

# TRIVIR PUBLIC SCHOOL

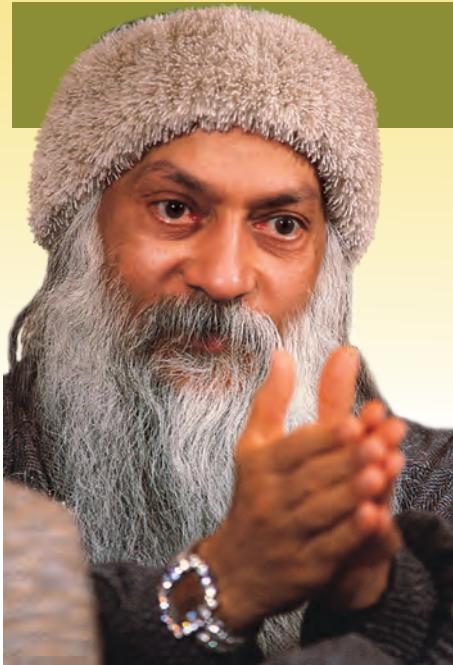
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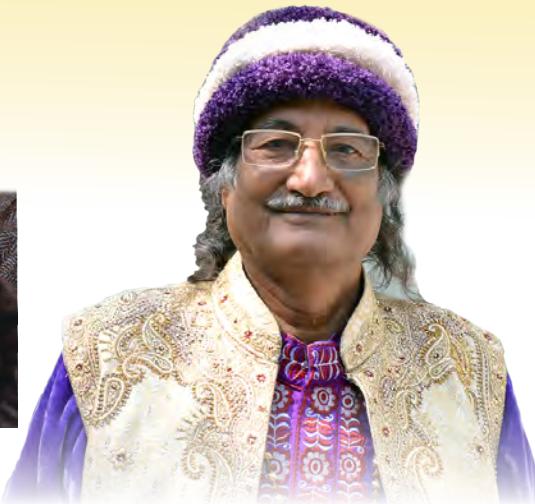
*Redefining Education with Yoga & Spirituality*

## OUR PATRONS

### SADGURU TRIVIR



**PARAMGURU  
OSHO**



**OSHO SIDDHARTH**



**OSHO SHAILENDRA**



**MA OSHO PRIYA**

### Zorba the Buddha

*Zorba is beautiful, but something is missing. The earth is his, but the heaven is missing. He is earthly, rooted, like a giant cedar, but he has no wings. He cannot fly into the sky. He has roots but no wings....Similarly Buddha is incomplete. Something is missing without the Zorba, hence Zorba the Buddha is the ultimate synthesis.*

# Our Trustees



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## Message

Modern education needs a synergic approach. So far it is confined to enquiry, knowledge, information, achievement and skill to make a Zorba, the symbol of worldly rich person. But enquiry is incomplete without quest. Knowledge is incomplete without wisdom. Information is incomplete without innovation. Achievement is incomplete without empowerment.

Synergy of the two will make Zorba the Buddha, the visionary character of Osho, a complete human being synergizing materialism with meditation, science with spiritualism, art with awareness, technology with thrill and skill with Yoga.

Our students must learn that interdependence is higher than independence. Sharing is higher than acquisition. Love is higher than revenge. Life is higher than events. Laughter is higher than logic. Winning hearts is higher than winning race. Working for excellence is higher than working to be the best. Harmony is higher than hatred. Culture is higher than civilization. Feeling is higher than thinking. Soul is higher than mind.

Our teachers must be source of inspiration rather than source of only knowledge. They must teach wisdom rather than only course material. They must celebrate rather

than impose only discipline. They must encourage rather than only value. They must support rather than only criticize. They must motivate rather than only malign. They must practice rather than only preach. They must be model rather than being only moral.

Let the environment of the school be pleasant rather than serious, playful rather than pressing, serine rather than serious, expressive rather than suppressive, creative rather than traditional. In addition to preparing the students for competition let there be enough of music, singing, dancing, drama, debate, fine arts and cultural bonanza.

