



The ordinary parent!

Our children get the most loving part of our being – usually. At times, they also get a feel of the barbs of our frustrations, fatigue and fears. Afterwards the ashes of guilt get in our eyes, or our mind goes round in crazed circles trying to justify our reactions to ourselves. It's called being human.

We think the role of the nurturer asks us to be demigods! But the human inside us protests, as does the child hiding in the heart of the 'grown up'. If we don't acknowledge our limitations – first to ourselves, then to our children and family, the cover-up operation can be a disaster! It is not however enough to merely acknowledge our shortcomings. You can't say 'I'm lazy' and leave it at that, you have to overcome it! So, it has to be 'I'm lazy – I'm working to get over it, but I might need help!'

To be a better parent, teacher, guardian one has to be a better person. The core person nourishes the role of the nurturer - you can't stop working on yourself! Yes, I can hear screaming, windows shaking, pots and pans dropping...!!! *WHERE'S THE TIME?!* A genuine point! Time is not chewing gum, you can't stretch it. Of the several choices and reasons that have shrunk time and expanded desires, one of them is our outlook. A perspective – that for self-growth you need to slice off large chunks of time from your daily schedule, isolate yourself and then be dedicated to 'self development'. We look for an exclusive hour to practice 'how to control anger', another to 'lose weight and stay in shape', one more for 'developing focus and concentration'... and the list grows. So, of course it doesn't happen for most of us since we've made a choice to raise a family!

Bringing up a child is an opportunity to grow again into a better person, *along* with the child. At points you can let go playing the knowing adult and learn with the child – sometimes s/he can teach you a thing or two, because s/he is naturally a faster learner. All time spent with your child can be 'quality time' and not mechanical if even the mundane work is done consciously and with love. Then there is a fundamental change in the energy even in the compulsory chores. Of course it may be hard to do this in everything, but bringing sensitivity, awareness and warmth into the ordinary activities of daily living can transform the quality of life. So, every act however seemingly ordinary changes into a growth experience. When you plant or clean or cook you can involve your child instead of looking for a babysitter giving her/him something she can do. S/he can wipe the table, give you the box of sugar, water the plants, help to keep things back in their proper places... It may be imperfect or you may even have to do it again, but everyday activities around the house are an opportunity for growth and bonding. This is how a child naturally loves. As they grow older they will learn with ease, but more importantly they'll be bonded deeply with you and this will enrich everyone's life.

- **Harvinder Kaur**
Director, ICIE,
Sri Aurobindo Society

THEATRE WORKSHOP

Auro Mirra conducts training workshops for teachers regularly. One such workshop conducted in the month of August was on the concept Theatre and Art/craft. For both teachers and children. The workshop on Theater was an awaited one. It was a day's workshop for us Diyas. We were all both anxious and excited. Anxious because it was an entirely new territory for some of us and we had no idea, what awaited us. Sri Ravishankarji, through an ice breaking session made us more aware of what theater is all about and what goes into a drama.... We discussed the very essence of it and got more comfortable with the various aspects of theater.

It was then time to take the stage and showcase our acting skills! Each of us was given the task of portraying our superiority amidst a crowd. The moment we heard the theme we all geared up to out-do each other! Similarly, next we had to pose as the most humble one amidst a crowd. Through these activities we discovered the artists hidden within us and also learnt by observing each others' errors.

As breathers the facilitator asked us to walk around in the room, choosing our own paths, while he kept changing the speed. Then suddenly we had to freeze at a certain posture, specified by him. This tested our agility, concentration, promptness and presence of mind. We got a feel of everything... from solo performance to putting up a complete skit, working in groups. In the process we realized how important it is to have a great story line, appropriate dialogues, props and costumes in order to put up a good show.



It was a delight to watch even the shyest one among us, blossoming. We realized how such exercises could do wonders with our children. In fact we had the opportunity to witness our children blossom too. In a two day workshop with the senior children, Ravi Shankar ji made them do similar activities. It was a pleasure to see the children's energies and expressions such beautiful forms.

Through this workshop we realized that through theatre, we can gift our children with a very strong tool to address and voice their opinions about the many inevitable issues that we face in today's society. It was a wonderful experience to discover ours as well as our children's hidden expressions and feelings. In fact in some activities the children came up with more beautiful ways of portrayal of a particular issue, than their Diyas. Within a very short span, we had all been touched by the magic of theatre!!

