



SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

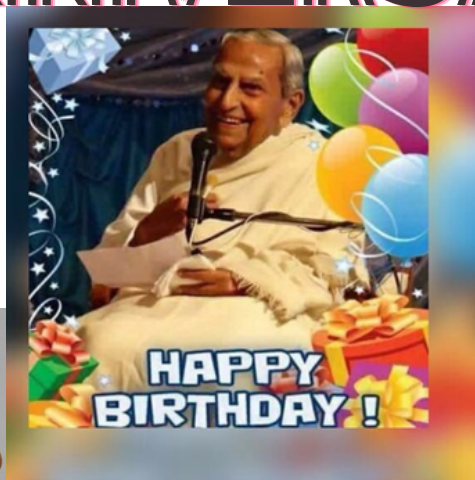
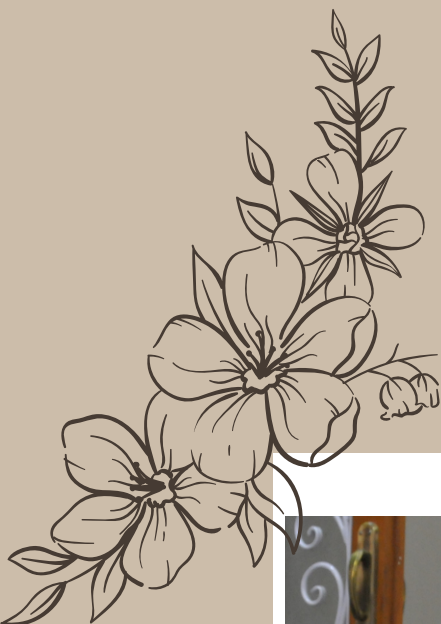
2ND STREET, SHANTI NIKETAN, NEW DELHI

35 Dynamic Years of Excellence in Education since 1987



celebrates

REV. DADA J. P. VASWANI'S 105TH BIRTH ANNIVERSARY



02 AUGUST 2023

FORGIVENESS: A HEALING FORCE

FROM THE PRINCIPAL'S DESK

DR. SANTOSH VYAS



*The Future Needs
FORGIVENESS*

On the auspicious occasion of our spiritual head, Revered Dada J.P. Vaswani's 105th Birth Anniversary, like every other year, the school was an abode of compassion and joy. We aligned our attitude to Dadaji's life philosophy and multifarious activities were designed in such a way so as to give the young citizens a sense of responsibility towards the world they belong to, for the heart needs to be educated first even before the mind is trained; otherwise, the purpose of education remains unaccomplished.

"LET US NOT PRAY FOR
LIGHTER LOADS BUT
FOR STRONGER
SHOULDERS"

DADA J. P. VASWANI

The month-long celebration of Moment of Calm 2023 commenced with the release of online pledge forms. A PPT was presented in the school assembly for seamless process of filling out the form.

The same was circulated online to encourage one and all to pledge their allegiance to build a world of love.



ONLINE FORGIVENESS PLEDGE FORMS

www.svisgdelhi.com



ACTIVITY I



Forgiveness

MORE THAN ACTION

A workshop was conducted by the school nurse to remind students how forgiveness can have powerful effects on heart health, regulate stress response and reduce overall anxiety and depression.



ACTIVITY 2

ACTIVITY 3



ALL OUR LOVE

Creating Forgiveness Craft

Our little angels showered their love through the cute red hearts they crafted using dabbing technique, for their Beloved Dada.

A Yoga session was conducted in the morning assembly where students tried to master the techniques of improving concentration and self-control through mindful meditation.



