



bubbles

How to be a good parent?

Most parents try to be superheroes – teachers too! When you have the responsibility of bringing up children you want to be more and more, better and better, fast and faster. But somewhere life takes over in one form or the other reminding you that you are human. It tells you that between the idea and reality lies the journey with all its twists and bends...

Our society and systems teach us how to be doctors, engineers, architects, lawyers. We go through organized education and wave degrees and qualifications at the end of our training courses. But there is hardly such education when it comes to the most important task given to us – parenthood. How to be a good parent? By looking back at how our parents raised us? By reading books, listening to talks on the internet? By talking to our fellow friends going through the same challenges? Yes and no. There don't seem to be complete or sure answers...

In our attempt to share the challenge and joy of helping children grow, learn and find their own light, we are offering 'BRINGING UP PARENTS' – a short course on parenting, in September 2015. Our main resource person Chitra Jha, is a deep, wise parent who has brought up two fine sons besides being a renowned author and life skills trainer who guides many people in their journey. Some of you may have had the chance of attending her talk on parenting three years ago. She will be sharing her wisdom and insight in this course. I will also be taking a few sessions, along with our AMIS teachers on the learning dimension. This brief course is open to all parents everywhere, however, we are extending the invitation to AMIS parents first, as there will be limited seats. I hope this course addresses some of the issues that some parents have shared now and then. I am sure it will be a happy beginning!

Hope to see you there!

Harvinder Kaur

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Sri Aurobindo Society, Pondicherry*



WEDNESDAY, SEPTEMBER 23RD 2015

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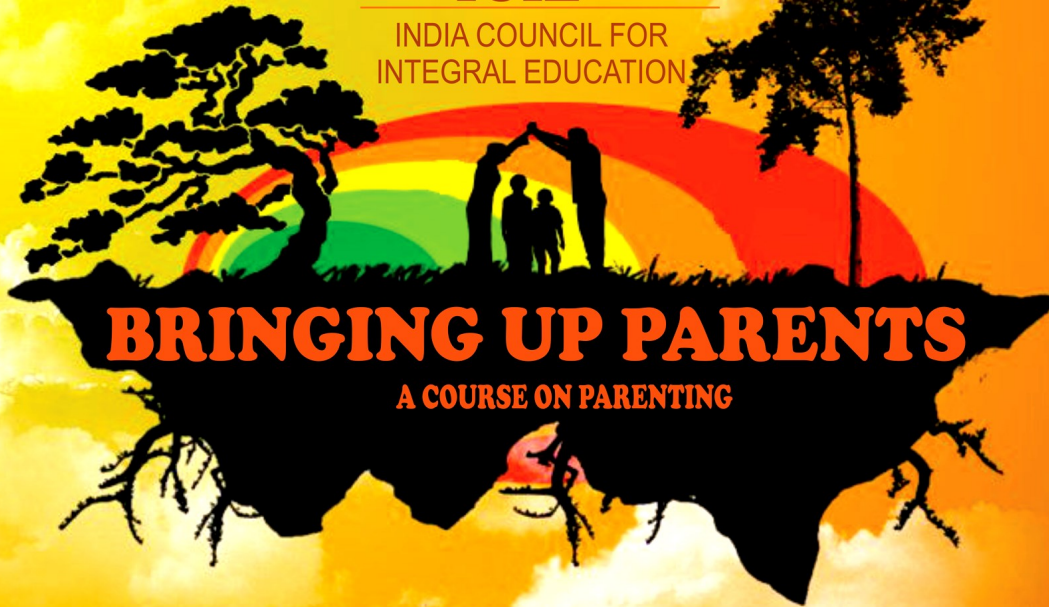
SUNDAY, SEPTEMBER 27TH 2015



Sri Aurobindo Society

ICIE

INDIA COUNCIL FOR
INTEGRAL EDUCATION



BRINGING UP PARENTS

A COURSE ON PARENTING

VENUE

AURO MIRRA INTERNATIONAL SCHOOL
110, Gangadhar Chetty Road,
Ulsoor, Bangalore 5600042

Course Facilitators

Chitra Jha, Harvinder Kaur and Team

For further information visit

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INTEGRAL EDUCATION WORKSHOP

Phase I - Pondicherry

Sri Aurobindo Society conducts workshop for teachers all over India every year on Integral Education. This year too teachers (Diyas) from AMIS attended the workshop, which was held in two phases, during the Summer holidays. The Phase I of the workshop was held in Pondicherry, between 10th May 2015 and 16th May 2015 and was on the theory and approaches of Integral Education

It was seven enriching and engrossing days of a wonderful journey for all of us Diyas from AMIS at the inviting seaside locale. We were a team of teachers/facilitators coming from diverse backgrounds and cultures, from all over India. At the beginning of the session, the question "What is Education?" was posed before us, to which each of us came up with our own reflections. Discussions on this gave us all a whole new perspective on education. While we heard the roaring of the sea and soaked in its refreshing breeze, under the able guidance of Pondicherry team, not only did we all unite in learning new and innovative techniques of art, writing, reading and learning, but we also rediscovered ourselves through self-introspection and sharing of thoughts and ideas amongst each other. At the end of the workshop we were all refreshed, recharged and eager to get back to our classrooms to make a difference.



