

गुरुर्ब्रह्म गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।
गुरुः साक्षात् परब्रह्म तस्मै श्रीगुरुवे नमः



SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

COMMEMORATES

REV. DADA J.P. VASWANI'S 103RD BIRTH ANNIVERSARY

REJOICING IN

"THE MOMENT OF CALM" – Forgiveness is a gift you give yourself

01 JULY 2021- 02 AUGUST 2021

"Every thought we think, every word we utter, every action we perform, is echoed back into our lives. Therefore, send the best out into the world"

- DADA J.P. VASWANI

- DADA J.P. VASWANI

"Therefore, send the best out into the world"

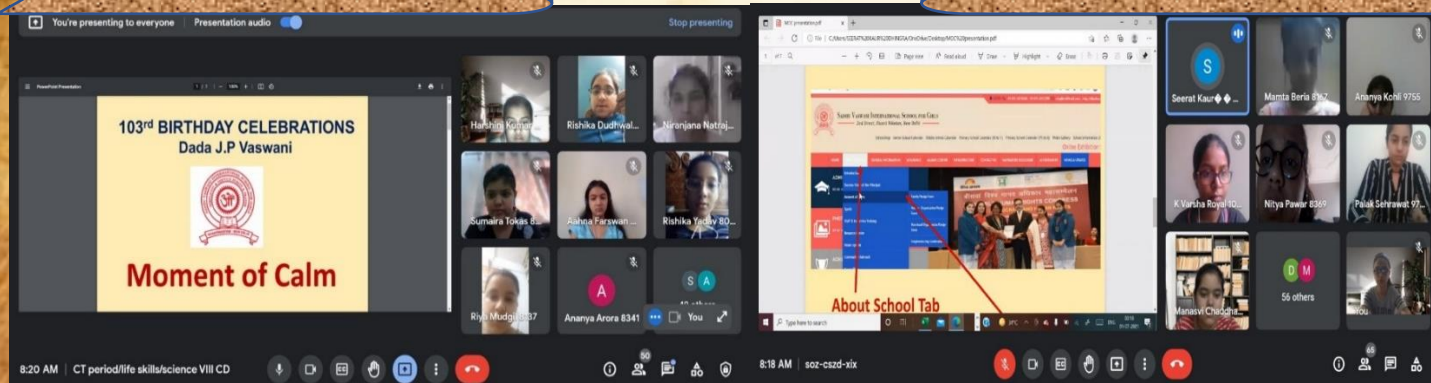
"action we perform, is echoed back into our lives"

"Every thought we think, every word we utter, every"

On the auspicious occasion of our spiritual head, Revered Dada J.P. Vaswani's 103rd Birth Anniversary, like every other year, the school embarked on a month-long celebration which included many activities woven around the message of Love and treating the world as one family because we believe that only love and compassion can restore the world and give it new strength and energy. The activities were designed in such a way, so as to carve our young learners into compassionate global citizens.

The month-long celebration was titled "Forgiveness is a gift you give yourself". The message of forgiveness and empathy prominently underlined the online activities designed to supplement the virtual classroom.

RELEASE OF ONLINE FORGIVENESS PLEDGE FORMS



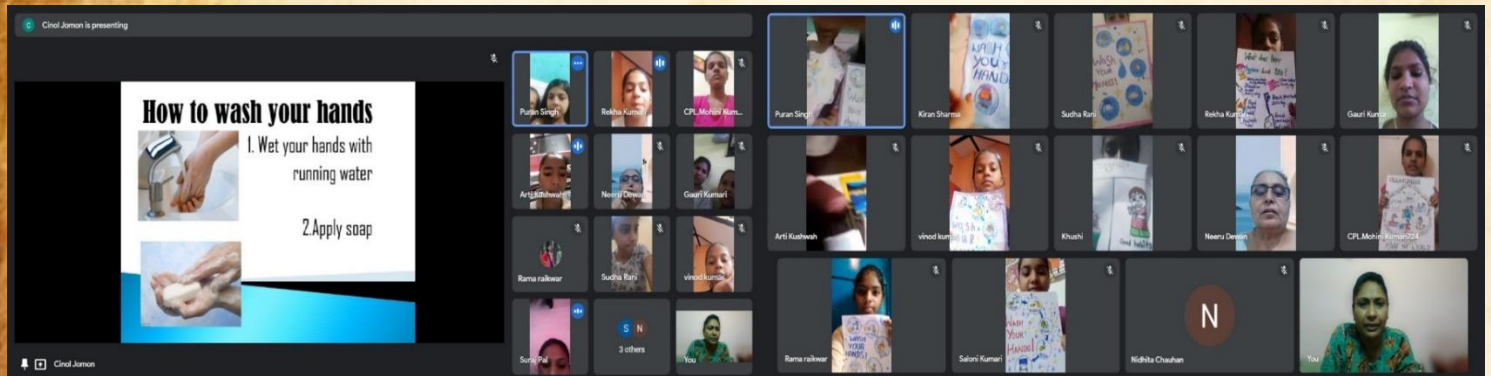
Online Forgiveness Pledge Forms were released. Students, teachers and parents were encouraged to fill the form. The link to the pledge form was sent to the various schools which were filled by the teachers and students supporting the cause of making the world a much better place by healing it with patience and tolerance.

SELF TRANSFORMATION THROUGH TRANSFORMATIONAL YOGA



A Yoga Session was organized for the students of of classes III- XII to help them direct their thought process towards the manifestation of positive emotions and purge their consciousness of all sorrows and troubles that hold them back from harnessing their full potential towards realizing a more confident self, pledged to the service of others.

HYGIENE- AN IMPORTANT PARAMETER OF HEALTH



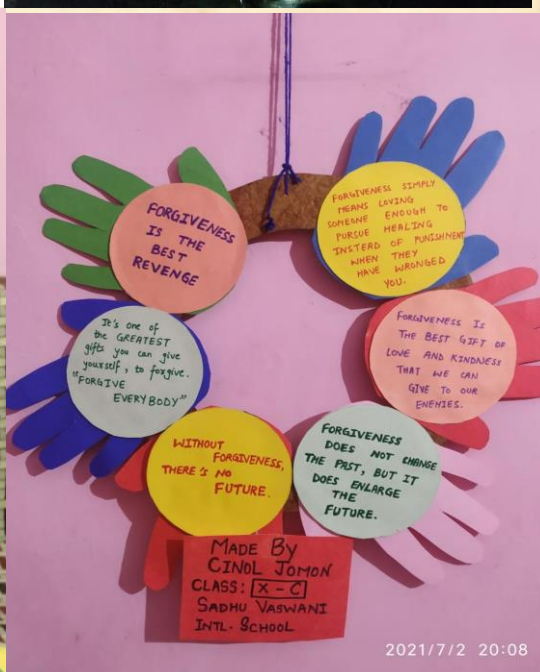
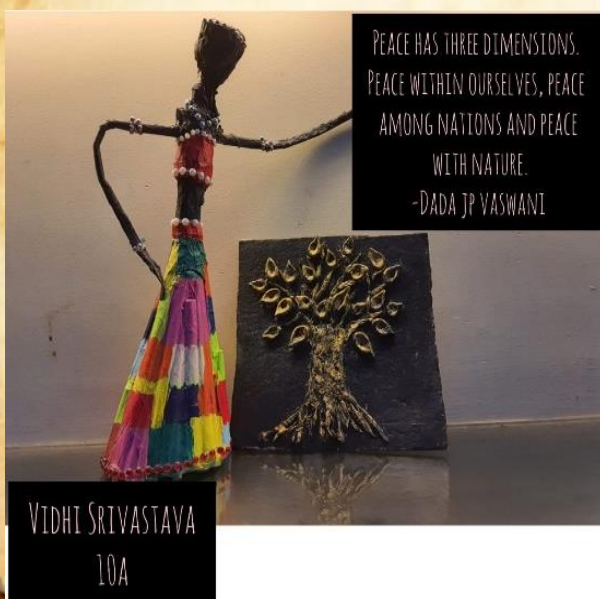
The School Nurse, Ms. Bindu Jomon organized an online workshop for the students of Sankalp about common health problems and help them acquire the importance of nurturing and loving the self because it is believed that the body is the dwelling of God and we must take care of it. The audience was shown a Presentation which showcased the importance of eating a balanced diet and building a hygienic and healthy lifestyle during the pandemic.

