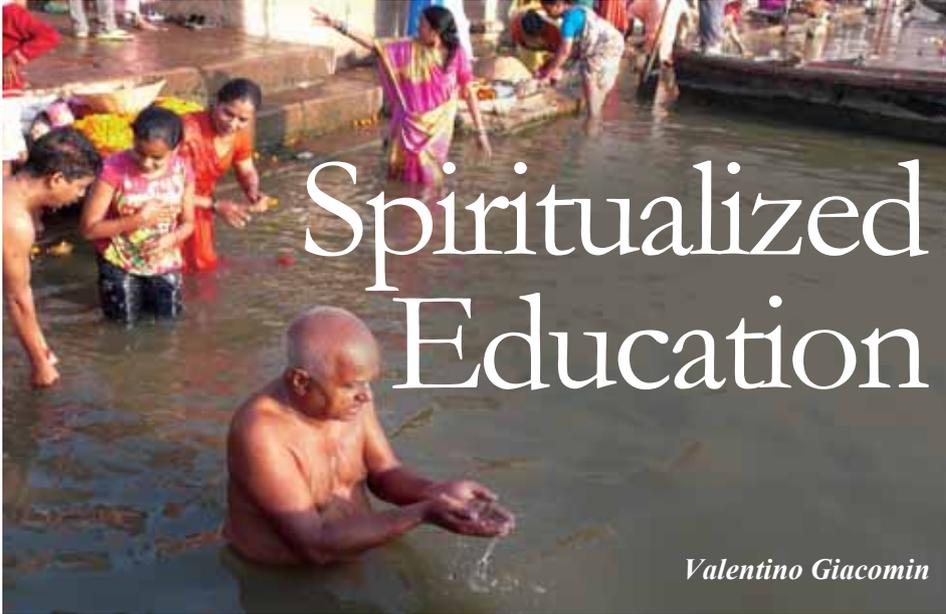




ALICE PROJECT  
Universal Education School

# NEWS ब्यूज

No. 1 / January 2008



## Spiritualized Education

Valentino Giacomini

Some time ago, a group of our primary school children walked to the main *funeral ghat* of the Ganga to bid farewell to the soul of their classmate who died tragically. Their yoga teacher accompanied them.

A pandit performed the funeral ritual, and then the children recited a mantra they learnt at the school to transcend their ego: "Shower your blessings, O Lord. I offer my ego as an oblation." Then they placed their own special messages into floating leaf bowls for the Goddess to carry to their friend.

The Ganga carried the touching messages beyond the garbage floating on the water, beyond the smog and pollution of the city, beyond the communal tension, beyond the increasing degeneration of this Kaliyuga era. After the ceremony the children were smiling. I realized that in spite of all the problems, the magic of the city is still there and it will remain here for ever.

At our school we believe there are two ways of perceiving the reality: the conventional way and the ultimate way. Firstly, we can see the garbage floating on the water and the pollution from global warming. Secondly, we can see the world beyond all this,

but only when perceived with a pure mind. To resolve the pollution outside we must begin by looking inside.