ACTIVITY 4

PRACTISE

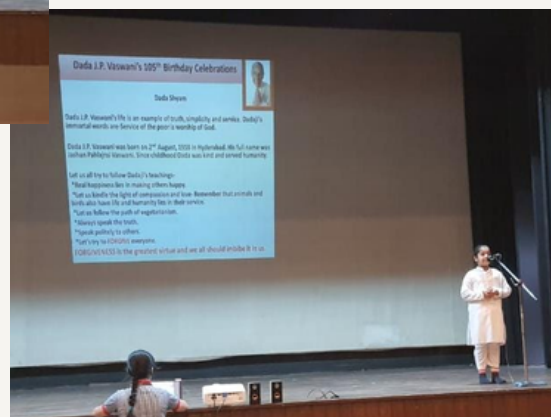
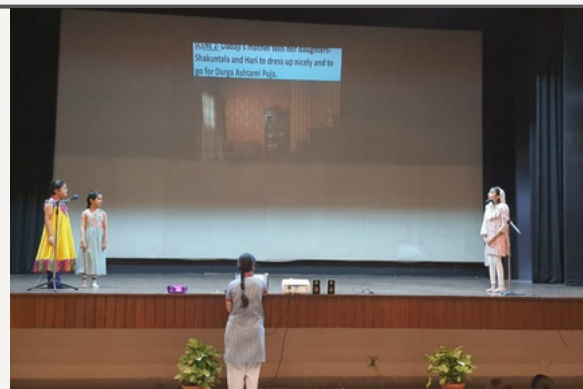
MINDFUL LIVING

YOGA

through



ACTIVITY 5



REMEMBERING BELOVED DADA

A PRESENTATION IN SINDHI BY JUNIOR SCHOOL

Students of Pre School- Class V presented a skit on Dadaji's life, which enabled them to embrace the beauty of forgiveness and get a glimpse of Sindhi culture and heritage.

WEAVING BONDS



ACTIVITY 6

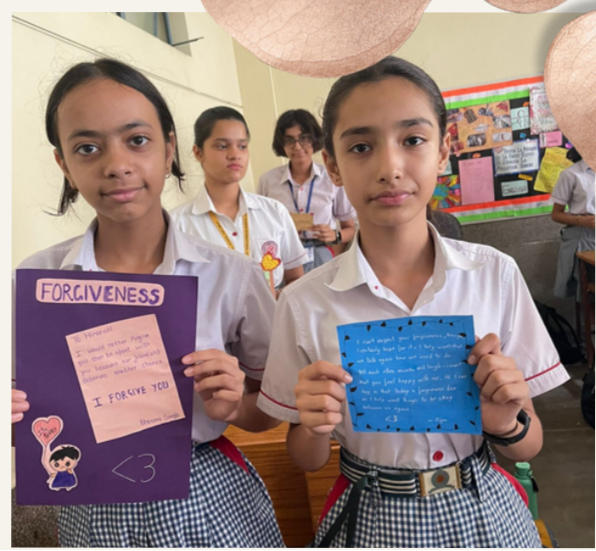
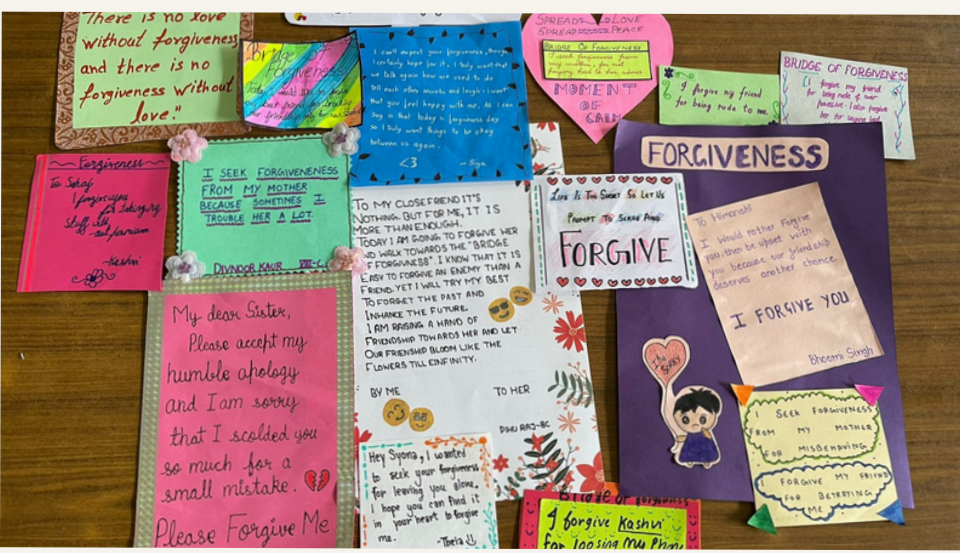
The cheerful learners of our Primary School invested their efforts to make Forgiveness Bands as a mark of respect to their dearest Dada and gifted those to their friends as a promise to expunge all memories of resentment.

