



SEPTEMBER • ਸਤੰਬਰ



Students have been learning how to meditate, and learned about **Kaur** and **Singh**.





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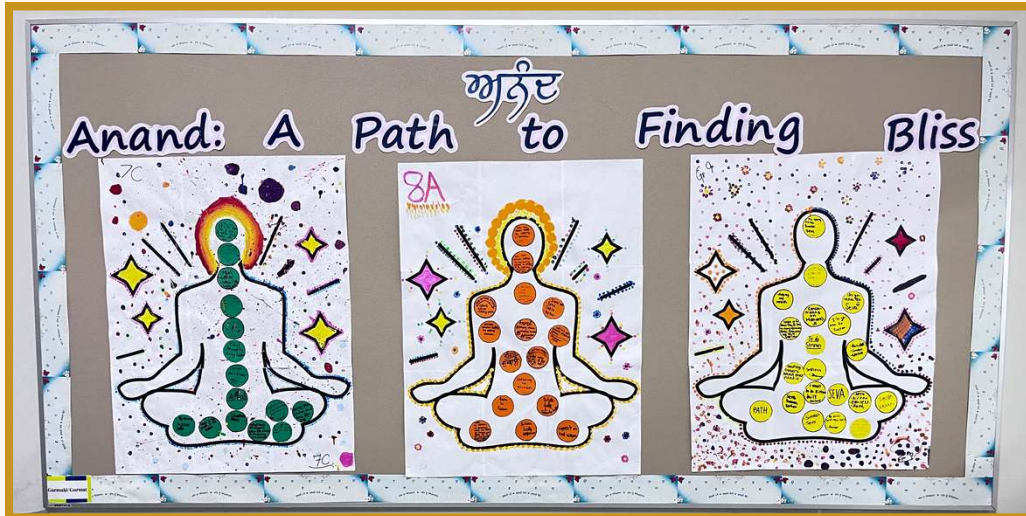


Using the Gurmukhi Alphabet, so many amazing words can be created! A lot of the words are the Glories and Praises of God. One can find strength in these words and face their greatest fears.



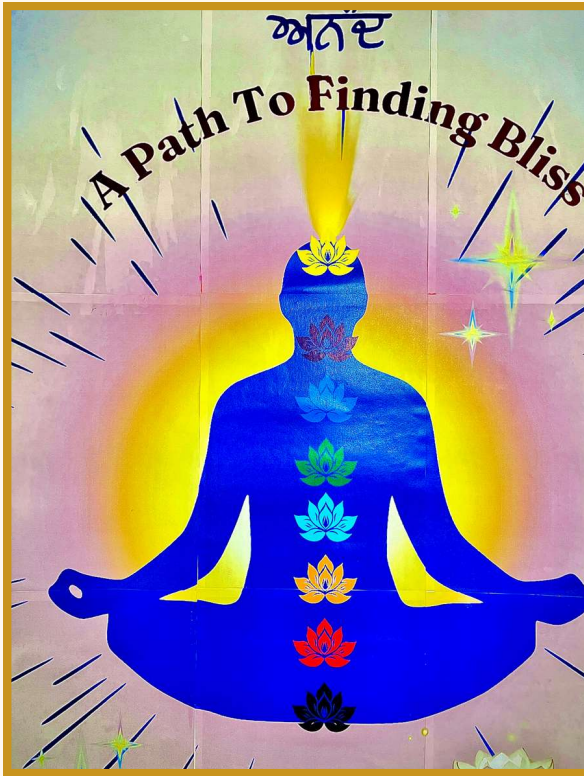


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This month's main focus was **Anand**, which means **Bliss**. The students have been doing activities on how to find Anand. Some of these activities were on **International Dot Day**, and the students had fun getting creative and making posters!





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This month, the students were busy doing various crafts and art, and participating in making projects such as the **Dukh Bhanjani Beri**, **Theme of the Month**, and the **Anand Lotus**.





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