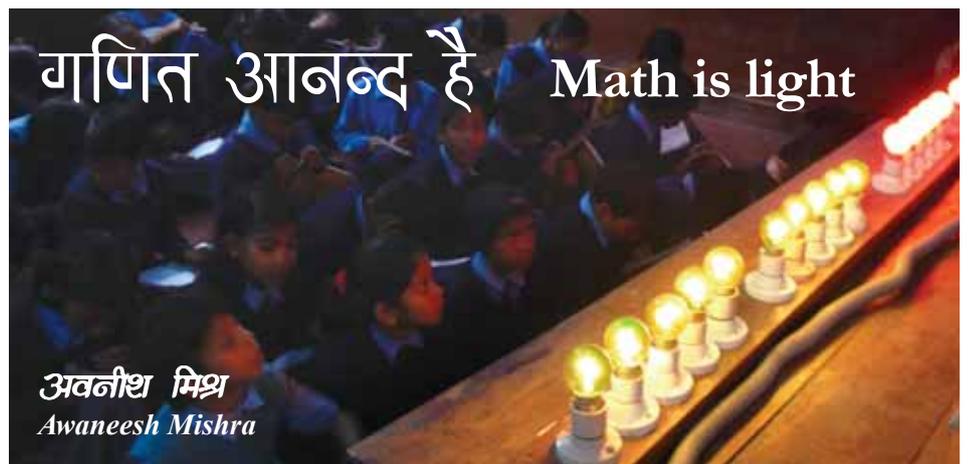
In this inner world Mother Ganga brings our messages and prayers to God; Shiva whispers mantras in the ears of the dead at the Manikarnika Ghat. This reality brought peace and serenity to the children's minds. Only a selfless and clean mind can restore peace and harmony in our life, and allow people who are living in or just visiting Benares to perceive it as the Holy City of Golden Light as Ramakrishna did.

हम सरल उपकरणों की श्रृंखला के उपयोग द्वारा प्रायोगिक पक्ष पर जोर देते हैं।

गणित एक शैक्षिक विषय है जो परिणाम, संरचना, स्थान एवं परिवर्तन से सम्बन्धित है। इसका विकास गिनती, गणना एवं मापन के गूढ़ सिद्धान्तों एवं तार्किक विचारों द्वारा होता है। चूँकी विद्यालयों के पाठ्यक्रम में सिद्धान्तों पर अधिक जोर दिया जाता है, इसलिए कई विद्यार्थियों के लिए गणित सिर्फ कठिन ही नहीं होता बल्कि प्रायः वे इससे भयभीत रहते हैं।

शिशु कक्षा से ही हम सरल उपकरणों की श्रृंखला के उपयोग द्वारा प्रायोगिक पक्ष पर जोर देते हैं। इन उपकरणों में से एक, पॉच-पॉच के समूहों तथा दो रंगों के बीस विद्युत बल्बों की श्रृंखला है, जो कुछ-कुछ चार हाथों से गिनती करने के समान है। जिस प्रकार इससे सभी ज्ञानेन्द्रियों के संयोजन द्वारा संख्या, गिनती, जोड़, घटाना आदि सीखना आनन्ददायक है, वहीं अगले चरण के लिए एवं कल्पना एवं मानसिक चित्रण की शक्ति के प्रशिक्षण ठोस आधार भी उन्हे मिलता है।

We teach practical maths using several types of apparatus to develop the visualisation of numbers skills. A board with rows of light bulbs and a wooden number frame are learning tools for the students. This encourages mental calculation. Visualisation is effective for developing concentration and benefits overall learning.



गणित आनन्द है Math is light

अवनीश मिश्रा  
Awaneesh Mishra



**Arun Kumar Shukla**  
Yoga teacher

At Alice Project some days the children are quite excited, and have to be calmed. On other days problems seem to burden them. The teacher has to think of how to help them best. Trying to discipline children by raising your voice is difficult, wastes energy and only appeals to sense hearing. Shouting usually only has a temporary effect. Yoga is the science of body and mind. If you move the body, you move the mind and all the senses. This has a calming effect. To motivate the children I show them how to move their bodies. When they imitate the movements, the assanas effect both their body and mind, and they relax. Yoga has long term benefits and is effective in helping children develop self awareness and self control.

In the beginning there were no borders, no names, no separation. Everything originates from many causes. There would be no milk without the cow, grass, water, sun, and the farmers. The list is infinite. Our mind is like a mirror reflecting the phenomena that we seemingly perceive outside. Everything comes from my mind. We are connected with one another like the waves in the sea. As we are interconnected, it makes sense to care for each other.



**Sunil Kumar Pandey**  
Teacher



**Meera Pal**  
KG teacher

Thanks to Universal Education our students will be able to contribute peace and harmony to our dynamic, 21<sup>st</sup> century India. Losing our cultural

roots, religion and traditions means losing a holistic world. Therefore, a healthy society and world must respect the wisdom of our ancestors. Utilizing the best of our spiritual heritage can help to solve many of the problems which we're facing today.



