



**MIRI PIRI  
ACADEMY**



**Miri Piri Academy  
Welcome Package**





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# THE MIRI PIRI ACADEMY EXPERIENCE

## At MPA we:

- Offer a school that focuses on meditation, hard work and service.
- Welcome students who are seeking inner growth and a connection to their spiritual practices.
- Experience Sikh values of seva and devotion, especially through visits to the Golden Temple.
- Foster a love of learning across academic, spiritual, physical and artistic domains.
- Develop students who are strong and confident in body, mind and spirit.

## Electronics

Electronics are limited at MPA to allow students to focus on the program and social interaction. Recognizing electronics are part of the world and can be useful for connecting with family, we build in specified times where students can use their electronic devices. Typically, this time is from 8:00-8:50 p.m. Sunday through Thursday.

You may notice that Turbans are part of our uniform; don't worry if you don't know how to tie one because we go through this practice together the first week of school, with continued peer and staff support until you get the hang of tying it yourself.

## English

If English isn't your native language, you're not alone. We accept students from across the globe who speak a variety of first languages. However, English is the primary language we speak at Miri Piri Academy so it's best to begin practicing your English skills at home before you arrive on campus to help make the transition smoother. We are here to help in building your English language skills, and English support is available during the Academic Day.

## Uniforms

At MPA, all students wear school uniforms during school hours. School uniforms help create a sense of identity and belonging among students because a uniform fosters a sense of unity and equality, as all students, regardless of socioeconomic background, dress in the same way. Students will receive their uniforms upon arrival at the school, using money taken from the incidental account deposit that parents/guardians contribute to.







# IMPORTANT DATES

DATE	EVENT
Aug 31, 2024	Arrival & Welcome Lunch
Sept 2- 6, 2024	Induction Camp in Anandpur Sahib
Sept 9-Dec 18, 2024	Fall Term
Dec 19, 2024	Departure for Winter Break
Jan 4, 2025	Return from Winter Break
Jan 6 -10, 2025	Humanology Camp
Jan 13 - Mar 12, 2025	Winter Term
Mar 13 - 23, 2025	School Trip
Mar 25 - May 25, 2025	Spring Term
May 26, 2025	Departure



### Induction Camp

We begin the academic year by traveling to Anandpur Sahib, which is a few hours drive from Amritsar, for one week for our Induction Camp. The camp is an introduction to what we call the 'MPA spirit' and is a chance to build connections across the MPA school community. Students will meet their fellow boarding students, as well as MPA day school students, teachers and staff. During our one-week long stay at Anandpur Sahib, we'll be engaging in games, physical activity, discussions, meditations, delicious meals, impactful Gurdwara experiences, and more.

### Winter Break and Family Time During Semesters

Miri Piri Academy observes its annual Winter Break at the close of December, allowing our boarding students to return to their homelands for a rejuvenating period before the new semester starts in early January. This intentional break serves to recharge and reconnect with their families. It's important to note that students are expected to remain on campus for the entirety of each semester to minimize disruptions to their child's learning experience.

### Spring Trip

Every spring, MPA boarding school students look forward to visiting a different part of India on a school trip. As India is an incredibly diverse country with various languages, traditions, customs, art and food, the location changes every year so that each trip can be a new experience. Traveling to different regions provides students with opportunities for hands-on learning experiences that go beyond the classroom, while enhancing their understanding and appreciation of diversity.

### Anandpur Sahib

Anandpur Sahib is 4.5 hours from Miri Piri Academy in Amritsar, where we have the blessing of staying at Yogi Bhajan's home, Dashmesh Sadan. We visit Dashmesh Sadan approximately 3-4 times per year on long weekends or other holidays.

- Dashmesh Sadan is an oasis of lush greenery, spread across 2.5 acres of land. It is private and gated, and very supportive with spiritual energy.
- Anandpur Sahib is an important historical site, home to Keshgarh Sahib (the birth place of the Khalsa) and other historical locations relating to the lives of Guru Teg Bahadur and Guru Gobind Singh.







