



International Sahaja Public School



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Talnoo, Dharamshala, H.P., India

www.isps.edu.in



Location

'The Himalayas are the Sahasrara that Mother Earth has created for you. This Sahasrara is to be worshipped. This Sahasrara is very great. I don't know if you can see vibrations emitting from it. I am completely engulfed by their vibrations that I cannot see anything else. There are only vibrations and vibrations, nothing else. Those who are residing here are swimming in vibrations and seem like fish swimming in the ocean of vibrations. You cannot distinguish one from the other. I cannot describe in words the splendor of the beautiful vibrations that are spread here. This is indeed the blessings of the Himalayas.

The Himalayas are the Sahasrara of the whole Universe. They have given the whole Universe so much comfort and joy after which there is nothing more to be attained. With the help of this Sahasrara, I have opened your Sahasrara.'

Shri Mataji Nirmala Devi

Talnoo ,March 1985

ISPS is situated at Talnoo, Dharamshala, at the foothills of the Himalayan range called Dhaulagiri, the 'sacred white mountain'.





ISPS

Vision

- **An educational system that is based on our innate spiritual potential and is imbued with the teachings of H.H. Shri Mataji Nirmala Devi. Our children evolve into adults who face all challenges of life with an integrated and balanced personality.**

Values

- **- Innocence, wisdom and purity .**
- **- Creativity and spontaneity**
- **- Inner balance, inner satisfaction and inner peace.**
- **- Righteousness and self-discipline.**
- **- Compassion and fearlessness.**
- **- Collectivity and detachment.**
- **- Humility and forgiveness.**
- **- Joy**

Mission

The school seeks to realize the full potential of its students in academics and in their spiritual development.

Aim & Objectives

ISPS students pursue their education in a loving, family atmosphere with a fundamental connection and awareness of their spiritual energy. They are equipped to maintain a balance in all aspects of life through the practice of Sahaja Yoga as part of their daily routine. They develop wisdom and discretion, the ability to make dharmic choices and live in a collective environment with respect, love and joy. The ISPS family nurtures awareness of responsibilities towards the individual self, fellow students, all the staff and the environment. The ISPS student emerges with excellent maturity and sensibility towards fellow human beings, and becomes a dynamic , dharmic and model citizen of the world.

Meditation

Meditation is the corner-stone of Sahaja culture. The children not only meditate but learn through practice how to lead meditation, to generate vibrations and how to clear the subtle system. The children are taught Indian music which enables them to sing the Bhajans and devotional songs, not only with blissful vibrations, but also with technical proficiency . The meditations, Havans and Pujas performed are joyous occasions.

Computers

The Computer Lab is equipped with computers with internet facility and overhead projector as directed by the Council for the Indian School Certificate Examinations.

Internet

The school is connected to Broadband Internet, which enables the administrative staff, the teachers and dorm staff to keep in touch with the world and obtain educational and information material. The senior children get personal internet time once a week, as well as for computer studies and for their projects.

Science Labs

The new academic block is well-equipped with three science laboratories, one each for Physics, Chemistry and Biology, matching international standards.

Library

The school has two general libraries with about 3000 books besides an extensive library of Sahaja Yoga books and Shri Mataji's audio and video CDs. VCDs/ DVDs of academic aids, documentaries and general films, considered suitable for young minds, are also available. *There is a recreation hall for celebrations and watching films.*

Academics

The school is affiliated with the Council for the Indian School Certificate Examinations bearing number H.P.016 which administers the Indian Certificate of Secondary Education (I.C.S.E). This board was set up in 1956 to administer University of Cambridge Local Syndicate Examinations. The School conducts classes from class 1 to 12, being a *Higher Secondary School*.

Shri Mataji chose this curriculum Herself because it has a high academic standard, being quite practical and not too methodological. The standard is higher than State Boards in India, and is at par with General Certificate of Secondary Education (GCSE) in UK or equivalent in other countries.

The School's session begins in the month of March and ends in December. Medium of instruction is *English*

Subjects Studied at ISPS

Junior School

**English, Mathematics, Science,
Social Studies (History, Civics,
Geography), Hindi,
Sahaja Yoga, Computers**

Senior School

**English, Mathematics, Biology,
Chemistry, Physics, History, and
Civics, Geography, Political Science
(for Class XI & XII) Computer
Application, Hindi, German, Sahaja
Yoga and Physical Education, Art
(Nature Drawing/Still
Life/Imaginative Composition)**

Library



Computer Laboratory



Biology Laboratory





Extra Curricular Activities

-Music: Instrumental music - Tabla, Harmonium, Dholak, Guitar and Indian classical music and bhajans.

-Dance: Indian classical and folk dance.

-Art and Craft: Drawing, painting, paper work, clay work, modeling, pottery .

-Woodwork: Wood - carving, Toy-making, Structural woodwork.

Sports: Soccer, Basketball, Tennis, Volleyball, Badminton, Chess, Carrom, Khokho etc.

The School has a state of the art Indoor stadium for all sports.









Excursions

Several excursion trips are made throughout the year.

Trekking from the school to surrounding mountains, outings to water-parks, museums and places of local interest.

Children attend Sahaja Yoga programs in near-by towns and villages.

Entertainment

A Film is screened for juniors and seniors separately on weekends and holidays.

The choice of films is made by the students and members of film committee.

Supervised cable TV (Animal Planet etc.) and educational/ cultural films are also played.



Facilities

Health Unit

The School is well equipped with medical facilities that includes allopathic, homeopathic and ayurvedic medicines. The medical staff run a daily clinic with the help of qualified staff nurse and attendants. For follow up treatment, children are taken to the best hospitals in Kangra district and to Dharamshala for dental care.

Catering

The School provides a mixture of nutritious Indian and Continental cuisine to students. The menus are drawn up by a committee including students with plenty of fresh fruits, vegetables, and salads. Senior students are given buffet style meals while Dorm managers serve meals to Juniors. The school has its own bakery where fresh bread, buns, cakes etc. are made.

Mobile Facility

A mobile phone is provided every weekend to all students to speak with their family.

Laundry Facility

The School has an on-site laundry facility.





Admissions open for the next session
e-mail: office@isps.edu.in



For assistance of students visa/ visa recommendation letter to Indian Embassy, please send following details of the child:

- Date of Birth
- Passport No.
- Passport Issue Date
- Passport Expiry Date
- For Indian Students submission of Adhaar Card details is mandatory along with the enrollment form.


For any further queries or information please contact at:

- Principal: principal@isps.edu.in Ph. No. : + (91) 7831023193/7838505789
- Vice-Principal : viceprincipal@usps.edu.in Ph.No. + (91) 9736674777
- Office Manager: office@isps.edu.in Ph. No. : + (91) 7832979082
- Director: director@isps.edu.in Ph. No. : + (91) 7832978275

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***Ya Devi sarva-bhuteshu
Matru-rupena samsthita
Namastasyai namastasyai
Namatasyai namoh namah***