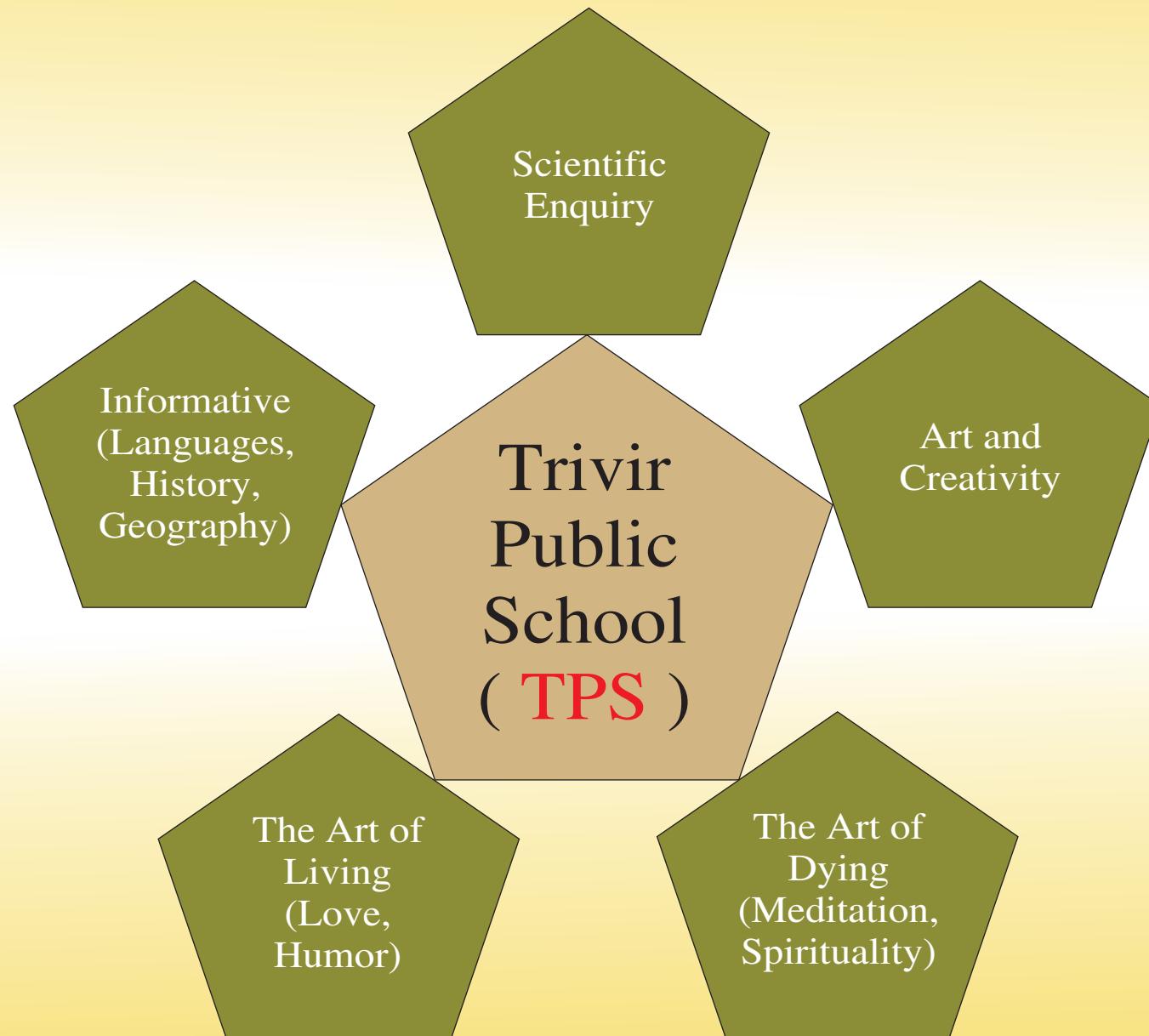
Trivir Public Schools (TPS) are being launched with above objective in view. I am happy that the first TPS is being established at Karma, Bihar at my native place. I cannot imagine a greater gift by my people to my village of birth.