YOGA SESSION- POST COVID RECOVERY AND STRESS MANAGEMENT



The gamut of human health is dependent on nourishment, exercise, sleep and positive thinking. Yoga goes a long way in building immunity, relaxing the body and mind and leading to faster healing post-Covid. Keeping this in mind, a Stress Management Yoga Session for Teachers was conducted by Ms. Oshin Satija, an alumna and at present, a successful Health and Wellness coach.

BEST GIVING IS FORGIVING- SKILL SHARING CRAFT SESSION



Forgiveness is a wonderful process but cannot be forced. It requires one to revisit every hurt over and over again, so that they can be forgiven and forgotten. Aligning ourselves with this thought, a skill sharing craft session was organized for the students of classes IX-XII. They learnt the technique of making 3D tissue flowers, a bouquet of 3D flowers, figurines with recycled newspaper, "daana paani" for our bird friends, utility paper bag, forgiveness pledge wall hanging, forgiveness message cup, coloured tissue paper basket, lampshade with recycled paper, pen stands, bookmarks, waste tissue paper flowers, the wool basket. The objective was to drive home that whatever we do to save paper will help reduce the amount of trash going into landfills. The students actively participated and learned the joy of FORGIVING!

CRAFTING FORGIVENESS HEARTS



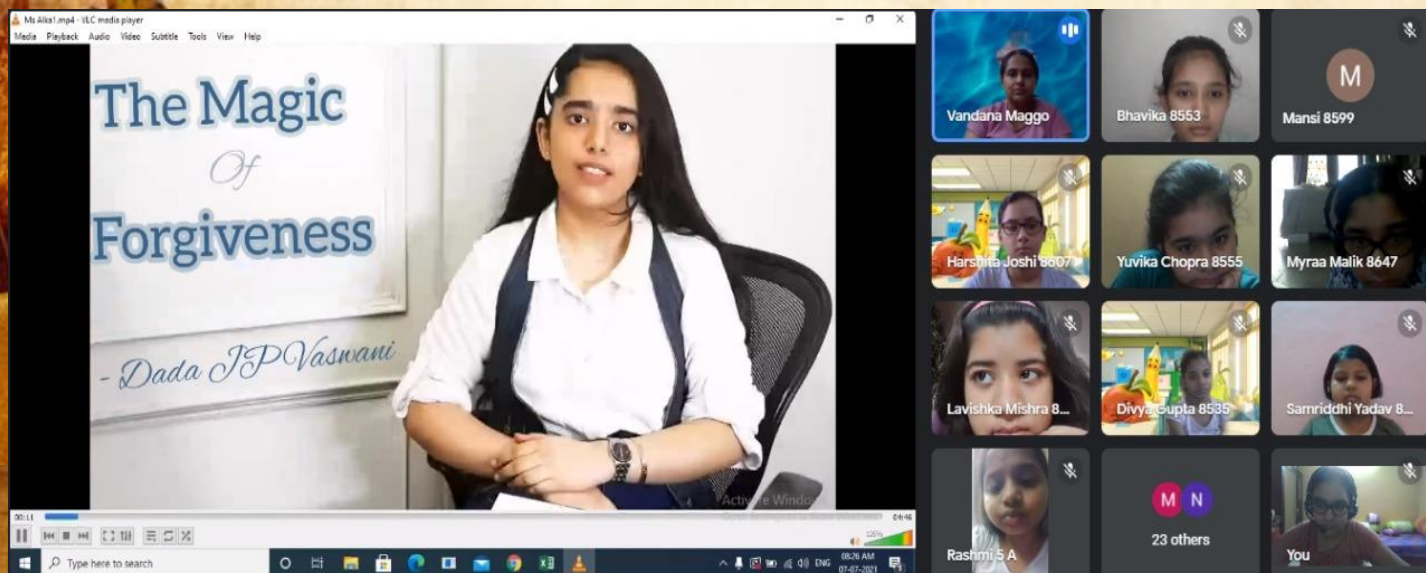
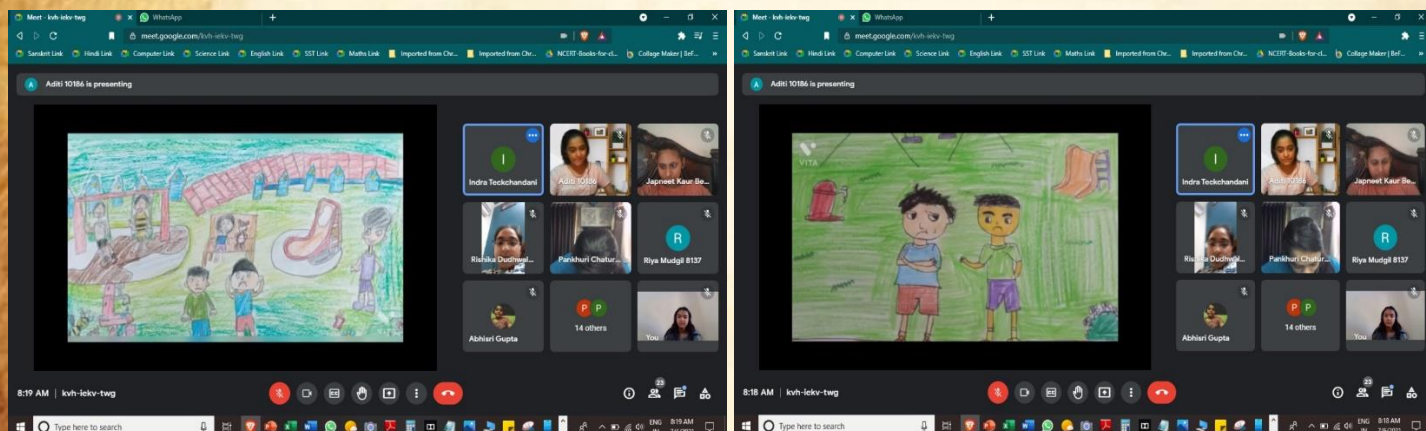
The young ones designed beautiful hearts for their Beloved Dadaji as they promised to keep flame of love shining bright in their hearts.

BRIDGE OF FORGIVENESS



The beautiful month witnessed spiritually awakened citizens writing and sharing messages of forgiveness with each other, which purged their consciousness of all repressed negative feelings.

E-PRESENTATION OF A SHORT FILM ON FORGIVENESS



A short film directed by the Media and Animation Club was shared with the students and teachers of the school to promote positive thinking and disseminate the ethos of forgiveness that Dadaji strongly advocated.

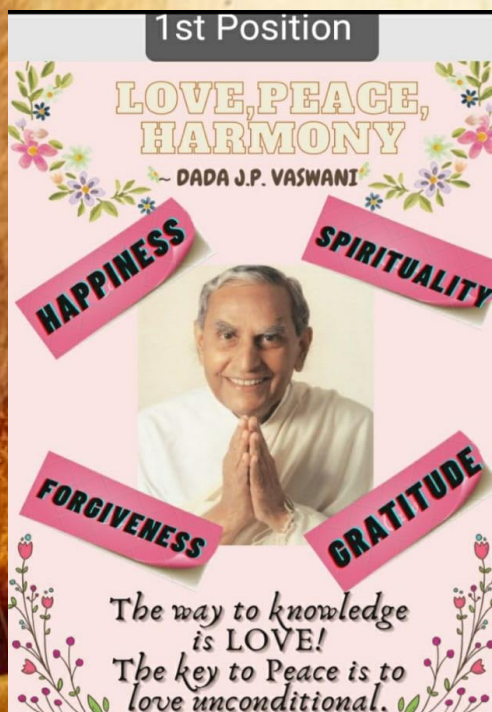
The story, based on the friendship of two boys, highlighted a beautiful message, 'Don't let anything undermine the essence of forgiveness'. The later part of the video reiterated that we need to forgive even when the circumstances are extremely difficult.