**Asha Tripathi**  
Teacher student

about our internal and external world. We know that what we perceive is the creation of our own mind.

Here teachers and students have a close relationship, almost like a family. The students aren't afraid to ask for help, and the teachers will do their best to solve their problems. In the same way teachers and students are always open to help anyone from the village or elsewhere. Through meditation and yoga we learn to join body and mind, and to develop our concentration. In Hindi we say MAN JITA, JAG JITA: if you conquer your mind (MAN) you can conquer the universe (JAG).



**Dr. Neelam Verma**  
Teacher

wisdom creates sensitivity in children and they in turn become wonderful teachers.

Alice Project respects all religions, and is always ready to serve the sick and the poor. At all times we try to balance our ideas with thoughts from the heart. We understand this because we learn



**Vinit Mishra**  
Principal Bodhgaya

We explain things simply and scientifically to our students. This knowledge is developed further by teaching universal responsibility. Teaching love and wisdom creates sensitivity in children and they in turn become wonderful teachers.



**Vincent Manoharan** General Secretary,  
National Campaign on Dalit Human Rights

**"I can carry this message wherever I go"**

Your idea of combining both wisdom and scientific knowledge is truly laudable. It has the ingredients to enhance the potential of the youth who could play a major role in changing the society where justice, peace, love and dignity will be ensured to all.

I saw the happiness everywhere in the faces of the students in your campus, which is something different from other schools. The brightness that they inherit through this education system assures me that they will become role models for many, thus making this world bright and conducive for all beings to live in happiness and peace! If you allow me, I will come and stay at your school for a minimum of a week to listen to you, the faculty, the members and especially the students and also to get access to all materials that you've produced. I need to study more about this, so that I can carry this message wherever I go, both within and outside India!

**मैं जहाँ जाऊँगा यह संदेश ले कर जाऊँगा**

ज्ञान और विज्ञान को जोड़ने का आप लोगों का विचार अतिउत्तम है। आप के पास सारी वस्तुएं हैं जिससे आप युवा लोगों के सर्वगुणों को निखार सकते हैं जिससे समाज में परिवर्तन के तौर पर न्याय, शान्ति, स्नेह और आत्मसम्मान सभी को मिलेगा। आप के विद्यालय परिसर में जो विद्यार्थियों के चेहरे पर तेज है वह निश्चय ही दूसरे विद्यालय के विद्यार्थियों से भिन्न है। जो शिक्षा पद्धति इनको विरासत में मिली है इससे मैं सुनिश्चित हूँ कि ये समाज के लिए एक आदर्श बनेंगे तथा इस तरह संसार में लोग सुख एवं शान्ति से रहेंगे। अगर आप मुझे अनुमति दे तो मैं आप के विद्यालय में आऊँ तथा कुछ सप्ताह रहकर आप लोगों को सुनूँ, सुविधाओं को जानूँ, सदस्यों एवं मुख्यतः विद्यार्थियों को सुनूँ तथा आप की सारी वस्तुओं का प्रयोग करूँ जिसका निर्माण आप ने किया है। इसके लिए मुझे और अध्ययन की आवश्यकता है, जिससे मैं जहाँ जाऊँ यह संदेश भारत में या भारत से बाहर अपने साथ ले जा सकूँ।





## Blessing of the new inter-religious Tara Temple



**H.H. Karmapa, Pankaj, Valentino Giacomini**

In January H.H. Karmapa **inaugurated the new Tara Temple**. He said: "I want to visit this school, whenever I come to Sarnath. I'm so happy here, as it reminds me of my childhood. (...) Today, people have lots of money but no mental peace. To achieve this we need to practice meditation, yoga, concentration and altruism. Now we are grown up, it's important to offer our co-operation with others to establish human understanding. May peace on earth prevail."

