



Circular No. SGS/2023-24/0015

Date: 28/07/2023

Dear Parent,
Namaskar!

“Peace comes from within, do not seek it without”, says Lord Buddha. Such an inner peace is possible only from a calm and quiet mind, that is still and rested like a still lake without any ripples. On such a still lake, one can see the perfect reflection of whatever is seen in front of it, like a mirror.

We at Sparsh are celebrating '*Peace Festival-2023*', an event dedicated to fostering harmony, inner peace, understanding, and unity among all members of our school, community and beyond.

The world today faces various challenges, and as responsible global citizens, it is our duty to promote peace and unity in every way possible. This festival provides an opportunity for our school community to come together and make a positive impact on our world.

Sparshites will get the opportunity to be a part of this festival. Following activities have been organized for students of grades **Pre-nursery-VIII**. Kindly make a note of it.

Dates	Grades	Activities
04 August 2023	Pre-nursery- II	Experiencing inner peace- 5 mins session Peace Crane making and Story of Peace Crane (Material will be provided from school)
04 August 2023	IV- VIII	My Peace Zone – heartfelt relaxation- 5 mins session Peace Ambassador creative work– Team Work
07 August 2023	III	Special Assembly: Hiroshima Day

Let's pledge to make this world a beautiful and peaceful place to live.

Warm Regards
Ms. Monika Randhawa
Principal
Sparsh Global School



Dear Parent,
Relax! and Breath!

We understand that you are striving hard to strike a balance between work and family. Remember your inner peace is equally important and will reflect on your child's behaviour. Here, is a simple relaxation technique that you can incorporate in your busy lifestyles.

Heartfulness Relaxation is for everyone, and can be done at any time of the day or night. It is especially useful if you are stressed or feeling panicked, if you are having trouble sleeping, or if you cannot relax into meditation easily. When you want to relax, do it sitting up. When you want to sleep, do it lying down. Generally, it will take between 5 and 7 minutes.

Sit comfortably and close your eyes very softly and very gently.
Let's begin with the toes. Wiggle your toes. Now feel them relax.
Relax your ankles and feet. Feel energy move up from the earth... up your feet to your knees relaxing the legs.
Relax your thighs. The energy moves up your legs ... relaxing them.
Now, deeply relax your hips ... stomach ... and waist.
Relax your back. From the top to the bottom the entire back is relaxed.
Relax your chest ... and shoulders. Feel your shoulders simply melting away.
Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.
Relax your neck muscles. Move your awareness up to your face. Relax your jaw ... mouth ... nose ... eyes and eyelids ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.
Feel how your whole body is now completely relaxed. Scan from top to toe – if any part of the body needs your attention, revisit that organ and ensure that it is relaxed.
Move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart.
Remain still and quiet, and slowly become absorbed in yourself.
Remain absorbed for as long as you want, until you feel ready to come out.

Stay Calm!
Warm Regards
Team SGS