The stories left the students with mixed feelings of happiness and sadness. At the same time, the message empowered them to make the right decision.

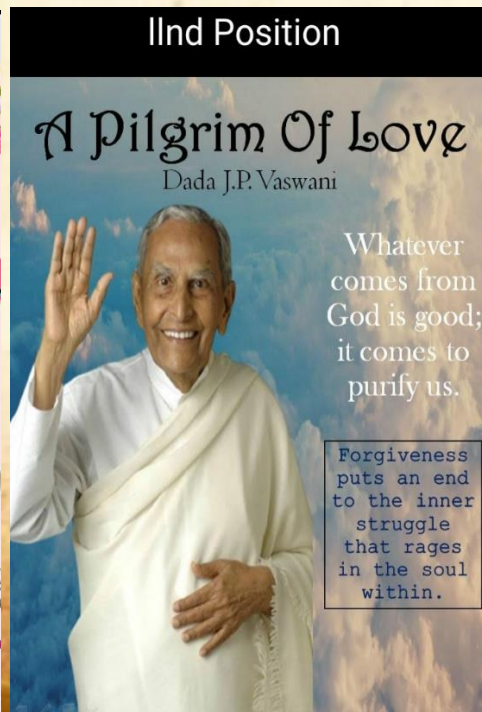
DADA JASHAN- A PILGRIM OF LOVE

INTER HOUSE ONLINE KARUNA MAGAZINE COVERPAGE DESIGN COMPETITION

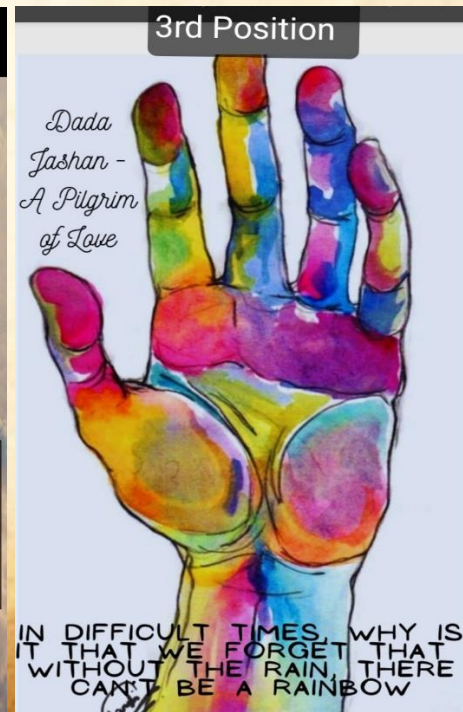
1st Position



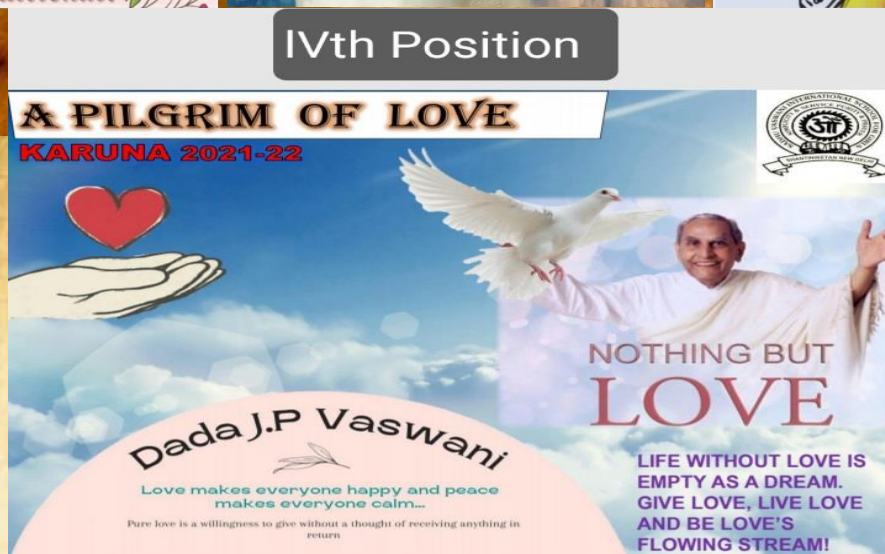
2nd Position



3rd Position

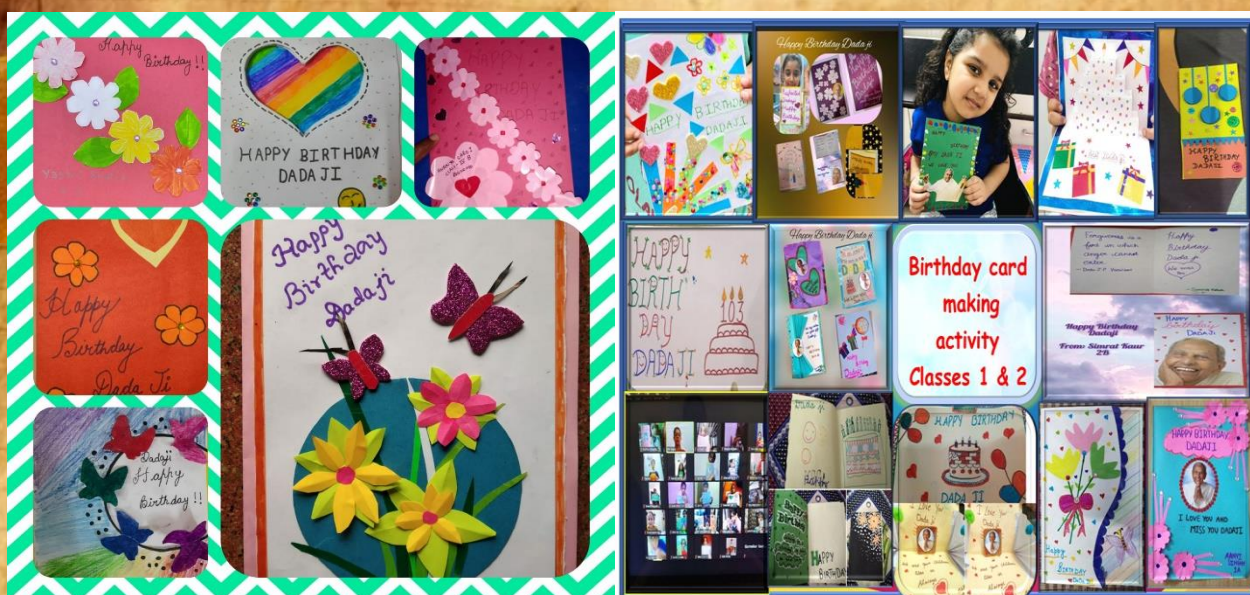


IVth Position



The Inter House Digital 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.