ಕಲಾ ವ್ ಶಿಲ್ಪ ಕಾರ್ಯಶಾಲಾ



ಆರೋ ಮೀರಾ ಮೆ ಆಯೊಜಿತ ವಿಭಿನ್ನ ಕಾರ್ಯಶಾಲಾಂ ಕಿ ಶ್ರಂಖಲಾ ಮೆ 24 ಅಗಸ್ತ ವ್ 25 ಅಗಸ್ತ 2015 ಕೊ ಕಲಾ ವ್ ಶಿಲ್ಪ ವಿಷಯ ಪರ ಸುಶ್ರೀ ಕಿರಣ (ಅತಿಥಿ ಸಂಕಾಯ) ದ್ವಾರಾ ದೊ ದಿವಸೀಯ ಕಾರ್ಯಶಾಲಾ ಕಾ ಸಂಚಾಲನ ಕಿಯಾ ಗಯಾ | ಕಾರ್ಯಶಾಲಾ ಕೆ ದೊರಾನ್ ಬಚ್ಚೊಂ ನೆ ವಿಭಿನ್ನ ಪ್ರಕಾರ ಕಿ ವಸ್ತುಂ ಬಡೆ ಹಿ

ಠುಕಿರ ತರಿಕೆ ಸೆ ಬನಾನ್ ಸೀಖಾ ಜೆಸೆ ಲಾಲಟೆನ್, ಫೂಲ್, ಚಿಡ್ಡಿಯಾ, ಟೊಕರಿ ಆದಿ | ಕಿರಣ ದಿಡಿ ನೆ ವಿಭಿನ್ನ ಆಯು ವರ್ಗ ಕೆ ಬಚ್ಚೊಂ ಕೆ ಲೀನ್ ನ ಕೆವಲ್ ಆಯುಅನುರೂಪ ವಸ್ತುಂ ಬನವಾಯಿಂ ಬಲ್ಕಿ ಉಂಹೆಂ ಯೆ ಹಿ ಬತಾಯಾ ಕಿ ಕಲಾ ವ್ ಶಿಲ್ಪ ಕಾರ್ಯ ಕೆ ದೊರಾನ್ ಉಂಹೆಂ ಕಿನ್ ಬಾತೊಂ ಕಾ ಸಾವಧಾನಿ ಸೆ ಪಾಲನ್ ಕರನ್ ಚಾಹೀ | ಕಾರ್ಯಶಾಲಾ ಕಾ ಉದ್ದೇಶ್ಯ ನ ಕೆವಲ್ ಬಚ್ಚೊಂ ಕೊ ನಯಿ ನಯಿ ಚೀಜೆ ಸಿಖಾನ್ ಚಾ ಬಲ್ಕಿ ಉಂಹೆಂ ಯೆ ಹಿ ಸಮಜ್ಞಾನ್ ಚಾ ಕಿ ಹಮ ಕೆಸೆ ಥೊಡಿ ಸಿ ಕಲ್ಪನಾ ಶಕ್ತಿ ವ್ ರಚನಾತ್ಮಕತಾ ದ್ವಾರಾ ಇನ್ ಸಾಧಾರಣ ಸೆ ದಿಖನ್ ವಾಲೆ ರಂಗ ಬಿರಂಗೊ ಕಾಗಜ ಕೆ ಟುಕಿಡೊಂ ಕೊ ಏಕ್ ನಯಾ ರೂಪ ದೆ ಸಕತೆ ಹೆ | ಅಗಲೆ ದಿನ್ ವಿದ್ಯಾಲಯ ಕಿ ಪ್ರಿ ಪ್ರಾಫೆಸರಿ ಸಮೂಹ ಕಿ ಅಧ್ಯಾಪಿಕಾಂ ಕೊ ಹಿ ಕಿರಣ ದಿಡಿ ಸೆ ವಿಷಯ ಸಂಬಂಧಿತ ಮಾರ್ಗದರ್ಶನ್ ಪ್ರಾಪ್ತ ಹೂ |

ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯ ಶುಭಾಶಯಗಳು

ಆಗಸ್ಟ್ ೧೫ ರ ಶನಿವಾರದಂದು ೭೮ ನೇ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯ ಧ್ವಜಾರೋಹಣವನ್ನು ನಮ್ಮ ಶಾಲೆಯಲ್ಲಿ ನೆರವೇರಿಸಲಾಯಿತು. ಧ್ವಜಾರೋಹಣ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಮುಖ್ಯ ಅಧಿತಿಗಳಾಗಿ ನಮ್ಮ ಶಾಲೆಯ ನಿರ್ದೇಶಕರಾದ ಶ್ರೀ ಮಾನ್ಯ ಹರ್ವಿಂದರ್ ಮತ್ತು ನಮ್ಮ ಶಾಲೆಯ ದಕ್ಷ ಮುಖ್ಯ ಗುರುಗಳಾದ ಶ್ರೀಮತಿ ಯಾಮಿನಿ. ಎಸ್ ಆಗಮಿಸಿದರು. ಧ್ವಜಾರೋಹಣ ಕಾರ್ಯಕ್ರಮವನ್ನು ಶ್ರೀ ಮಾನ್ಯ ಹರ್ವಿಂದರ್ ಅವರು ನೆರವೇರಿಸಿದರು. ಧ್ವಜಾರೋಹಣದ ನಂತರ ಎಲ್ಲರೂ ರಾಷ್ಟ್ರಗೀತೆ ಹಾಡಿ ದೇಶಕ್ಕೆ ಗೌರವ ಸಲ್ಲಿಸಿದರು. ಧ್ವಜಾರೋಹಣದ ನಂತರ ನಮ್ಮ ಮಕ್ಕಳು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಿಕೊಟ್ಟರು. ಮೊದಲನೆಯದಾಗಿ ಮಕ್ಕಳೆಲ್ಲರೂ ತಮ್ಮ ಮಧುರ ಕಂಠದಿಂದ ಸುಂದರವಾದ ದೇಶಭಕ್ತಿ ಗೀತೆ ಹಾಡಿ ದೇಶಕ್ಕೆ ಗೌರವ ಸಲ್ಲಿಸಿದರು.

