

# **Genesis of Abhyasa**

अभ्यासयोगेन ततो मामिच्छातुं धनञ्जय । ।

“Through constant practice you could attain me O Arjuna”

**Declared Sri Krishna - 9th stanza - 12th chapter  
Bhagawad Gita in 3,500 B.C.**

Abhyasa means Practice (in Sanskrit) and the School has adopted as its motto, “Perfection through Practice” - drawing inspiration from ‘Abhyasa Yoga’ as enunciated in the Bhagawad Gita by Lord Sri Krishna 5,500 years ago. Centuries later, Abhyasa is still relevant as a humble participant in the Global Mission of Human Transformation initiated by Bhagawan Sri Sathya Sai Baba

## **Vision**

To develop the core competencies of Confidence, Creativity and Character among children while making them relate to the universal consciousness, so that they work to create a Collective Global Community of Long-lasting Love, Peace and Prosperity on Earth and recreate the Glory of Bharat (India) and materialize her eternal vision of:

“Lokaah Samasthaah Sukhino Bhavanthu...

...May all the worlds be Happy at all times”

...is verily the Vision of Abhyasa School!

## **Mission**

To establish a one-of-its-kind Public School based on Indian Culture and Gurukul Ethos, for Girls and Boys from all over the world, to realize their physical, intellectual, social, psychic, spiritual potential for their balanced, all-round development.

To provide a healthy environment with a globally up-to-the minute curriculum, through state-of-the-art technology. To equip students with knowledge and skills in various fields, to develop their intellect, creativity, balance their emotions with human values and a holistic vision of life.

To enable children to co-exist consciously with Society and Nature, adapt harmoniously to changes and challenges in life, so that they succeed professionally and are empowered for

collective leadership. As world citizens, they would uplift others - physically and metaphysically.

### **Life on the Campus:**

Khalil Gibran rightly said, "You may give children your love but not your thoughts.... You may strive to be like them, but seek not to make them like you, for life goes not backward nor carries with the yesterday...." The Abhyasa environment facilitates community living by simulating the larger society with students from all over India and abroad. The school is a replica of the larger world where individuals from different social and cultural backgrounds learn to live and work together until they reach a new level of consciousness.

### **Hostel Facilities:**

At Abhyasa, considerable emphasis is laid on the fact that a growing child be communication. The art of listening ensures well being and the interest a person expresses in another, brings out the best in every individual. Children therefore, grow with mutual sympathy, mutual appreciation and also mutual dependency, mutual respect and mutual understanding.

Abhyasa provides comfortable hostel accommodation with spacious dormitories, individual cots and cupboards, round-the-clock hot water facility, assistance by ayahs (nannies), laundry, hair saloon, a tuck shop with toiletry, confectionery and stationery items, a tailor shop, long distance communication facilities including internet, e-mail access and above all, round-the-clock security and vigil. An infirmary isolates sick children with a provision with a provision for special diet and the school doctor is accessible at all times. The dormitories for boys and girls are housed in separate buildings.

The hostel is divided into houses. Each house is headed by a House Master who lives along with the students and is accountable for the overall well-being of the wards. They are assisted by House Matrons who are in charge of health, hygiene, house-keeping and diet, while student leaders ensure discipline and punctuality. The friendly warmth and co-operation among peers topped by the personalized care and counsel makes Abhyasa truly 'a home away from home'.

Abhyasa has accepted the following features as its organization culture to achieve total quality management:

**Networking** - In the new age, networks are considered more important than nations. Sharing of knowledge and technology is essential and inevitable. Otherwise an individual or an organization becomes incompetent or redundant. Abhyasa is sharing educational technology with several other schools, through exchanges or interaction and networked to other ISC schools across the country

