with others, they presented their thoughts on forgiveness as an attempt to rekindle the lamp of love in embittered hearts.



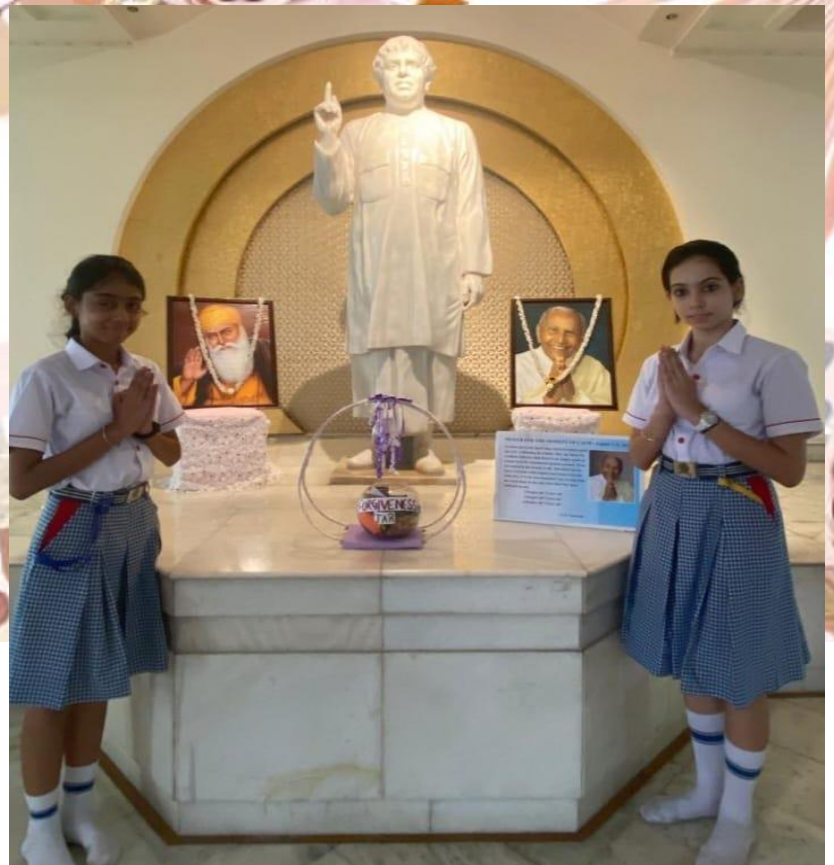
PLANTING A BETTER TOMORROW

The purpose of education is not the learning of facts but to understand the purpose of existence and become one with the soul of humanity. This ethos requires the students to nourish their spirit with kindness. The students of Gardening Club planted saplings in Jashan Kunj as a commitment to share their assets for the greater good.



FORGIVENESS JAR

As a humble offering to our Beloved Dada, on his 104th birth anniversary, a jar was placed at His Lotus Feet, containing messages of forgiveness penned by the students and staff of SVISG, bearing testimony to the attainment of higher ideals as outlined by our DADA.



02 August 2022- The Moment of Calm

We felt joy unmatched as we gathered in the school Sanctuary to celebrate Revered Dada J.P. Vaswani's 104th birth anniversary. The August sky held a promise of abundance, as did our dazzling hearts filled with warmth- the warmth of love.

The auspicious ceremony commenced with the singing of soulful bhajans, transporting us to another world, another realm, where peace permeates.



02 August 2022- The Moment of Calm

The ceremonial lamp lighting ceremony attempted to dispel the darkness of ignorance and hail wisdom and knowledge, while each one of us hoped to be showered with Dadaji's choicest blessings.



02 August 2022- The Moment of Calm

A heartfelt song on forgiveness, "Khama Daan, Ek Vardaan" helped us reach a state of equilibrium with its mellifluous notes. The month-long report was presented by the School Head Girl, giving everyone a glimpse of the joyous celebration.



02 August 2022- The Moment of Calm

As the graceful dancers moved to the tunes of 'Khushi Zindagi Ki', the mesmerized audience learnt the magic of forgiveness.

The Hindi theatrical performance, 'Seva aur Kshama ka Mahatva' proved to be a great learning experience for all of us.



02 August 2022- The Moment of Calm

The sagacious words of our vivacious School Manager, Ms Sunita Malkani lifted our spirits. Ma'am reminded us once again to adopt forgiveness as a permanent attitude.

The School Principal, Ms Santosh Vyas greeted the august assembly with her compassionate words.



02 August 2022- The Moment of Calm

The School Magazine, Karuna, which has been an endless source of inspiration to our budding writers, was released by the Editor-in-chief, Ms. Tanu Arora, along with the Editorial Board and student editors in the august presence of the School Manager.

The Meatless Day pledge form was also released, reminding us of our responsibility towards all creations of God.



02 August 2022- The Moment of Calm

Dadaji's gentle words guided us on our journey to discover true happiness as we attempted to silence the battles within. We accepted that 'to give' is the highest form of love which ultimate leads to happiness.

The little angels of our Pre School were called upon for the much awaited cake cutting ceremony. All of us joined in while they sang the birthday song in their innocent voices brimming with love for their D.A.D.A.



02 August 2022- The Moment of Calm

The exemplary performers of 2021-22 were felicitated with awards by the School Manager and School Principal. The audience was overwhelmed with an upsurge of positive energy and the commitment to do better.



02 August 2022:- The Moment of Calm

The report of the month-long celebration along with pictures were uploaded on the school website (www.svisgdelhi.com) and Facebook page (Svisg New Delhi) which garnered likes from all and sundry. The joy of our children knew no bounds when they received Forgiveness Bands. The staff was also eager to sport the colourful bands and drench in the shower of love.



02 August 2022- The Moment of Calm

The Forgiveness Prayer was read, uniting all in the bond of eternal love.

The MOC Convener, Ms Vandita Kharbanda, proposed the Vote of Thanks, bringing the auspicious event to a close.

We observed the Moment of Calm at 2pm, followed by Langar Seva in the school premises whose doors were open to one and all.