I have visited many beautiful places in the world. But I have never seen a more beautiful sunrise anywhere else. I earnestly hope that this new sunrise of TPS will be equally unparalleled rising from the horizon of education.

I myself had privilege to be educated at Netarhat School, the best residential Senior secondary school in India even today. It remains still ideal for me. But there is nothing which cannot be bettered. I expect TPS to benchmark it and stretch its wings far above in the sky.

----Osho Siddharth

## TPS - Five Dimensional Education



## TPS - Five Dimensional Education

The prime objective of any school is to make aware and decent citizens through distinguished and instinctive visions. A school develops the supreme assets and future human resources of the nation all the time. It should enable and assist child to educate, to develop intellectual pursuits, moral values, aesthetical, cultural and practical capabilities leading to free growth as a complete "Human being" treasuring high order of behaviour and creativity. In accordance with "Osho's vision" of five dimensional education, revolution in the field of education can only be brought into existence by following five proposed dimensions. They are :

- (i) Scientific Enquiry
- (ii) Informative (Languages, History, Geography)
- (iii) Art of creativity
- (iv) Art of Living (Love and Humor)
- (v) Art of Dying (Meditation and Spirituality)

Today's education system is biased and full of flaws. It is confused-one and confined to science and information only. Even arts and creativity are given lower preferences while art of living and art



of dying are almost ignored. Love and Humor together with induces new rays of hopes to live life well. However, meditation and spirituality leads to a lively and blissful life.

Newer possibilities must be accepted wholeheartedly to save ourselves and the planet earth from being decayed. Positive grandeur of inheritance with footnotes are to be brought into limelight to make the future

generation aware that the dark phase-era is over with the induction of new phase-era.

Minimum three languages are to be learnt; Mother tongue, National language and English, the last one as an international vehicle for communication, creating universal brotherhood. Undoubtedly, Scientific approaches are of great importance. They are to be handled by human guide besides television and computer.

The Third Dimension of education i.e. The art of creativity; painting, music, craftsmanship, pottery and





education concerns meditation and spirituality which make the life complete. Meditation symbolizes the bitter truth that there is no death; it makes human beings aware of an eternal life inside them. One should not dread death. Meditation acts as panacea leading human kinds to Zen, to Tao, to Yoga to Hassidism, to all kinds, and all possibilities that have existed.

masonry should be adopted to make the life meaningful. A man becomes the part of existence only when he learns how to create.

Art of living, the Fourth Dimension, is missed out in the present-day education. Love and Humor are part and parcel of life. It is to be learnt and practiced by every child to transform anger, hatred, malice, jealousy into love and affection.