# DAILY

# SCHEDULE

At Miri Piri Academy, each day unfolds with its own distinctive rhythm, shaped by the seasons, time of year, and the academic curriculum. While the schedule is flexible to accommodate these factors, a typical day often consists of the following schedule. This structured yet adaptable approach ensures that students engage in a well-rounded educational experience, fostering a holistic development of body, mind, and spirit.

- Learning blocks form the foundation of the academic routine, encompassing subjects such as Science, Mathematics, English, History & Geography, Art, Social Studies, Punjabi and Music.
- Learning Block 5 includes academic classes, workshops and study support.



TIME	ACTIVITY
5:00 - 6:45 am	Sadhana
6:45 - 8:00 am	Breakfast and Room Cleaning
8:00 - 8:45 am	Crew
8:45 - 9:35 am	Learning Block 1
9:35 - 9:55 am	Snack Break
9:55 - 10:45 am	Learning Block 2
10:45 - 11:35 am	Learning Block 3
11:35 am - 12:25 pm	Learning Block 4
12:25 - 1:10 pm	Lunch
1:10 - 2:00 pm	Learning Block 5
2:00 - 2:50 pm	Kundalini Yoga or Gurdwara
2:50 - 4:00 pm	Physical Education
4:00 - 5:00 pm	Break
5:00 - 6:00 pm	Study Time
6:00 - 7:00 pm	Dinner
7:00 - 8:00 pm	Music Class or Meditation
8:00 - 9:00 pm	Electronics
9:30 pm	Lights Out





# ACADEMIC EDUCATION PROGRAM

We have a well-rounded, immersive curriculum that is based in expeditionary learning. Students receive hands-on experience opportunities to explore in depth the world around them and relate it back to their studies.

## Crew

We are dedicated to empowering and supporting our students to reach their full potential. One of the ways we achieve this is through our Crew initiative, where each student is assigned to a dedicated group. Crew meetings take place daily and are a chance to connect and support each other's growth. These sessions focus on essential areas such as goal setting, creating study plans, reflecting on progress, and developing important life skills.



## Core Subjects

All of our students learn the below subjects, which help prepare students for taking the required five International General Certificate of Secondary Education (IGCSE) exams in Grade 10:

- English
- History
- Mathematics
- Combined Science
- Art & Design OR Business

While all students take these classes beginning in Grade 7, exam preparations begin in Grade 9 to make sure our students are set up for success the following year. In addition to IGCSE subjects, students take:

- Classical Indian music
- Punjabi

## Textbooks and School Supplies

On the first day of school, all students will receive the needed textbooks and basic school supplies such as pens, pencils, calculators, and notebooks. We purchase these through the incidental deposit fund that each parent/guardian contributes to.

## Laptops for Academic Use

Each student is required to bring their own laptop for academic use, along with a charging cord or adaptor that is compatible with Indian plug-ins. Laptops are for academic use when required by the teacher.





# SPIRITUAL EDUCATION

Throughout their time at MPA, students participate in our spiritual program that includes Kundalini yoga and meditation, fundamentals of Sikh Dharma, Seva and Gurbani Kirtan. In their second year, our students are trained to be Kundalini Yoga teachers and receive a certificate from Kundalini Yoga Research Institute.

## Program Overview

The spiritual education program at Miri Piri Academy is structured to guide students in advancing their spiritual understanding. Progression is based on their years at the academy rather than their current grade, allowing for a gradual deepening of their spiritual knowledge each year.

- Year 1: Values and Virtues
- Year 2: Kundalini Yoga Teacher Training Level 1
- Year 3: Leadership Training
- Year 4: 1 Module of Kundalini Yoga Teacher Training Level 2 & Seva Project



## 40-Day Seva at Golden Temple

In addition to weekly visits to the Golden Temple, a highlight of the spiritual education program is our 40-day Golden Temple Parkarma Seva, which typically happens in May and June each year. This is a very special practice in which our students help wash the parkarma around the sarovar of Harmandir Sahib with the local community. This takes place in the Amrit Vela (early morning hours), which is spiritually beneficial.