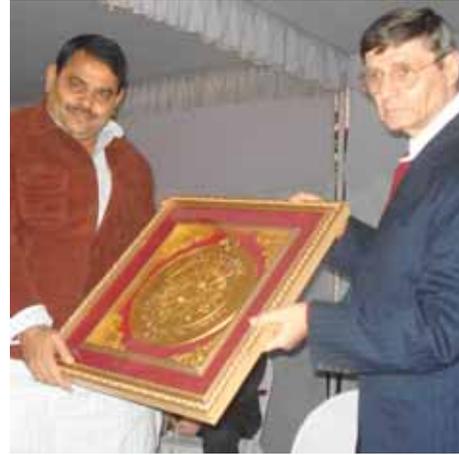
## कार्य समुदाय के महागुरु करमापा जी का आगमन

10 जनवरी 2008 को महामहीम करमापा लामा जी हमारे विद्यालय में नवनिर्मित माँ तारा देवी के उद्घाटन हेतु पधारें। इस अवसर पर सभी उपस्थित लोगों को सम्बोधित करते हुए उन्होंने कहा, 'यहाँ आकर मुझे अति प्रसन्नता होती है। यहाँ आकर मुझे अपना बचपन याद आता है।' उन्होंने आगे कहा कि 'इस समय तकनीकी विकास अपने शिखर पर हैं। लोगों के पास धन तो है परन्तु मानसिक शान्ति का अभाव है। इसके लिए हमें ध्यान, साधना, योग तथा परोपकार करना चाहिए। अब हम बड़ें हो चुकें हैं इसलिए यह जरूरी है कि हम विश्वशांति के विकास में अपनी जम्मेदारी समझें तथा उसका निर्वहन करें।' विद्यालय में अपने तीसरे आगमन पर उन्होंने कहा कि 'मैं जब भी सारनाथ आता हूँ तो इस विद्यालय में आने का मन करता है। मैं प्रार्थना करता हूँ कि सभी का कल्याण हो और सभी जगह शांति फैले।

## Ancient Indian wisdom good for modern education

The Hon. Rajesh Mishra visited ALICE PROJECT to celebrate 20 years of research. "Today, education is not only expensive but it also leads the students to a western perspective. As a result students lack the opportunity to fully develop their personality. ALICE PROJECT is an exception because it teaches philosophy, yoga, and meditation together with the general studies. With this the students' mental capacity increases and they can develop into well rounded personalities. It would be good if more schools would follow this approach to integrate ancient Indian wisdom into the present teaching system."

He praised the extra curricula activities of the school such as the social work, orphan project and free education and boarding for poor children.



*The Member of Parliament for Varanasi*  
**Hon. Rajesh Mishra**

## प्राचीन भारतीय विद्या वर्तमान शिक्षा के लिए अच्छा

एलिस प्रोजेक्ट के 20 वर्षों के अनुसंधान के उपलक्ष्य में आयोजित कार्यक्रम में सांसद महोदय श्री राजेश मिश्र जी पधारें। इस अवसर पर उन्होंने कहा, 'आज शिक्षा महंगी ही नहीं बल्कि छात्रों में पश्चिमीकरण का विकास करता है। परिणामस्वरूप बच्चों के व्यक्तित्व का बहुमुखी विकास नहीं हो पाता। ऐसे में एलिस प्रोजेक्ट एक भिन्न विद्यालय है क्योंकि यह सामान्य शिक्षा के साथ दर्शन, योग, तथा ध्यान की शिक्षा देता है। इससे छात्रों की बौद्धिक क्षमता बढ़ती है तथा उनके व्यक्तित्व का बहुमुखी विकास होता है। यह बहुत अच्छा होता अगर अन्य विद्यालय भी इस लक्ष्य का अनुसरण करते तथा वर्तमान शिक्षा पद्धति में प्राचीन भारतीय विद्या का समन्वय करते।'।