The fifth dimension of

## TYP - Trivir Yoga Programs

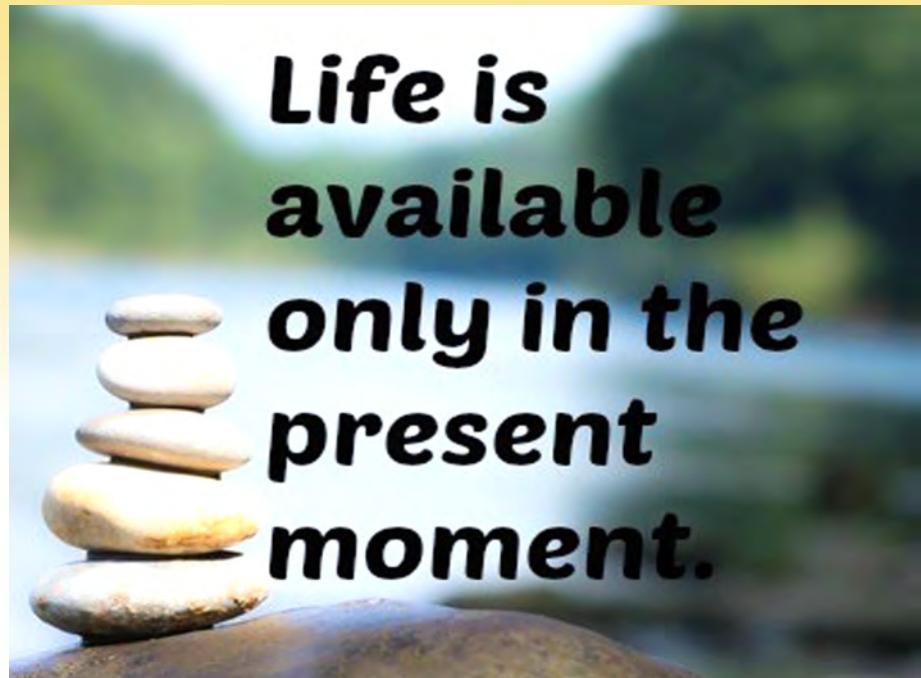
The World has given unprecedented respect to the Indian tradition of Yoga by declaring 21<sup>st</sup> June as the 'International Day of Yoga'. Now, the responsibility of the Indian Yogacharyas has increased. Continuing the vibrancy of Yoga and presenting the right picture of Yoga in the whole world is now a moral responsibility of all of us.

Yoga has been confined to Posture (*Aasan*), Breathing exercises (*Pranayam*) and physical exercises only, in the whole world, and up to a great extent in India as well. But the fact is that all this is a part of 'Yoga of Breathing' (*Hatha Yog*), which is only 10% part of Yoga.

Eight centres are described in Yoga – Root Centre (*Muladhar Chakra*), Sacral Centre (*Swadhishtan Chakra*), Navel Centre (*Manipur Chakra*), Heart Centre (*Anahat Chakra*), Throat Centre (*Vishuddha Chakra*), Third-eye Centre (*Agya Chakra*), Crown Centre (*Sahasraar Chakra*) and Moon Centre (*Som Chakra*).

Every centre is connected to some level of consciousness and a special Yoga. Root centre is connected to the body and 'Yoga of Action' (*Karma Yoga*). Sacral centre is connected to the senses and 'Yoga of Senses' (*Tantra Yoga*). Navel centre is connected to the life force (breaths) and 'Yoga of Breathing' (*Hatha Yoga*). Heart centre is connected to the heart (sub-conscious) and 'Yoga of Devotion' (*Bhakti Yoga*). Throat centre is linked to the mind and 'Yoga of Wisdom' (*Gyan Yoga*). Third-eye centre is connected to the being (Amness, *Asmita*) and 'Yoga of Awareness (*Dhyana*





Yoga). Crown centre is connected to the Subjective consciousness (soul) and 'Yoga of Suchness (Sankhya Yoga). Moon centre is connected to *Omkar* (Godliness) and Yoga of Universal Consciousness (*Sahaj* Yoga). The description of all these types of Yoga is given in the Vedas, Upanishads and the Gita.

*Sahaj* Yoga includes Yoga of Divine Sound (*Surati* Yoga), Yoga of Divine Light (*Nirati* Yoga), Yoga of Divine Elixir (*Amrit* Yoga), Yoga of Divine Peace (*Ajapa* Yoga), Yoga of Divine Energy (*Urja* Yoga), Yoga of Divine Experiences (*Divya* Yoga), Yoga of Divine Consciousness (*Chaitanya* Yoga), Yoga of Divine Bliss (*Anand* Yoga), Yoga of Divine Love (*Prem* Yoga), Yoga of Non-duality (*Adwait* Yoga), Yoga of Absolute Freedom

(*Kaivalya* Yoga), Yoga of Salvation (*Nirvaan* Yoga) and some other types beyond them.