INTEGRAL EDUCATION WORKSHOP

Phase II - Bangalore

The Phase II was held in Bangalore in the AMIS campus between 18th May 2015 and 26th May 2015. The main focus was on training and methods of Integral Education and gave a rigorous training regarding their application.

ASSEMBLY

We all gather together in the morning assembly to calm our minds and prepare our body and spirit to begin our day. During the workshop, we Diyas recreated the assembly that our children have each morning, in school. Every assembly began with the usual silence, which was followed by a prayer song or the chanting of a shloka. Since, the theme chosen for this workshop was “Responsibility”, we Diyas, through short skits, stories, songs, puppet shows and quotes tried to bring out the true meaning and essence of the word.

During the workshop, throughout the day, we Diyas used to be divided into groups for various activities. As days passed, we realised that we had started looking forward to the assembly, primarily because it used to be the only time of the day when all of us Diyas gathered together. Thus the assembly not only prepared and energised us for the day, but also reinforced the feeling of unity and togetherness amongst us.



POWERS WITHIN

The Diyas of AMIS very eagerly look forward to the “Powers Within” sessions, during the Summer workshops. The Diyas were divided into pairs and each pair came up with new and innovative games. Each of the games focused on honing and sharpening some important faculty and quality in us.

When we walked with a box containing a bowl of water, while dancing to music, it sharpened our skills of multi tasking and concentration. During one of the sessions, we were divided into pairs and one of us was blind – folded. The blind – folded person had to balance a spoon with a marble on it, to the finishing line.

Our partners had to help us cross all hurdles on the way and reach the finishing line. While doing this we trusted, cooperated and felt responsible for each other. Similarly, there were many other games while playing which we not only had fun but also had the opportunity to reflect on some essential values of life.



INTEGRAL PROJECT

Integral Education forms the very soul of Auro Mirra and the Integral Project reflects it’s true essence. During the workshop we Diyas had Project Sessions, where we were divided into three groups. Each group, through discussion and mutual consent decided on a topic. The topics selected by the groups were Pencil, Soil and Rainbow.

Each group then actively brainstormed on the various aspects of the topics that they would be covering and represented the results of the brainstorming in the form of a mind map. Based on the mind map, each group estimated the time that would be required to complete the project and accordingly allotted responsibilities to each member of the group and decided on how to present the gathered information.

When we gathered after about a week, all geared up for the presentations, it was an extremely enriching experience to see the different types of presentations made by the groups. Some presented their themes in the form of a play, while others recited poems or sang songs. Some used sketches, charts and models to display their information. Through the project not only did we independently learn various



aspects of the topics chosen by us but we also enjoyed working with each other and at the end were awed by the display of various innovative thoughts and ideas of presentation.

TECHNOLOGY

“Technology” has slowly but steadily crept into our lives with the promise, never to leave. We can either love it or hate it, but the fact remains that we can definitely not ignore it. In order to help the Diyas with use of technology, in our day to day work, there were a few sessions on the basics of computer, during the summer workshop this year. We Diyas were enlightened with the functioning of both it’s hardware and some of the software which we would be using frequently. While we brushed up on our emailing skills, we also learnt to edit photos and texts. We thoroughly enjoyed the sessions and at the end were left with the urge to explore more!



LANGUAGE

Learning a language is fun! This is what we Diyas at AMIS concluded, after a few days of workshop on various teaching techniques of languages. During one of the sessions, we set out to admire the various kinds of leaves in our campus. Each of us was enthralled by the beauty and variety of this nature’s creation. We were eager to touch, feel and appreciate the beauty of the leaves. By the time the session ended, we were pleasantly surprised to realise that while we were busy being in awe of the leaves, we were not only enriched with a long list of adjectives, but we had also learnt their appropriate applications, almost effortlessly.