ನಂತರ ಮಕ್ಕಳು ದೇಶಕ್ಕೆ ಸ್ವಾತಂತ್ರ್ಯ ತಂದುಕೊಟ್ಟ ತಮ್ಮ ನೆಚ್ಚಿನ ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟಗಾರರ ಕುರಿತು ವಿವಿಧ ಭಾಷೆಗಳಲ್ಲಿ ಅಂದರೆ ಆಂಗ್ಲ, ಹಿಂದಿ, ಕನ್ನಡ, ಸಂಸ್ಕೃತ ಭಾಷೆಗಳಲ್ಲಿ ಭಾಷಣ ಮಾಡಿ ಅವರನ್ನು ಸ್ಮರಿಸಿದರು.

ಪುಟ್ಟ ಪುಟ್ಟ ಮಕ್ಕಳು ವೈವಿಧ್ಯತೆಯಲ್ಲಿ ಏಕತೆಯನ್ನು ಬಿಂಬಿಸುವ ನೃತ್ಯ ಪ್ರದರ್ಶಿಸಿ ಐಕ್ಯತೆಯ ಮಂತ್ರ ಪಠಿಸಿದರು.

ಅದಾದ ನಂತರ ಮಕ್ಕಳೆಲ್ಲರೂ ತ್ರಿವರ್ಣ ಹೊಂದಿದ ವೃತ್ತಕಾರದ ಸರಳುಗಳನ್ನು ಹಿಡಿದು ವಿವಿಧ ಭಂಗಿಯಲ್ಲಿ ವ್ಯಾಯಾಮ ಮಾಡಿ ನೋಡುಗರ ಮನಸ್ಸಿಗೆ ಮುದ ನೀಡಿದರು.

ಕೊನೆಯದಾಗಿ ಮಕ್ಕಳು ಉತ್ತಮವಾದ ಕವಾಯತು ಪ್ರದರ್ಶಿಸಿ ನೋಡುಗರ ಮೈ ರೋಮಾಂಚನಗೊಳ್ಳುವಂತೆ ಮಾಡಿ ಬಲಿಷ್ಠ ಭಾರತ ಎಂಬ ಸಂದೇಶ ಸಾರಿದರು.

ಒಟ್ಟಿನಲ್ಲಿ ಸ್ವಾತಂತ್ರ್ಯ ದಿನಾಚರಣೆಯನ್ನು ನಮ್ಮ ಮಕ್ಕಳು ವಿಜೃಂಭಣೆಯಿಂದ ಆಚರಿಸಿದರು.



O NAM

The Convener Speaks...

Excitement, fear, anticipation are the words that clouded our thoughts, the day before Onam celebrations in school. “How is it going to turn out?” “Hopefully the children will remember their parts!!”... During the practices and run through, the children had displayed complete dedication

to the responsibilities that they had been entrusted with and each one played his/ her part effectively. But it had rained during the past few days. The apprehension of whether the showers would dampen the spirit of the show, engulfed us.... Thankfully, king Mahabali, the king of Kerala, brought to life the famous legend behind the Onam celebrations, for the children of Auro Mirra, without any of the anticipated hitches!



On the morning of the celebrations, a beautiful pookolam adorned the reception area. During the morning assembly, the children, through a skit, graceful movements and soulful songs accompanied by skilful fingers on the keyboard, left a lasting impression on the audience. Though thankfully we did not have the much anticipated downpour, the performers were showered with applause and finally, the assembly and the celebrations were concluded with the singing of the National Anthem.

GANDHIJAYANTI

The birthday of two great freedom fighters Mahatma Gandhi and Shri Lal Bahadur Shastri was celebrated in AuroMirra on 1st October 2015 in the morning special assembly. The assembly started with Gandhiji's favourite bhajan 'Vaishnava Jan', which was followed by a small poem on Bapu, in Hindi.