## Sikh Knowledge

Students of all backgrounds are welcome at our school, and there is no prior knowledge required about Sikhism. As part of our spiritual education program, we will teach students about the Sikh way of life. While we don't require prior experience in Sikhi, we do focus on accepting students to MPA who have a curiosity for, and value of, spirituality as a whole.

## Daily Sadhana

- On weekday mornings students start the day with various practices such as Kundalini Yoga, Aquarian Sadhana and Banis like Japji Sahib and Chaupai Sahib.
- On Saturday mornings, students have the blessing of participating in Parkarma Seva at Harmandir Sahib (Golden Temple) during Amrit Vela (the ambrosial hours before sunrise).
- Every evening consists of meditations or music practice (Kirtan).





# LIFE ON CAMPUS

## Residential Life

Our residential program offers students a transformative experience, fostering personal growth, self-confidence and self-reliance. From early morning practices to after dinner meditations, the boarding school students are engaged in shared experiences throughout the day. Weekends are spent exploring the local community through morning seva at the Golden Temple to activities in town. Our students gain lifelong friendships with others from around the world.

## Physical Education

We recognize the importance of developing the physical body and its relation to mental wellbeing and academic success. This is why the MPA Physical Education program is designed to teach students about the various aspects of health and fitness. Throughout their time at MPA, students learn the fundamentals of healthy living and lifestyle, including food and nutrition, physical fitness, lifestyles and life cycles, mind-body connections and so much more. Two physical activities that we practice, that are unique to MPA and rooted in Punjabi culture, are Gatka and Kabaddi. Everyone will learn to participate, regardless of previous experience.

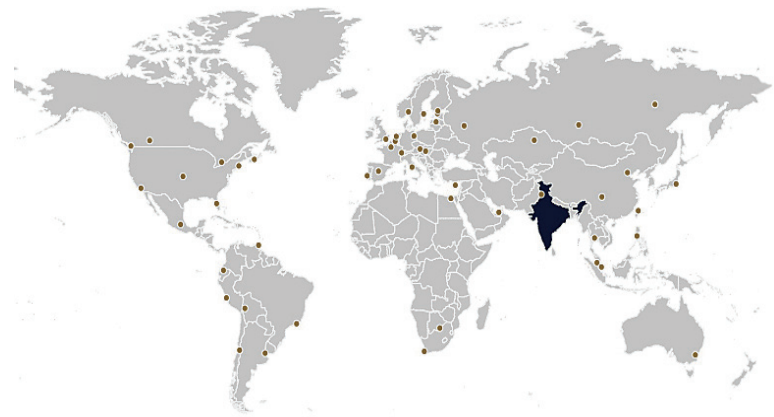


## Creating Community

At MPA, we host both local day and international boarding school students. This unique blend of students fosters a rich and diverse learning environment. With students from different countries and backgrounds our students become more global-minded as they learn from one another and share their traditions, customs, and perspectives. Day School students join the program Monday to Friday from 8 a.m. - 4 p.m., and some Saturdays.

## Alumni support

Key members of the MPA staff team are MPA alumni. Having gone through the MPA boarding school experience themselves, our alumni are well-established to support students through their journey. With both male and female alumni support staff available 24/7, students can feel supported and encouraged as they navigate their life at Miri Piri Academy.







# ABOUT INDIA

## The Golden Temple

Harmandir Sahib, popularly known as the Golden Temple, stands as the most sacred of all Sikh temples. Its inception was under the guidance of Guru Amar Das, with the excavation of the sarovar overseen by Guru Ram Das, and the temple's design finalized by Guru Arjan. The serene waters of the sarovar are believed to possess healing properties, while the beautiful kirtan (spiritual music) and devoted seva (selfless service) offered within its walls uplift all who enter.

### India

India, one of the most vibrant and diverse countries in the world, has a rich history, cultural heritage, and remarkable achievements in various fields. From its magnificent architecture to its delectable cuisine, India never fails to captivate the hearts and minds of travelers. With a population of over 1.3 billion people, India is home to a plethora of languages, religions, and traditions. From the snow-capped peaks of the Himalayas to the sun-kissed beaches of Goa, India offers a myriad of landscapes that will leave you awe-inspired. This fascinating country is also known for its iconic landmarks such as the Taj Mahal and its contribution to the world of spirituality with Sikhism, Buddhism, Hinduism, and yoga being birthed here.