POURING HEARTS, DESIGNING EMOTIONS- BIRTHDAY CARD DESIGNING ACTIVITY



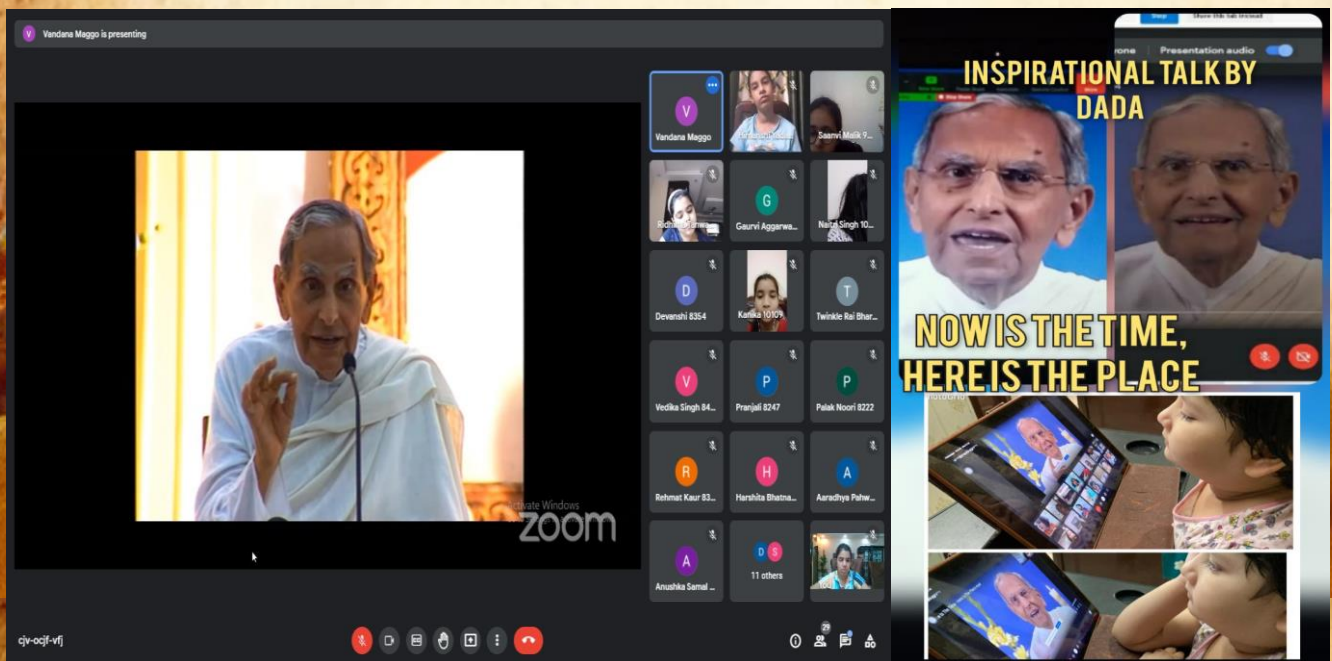
Students of the Primary School designed beautiful birthday cards that were decorated with the colours of gratitude and love. Each of these cards treasured the little ones' innocent love for their Beloved Dadaji.

It was a treat to watch the young ones drenching everyone in the myriad shades of love.

DADAJI'S PUNYATITHI- SPECIAL ASSEMBLY, SEWA AND MAHAYAGNA

'For the soul there is neither birth nor death at any time. He has not come into being, does not come into being, and will not come into being. He is unborn, eternal, ever-existing and primeval', explains the Bhagavat Gita in Chapter 2.

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, 2021. In the special assembly, the students and teachers allowed themselves to be guided by Dadaji's gentle words as his talk, 'Now Is the Time - Here is the Place' was shared to help us discover the goodness that lies dormant within each one of us, buried under the trials and tribulations of modern life.



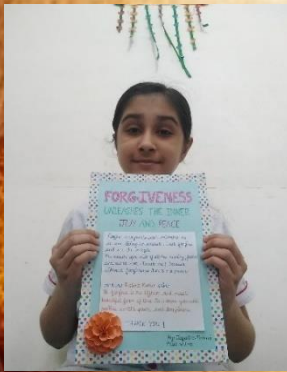
SEWA



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. While ensuring Covid appropriate behavior, stationery and refreshments were distributed to the students of Sankalp.

On 12th July 2021, on the sacred occasion of Dadaji's Mahayagna, SVM, Pune live-streamed a divine program, based on Dadaji's practical wisdom. The students, teachers, parents and staff members of SVISG were too eager to participate in the event, 'Good for Today- Good for Tomorrow' as they recollected the kindest moments spent with Dadaji.

FORGIVENESS UNLEASHES INNER JOY AND PEACE- THOUGHT SHARING ACTIVITY



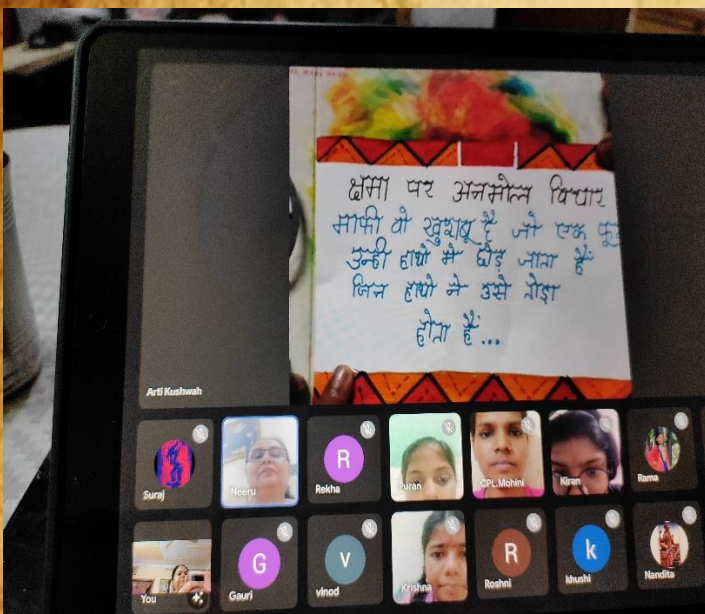
Students were asked to share their thoughts on “Forgiveness Unleashes Inner Joy and Peace”. The writings recounted how forgiveness can bring peace to the person forgiving and thus, help them grow in their life. Forgiving someone, many postulated, can be difficult but it does help someone be free and happy. Students also expressed how the emotions of hurt, anger and blame reside within one’s mind and distort their inner well-being, which can only be restored by forgetting and forgiving.

PRACTISING FORGIVENESS THROUGH MUSIC THERAPY



The Instrumental Music Teacher, Ms Deepshikha Nigam Sood, conducted a session of Music Therapy to help the students of Sankalp drift in the tranquil notes of harmony, as a part of Skill Sharing Workshop. The session, which was guided by a lot of qualitative and quantitative research, was much treasured by the participants who wanted to experience all the facets of music- mental, emotional, physical and spiritual.

‘FORGIVENESS IS THE KEY TO INNER HAPPINESS AND PEACE’ – COUNSELLING SESSION



With the help of an online session, the School Counsellor helped the girls of Sankalp discover the light of forgiveness that helps heal wounded hearts. The participants eagerly absorbed the secrets to a happier life and pledged to illuminate the world with love and compassion.

