

The Swaminarayan

EDUCATION IS THAT WHICH LIBERATES

Dear Parents, Guardians, Pupils and Friends,

Theme for the week after half-term

The theme for next week is: **Do, don't worry**. I have written about it in the newsletter. I hope you find it of interest.

Senior 4 Parents' Consultation Evening Today

A second reminder that the S4 parents' consultation evening will take place on Thursday, 27th October 2016, between 4.30 and 7.00 pm. There will be an opportunity to meet all the subject teachers including the Tutors. This is an important meeting for Senior 4, hence the early date, and I do hope all the parents will be present.

Councillor Krupa Sheth

Just before half-term we had the privilege of hosting in our external speakers programme a visit from Councillor Krupa Sheth. Councillor Sheth is a former pupil of the Swaminarayan School who joined us in Year 7. She is a law graduate and the youngest elected councillor in the history of Brent Council. She spoke very eloquently about her role, her motivation to serve her community and the hurdles she has had to overcome over the years in her role. This was followed by questions from the students, many of whom have aspirations in public service.



Democracy Week

As part of Democracy Week, we were privileged for Councillor Ezeajughi to visit us. He spoke to our Year 10's about his work. He explained how ordinary people like him, passionate about their community and wanting to make a contribution can conciliate their everyday job and work as councillors. He also talked about Democracy and Autocracy, and whilst most countries nowadays are democratic giving power to the people, sadly dictatorship still exists. He explained the work which

takes place in the Houses of Parliament, which Y10 were lucky to visit last summer. We are grateful to him for taking time off work to come to address our young people.



Wisdom of Ancient India 15 - Music.

लपडोट

Since Vedic times, Indians had been required to correctly recite the Vedas. This kind of an emphasis on recitation the correct pronunciation lead to studies in phonetics and sound manipulation. This was the birthplace of Indian Musical Raga (metre) and Svaras (rhymes).

Music in ancient India was given considerable recognition is illustrated by the fact that Saraswati, the Indian goddess of learning is shown to be holding a musical instrument (Veena) in her hand.

The two main traditions of classical music which have been Carnatic music, found predominantly in the peninsular regions and Hindustani music, found in the northern and central parts. While both traditions claim Vedic civilization origin, history indicates that the two traditions diverged from a common musical root since c. 13th century.

The practice of singing based on notes was popular even from the Vedic times where the hymns in Sama Veda, a sacred text, was sung as Samagana and not chanted.

The infographic features a warm, golden-brown background with musical notes and a key icon in the top right. The central illustration shows a variety of Indian musical instruments including a mridangam, tabla, veena, and harmonium, along with figures playing them. The text is presented in a mix of bold Devanagari script and italicized English.

Do, don't worry

Think

People spend 40% of their time worrying about things that will never happen, 12% on needless worries about their health and 10% about petty things and issues. They only spend 8% of their time worrying about important things that really matter.

Feel

There are two kinds of worries; one kind is about problems we can solve and the other is about problems we can't solve because it is not within your capacity to solve them. You are either too young and you don't have the experience or you don't have the resources. If it is not within your capacity to find a solution to a problem then it is pointless to worry about it.

Do

When you face any problem, you must first sit down and gather all the information and decide if it is within your capacity to find a solution. If not, you must find the right person to speak to and hope that they will be able to help you. Other people will look at your problems differently and you will be surprised at how quickly the solution is found.

When the information you have gathered points to a solution you should still always check with someone you trust that it is the best answer to your problem. You will often find that the worries you are facing in your life have been faced by friends or peers in your class, in which case it is a common concern and the solution is often found very quickly by sharing it with the adults who look after you. Endlessly worrying about it without seeking help is never the answer because it will only make you feel alone, and in time make you ill. Older siblings and friends will have gone through the same worries that you are going through and will know how to deal with them, so speak to them and share your worries. Problems are an important part of life, as are finding solutions, but worrying about them is never the right answer. Always share your worries and your anxieties, and your life will be immeasurably happier.

Diwali celebrations & Senior Citizens Party 2016

This year the much anticipated Ramayan play celebrating the victory of Bhagawan Ram over Ravan, a triumph of good over evil, which marks the end of our Hindu year will be taking place on **Friday, 28th October 2016 in the Yogi Hall**. There will be two performances of the play, the first starting at **8.45am**, for which parents are welcome to attend. The second performance will be at **11.00am** for the Senior Citizens – if there are any grandparents of the students who would like to attend, please contact the office to collect the tickets. The Senior Citizens Party will end with a delicious lunch served in the Gymnasium by the 6th Form and Year 6 students. We thank you for your support.

Diwali and Annakut Holiday

I am sure many of you will have enjoyed the evenings of Garba dance during the Navratri Festival and are eagerly waiting for the festivities of Diwali to begin. As you are aware the school will be closed on Monday, 30th October for the Annakut Day at the Mandir, and Tuesday, 1st November 2016. As always, the school will of course be well represented in the marquee in the Shayona Car Park.

We look forward to meeting you while sampling the delicious dishes on offer there. May I take this opportunity on behalf of all the staff, Governors and Trustees of the School to wish you all a wonderful Diwali and a most peaceful and prosperous New Hindu Year.

Yours sincerely,

Nilesh Manani



Happy Diwali & Nutan Varsh Abhinandan

May the coming year bring you peace, success, happiness and fulfilment with the blessings of Bhagwan Swaminarayan, Param Pujya Pramukh Swami Maharaj and Param Pujya Mahant Swami Maharaj.

Jai Swaminarayan

from Sadhu Yogvivekdas & London Sant Mandal



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