ACTIVITY 7



Come, let's build a BRIDGE OF FORGIVENESS

STUDENTS WHO ARE STRONG ENOUGH TO FORGIVE AND FORGET THE WRONGS DONE AGAINST THEM ATTEMPTED TO DISCOVER TRUE FREEDOM BY CROSSING THE BRIDGE OF FORGIVENESS.



KNOWING DADA

An Expression of Selfless Love

Students of Grade II enacted an incident from Beloved Dadaji's childhood to imbibe the divine value of selfless service, on their way to become 'compassionate global citizens'.





Connecting Schools Meet

Students and teachers of SVISG connected with other schools to spread the message of forgiveness through a Street Play and motivated everyone to observe 'The Moment of Calm' on 02 August at 2 pm.





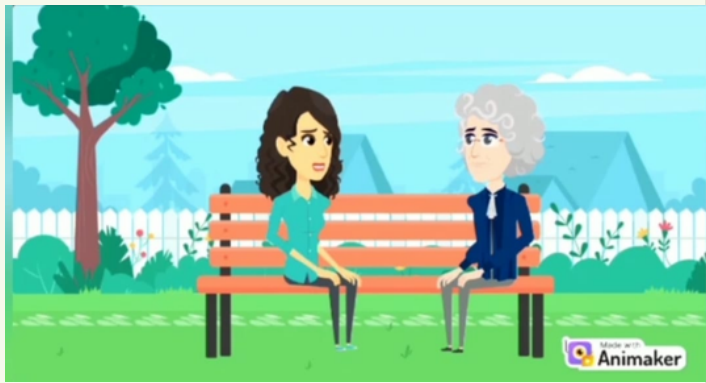
Sight for the Sightless & Heart for All



ACTIVITY 10

SEWA BEFORE SELF

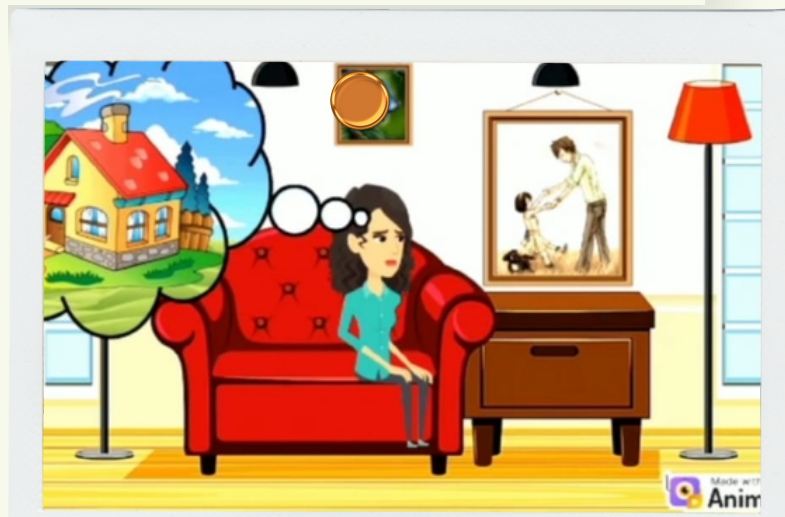
On the sacred occasion of Dadaji's Punya Tithi, stationery items were distributed to the students of Sankalp, manifesting a sense of responsibility towards our brothers and sisters.



ACTIVITY 11

WALK THE WAY OF FORGIVENESS

A SHORT FILM BY MEDIA CLUB



The students of Media Club scripted and directed an animated short movie on forgiveness with an aim to bring about a positive change in the environment. The ingenious and creative talent of our budding artists did not fail to strike the right chord with the audience.

Students of Primary School echoed innocent love for their beloved Dadaji while they put their heart and soul into making beautiful birthday cards, employing the best of creative and innovative ideas.



ACTIVITY 12

Pouring Hearts, Crafting Emotions

Birthday Card Designing





IN FORGIVENESS, THERE IS ABSOLUTE FREEDOM

**Inter-House Karuna Cover
Page Designing**



Colours of love drenched the canvas of hope as our young artists etched the message of love that can permeate boundaries of time and space through their artwork for Karuna cover page.

ACTIVITY 13

Continueur de Pardonner *A French Recital*



ACTIVITY 14

The poems composed by the students of Grade IX of our school on the theme of forgiveness delivered a heartwarming message of empathy. The performers held the audience spellbound with their zeal.