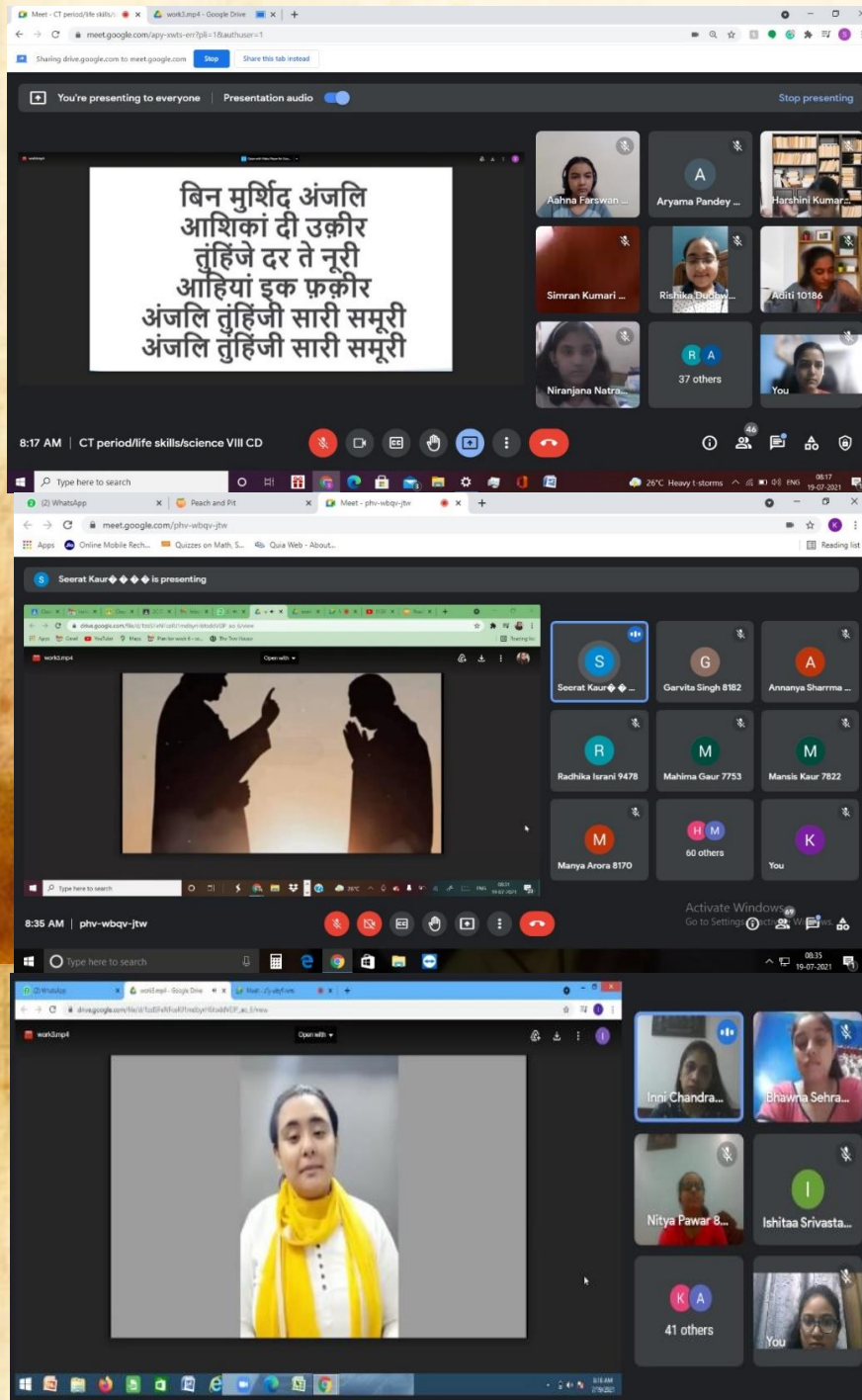
The students were told that they can maintain a log of their responses as it will help them to develop an insight into their behaviour and were given reassurance that they can approach the school counsellor whenever they feel the need.

FORGIVENESS BAND MAKING ACTIVITY- GOING HAND-IN-HAND WITH LOVE AND FORGIVENESS



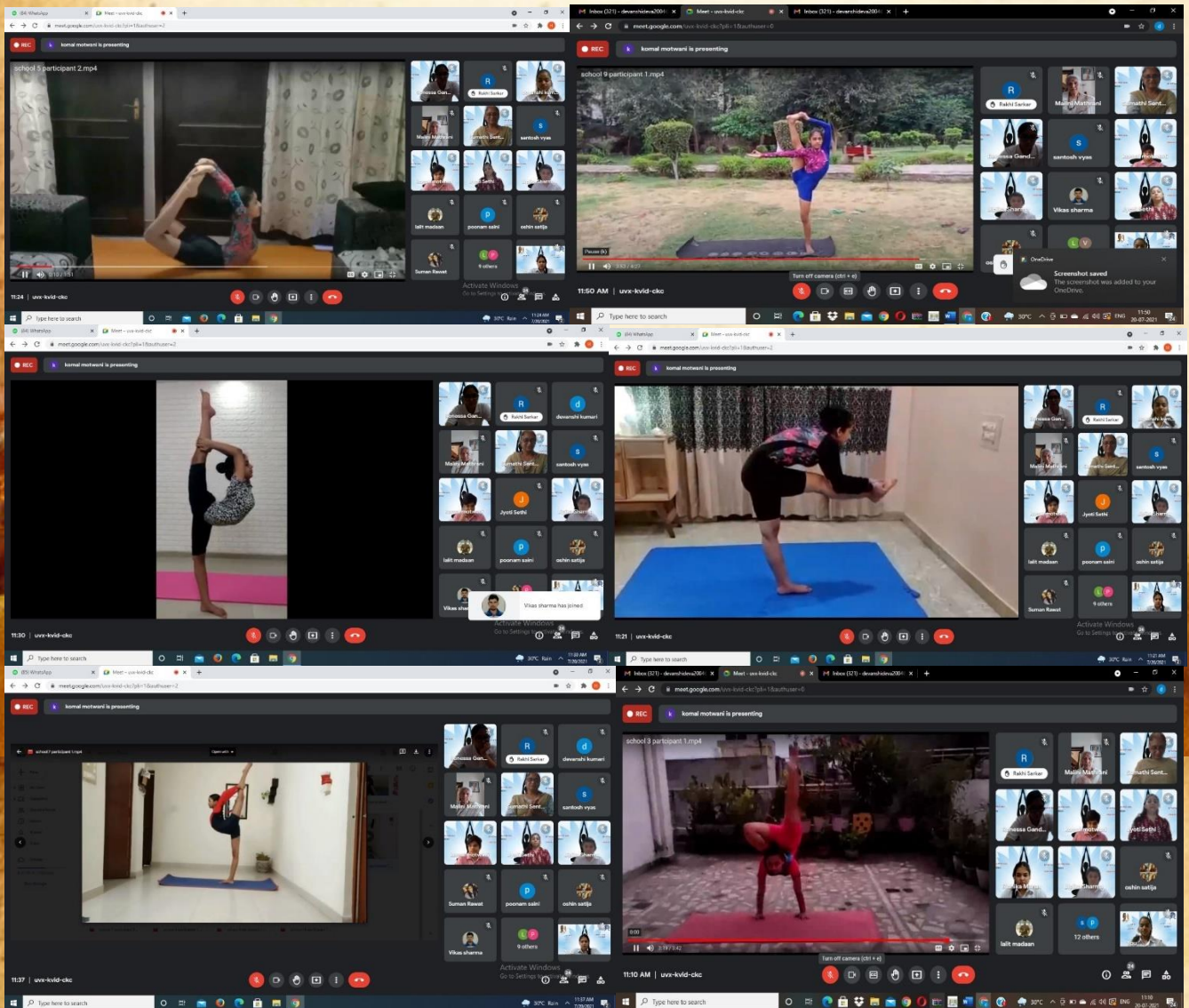
The ever-cheerful learners of our Primary School invested their love and effort to make Forgiveness Bands as a mark of respect for their dearest Dada and made a solemn promise to expunge all memories of resentment from the consciousness and wrap one and all in a warm embrace.

“NAATA YE RUHANI” – A MUSICAL TRIBUTE TO OUR BELOVED DADAJI



Music speaks the language of kindness. Keeping up with the same spirit, our young singers offered a melodious tribute to Dadaji. The students were able to articulate the divine relationship Dadaji shared with his mentor, Sadhu T.L. Vaswani.