Similarly, we had many more such sessions, where our vocabulary, creativity, communication and various other language skills were honed, through fun, play and activities. Not only were we introduced to a whole new refreshing set of techniques of language teaching, but also realised how we can instill the values of co-operation, concentration, appreciation and the sense of keen observation, in children.

By the end of the language workshop, teaching language to a diverse group of children, having different learning styles, and coming from different backgrounds and cultures, didn’t seem that difficult at all !



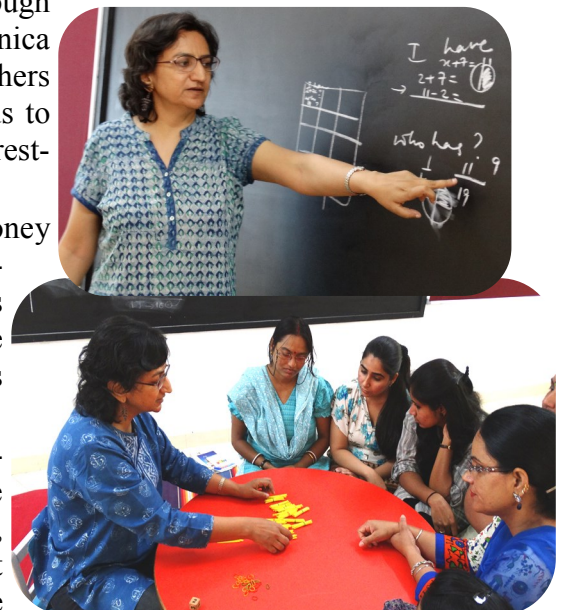
MATHS

"In mathematics, you don't understand things. You just get used to them." -- Johann von Neumann

Here at Auro Mirra, not only do we strive to impart to our children a clear understanding of the Mathematical concepts but also help them to get ‘used to them’, through various innovative ways of practice. Under the able guidance of Monica Kochar associated with Sri Aurobindo Society, the Maths teachers engaged themselves in exploring new games, activities and methods to present Mathematical concepts to our children in enjoyable and interesting ways.

The workshop taught us how Decimals, Fractions and Money could be made fun for children through interesting games; place values could be learnt with the help of ‘place value slider’ and tables could be memorised with ease, with the help of our mere fingers! We were introduced to a wide variety of teaching aids and techniques with which we could tickle the mathematical minds of our children.

By the end of the workshop we were equipped with appropriate tools with which we would be able to exploit and expose the true potential of our little geniuses. Our skills had multiplied, worries subtracted and what added to our excitement was the fact that we could foresee how very soon we, the Maths didis would be the children’s favourite didis and Maths, their favourite subject!!



ORIENTATION DAY



Every year, it is a pleasure to welcome the 'New Parents' to our growing AMIS family. This year too, we along with a couple of our children happily welcomed them through fun and games. Traditionally starting off with Mother's music and silence, the children went on to introduce their Diyas and aunties to the new members.

After the introduction, it was time to break the ice! Each parent was handed a leaf. The parents having the same type of leaves were asked to form a group. The group was then asked to identify the tree in the campus, to which the leaf belonged. Once they identified the tree, each group had to identify three characteristics of the tree. It was a delight to see the eagerness with which the parents participated and interacted with each other and within no time, we could see the ice melting, before our eyes!

Post the activity, Harvinder didi interacted with the parents, where she shared with them the approaches and practices that are followed in Auro Mirra and briefed them on the very essence of Integral Education. This was followed by a brief introduction to the rules and regulations of our school by Yamini didi. The parents, who by now appeared to be totally at home, soaked in both the beauty of our green campus and the information being imparted to them. They then very enthusiastically planted some saplings and added to the greenery of the campus. The day's events were concluded with the handing over of samplings to the new parents, which was followed by refreshments. Everyone parted, looking forward to strengthening the new relationship in the days to come.



AURO CENTRE FOR EXCELLENCE



ACE has plans to expand its horizon further with the introduction of Tabla to its fold.

On 9th July 2015 Thursday, we had a Special Assembly in our school. Indeed it was “special” as all of us were taken on a surreal musical tour. Six hands were engaged with instruments keeping the children and staff mesmerized. Muthu Kumar of Rhythm Shala along with his two disciples Praveen and Yogesh gave us an enthralling half an hour demo of Tabla. Children were very excited and happy to repeat the combined sounds after Muthu Kumar. The children were asked to imagine a forest scenario where deer are lazing around in the forest and suddenly they hear a noise, look up and run away. The maestros then went on to beautifully represent this scenario through the magical combination of their dexterous hands and the beats of the tabla. This took us all to the imaginary world for some time. Some of our parents were also witness to this beautiful performance



TABLA