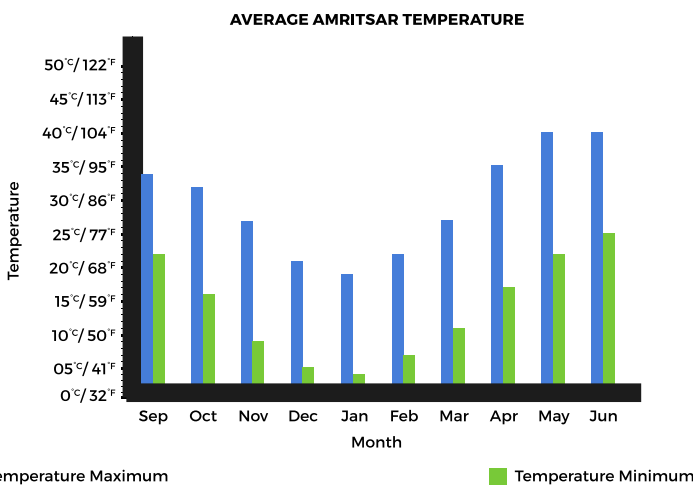
### Amritsar

- Amritsar is famous for its colorful and vibrant festivals. Whether it's Diwali, Holi, or Gurburab, the city comes alive with celebrations and religious fervor.
- Amritsar is the spiritual and cultural center of the Sikh religion. The city holds immense religious significance for Sikhs around the world.
- The famous Punjabi folk dance, Bhangra, originated in Amritsar. The energetic danceform has gained popularity worldwide and is often performed during festive occasions.
- Amritsar is known for its delicious cuisine. The city offers a wide variety of mouth-watering dishes like sarson ka saag in the winter and famous Amritsari kulcha year round.
- Amritsar is renowned for its textile industry. The city is known for its production of textiles, including shawls, suits, and traditional Punjabi clothing.



## Weather in Amritsar

As you arrive on campus in September, be prepared for hot temperatures, reflecting the end of summer. You can then anticipate a refreshing change in October as the weather cools down, where we will embrace the comfortable climate for outdoor activities and exploration. As April approaches, the hot weather cycle will begin again. Check out the graphic below for the average temperature highs/lows per month, and average precipitation.



## Homesickness

We understand that life in India may be quite different than what you're used to, and that homesickness may accompany your initial days. Be assured that this is a natural part of the adjustment process. It typically takes around one month to fully settle in, make lasting friendships, and get used to the new routine.

- #MPASpirit is not just our hashtag, it's a unique essence that defines our school. Once you've settled in, you'll feel this spirit too and become an integral part of the MPA family.
- Patience is key, and rest assured, our dedicated staff are here to support every step of the way.

## Cultural Considerations

- Greetings: "Sat Nam" or "Sat Siri Akal" can be used for both for hello and goodbye
- Addressing Adults: Call women "Ma'am" and men "Sir"
- Addressing Adults when you know their name: Add the word "Ji" to the end of their name as a sign of respect
- Remember: Always be alert in public. Even when you feel at home and comfortable in India, you should always remain alert

## Adjusting to Indian Culture

It's important to be patient, open-minded and kind to yourself as you adjust to your new life in India. Initially, understanding the accents of your teachers might be challenging, but with time you'll adjust and acclimate to the linguistic differences. India offers a rich tapestry of traditions and lifestyles. By allowing yourself the time to settle in and be receptive to the unique experiences that India has to offer, your journey at the boarding school can become a transformative and enriching chapter of your academic, spiritual, and personal growth. And remember, MPA school staff are always there to support you in this transition, so don't hesitate to seek guidance needed.







# HEALTH AND WELLNESS

At Miri Piri Academy we combine the practices of Kundalini yoga, Sikh dharma and expeditionary learning so students can have healthy bodies, minds and spirits. Our school program is balanced to include a diverse range of activities so that students can expand their creativity, physical strength, academic skill, spiritual knowledge, confidence and relational understanding. This is why we consider the health of students beyond just the physical and why we have a range of health and wellness resources available at all times.