EMBRACE FORGIVENESS WITH THE POWER OF YOGA- INTER SCHOOL YOGA COMPETITION



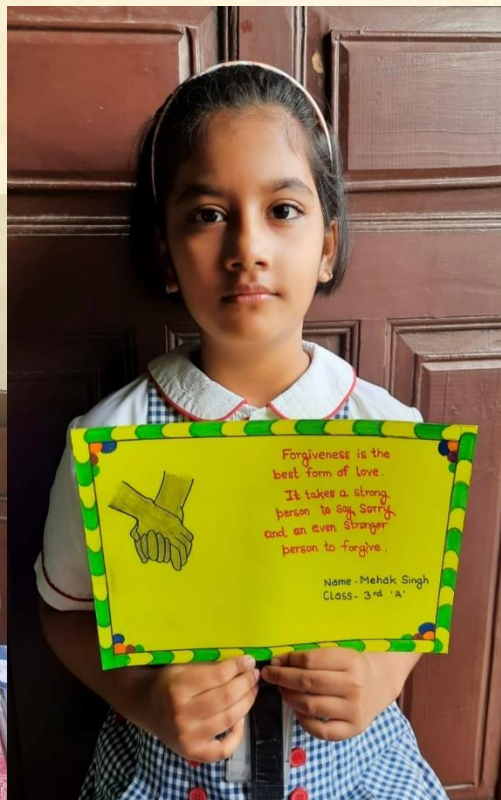
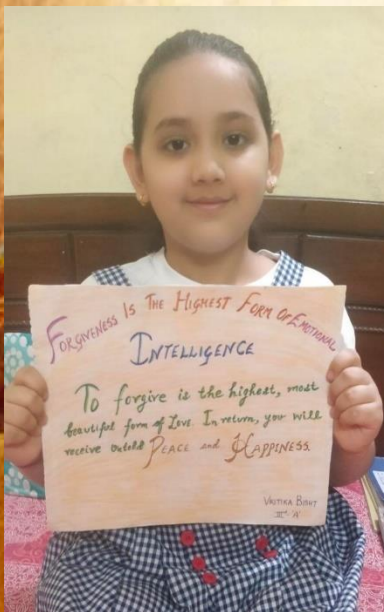
In the mission to knit the world together in a single unit of love, our children know that they must reach the crevices of the soul in search of God. We helped them commence on their journey to self-discovery by organizing Online Inter School Yoga Competition. Our School Manager, Ms Malini Mathrani congratulated the teachers and students for their efforts towards keeping alive the ancient Indian Science of Healing.

"FORGIVENESS IS THE 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, vegetarian sandwich making activity, "Forgiveness is the Food for the Soul" was organized. Children portrayed their creativity through the language of food and promoted the message of universal love.

**“FORGIVENESS IS THE
HIGHEST FORM OF
EMOTIONAL
INTELLIGENCE” –
THOUGHT SHARING**



The thoughts penned by the students exquisitely depicted the message of bringing calm in the hearts of people through the power of forgiveness and love.

INTER-HOUSE POSTER MAKING COMPETITION- “FORGIVENESS IS A GIFT YOU GIVE YOURSELF”



YAMUNA
HOUSE

Anshika
10A



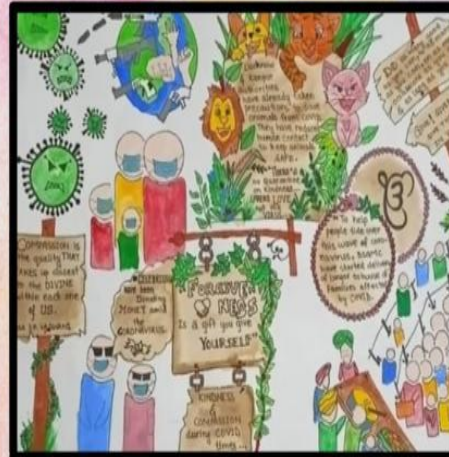
GANGA
HOUSE

Vidhi Tanwar
12A



SINDHU
HOUSE

Anya Seth
9D



GODAVARI
HOUSE

Manasvi Garia
10A

Taking a step closer to experiencing joy, peace and inner healing, an Inter-House Poster Making Competition was organized for students of classes IX-XII, who imprinted the heart with colours of love and kindness while they painted posters expressing the healing of a hurt heart and attesting their commitment to global harmony and peace.

“WHAT’S YOUR STORY?”- PRESENTATION OF SELF-COMPOSED STORIES ON FORGIVENESS

FORGIVE
everyone everything

Two best friends, Aksh and Kash, were playing in the sea side and making sand castles while doing so, they had a fight and Aksh hit Kash.

Then without knowing anyone, he went to play in the sea and didn't realize his friend was hurt.

When he realized he was doing wrong, he started screaming for help.

On hearing Kash's cries for help, Aksh went to see him without caring for his own life.

After Aksh returned, he again made an apology to Kash.

On seeing this, Aksh asked Kash "When I hit you, you were on the sand and when I asked you, you were on the sand, why?"

Kash replied when you hit me, I was on the sand and that sand like water and wind was things from the sand, in the same way this incident will get washed from my mind, but when you asked my friend, I was on the sand so that I never forget about it.

SELF COMPOSED STORY ON FORGIVENESS
By
SANCHI IV B

Forgiveness
— A Golden Virtue

There was a time when there was a small village. People used to live in that village with their families. One day, a boy named Aksh and a girl named Kash were playing in the sea side. Aksh hit Kash and they had a fight. Aksh went to play in the sea and didn't realize his friend was hurt. When he realized he was doing wrong, he started screaming for help. On hearing Kash's cries for help, Aksh went to see him without caring for his own life. After Aksh returned, he again made an apology to Kash. On seeing this, Aksh asked Kash "When I hit you, you were on the sand and when I asked you, you were on the sand, why?" Kash replied when you hit me, I was on the sand and that sand like water and wind was things from the sand, in the same way this incident will get washed from my mind, but when you asked my friend, I was on the sand so that I never forget about it.

SELF COMPOSED STORY ON FORGIVENESS
By
JASMEH AHLUWALIA VB

FORGIVENESS IS EVERYTHING

Once there were two friends, Aksh and Kash. They were very close to each other and played together every day. One day, Aksh hit Kash and they had a fight. Aksh went to play in the sea and didn't realize his friend was hurt. When he realized he was doing wrong, he started screaming for help. On hearing Kash's cries for help, Aksh went to see him without caring for his own life. After Aksh returned, he again made an apology to Kash. On seeing this, Aksh asked Kash "When I hit you, you were on the sand and when I asked you, you were on the sand, why?" Kash replied when you hit me, I was on the sand and that sand like water and wind was things from the sand, in the same way this incident will get washed from my mind, but when you asked my friend, I was on the sand so that I never forget about it.

SELF COMPOSED STORY ON FORGIVENESS
By
Avni Saxena - IV B

Forgiveness - A Gift

It is truly said, "Forgiveness is a gift you give yourself."

There was a time when there was a small village. People used to live in that village with their families. One day, a boy named Aksh and a girl named Kash were playing in the sea side. Aksh hit Kash and they had a fight. Aksh went to play in the sea and didn't realize his friend was hurt. When he realized he was doing wrong, he started screaming for help. On hearing Kash's cries for help, Aksh went to see him without caring for his own life. After Aksh returned, he again made an apology to Kash. On seeing this, Aksh asked Kash "When I hit you, you were on the sand and when I asked you, you were on the sand, why?" Kash replied when you hit me, I was on the sand and that sand like water and wind was things from the sand, in the same way this incident will get washed from my mind, but when you asked my friend, I was on the sand so that I never forget about it.