## Landmarks At Abhyasa

1	<b>Aahawaan</b> A welcome to wisdom:	The majestic entrance and security room
2	<b>Aashaya</b> Aspiration for the absolute:	The administrative block which houses the Principals room and the conference room in the first floor and the rooms of Vice-Principal , accounts and reception in the ground floor.
3	<b>Katya's korner</b> A kingdom for Kids:	The section which houses the classroom from Grade III to Grade XII and also Acharaya - the staff Wing .The office of Vice-Principal Academics Co-ordinates to curriculum.
4	<b>Ashrama : Achintha- Atulya - Anantha - Ajeya - Ananda</b> :Virtues to be valued :	Dormitories for the Junior boys housed in the Ground floor , first & second floor of the main building for the seniors - opposite to the administrative block.
5	<b>Advaita</b> One with our true self:	A serene hall for morning yoga classes and evening prayers & meditation .
6	<b>Aahara</b> Food for good feelings :	The school dining hall with a seating capacity of 200.
7	<b>Ahalada</b> The juvenile joy :	Dormitories for boys in classes III to V .
8	<b>Arogya</b> A healthy horizon :	The health center with basic medical facilities and a matron available round-the-clock. It has a 10 bed infirmary for nursing sick students and is visited by the school doctors every evening.
9	<b>Ahalya</b> Touchstone of transformation :	Dormitory of girls .
10	<b>Aradana</b> Worship that inspires work :	A Vishnu temple adjacent to the office where traditional rituals are performed every morning and evening.
11	<b>Angadi</b> Marketing without money :	The tuck shop with a stock of confectionery items, softdrinks , toiletries and stationary items for students procurement through their pocket money.
12	<b>Anveshna</b> A search for secrets :	Houses the Physics, Chemistry ,Biology and computer laboratories , a spacious library ,an exclusive audio-visual room ,the art room and language Linguaphone workshop room.
13	<b>Alekha</b> Unwritten language to learn :	Fine art corner which trains students in dance , clay modeling etc .,
14	<b>Aaplava</b> A dip for dabbling :	60' x 35' Swimming pool with a depth of ranging from 2 to 7 feet .
15	<b>Anubhav</b> The aesthetic experience:	The open air amphi-theatre with a seating capacity of more than a 1000 and a grand stage of 40' x 60' dimension for programmes & film shows.

16	<b>Priyanka's play field</b> Playing For Pleasure :	Separate facilities for a variety of indoor and outdoor games namely cricket , football , basketball, throwball , vollyball , tennis, athletics track , kabbadi, kho-kho, table-tennis, chess , carroms etc.,
17	<b>Amrapali Mangrove</b> of mangoes :	A 15-acre fruit orchard with over a 1000 mango trees and a 100 year old banyan tree spread over more than half -an-acre for a gurukul environment.

### **Abhyasa! Oh Abhyasa**

She was the brainchild of the former generation,  
 She was the dream of a heart that was plain;  
 She took her birth with quite a larger own,  
 She fetched a boundless name and fame;  
 She personified all the aspirations of her birth-giver,  
 She fulfilled all the desires of her designer,  
 She was a tender and tame baby for her creator,  
 She is an amaze to the world forever and ever;  
 She was brought up with great love and care,  
 She loves and cares all her kids every where;  
 She was a tiny tot to be cherished by all the viewers,  
 She stretched her arms to embrace all her well-wishers;  
 She imbibed the ideas and ideals of her manager,  
 She is quite matured, though she is a teen-ager;  
 She learnt walking by holding the finger of her mother,  
 She indeed, for the future citizens is a path-shower;  
 She knows the very purpose of her birth-asthu,  
 She makes us practice 'loka samastha sukhinaha bhavanthu';  
 May her 'brought-up' inspire every one of us,  
 May her noble ideals guide each one of us

**Dedicated to the holy face of  
Abhyasa maatha**

**V. Leelavathi  
Senior Telugu teacher**

## **RESONATING SERVICE**

AUM.....This magnificent essence of life vibrates through the dilapidated room faintly lit up with the evening sunlight .The serene and pure thoughts running through the stream of our minds made us feel the bliss, the real bliss! This, what we had been doing since last three weeks, just spending one and half hours with someone whom we never knew or even may not have been known and just walk our paths separately. But with the coincidence of God's will and our determination, we were there at that place to serve, to serve from deepest of our feelings, just to have a glimpse of the smiles on the little faces.

The contingent of 18 students entered the Ambedkar hall, Harijanwada having many great dreams to achieve with all the small kids enthusiastic to learn, gathered together, coming from the nearby households. We were excited to start it off.