HEALING THROUGH FORGIVENESS

Counselling Session for Sankalp



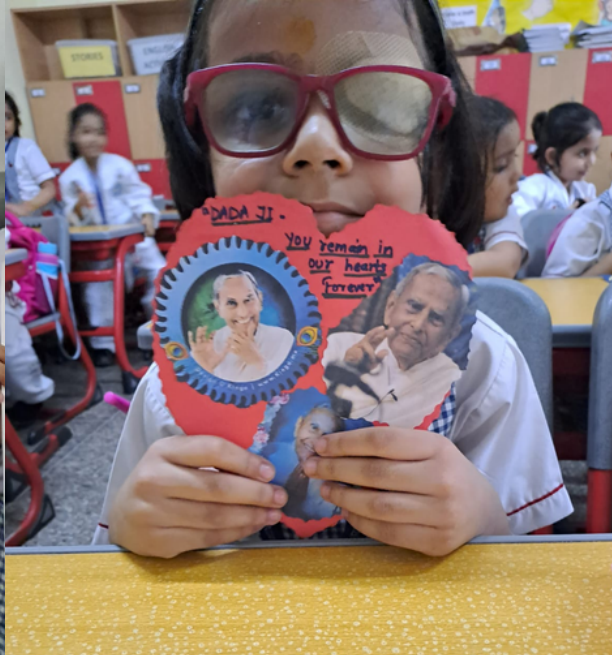
ACTIVITY 15



A Counselling Session was organized for the students of Sankalp by the School Counsellor to help them go beyond the ordinary realm of the mind and body and aim to reach higher ideals.

Dada

You Remain In Our
Hearts Forever



ACTIVITY 16

In order to honour Dadaji, the little ones of our school poured their creativity and imagination into designing exquisite collages and adorning them with the shades of love.

SHARING THOUGHTS ON FORGIVENESS (SENIOR SCHOOL)

ACTIVITY 17



Students were encouraged to reflect on buried resentments and their impact on one's personal growth, relationships and overall well-being. While introspecting, they were able to cultivate a deeper understanding of the necessity of renouncing feelings of retribution.

SHARING THOUGHTS ON FORGIVENESS (JUNIOR SCHOOL)

ACTIVITY 18



Enveloping themselves in the serenity of their Beloved Dadaji's teaching, the enthusiastic learners of our Primary Wing penned thoughts on the theme of bringing peace in the hearts of people through the power of forgiveness and compassion.

Happiness is..... Feeding Birds

ACTIVITY 19



Keeping Dadaji's spirit alive, the young learners of Pre School and Pre Primary enjoyed feeding birds. Through this exercise, they imbibed the necessity of feeling compassionate, not only for their kith and kin but for every living being on this planet.

Planting Seeds of Forgiveness

ACTIVITY 20



The members of
Eco Club participated in Tree Plantation in Jashan
Kunj as a commitment to plant hopes for a future
which will reap nothing but joy for all alike.



Anjali Granth Ji Vani. Dada Ji Zubani

A PRESENTATION BY SINDHI CLUB

The lesson of forgiveness, once learnt, renders us as capable citizens, ready to serve the world with wisdom, humility and kindness. Empowered with the virtue of forgiveness, students of Sindhi Club enlightened the audience with verses from the Anjali Granth.



ACTIVITY 21

Forgiveness- The Way of Life



ACTIVITY 22



A workshop on value education was conducted for the students of Grade VI to bring them closer to the questions- 'Why to Forgive?' and 'How to Forgive?' With the help of simple exercises, they were encouraged to develop an insight into their behaviour and be more forgiving and happier.

Delectable snacks were plated by our young chefs to make the most out of the fun-filled forgiveness snack activity that was planned for them. It was a day filled with laughter, colour, flavour and creativity.

RELISHING THE TASTE OF FORGIVENESS



ACTIVITY 23

Kshama Daan Se Kare Nidaan

ACTIVITY 24

SHLOKA CHANTING

The euphonious voice
of students reciting
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.