Today, when the politics is dominating our life, the whole world must take refuge of Yoga for eternal blissfulness. In this backdrop, the decision of the Government of India to include Yoga in the syllabus of schools and colleges is revolutionary and appreciable.

Osho Siddharth Foundation (OSF) has developed 7 levels of Trivir Yoga Programs (TYP-1 to TYP-7) for this, which it is going to implement in its affiliated schools from the next session. Other schools and colleges can also take advantage of this curriculum. Every level is of 6 days each and is sequential. This means that the students can participate in the higher level of program only after completing the lower level of program.

After completing the 7th level of the program, i.e. TYP-7, the students will be admitted to the 8th and other 20 higher levels of programs of Oshodhara (visit [www.oshodhara.org.in](http://www.oshodhara.org.in)) which are organized on a regular basis at various Oshodhara centres.

## SYLLABUS

<b>Level</b>	<b>Program</b>	<b>Syllabus</b>
TYP-1 <b>Std. VI</b>	Yoga of Divine Awareness (Dhyan Yoga)	Right Quest, Right Paradigm, Right Awakening, Right Action, Dynamic Meditation, Right Relationship, Right Expression, Right Commitment, Suprabhat Meditation, Right Acceptance, Yoga of Action, Rebirth Meditation, Yoga of Breathing, Yoga of Wisdom, Yoga of Devotion, Anapan Sati Yoga, Yoga of Subjective Awareness, Listening to Divine Sound, Sohum Meditation Yoga, Sahaj Yoga, Eightfold Yoga.
TYP-2 <b>Std. VII</b>	Yoga of Divine Sound (Surati Yoga)	Divine Sound Remembrance Yoga, Preeti Yoga, Anapan Sati Yoga and Yoga Mudra Chikitsa (Knowledge of 45 Yoga Hand-Postures).
TYP-3 <b>Std. VIII</b>	Yoga of Divine Light (Nirati Yoga)	Divine Light Remembrance, Darshan Yog, Aalok Yog, Shivnetra Yoga, Thrilled living, Tree-viewing, Bird-viewing, Right Living, Right Wisdom, Right Spiritual Practice, Right Diet, Right Relaxation and Right Treatment
TYP-4 <b>Std. IX</b>	Yoga of Divine Elixir (Amrit Yoga)	Divine Elixir Remembrance Yoga, Beyond-death Experience Yoga, Yoga Nidra, Tathata Yoga, What is Friendship? Right Respect, Right Responsibility, Right Appreciation, Right Generosity, Right Forgiveness and Right Wellness
TYP-5 <b>Std. X</b>	Yoga of Divine Consciousness (Chaitanya Yoga)	Divine Peace Remembrance Yoga, Suchness Remembrance Yoga, Ajapa Yoga, Hypnotism Yoga, Health Yoga, Splendor Awareness Yoga, Relationship Yoga, Right Service, Right Prayer, Right Acceptance, Right Shelter, Right Surrender.
TYP-6 <b>Std. XI</b>	Yoga of Divine Energy (Urja Yoga)	Divine Thrill Remembrance Yoga, Power Yoga, Hypnotism Yoga, What is Hansatva (Astuteness)? Right Priority, Right Start, Right Effort, Right Behaviour, Right Cooperation, Right Thrill, Leadership and Right Discretion.
TYP-7 <b>Std. XII</b>	Yoga of Divine Experiences (Divya Yoga)	Divine Wellness Remembrance Yoga, Madir Yoga, Fragrance Yoga, What is bondage? Liberation from Desires, Anger, Greed, Attachment, Jealousy and Hatred. What is Salvation?