We started our first session with the divine chanting of "Vakrathunda mahakaya" and continued with bajans. The kids chanted along with us. We just had a brief interaction with them of what they knew and segregated them according to their classes. The class went on and we concluded with omkar. The first session was great and the feeling of satisfaction revolved in our hearts. Our goal of educating and imparting good manners through English was at last taking shape. With a long way ahead and our fingers crossed we all started walking back to school.

Since then, there is no stop... we provided them with books, pencils and also showed them some charts. We conducted many activities such as "who am I" and "Simon says" and many other fun filled activities. This in fact, was just a beginning. Though we had only 20 students from the Harijanwada region to manage, their response was really captivating and encouraging for us to carry on.

If anyone asks us what we get from these, the only answer would be bliss!

"No act of kindness, however small, is never wasted", -Aesop's Faldes

**- Gram Seva Management**

### **The best days of my life**

"School days are the best days of our life," they say. One has to concur with that opinion, especially, when they are living in a School campus like ABHYASA. It has been only a year since I joined but it feels that I have been here all my life. Such nice words I have to say when you ask me about my stay here.

Yes, my most cherished moment I should say is the day I joined here. I was a fresher then. The hospitality, my god, I can't forget. I also won a game or two, which were conducted by the senior students in a programme called BREAKING THE ICE, organized specially for Freshers.

Abhyasa has provided me a platform to nurture my dancing skills amidst the serene beauty of the nature... really, a feast to the eyes. The Campus has the requisite calmness to concentrate while I am engrossed in my studies. What amuses me most is the friendliness among fellow students. In short, given the chance, I would like to remain living here... forever.

By,  
Barkha, 9a

### *On being the Campus Manager*

Ah, I feel splendid. I got all of the campus to work upon. This is my eighth year at Abhyasa and I have seen it come to its nature's best!

Every year wonderful things get instilled. I take this opportunity to beautify the campus to a greater extent. Yes, sometimes I am entrusted with heavy duties. But I think that's what I enjoy.

To help me out I got some ideal fellow students, committee advisor. And I receive support from everyone on the campus who makes my work easy.

I promise, you will see a lot from me in the future.

**ADITYA P  
XII SCIENCE**

### **A FAMILY, I GOT ....**

I remember the day when I was welcomed into Abhyasa family. A small girl tied me a friendship band and stuffed a sweet into my mouth. That small act literally warmed my heart to the core. When my parents left me, I thought I was supposed to be on my own. Once I entered the dorm I knew I was not alone. Everyone was there to help me out. I accepted the new environment unconditionally. Soon I knew it is not 'I', 'you' or 'me'

That exists here but just 'we'. That's a wonderful thing out here. I got an opportunity to represent Abhyasa on world environment day. It was on that day that I realized what it means to be an Abhyasite. 17<sup>th</sup> June was election for house captains. I contested in favor of Shiva house. I lost, but the kind of support and affection they showed towards me, I wanted to express my happiness, but words failed me.

It's like I left my fellow soldiers behind, In order to experience a home.

And that was a heart warming experience with my new family.

- **Priyanka Sonone  
Class XI**

**CAMPUS NEWS – Jai Kishan Corner**

### **The greatest soul –**

Mangesh Joshi of class 10 (2008-2009), the spiritual manager has declared himself immortal. He said he would live forever. Because he is neither a man ...nor a woman ..... BUT A SOUL.

### **The Smartest One**

Prathamesh of class 9 lost his commerce text book .He was told to Xerox a friend's text book. After the Xerox was done, Prathamesh sat for hours together to find out spelling mistakes in the Xerox copy.....what a genius!

### **SMELLING BUNK**

I didn't know sitting in a toilet was far better than sitting in a yoga class. Do you feel it's better to sit in a bathroom? ...ask the bathroom boys. They sat in the bathroom for a record time of 42 minutes. But their plan failed. After so much of hard work, concentration and torture! Hard luck guys....

### **DR. KALPESH**

Nothing has still gone faster than light..."who said?" Praneeth's talking does! He manages to speak at the speed of light. Scientists have tried to interpret, but have failed miserably! Thanks to Dr. Kalpesh. Praneeth's language is now understandable. Oh, he has also shocked everyone by communicating with him.