SELF COMPOSED STORY ON FORGIVENESS
By
Divya Pahujani VB

Forgive and Move Ahead

Summer holidays had just ended. Students were going back to school. One day, a boy named Aksh and a girl named Kash were playing in the sea side. Aksh hit Kash and they had a fight. Aksh went to play in the sea and didn't realize his friend was hurt. When he realized he was doing wrong, he started screaming for help. On hearing Kash's cries for help, Aksh went to see him without caring for his own life. After Aksh returned, he again made an apology to Kash. On seeing this, Aksh asked Kash "When I hit you, you were on the sand and when I asked you, you were on the sand, why?" Kash replied when you hit me, I was on the sand and that sand like water and wind was things from the sand, in the same way this incident will get washed from my mind, but when you asked my friend, I was on the sand so that I never forget about it.

SELF COMPOSED STORY ON FORGIVENESS
By
Prapti Narayan VB

SELF COMPOSED STORY ON FORGIVENESS

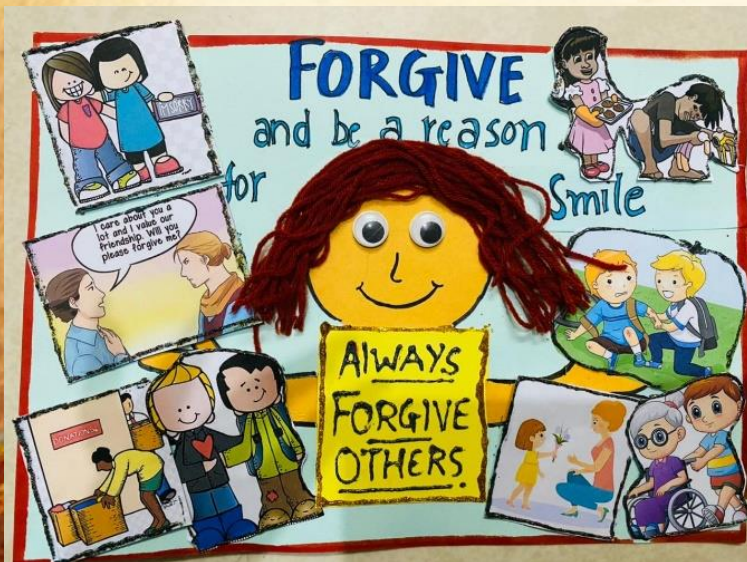
FORGIVENESS LEADS TO HAPPINESS

When I think about Aksh and Kash, I think about the happiness they brought me. One day, Aksh hit Kash and they had a fight. Aksh went to play in the sea and didn't realize his friend was hurt. When he realized he was doing wrong, he started screaming for help. On hearing Kash's cries for help, Aksh went to see him without caring for his own life. After Aksh returned, he again made an apology to Kash. On seeing this, Aksh asked Kash "When I hit you, you were on the sand and when I asked you, you were on the sand, why?" Kash replied when you hit me, I was on the sand and that sand like water and wind was things from the sand, in the same way this incident will get washed from my mind, but when you asked my friend, I was on the sand so that I never forget about it.

SELF COMPOSED STORY ON FORGIVENESS
By
PAYAL SARANGI III C

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 make an animated movie based on a self-composed story, which aims to take the message of forgiveness far and wide.

“FORGIVE AND BE A REASON FOR SOMEONE’S SMILE” – DESIGN A COLLAGE ACTIVITY



MOC Activity- Forgive and be a reason for someone smile
Dhriti Gupta Class IIB



ASHVIKA
2nd C



Students of Classes I and II designed beautiful collages that were adorned with the colours of love and gratitude.

“UTTAM KSHAMA-SARVOCH DAAN”-ANMOL SUVICHAR



The euphonious voice of the students reciting thoughts in Hindi 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.

“LE PARDON”- A MUSICAL PRESENTATION IN FRENCH



Forgiveness is the virtue of the innocent heart which melts the ego and solidifies love. It, thus, is the best gift to give and receive. Embracing this virtue, students of classes VI-VIII presented a musical composition in French on forgiveness.

BIRD FEEDING ACTIVITY



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.

PLANTATION OF SAPLINGS



The purpose of education is not learning facts but to understand the purpose of existence and become one with the soul of humanity. This ethos of education requires the students to nourish not only their mind with knowledge but their spirit, with kindness. The students of Gardening Club participated in Tree Plantation in their neighbourhood as a commitment to plant hopes for a better future and foster a desire to share their assets for the greater good.



**“LEARN THE LESSON,
FORGET THE MISTAKE” -
THOUGHT SHARING**



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, the students of classes I and II presented their thoughts on forgiveness as an attempt to rekindle the lamp of love in hearts battered by tough times.

VIRTUAL MEET- MOMENT OF CALM ONLINE CAMPAIGN



The Sports Department and students of the school took a step forward to organize a virtual meet to encourage other schools to participate in the "Moment of Calm" and absorb the wonderful elixir of life called, 'forgiveness'.

Teachers from 15 schools across Delhi participated in the event. The students of SVISG presented PPTs and spoke at length about the importance of forgiveness. They also shared the procedure of filling the online pledge form on the school website. The audience was impressed by the thought-provoking presentation and appreciated the students for endorsing such noble values which our institution upholds as supreme.