## FACULTY - COMMITTED TO PERFORMANCE

Our faculty inspires values, culture, success and knowledge all resulting into wisdom. Teachers of TPS are from various corners of India. They are highly qualified and trained to exude love for profession. Senior teachers for classes XI & XII are from IITs & NITs. Teachers for primary and secondary classes are postgraduates with abundance of experience of teaching in reputed schools of India, behind them. They are sensitive to the learning style differences among students, when feasible they try to identify and use appropriate learning materials, pedagogy and strategy suitable to requirement. Individual differences and needs are recognized and the learning environment is tailored to motivate and challenge all our pupils.

Teachers organize theme weeks in school for Science, Maths, Languages, Sports. and Music to promote opportunities for across year group learning in a broad and balanced curriculum. Students are exposed to strategies for learning, for remembering

and for applying what they have learned. For every 15 student there is a teacher, a high student teacher ratio for the benefit of students by any standard.

Teachers in TPS communicate interest and caring to students both verbally and through such non-verbal means as giving undivided attention, maintaining eye contact, smiling and positive head nodding. They encourage students to develop a sense of responsibility and self-reliance. For every five students there is a teacher to guide during prep time. it's a form of parenting and taking care for the boarders.

Truly, teachers foster positive teacher-student and student-student relationships through use of cooperative learning strategies. They are a true friend, philosopher and guide.



**Thank You**  
*for being  
such a great  
Teacher!*

## Facilities - Inspires Involvement and Desire for Success

### Air-conditioned Physics, Chemistry, Biology, Maths, Social Science and Language Lab.

All the labs are spacious, well lit, scientifically designed and air-conditioned. Maths Lab is equipped with a rich array of books based on Ancient, Modern Maths and Mind Teasers. These labs are the place where students can stretch their kinetic, mechanical and electronic imagination, perfect their chemical inferences, nurture their biological knowledge, perfect their language of emotions and expressions and chisel them to perfection.

### Learning Support Centre

It offers individual counseling and support to those students who find it difficult to learn in a standard classroom environment, due to academic, social, emotional or behavioural reasons. The staff within the centre, led by the Academic Counselor, work with the student, their parents, teaching and support staff in order to ensure maximum support for the individual. Coaching by expert faculty for facing NTSE, IIT JEE, PMT and NDA exams is provided by this center right from Class IX.

### In campus Principal and Teachers accommodation.

Principal and teachers are provided accommodation in the campus thus allowing ample opportunities for constant interaction with students. This allows every student to have individual interaction with the faculty, leading to complete development

### Wi-Fi enabled connectivity

The school has wireless computer labs for ultimate experience of internet World and Knowledge. The entire campus is Wi-Fi enabled. Students can log on to the network and interact with their teachers online.



## Facilities - Inspires Involvement and Desire for Success

### Comfortable Hostel Accommodation

Separate complex for boys and girls hostel is provided with quality facilities. Students in every room with dedicated cupboard for every student, common room with reading and television facility is provided. Special care is taken of the boarders to make them feel at home.

### Modern & Hygienic Kitchens for Nutritious and Hygienic meal.

Modern and totally hygienic kitchen and dining hall is made available to provide healthy meals for the students. The kitchen is run under the supervision of qualified and trained Management Staff and a Dietician for proper menu planning.

### Physical Development Centre

It inspires team spirit and desire to fight the way to success and savor the feel of being a real winner. The center consists of yoga and sports facility like badminton, volleyball, basket-ball, table tennis, cricket, foot ball and hockey field.

### Electronic Surveillance and RFID Based Access Control System in entire campus.

Electronic surveillance system is installed for the security of students. Entire campus is monitored round the clock through camera and other security gadgets.