## 24-hour Care On-site

We have a well-equipped Health Center on campus. Nursing staff are available throughout the day, providing basic First Aid and immediate treatment for minor illnesses and will take the students to the doctor or hospital as needed. Nurses are also available during the night in the dorms for any emergencies, to give out medicines or First Aid treatment. Our nurses always accompany students on multi-day school trips.

## Prescription Medicine, Vitamins and Supplements

Any medicines and/or vitamins/supplements that students take at home should be continued while at Miri Piri Academy. Students should bring these with them, and our Medical Team will collect and administer them. Exceptions can be made for asthma, diabetes, and life-threatening allergies. Parents are expected to communicate to the medical coordinator about medications that their child must take. If a child receives a prescription from a doctor while under the care of MPA, this will be communicated to parents by the medical coordinator.

## Insurance

Parents are welcome to purchase travel insurance for their child from their home country. Please share insurance information with the medical department. Conversely, students can join MPA's on-campus medical insurance policy, if desired. The cost is approximately 8000 INR or \$100 USD per year.

## School Counsellor

Our school counselor can address the diverse needs of students and help promote their emotional well-being, support them in their academic and social development, and create a positive and inclusive school environment. Having a trained professional available to guide and assist students contributes significantly to their overall success and happiness during their educational journey.



## Contact Info

Counsellor:  
[counselling@miripiriacademy.org](mailto:counselling@miripiriacademy.org)

Medical Department:  
[medical@miripiriacademy.org](mailto:medical@miripiriacademy.org)





# LOGISTICS FOR PARENTS/GUARDIANS

## 1st Year MPA Student Drop-off

We encourage parents/guardians to consider personally dropping off students in India to help provide comfort and support as the students navigate their new environment. If you want to sight-see in Amritsar before school starts, plan to arrive a few days early as once students arrive on August 31 we will be following the MPA schedule. There will be a Welcome Lunch for parents/guardians, and an opportunity for you to join us at the Golden Temple.

## Obtaining Indian Visas

All foreigners need a visa to enter India, which you must obtain before taking a flight to India. You cannot obtain a visa on arrival in India. All Miri Piri Academy students should apply for a Student Visa, and any parents/guardians accompanying students for their first-year drop-off can apply for a Tourist Visa.

## Apply for Indian Visas ASAP

You should apply as soon as you receive your MPA Letter of Acceptance. The time required to process Indian Student Visas may vary at different visa offices. In some countries, the processing time may take up to five months or longer.



## Indian Registration after Upon Arrival

Register at the FRRO within 10 days All MPA Students must undergo mandatory registration formalities at the nearest office of the FRRO/FRO within 10 days of arrival in India. This is a process that is completed for all visitors to India who are planning to stay in the country for a period longer than 180 days. Once students arrive on campus, we can help guide them through this process.