Canva Stories



Canva Stories

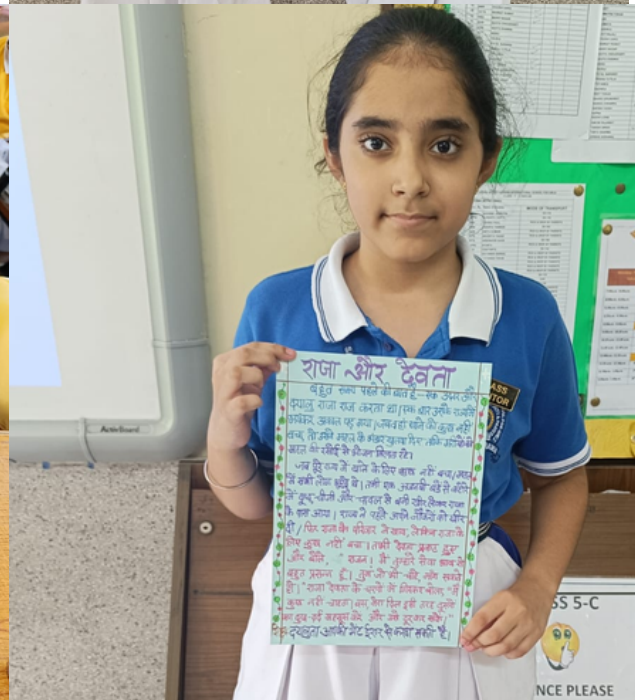
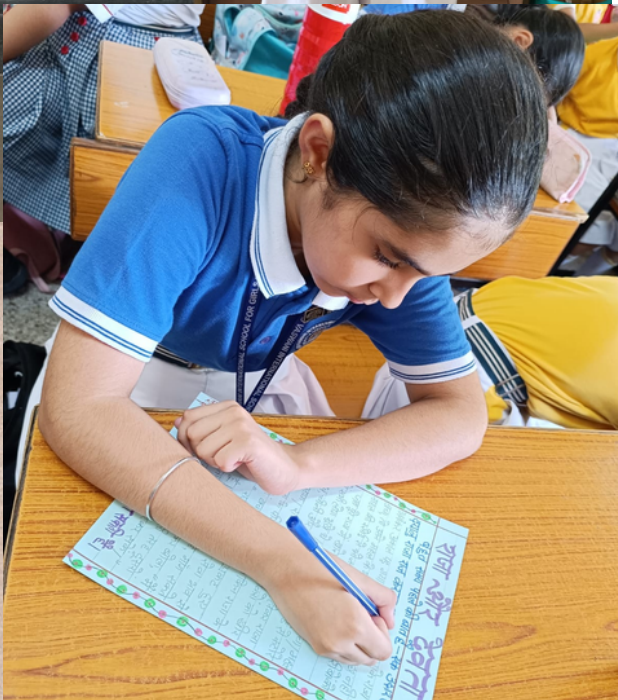
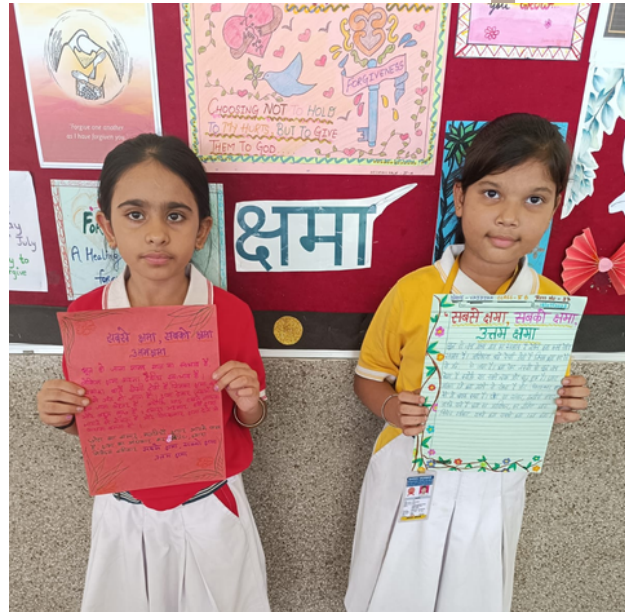
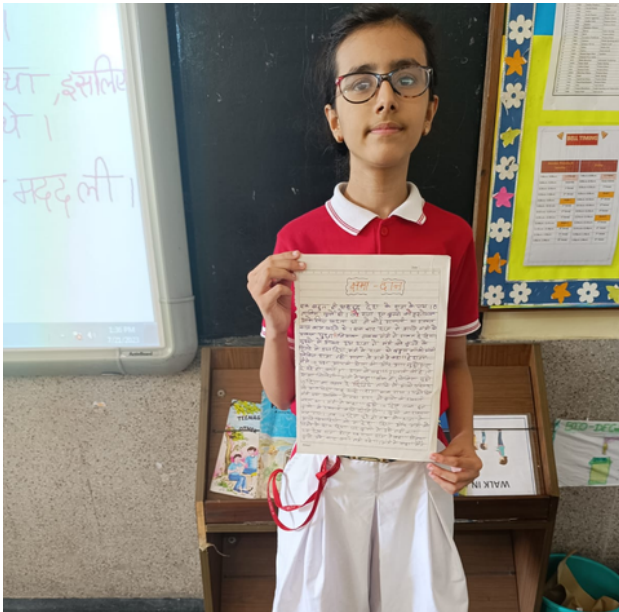