The children were told about the significance of the contributions made by these two great personalities during the freedom struggle of our country. They children got to know about the essence of Shastriji's slogan, 'Jai Jawan Jai Kisan'. They were enlightened about the fact that Gandhiji whom they know as the 'Father of the Nation' has not only led our freedom struggle against the British Rule, has also imparted to us the mantra of 'Swachh Bharat', since he strongly believed in the fact that 'Cleanliness is next to Godliness'.

The importance of Gandhiji's philosophy and vision of a Clean India was demonstrated to the children and they were made to realize that they too in their own small way has already made a beginning in contributing towards a 'Swachh Bharat' through the 'Busy – Bee' activity that they do every day. The celebrations concluded with a song based on this theme and the children took a pledge to fulfill the dream of Bapu.



BRINGING UP PARENTS

The parenting workshop, held over a period of five days, was a very enriching one. Chitra Jha, who has authored books on parenting besides books on other topics, a life skills trainer and a deeply wise parent came from Jaipur to facilitate this workshop along with Harvinder didi. Parents of children of various age groups attended the workshop and poured their hearts out while they shared and discussed the issues that they face with their children on a regular basis. They sought Chitra ji's advice on various issues and through these discussions the most important aspects of parenting were highlighted.



From the very beginning of the workshop, the fact that parents are bombarded with innumerable questions at all times, kept surfacing time and again. The facilitators suggested the parents the children's curiosity and to be reasonable and patient with them. The fact that they have a right to quench their curiosity, was brought forth. The parents were advised to create a positive, 'guilt – free' and open environment at home for the children as these, according to the facilitators, were the secret to a bright and healthy future for their children.

Though the fathers were conspicuous by their absence in the workshop, Chitra ji stressed on the importance of the fathers' involvement in bringing up their children, specially during their formative years. The need to inculcate original independent thinking, creativity and innovation, in the children, was highlighted. The parents were made to realize that these qualities were essential to carve an enlightened and enriching future path for the children. By the end of the five day session, the parents had definitely evolved and 'grown' in more ways than one!



COLOUR DAYS IN PRE PRIMARY

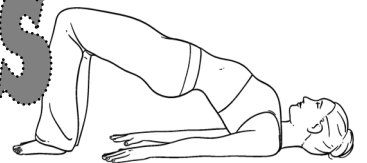
"The purest and the most thoughtful minds are those which love colour the most" - John Ruskin

'Colour' is an integral part of our world and it is one of the most interesting concepts when it comes to teaching children about them. They love anything bright and colourful. To make the tiny tots aware of the wonders of colours, the pre primary section of AMIS decided to celebrate 'Colour Days'. In the months of August and September days were assigned for the Blue and the Pink colours. The purpose behind this is to give the children a thorough understanding of the various colours amidst fun and frolic and to help them identify and differentiate between the various colours.

21st August was 'Colour Me Blue Day'. All the children and Diyas of the Pre Primary section of AMIS were dressed in various shades of Blue. Starting with the morning assembly and throughout the day, the children, along with their Diyas, did varied fun activities like singing songs, making charts doing 'take home' activities, etc. based on the colour of the day, in an attempt to help the children have a thorough understanding and recognition of the colour. 'Colour Me Pink Day' was celebrated in a similar way on 28th September, to acquaint the children with the Pink colour.



YOGA for Adults



AMIS constantly endeavours to open new avenues for both students and parents to enrich their lives during their stay at Auro Mirra. One such beginning is the ACE, a platform to think, dream and realize something close to the heart.

Dear parents, you are aware that ACE has been offering fitness and Tabla classes for quite sometime now. An added attraction to it is the introduction of Yoga for Adults. Yes, dear parents ACE will be starting a three month Yoga course from 2nd November to 27th January 2016 scheduled to be conducted thrice a week between 3.15 to 4.15 pm (Mon, Wed, Friday).

Shubhra, a young engineer, having explored diversely in the corporate and educational field, decided to plunge into her childhood passion, helping people lead healthier and happy lives. What better way than Yoga!

She has volunteered in Sri Aurobindo Society, Pondicherry for about a year, working closely with learned people, attending workshops in Yoga, Meditation and Kallaripayattu in Auroville. She has successfully completed her Yoga Alliance International certification from Sri Ma School of Transformational Yoga under Swami Vidyananda. She is now a full time Yoga teacher.

Shubhra has led Yoga practices in Pondicherry, Jaipur and Goa. At present she takes group and private Yoga sessions in Bangalore customized to cater to the needs of different age groups for various purposes like therapy, relaxation, prenatal, fitness and general well being.

Please check your mails for all the details on the course. Parents willing to utilize this opportunity may enroll their names and make the payment at our school front office.