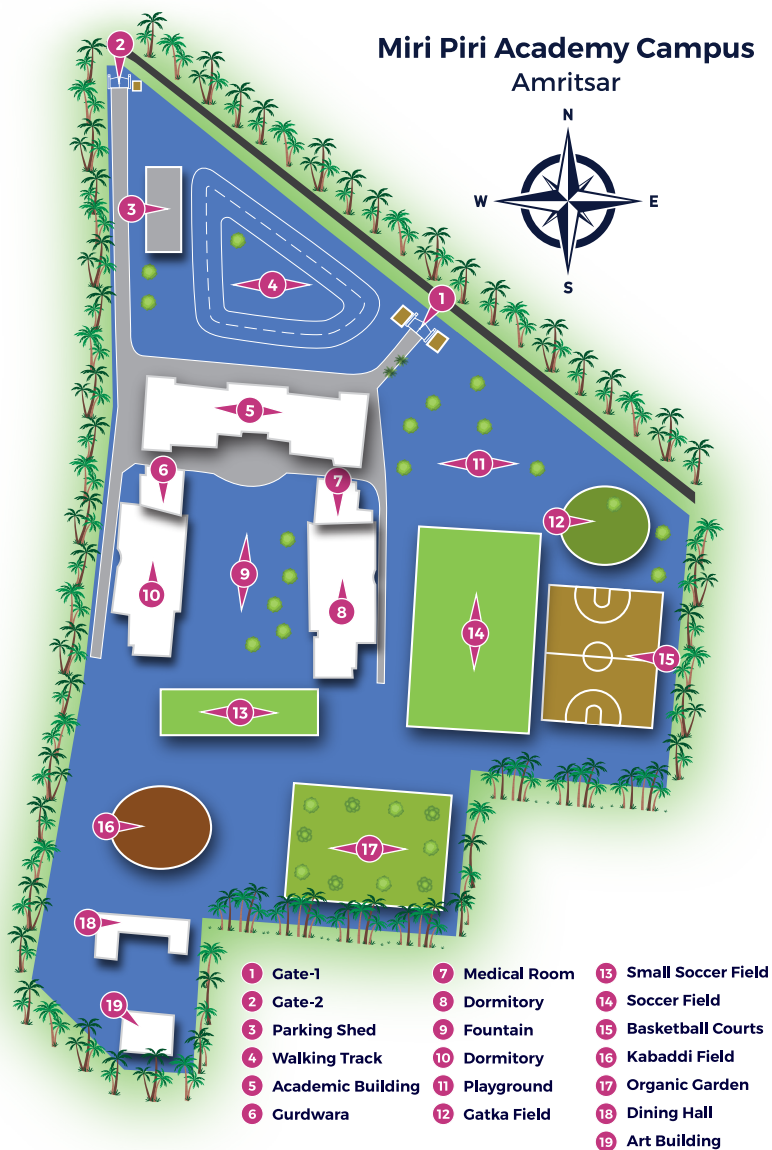
## What Students Should Bring - Packing List

Please review the Packing List in full and make sure students bring everything listed. Given the busy schedule and potential challenges in finding specific items in India, it is best to come well-prepared. While we do organize regular visits to the mall and Amazon.in is accessible, availability may vary. Bringing all essentials can help make a smoother transition and allow students to focus on studies and experiences without unnecessary disruptions.





# HELPFUL LINKS



## Local Accommodations

### [Le Méridien](#)

A hotel close to the Amritsar airport

### [The Taj](#)

A luxury hotel in Amritsar, close to a shopping complex

### [The Hyatt](#)

A luxury hotel in Amritsar, close to the Golden Temple

### [Sarovar Regency](#)

A hotel right at the Golden Temple

### [Ramada](#)

A global hotel a short distance from the Golden Temple

## Helpful Websites

### [Amritsar Tourism](#)

### [Currency Converter](#)

### [Time Zone Converter](#)

## Leadership Team

**Head of School:** Japjeet Kaur Khalsa, [japjeet@miripiriacademy.org](mailto:japjeet@miripiriacademy.org)

**Academic Principal:** Kirandeep Kaur, [kirandeep@miripiriacademy.org](mailto:kirandeep@miripiriacademy.org)

**Admissions Manager:** Amandeep Singh, [admissions@miripiriacademy.org](mailto:admissions@miripiriacademy.org)





# YOUR CHECKLIST

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## Things to Do:

- Pay initial deposit
- Fill out Required School Forms:
  - Sign Tuition Contract
  - Sign Liability Release Agreement
  - Fill out Medical Information Form
- Apply for Student Visa
- Schedule Intake Interview with School Counsellor
- Add the “MPA School Calendar” to your Google account to follow our school activities
- Become familiar with the Parent-Student Handbook
- Purchase and pack everything on the Packing List
- Book your flight
- Connect with us through social media channels: Instagram, FaceBook, YouTube
- Sign up for our Newsletter and Blog to follow the students’ experiences
- Student drop-off at MPA on August 31 from 10 a.m. onwards
- Plan to be here for the Opening Lunch/ Parent Reception on August 31st at 1 p.m.



# WE LOOK FORWARD TO WELCOMING YOU ON CAMPUS SOON!

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**MIRI PIRI  
ACADEMY**

[www.miripiriacademy.org](http://www.miripiriacademy.org)