My Dream



Sabse Kshama Sabko Kshama Uttam Kshama

ACTIVITY 25



Taking a step closer to experiencing joy, peace and inner healing, students of Primary School penned stories in Hindi on forgiveness, attesting to the healing of a hurt heart.

Yoga for Eternal Happiness and Strength

Acknowledging the profound benefits of Yoga, an Inter School Yoga Competition was hosted by SVISG to help the future of the planet embrace a healthier way of living. It was heartening to watch the young yogis perform the most challenging asanas with ease, evident of passionate practice and endurance. While the audience cheered on, the participants demonstrated the beauty of equilibrium.



ACTIVITY 26





Inspired by the life philosophy of Dada J.P. Vaswani, students of Classes IX and X wrote messages, seeking forgiveness for an action done in the past.



FULL THE JAR OF FORGIVENESS

ACTIVITY 27

We, at SVISG, having found tranquility within ourselves and in our surroundings, envisioned to take the elixir far and wide by solemnly pledging to join the Global Forgiveness Day and donning a new role of Peace Ambassador. Our very own beacon of positive empowerment, our School Principal, Dr. Santosh Vyas led the way and we followed in her footsteps.



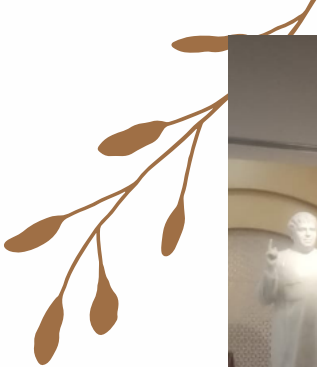
Global Forgiveness Campaign

Peace Ambassadors



Happy 105th Birthday, Dadaji

02 AUGUST 2023



The Sun shone through the clear, blue sky while the birds sang. Nature showered her blessings on the occasion of Dadaji's 105th Birth Anniversary. We were glowing with joy and peace as our school sanctuary turned into an abode of divinity.



CULTURAL PERFORMANCES



The talented dancers and singers of our school, through their art, conveyed a profound message to remind us of the power of forgiveness. The musical rendition- 'Kshama Karo Tum Prabhu Ke Kann Ho' and the dance performance- 'Dada- Kare Tera Shukriya' formed a part of our humble tribute to Dada.

FORGING ENDURING BONDS OF LOVE



WORDS TO LIVE BY



THE SECRETARY, SADHU VASWANI MISSION, MS. MALINI MATHRANI AND SCHOOL PRINCIPAL, DR. SANTOSH VYAS GREETED THE AUGUST ASSEMBLY WITH THEIR SAGACIOUS WORDS. MA'AM MATHRANI REMINDED THE AUDIENCE HOW BLESSED THEY WERE TO BE A PART OF THIS GREAT INSTITUTION WHERE LOVE AND FORGIVENESS ARE PERMANENT VALUES. DR. VYAS INSPIRED THE AUDIENCE TO BE CHANGEMAKERS.





PRIZE DISTRIBUTION

**RELEASING THE SCHOOL
MAGAZINE- KARUNA**

**ANNOUNCING
MEATLESS DAY PLEDGE
FORM**





Cake Cutting Ceremony

*Reading the
Month-long
Report*



LANGAR SEWA



THE DOORS TO THE LANGAR SEWA WERE OPEN TO ONE AND ALL FOR WE, THE FOLLOWERS OF DADA BELIEVE THAT SERVICE TO MANKIND IS SERVICE TO GOD.





The MOC Convener, Ms. Vandita Kharbanda delivered the Note of Gratitude, bringing the auspicious event to a close. The MOC Prayer united everyone in the bond of selfless love.