### Transport Facility

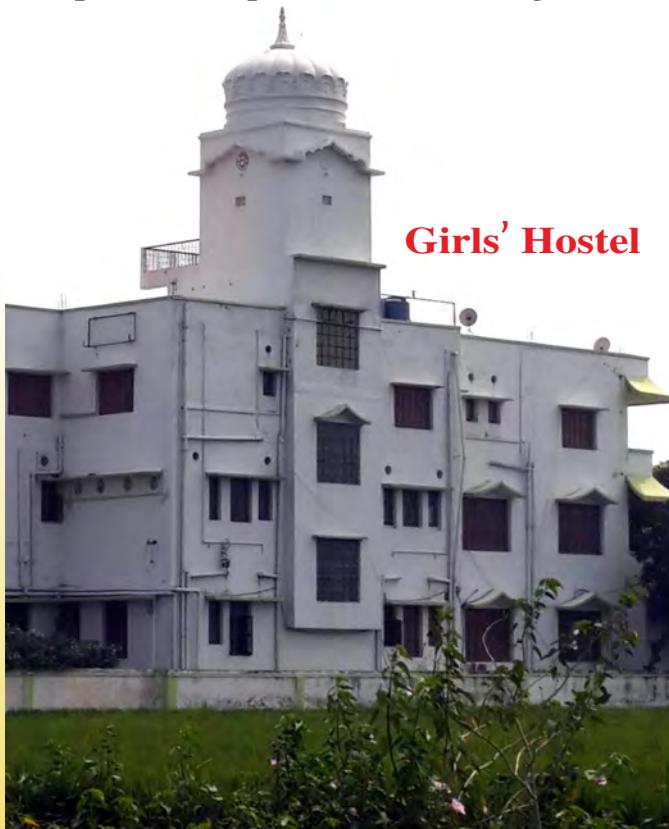
School provides transport facility to all routes.

### 100% power backup

The entire campus has power backup facility through Soundless Generators, in case of non-supply or shut down of electricity.

### Medical Centre

A trained nurse round the clock and a Specialist Doctor on call is available to students in the campus.



## TPS - Rules & Regulations

1. Fee once paid is neither refundable nor transferable under any circumstances.
2. Regularity, Punctuality and Sincerity towards academics and high sense of discipline are to be maintained by students all time.
3. Leave without grant by the concerned authority is to be treated as an indiscipline act on the part of the concerned students for which fine might be imposed.
4. Students are asked to keep high order of ethical essence in their attitudes and behaviors.
5. Students are not allowed to posses cellular phones/bike/sharp instruments/transistor with them.
6. Students are asked to take all the examinations which include periodical as well as self evaluation class tests at regular interval of time.
7. Strict disciplinary action will be executed for breaking any of the rules and regulations of the school which are fabricated in the interest of students and school as well.
8. Students are not permitted to indulge themselves into politics at any cost.
9. Students should maintain cordial relationship with faculty members/ground management staff and with their colleagues.
10. Regular contact for any kind of upheaval can be made with the officials.
11. No other persons are allowed to meet any student except parents/guardians and authorized local guardians.
12. Students are allowed to make contact with their parents only on authorised dates/days finalized by the school authorities.
13. Decision of the management is to be considered final by all means.

## TPS - Admission Procedures

Prospectus and Admission Forms are available for admission to Nursery to Class VIII, Students for Nursery to Class I are selected on basic guidelines prepared by the Hon'ble Court and for Class II to Class VIII a written test is conducted followed by an interview. Hostel accommodation is available from class III onwards.

Date for tests / observation and interaction will be intimated to the parents. However, the same may be changed without prior notice by the school administration. Completely filled in Forms along with photocopy of birth certificate, registration fee and a self addressed envelope are to be submitted to TPS. Address is given on the back cover page.

The final list of selected students will be displayed in the Administrative Office and at the school.  
website-[www.tps-karma.org](http://www.tps-karma.org)



## Boys' Hostel

# TRIVIR PUBLIC SCHOOL

Osho Sahjanand Dham, Village & Post- Karma, Dist - Rohtas, Pin - 802212 (Bihar)

Ph : 09006738704, 09431214985 Email : [info.osips@gmail.com](mailto:info.osips@gmail.com) Website : [www.tps-karma.org](http://www.tps-karma.org)