उन्होंने विद्यालय के अन्य सामाजिक क्रिया कलापों जैसे; सामाजिक कार्य, अनाथों हेतु कार्यक्रम, गरीब बच्चों के निःशुल्क शिक्षा एवं आवासीय व्यवस्था आदि की भी-भी प्रशंसा की।



**Baba Harihar Ram**  
*Founder of a school for destitute children in Varanasi and a meditation centre in California*

## "..whenever you need me"

In older times we studied in the fresh air under trees. Today, however, we've felled the trees, and our holy city Varanasi is polluted, with paper and plastic everywhere. If everyone picked up even a single piece of paper and plastic, the city would quickly be as clean as before. Foreigners come to see the holy city Varanasi not the polluted one. We have a big responsibility to clean our city and our schools. First of all we can begin with ourselves and the pollution of our minds, as you are doing at ALICE PROJECT. You students are all so quiet and disciplined that I am moved from my heart. I'm really very inspired by your school and your director. I will help you whenever you need me.



*To start the cooperation between the schools, the first 13 students from Aghoreshwar Bhagwan Ram Bal Ashram attended a weekend course at ALICE PROJECT in January 08.*

## हम आप की सहायता के लिए सदा प्रस्तुत हैं

नगवां स्थित बालाश्रम के प्रमुख पूजनीय स्वामी हरिहर दास हमारे विद्यालय को अपना आशीर्वाचन प्रदान करने हेतु पधारें। इस अवसर पर उन्होंने विद्यालय द्वारा संचालित विभिन्न कार्यक्रमों की खूब प्रशंसा की। इस विद्यालय को देखकर वे भावुक हो गये। उन्होंने तुरन्त वादा किया कि विद्यालय को जब भी उनके सहायता की आवश्यकता होगी वे प्रस्तुत रहेंगे। अपने आश्रम एवं एलिस प्रोजेक्ट के शिक्षण व्यवस्था के आदान-प्रदान हेतु उन्होंने निर्णय लिया और तीन हफ्ते बाद ही आश्रम से 13 सदस्यी समूह विद्यालय में सप्ताहांत शिक्षण हेतु भेजा।



# आगन्तुक

# ATTENTION IS THE KEY TO SUCCESS



## एकाग्रता सफलता की कुंजी

एलिस प्रोजेक्ट की स्थापना सन् 1980 में श्री वेलेन्तिनो जियाकोमिन तथा लुइजिना दे बियासी द्वारा इटली में की गयी। भारत में इसकी स्थापना 1994 ई. में हुयी। इसका नाम 'एलिस इन वण्डरलैण्ड' आंतरिक दुनिया को इंगित करता है। श्री वेलेन्तिनो जियाकोमिन को उनके शिक्षण पद्धति के लिए कई इनाम (सम्मान) प्राप्त हुए जिसमें इतालवी राष्ट्रपति द्वारा प्रदान किया गया स्वर्ण पदक भी सम्मिलित है।

सीखना तब तक ही स्थित रह सकता है जब तक मन हाजिर है। विद्यार्थियों की चैतन्यता का विकास करने के लिए उनके मानसिक प्रकृति, भावना और दृष्टिकोण के विकास के लिए उन्हें उत्साहित किया जाता है। सामान्य शिक्षण कार्यक्रम के साथ उन्हें ध्यान, कल्पना, आत्म-परिक्षण, वार्तालाप एवं योग भी सीखाया जाता है। नैतिक कहानियों के माध्यम से छात्र अपने ज्ञान एवं आन्तरिक ध्यान का विकास कर सकते हैं।

उपलब्धि: सन् 2005-06 एवं 2006-07 के राज्यस्तरीय परीक्षाओं में छात्रों की सफलता 100 प्रतिशत रही है।