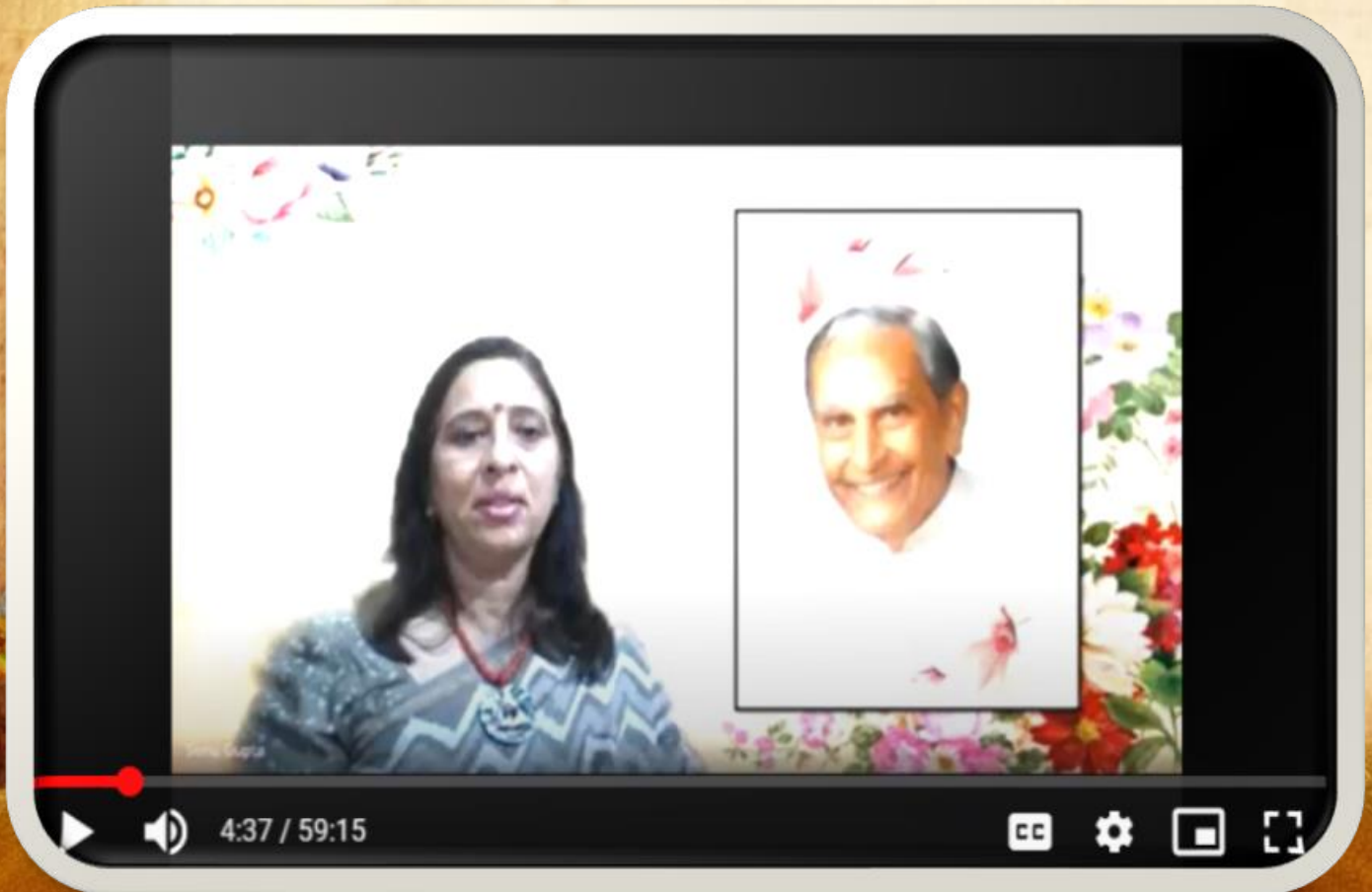
MOC CELEBRATION
02 AUGUST 2021



On the merry morning of 02nd August, the rain-laden monsoon skies showered blessings on the parched earth. The mood was a festive one as 1012 people, including students, parents and teachers came together to take part in the divine virtual celebration of Beloved Dadaji's 103rd Birth Anniversary.

The sweet and gentle music emanating from the falling water droplets manifested Dadaji's celestial blessings- compassionate like the rain, serene like the clouds, infinite like the ceaseless sky. A million little lamps glowing with love warmed the hearts of those who participated in the month-long program. Revered Dada J.P. Vaswani, has illumined the path that leads to a better world, with his innumerable acts of kindness. We, at SVISG, solemnly promise to follow his footsteps and ferry the message of love beyond boundaries because we, the children of God, carry the magic inside us- the magic to create a world without barriers, without differences and without hatred.

MOC CELEBRATION 02 AUGUST 2021



On behalf of SVISG family, School Principal Ms. Santosh Vyas extended a warm welcome to the magnanimous School Management Committee, illustrious guests and our valued parents. She, in her effervescent style, recaptured the undeniable aura of love that shelters each one of us, who has been a part of this noble institution and congratulated the teachers and students for their earnest participation in the month-long celebration.

MOC CELEBRATION 02 AUGUST 2021



The most admired Working Chairperson, SVM, Mr. Vijay Thadani greeted the audience with his heartwarming wishes. He urged everyone to consider the Birth Anniversary Celebration as an occasion to derive inspiration from Dadaji's teachings.

Regarding Dadaji's teachings as timeless and universally applicable, Sir hailed His model of new education as the framework to cultivate the right qualities and attitude.

**MOC CELEBRATION
02 AUGUST 2021**



The most dynamic School Manager, Mrs Malini Mathrani, with her graceful presence and distinctive energy congratulated the School Principal, teachers and children for adopting the virtual mode of teaching and celebrating the special occasion in spite of all the struggles. Ma'am also thanked the parents for their unflinching support.

MOC CELEBRATION 02 AUGUST 2021

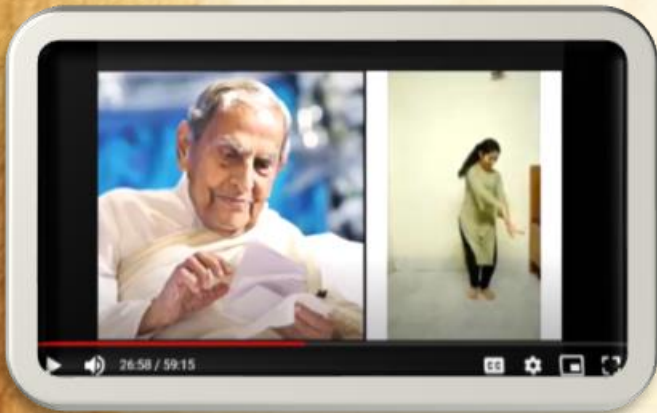


The gentle words of Dadaji took the audience on a quest for true happiness as everyone attempted to silence the voice of imperfection within.



The School Head Girl presented the month-long report, giving everyone a glimpse of the joyous celebration.

MOC CELEBRATION 02 AUGUST 2021

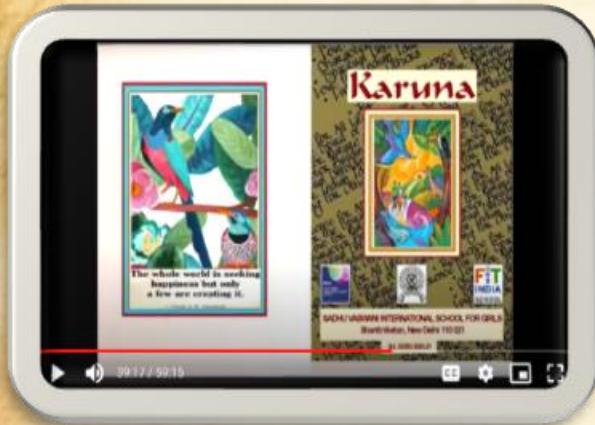


The young dancers invited everyone to experience the magic of forgiveness and release all imprisoned feelings of hatred.



Students, who have shown exemplary performance in the year 2020-21, were appreciated for their persistent efforts, in the Virtual Award Ceremony.

MOC CELEBRATION 02 AUGUST 2021



The School Magazine, Karuna, which has been an endless source of inspiration to our budding writers, was released in the august presence of the School Management Committee.

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

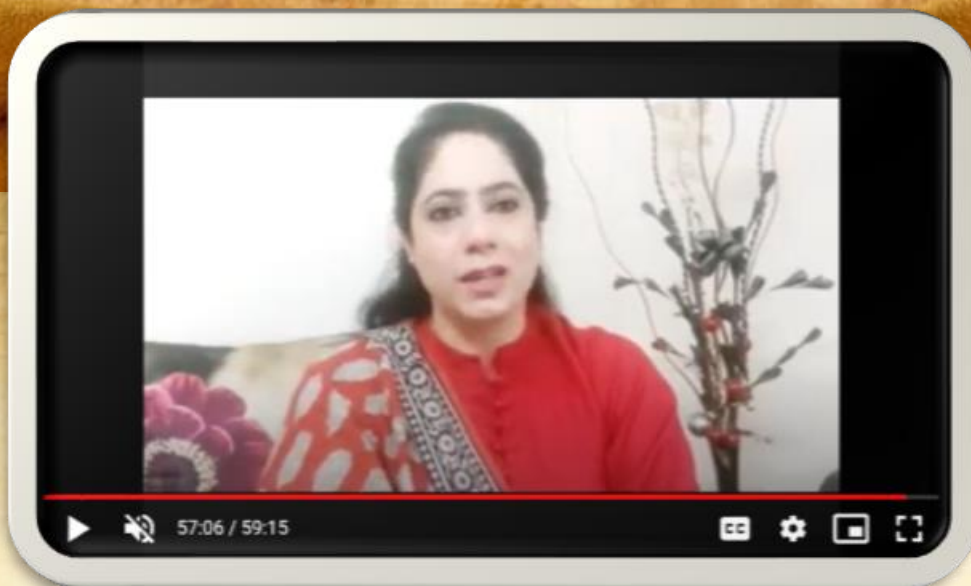


Although conducted on a virtual platform, the much-awaited cake cutting ceremony did not fail to raise the spirits and before long, everyone joined in wishing our Beloved Dada.

MOC CELEBRATION 02 AUGUST 2021



The Prayer of Forgiveness was read at 2 pm, uniting everyone in the bond of eternal love.



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