

# The Swaminarayan

**EDUCATION IS THAT WHICH LIBERATES**

Dear Parents, Guardians, Pupils and Friends,

## Theme for next week

The theme for next week is: **You are special.** I have written about it in the newsletter. I hope you find it of interest.

## Senior Citizens Diwali Party

The Yogi Hall was packed with grandparents, parents and former students who came to enjoy a most wonderful performance of the Ramayan play, performed with great zest by the Senior 2 pupils, ably supported by the Senior 1 and Prep children. I for one, have no doubt in stating as I did to Mrs. Parshotam on the day that I thoroughly enjoyed the entire day with pupils and staff dressed in beautiful traditional India costumes. My sincere thanks to all the grandparents, parents, pupils, Mrs. Parshotam, Mrs. Kakkad, Mrs. Nafade and of course, Mr Oza, for allowing me to experience a very unique day in the life of TSS. It was a delight to witness the whole school coming together on a very special day. Many grandparents came to thank me during the lunch in the Gymnasium where Year 6 and 6<sup>th</sup> Form students with the help of the caretakers had organized a delicious meal prepared by our wonderful kitchen staff. The delight on everyone's faces spoke volumes about how much they had enjoyed the experience.



## Diwali celebrations this year – Mrs Parshotam writes:

Diwali Celebrations at TSS this year featured three elements: the creation of Rangolis and Aarti plates over the half term, Dhanteras Mahapuja and the Ramayan play.

### Rangolis & Aartis

Over the half-term holiday homework was set for students of the Senior School, asking them to create either a Rangoli or an Aarti plate. Many students came back to school with impressive creations and stories on how they had

spent time together with their grandparents, parents and other family members in creating their masterpieces. It was a joy to hear of traditions being passed between the generations and these skills will enable students to create beautiful patterns in the years to come. I am very grateful for all of the excellent work students brought in which helped to give TSS vibrant and beautiful colours in which to decorate the school for Diwali.



### Dhanteras Mahapuja

On Friday afternoon Senior School students took part in a Mahapuja celebrating the first day of Diwali. Students were led in the Mahapuja by Akshar Patel (S4), Yogesh Patel (S4) and Khushi Patel (S3), all who have been trained in reciting the Vedic shlokas.

The Mahapuja gave the students an opportunity to give their devotion to their chosen deity and allowed them to celebrate Dhanteras in the traditional manner. A big thank you needs to be extended to the entire 6<sup>th</sup> form who came and helped to set up and pack away the puja, along with Mrs M Patel, Ms Ramphal, Ms Guly and Ms Morrison.



### **The Ramayan Play**

As is our annual tradition, Senior 2 staged the Ramayana play, depicting the story of Ram, Sita and Lakshman and their journey into 14 years exile in the forest.

This year we took the unconventional turn of framing the play as though the audience were watching the popular TV series ‘Siya ke Raam’ and this new plot went down well with audiences.

Students performed the play three times, once for the Prep pupils, staff and parents, second for our Senior citizens, and finally one more time for the Senior pupils and staff. In all three

performances each student performed to their best, with honourable mentions to Mansi Beshardas, who played a convincing Manthra, Om Shah for his performance as Jathayu and Devan Patel as Hanuman. I also must give great thanks to all of the PA staff, Mr Benny, the Year 2 and Year 6 teachers and pupils for their support and performances as well as Mrs D Patel ( Devan’s mum) and Mrs Shah (Om’s mum) for helping in the preparations.

This year’s Diwali celebrations have been a wonderful experience for the students and staff involved, and have been a great way to celebrate the ending of 2072 and the beginning of 2073! We look forward to bigger and better celebrations next year!!



### **You are special**

#### **Think**

This week I want to speak to you about how special you are. Ask your parents how they felt when you were born and more often than not you will learn that it was a very special time for them. Your first smile, your first word, your first step; they will have all been very special moments for them. Over the many years you have lived they will have treated you with special care. They have fed you, bathed you, dressed you, played with you, taken you on holidays, bought you many things you will have wanted and shared many moments with you that you will remember as special.

**Feel**

Believe me when I tell you that you are the most special person in the world and there is nobody else like you. God has given you your own special gifts and you have the capacity to achieve special things and create a very special life for yourself. The only thing left for you to do is to find your own special things.

**Do**

As you grow up, learn what you are good at and what you can do better than other people around you. Write them down in a little book that you keep by your side, and somewhere, in all the good things you will write, lies your own special answers for what you should do with your own special life that only you can create. Make each day special; try and learn something new every day and one day when you are older, you will find your own special answers for life. Don't ever let anyone make you feel or think differently.

**Yours sincerely,**

**Nilesh Manani**

# Stress Management

1

Learn to relax. Take “mini-breaks” throughout the day. Work at relaxation techniques, such as five slow deep breaths.

2

Get organised. Have a realistic schedule of daily activities, including time for work, sleep, relationships and recreation.

3

Exercise. Physical activity always provides relief from stress. Half an hour of sport or even a short walk will do the trick.

4

Recognise that you can only do so much in a given time. Try to pace, not race.

5

Talk to friends. Talking and meeting with friends and occasionally sharing deep feelings and thoughts can be helpful in reducing stress.

6

Make a list of things that are worrying you and the possible things that could happen – then your brain will stop bringing them forward all the time.

7

Make sure you are in a calm, positive mood before you start studying.

8

Don't become overtired by forcing yourself to work late. Your ideal sleep time is about 8 hours a night.

9

Watch your habits. Make sure you eat sensibly and have a balanced diet.

8

10

Talk positively to yourself. Don't pay attention to that internal voice saying you can't do it, tell yourself you can do it and you will do it.



Success comes in cans, not can'ts.