## **Risky questions**

I asked a Zebra'  
Are you black with white strips,  
Or white with black strips?  
Then the Zebra asked me,

Are you good with bad habits,  
Or bad with good habits?  
Are you noisy with quiet times,  
Or quiet with noisy times?

Are you happy with sad days,  
Or sad with happy days?

Are you neat with sloppy ways,  
Or sloppy with neat ways?

And on and on and on .....  
.....He went  
I'll never ask a risky question again

Miss.Suchita

Biology Teacher

"A journey of a thousand miles starts in front of your feet."

## Preserving Your Health

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Photo courtesy Shutterstock Images

Cosmetic preservatives are second only to fragrances as the most common cause of skin reactions, according to the American Academy of Dermatology. But preservatives are necessary components of most personal-care products, says Zoe Diana Draelos, M.D., clinical associate professor of dermatology at Wake Forest University School of Medicine. "Preservatives are there not only to keep the makeup fresh on the shelf, but also to prevent you from contaminating the product," Draelos says.

Some preservatives, however, present unnecessary health risks. When shopping, look on labels for the following:

## Common Preservatives to Avoid

The Food and Drug Administration (FDA) requires listing most ingredients on labels but does not conduct safety tests. While some of the chemicals below have been tested and deemed "generally recognized as safe" by the Cosmetic Ingredient Review (CIR), an industry-funded organization, other, independent studies have raised cause for concern.

- **Butylated hydroxyanisole (BHA):** Used mainly in lipsticks and eye makeup, BHA is "reasonably anticipated to be a human carcinogen," according to the U.S. Department of Health and Human Services 2005 11th Report on Carcinogens. It's also been found to trigger contact dermatitis.
- **"Formaldehyde" Preservatives (diazolidinyl urea, DMDM hydantoin, imidazolidinyl urea, quaternium-15 and bronopol)** (sometimes listed as 2-bromo-2-nitropropane-1,3-diol): These preservatives either contain, release or break down into formaldehyde, a known human carcinogen and neurotoxin as well as skin irritant. Bronopol, when combined with other ingredients such as triethanolamine (TEA), diethanolamine (DEA) or the sunscreen chemical PABA, can contribute to the formation of cancer-causing nitrosamines, according to the FDA.
- **Grapefruit seed extract (GSE):** While consumers may think they're purchasing a "natural" product, seven out of nine samples of GSE preservatives contained either benzethonium chloride, a suspected hormone disruptor, or benzalkonium chloride, a skin and eye irritant, a May 2006 study in the Journal of Agricultural and Food Chemistry found.
- **Kathon CG** (sometimes listed as methylchloroisothiazolinone): Highly irritating to skin.
- **Mercury (thimerosal):** The FDA has allowed neurotoxic mercury to be used as a preservative only in eye makeup at concentrations no higher than 65 parts per million (ppm), "provided no other effective and safe preservative is available for use." Yet the federal government has established a maximum consumption level for mercury of one ppm. Mercury is readily absorbed through the skin.
- **Parabens (methyl-, propyl-, butyl- and isobutyl):** In addition to being suspected hormone disruptors, these chemicals have been shown to cause chronic dermatitis and are irritating to the eyes.

## Safer Alternatives

The chemicals below have shown no deleterious health effects in non-CIR studies thus far, and the CIR has published its safety data on these ingredients in peer-reviewed journals.

- **Sorbic acid/Potassium Sorbate:** While potentially irritating, especially in eye makeup, these preservatives have demonstrated no other detrimental human health effects.
- **Tocopherols (vitamin E):** CIR found that these preservatives have very little potential to irritate skin and pose no additional health threats.
- **Ascorbic acid (vitamin C) compounds** (L-Ascorbic Acid, Magnesium Ascorbyl Phosphate, Sodium Ascorbate and Sodium Ascorbyl Phosphate): These have shown little risk of skin sensitization and no toxic effects.
- **Essential oils:** Many companies are using essential oils with inherent antimicrobial and antibacterial properties, such as lavender, rosemary, rose, thyme and tea tree oils, to preserve cosmetics. Tea tree and lavender oils,

which have estrogenic properties, have been linked to enlarged breasts in young boys. Parents should avoid these ingredients in children's personal care products. Other essential oils haven't been independently tested for safety or efficacy, therefore it's important to follow expiration dates or the time guidelines listed below.