## गरीब ग्रामीण गाँव से 1046 छात्र

सारनाथ एवं बोधगया में स्थित अपने दो अन्तर्धार्मिक विद्यालयों में एलिस प्रोजेक्ट शिशु से बारहवी कक्षा तक उच्च श्रेणी की शिक्षा प्रदान करता है। सन् 2005 में इसके द्वारा एक डिग्री कॉलेज चलाया जा रहा है जो संस्कृत सम्पूर्णानंद, वाराणसी, से सम्बद्ध है। 75 प्रतिशत छात्र बहुत गरीब तथा असाक्षर परिवारों से हैं। इनकी शिक्षा, पठन सामग्री, पोशाक तथा चिकित्सा निःशुल्क है। अन्य छात्रों की शुल्क सीमा 10-50 रु. प्रति माह है जो विद्यालय के प्रतिमाह व्यय का मात्र 3 प्रतिशत है।



Valentino with Karmu. Hear her song on [www.youtube.com/watch?v=dsMdui9XoPg](http://www.youtube.com/watch?v=dsMdui9XoPg)

ALICE PROJECT NGO - AWAKENING SPECIAL  
UNIVERSAL EDUCATION  
REG. No. 431/1994-95,17.08.99  
INCOME TAX REG No. 211/98-99

ALICE PROJECT was founded in 1980 by Valentino Giacomini and Luigina de Biasi in Italy. It was introduced to India in 1994. The name refers to the dreamworld of "Alice in Wonderland". Valentino has received several awards for his

teaching methods including the Gold Medal from the Italian President.

	SARNATH	BODHGAYA	TOTAL
Boys	372	184	556
Girls	371	119	490
<b>Total</b>	<b>743</b>	<b>303</b>	<b>1046</b>
Residents	30	11	41
Teachers	24	12	36
Staff	30	2	32

## ...You can help by:

- sponsoring a student or class
- sponsoring a young teacher's training
- sponsoring an orphan
- working with us as a volunteer
- donating to one of our new projects ...

For any enquiries about helping us or making a donation please email [valentino1@rediffmail.com](mailto:valentino1@rediffmail.com)

## SOCIAL WORK

Some of the services ALICE PROJECT provide are:

- 🌊 **Free Hostels** in Bodhgaya and Sarnath for resident students. Accommodation, meals and clothing are provided.
- 🌊 **Vocational Training** for women & girls such as tailoring, teaching & weaving.
- 🌊 **Literacy Project** for approx. 300 girls who study free of charge.
- 🌊 **Health Care** in emergency cases for students and poor villagers.
- 🌊 **Performance Group** participates in local events, performing music and theatre to increase awareness of social issues such as violence against women, pollution, as well as Indian culture.
- 🌊 **Juvenile Home Program** helping to socialise abandoned street children.
- 🌊 **Female Destitute Home Program** is currently being developed.
- 🌊 **Orphans Project** to assist orphan and underprivileged children.

Learning is only sustainable if the mind is present. To increase the students' awareness, they are encouraged to explore the nature of their mind, emotions and perceptions. In conjunction with the regular curriculum, students are taught meditation, guided visualization, self-inquiry, and yoga. Together with moral stories they can develop values and understanding. **Achievement:** 100% of the students passed X - XII class state exams in 05/06 and 06/07.

## 1046 students from poor rural families

At its two inter-religious schools in Sarnath and Bodhgaya, ALICE PROJECT offers high-quality education from Kindergarten to class XII. 75% of the children are from very poor, illiterate families, so their schooling, course materials, uniforms and medicine are free. The other students pay fees ranging from 10 to 50 Rupees per month which covers about 3% of the school's monthly expenses. The school is solely funded by private sponsors. Since 2005 it runs a Degree College with the Sanskrit University, Varanasi.

## PR GROUP



from left: Sudhakar Prasad, Mohan Lal, Sangje Kumar, Asha Tripathi, Nagendra Patel, Raju Bhardwaj

The Public Relations (PR) Group are **young teachers** who were educated at ALICE PROJECT and are now **studying for their B.A. degrees**. They work together to promote the school and projects, and welcome visitors. Being from various castes, Dalits, Brahmin, and backward castes they are a model for the new India!



## ALICE PROJECT

Universal Education School

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