## Tapped Out

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Last year Americans spent nearly \$11 billion on over 8 billion gallons of bottled water, and then tossed over 22 billion empty plastic bottles in the trash. In bottle production alone, the more than 70 million bottles of water consumed each day in the U.S. drain 1.5 million barrels of oil over the course of one year.

### **Ban The Bottle**

Though the sale and consumption of bottled water is still on the rise, certain policy makers and activists have taken steps to reduce it. San Francisco Mayor Gavin Newsom signed an executive order in June that bars city government from using city money to supply municipal workers with bottled water, and New York City, where residents consume nearly 28 gallons of bottled water each year, launched an ad campaign encouraging residents and tourists to forego the bottled beverage for the city's tap, long considered some of the best water in the country. Even upscale eateries in Boston, New York and San Francisco have taken bottled water off the menu, offering filtered tap instead.

### **Improve Your Health**

Not only does bottled water contribute to excessive waste, but it costs us a thousand times more than water from our faucet at home, and it is, in fact, no safer or cleaner. "The bottled water industry spends millions of dollars a year to convince us that their product is somehow safer or healthier than tap water, when in fact that's just not true," says Victoria Kaplan, senior organizer with Food and Water Watch, a nonprofit that recently launched a Take Back the Tap campaign to get consumers to ditch bottled water. "As much as 40 percent of bottled water started out as the same tap water that we get at home," she adds. A 1999 Natural Resources Defense Council study found that, with required quarterly testing, tap water may even be of a higher quality than bottled, which is only tested annually.

## **My school**

This campus I live in is a big beautiful place. Everyone here is like brothers and sisters. The senior students are very playful. Not to forget we have our Principal, vinayak sir, like a father he is always caring. Of course he is the creator of this heavenly place. I also like all the managers who work so actively.

- M .Sai Teja, 7a

## **Abhyasa, the green gold!**

Nature is the green gold. Abhyasa is a naturalistic place where we live...here we grow many trees making the campus evergreen. It is a place where we write in eco-friendly books. We build greenery .... And urge others to do likewise. We pray to god with "Loka samastha sukinobavanthu" as our virtue. Our campus is an ideal place!

We have greenery everywhere here. In other words our campus is Green Gold.

- **G.Rajiv Reddy**  
**Class VII B**

## **Green - Green - Green**

What a wonderful scene  
Do not cut that tree  
Trees never demand fees  
For their delicious pasts  
Grow many a plant  
They really enchant  
Make our earth clean  
Let that be our dream  
Hope you will agree  
I saw a beautiful dream  
In which the earth was green  
I dreamt of humanity there  
But in reality

We don't care  
So, friends save our mother EARTH

**-M.Vaishnavi, Vinitha .A**  
**VIII – A**

### **Abhyasa Family**

We love Abhyasa family  
When the sun rises  
It gets its wondrous colors!  
Everything glitters when its night,  
We love its greenery  
This looks so serene  
We play and dance here  
We love Abhyasa, very much!!

**Vinitha, Vaishnavi**  
**VIII –A**

### **My school is a garden**

Where the students are the flowers,  
Every student wishes  
To be an engineer, doctor...

Our intelligent teachers are...  
The Fragrance of flowers  
They teach us every concept of nature

Our Principal Sir  
Is the bud, from where flower emerges...  
His teaching to us  
We will forget never  
We will remember ever.

Our Patron sir is the seed  
Because of whom, this garden grows  
Due to all their teachings we grow...  
Towards a successful life we go.

Gods rule they follow  
Because they were god fellow  
We thank them for the ways they show and on their  
Way we ever go... we ever grow.

**Contributed by  
Mitesh.A & Ganesh.H**

### **Love all, Serve all**

Have you ever seen god?  
So you say 'no'. Well let us tell you about the divine form in Puttaparthi  
Baba gives free education and free treatment for diseases to the poor. Baba fondly called swami  
is a simple philosophical social worker. There are miracles I remember, which happened in  
swami's life.

When swami was a small boy he was made to sleep in a cradle.  
It seems the sun was shining bright on him. But guess what?  
A cobra was kind enough to give shade to the eternal being.

**Chinmay, TNS Aditya, S.Sai teja**

### **My lovely campus**

The brightness of the sun  
And the shadow of moon  
The blessing of stars,  
And the support of mars  
Under the sky above the ground  
Abhyasa is the greatest crown!  
Trees are beautiful brown  
And leaves are sweetly green  
The roads are clean;  
At night the lights blink  
The only people  
Who take care of Campus?  
Are the students of Abhyasa.

**-AMAN AND SARTHAK  
8-A**

## *Abhyasa*

Abhyasa! Abhyasa! Abhyasa,  
A pure school of Vedavysa  
With a pure heart of love,  
Gives us the freedom like a dove  
With nice sense of teaching,  
Takes us to the high peaks  
With no sense of tears,  
Takes care of us like a lovely bear

**Surya Prakash - (Class VII A)**

The First Personality of the month in the new academic year.

Service is a journey into darkness  
Enlightening an earthen lamp every step  
Lamenting the loss of flame is no excuse  
Be flame yourself and burn....

This is a short description about Sudhir Bhai Goyal, the Founder and Chief Trustee of Sewadham Ashram, which is situated at Ambodia, 15km away from Ancient city of Ujjain in Madhya Pradesh. The inmates of Ujjain fondly call him Bhaiji, who visited Abhyasa on 8<sup>th</sup> June. Humanitarian, Sudhir Bhai is working in the field of Social Service from the tender age of 12 years and now he runs an ashram which houses people from all over India irrespective of caste, creed or religion.

At Sewadham Ashram the homeless, uncared and unattended people are taken care and given full treatment by a team of expert doctors and dedicated nurses. His ashram is a home for homeless old people, victims of natural calamities, asylum for lepers, for orphans and physically disabled street children.

Presently around 230 residents are staying in the ashram among which 100 are mentally challenged. Presently, due to steep increase in the number of inmates, the Ashram is facing accommodation problems. Sewadan Ashram was visited by various prominent personalities like Mother Teresa, Baba Amte, and Mrs.Nirmala Deshpande etc.

Bhaiji, interacted with the Abhyasa students on 8<sup>th</sup> June, where he urged the students to possess helping nature and serve the needy, whenever possible. Everyone also got to see a video clipping of the ambience of the Ashram and Sudhir Bhai's work.

Indeed, a visit and interaction by the very first personality in this academic year, from the field of Social Service, has charged all the Students with fresh vibrations and spirit. It brought about a sensation in the field of Service, which not only made the old students more determined and but also inspired the freshers towards Social Service.

-Spirituality management

*The visitors to the campus...So they say.....*

“I am very impressed with the manner you maintain nature and the environment so well. Then I realized we are part of a bigger and sustainable world.”

**-M.S. Vinayak**  
**Regional rep CIE, India**

“Excellent campus, very very close to nature.”

**-Rev. Dr. Jose Aikara**  
**Principal**  
**De Paul International School, Mysore**

“It was truly a great experience to come to these pristine surroundings & see the amazing world in which you have synchronized the best of Indian & Western methodologies to create the optimal learning environment for students. Truly a Modern Gurukul”

**-Nirmal Agarwal**

## SCHOOL SONG

*Lovely surrounding you gave to us  
Fresh air and flowers and beautiful trees  
Beautiful...beautiful...beautiful  
Your love for us is beautiful  
Your care for us plentiful  
You are our life  
You are our breath  
You are our soul...ABHYASA  
You have shown us the ways of life  
Solve the mysteries and  
Reach the heights  
You have shown us...  
You have shown us...  
You have shown us...  
To do a deed for those in need  
To stand for right and fight for wrong  
You are our life  
You are our breath  
You are our soul...ABHYASA  
Practice you give us days and nights  
Tuning our talents to perfection...  
Perfection...perfection...perfection  
Perfection through practice  
Perfection through practice  
Perfection through practice  
Through practice you have made us  
Dutiful to our parents  
Through practice you have made us  
Grateful to our teachers  
Through practice you have made us  
Helpful to our friends  
Through practice you have made us  
Faithful to our nation  
Through practice you have made us  
Surrender to our God Almighty  
You are our life  
You are breath  
You are our soul ABHYASA  
We pray for you ABHYASA*

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