
MAHARISHI VIDYA MANDIR SENIOR SECONDARY SCHOOL

(A Unit of Maharishi Vidya Mandir Group of Schools)

Affiliated to CBSE. Affiliation No.: 1930695



Calendar & Handbook

April 2025 - March 2026

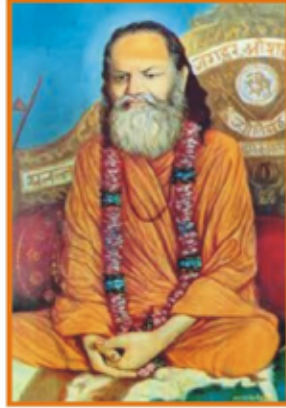
Pupils should bring this diary to school everyday

Ingur, Perundurai (Tk), Erode (Dt) - 638 052

737330 9999 | 737340 9999 | 737350 9999

Email : info@mvmerode.com

Website : www.mvmerode.com



**HIS DIVINITY GURUDEV
SWAMI BRAHMANANDA SARASWATHI MAHARAJ**

THE TRADITION OF KNOWLEDGE

Transcendental Meditation and T.M. Sidhi Programme draw their inspiration from Maharishiji's Guru, His Divinity Swami Brahmananda Saraswathi Maharaj, who was the Shankaracharya of Jyothirmath, in Northern India.

Maharishiji and his Guru came from a tradition whose roots go back to the beginning of time and which includes great seers such as Vashista and Vyasa, who saw within themselves the delicate impulses of pure knowledge, the Veda, which are the very basis of life.

The precious knowledge, which has made Transcendental Meditation so effective and successful and has made it possible for us to become Sidhas, comes from this glorious tradition.

SCHOOL MOTTO



Knowledge is structured in consciousness means consciousness constitutes knowledge.....

"If we want complete knowledge, we should have a state of consciousness which is most comprehensive. The expanded, unbounded state of consciousness should be established and then on the basis, whatever knowledge is gained will be true and complete. Because that non-changing field of pure consciousness does not change and because it is unbounded, knowledge will always be complete, comprehensive and non-changing. Then the knowledge will be true. Truth is that, which never changes. Only incomplete knowledge changes. Complete, decisive, full knowledge gained on the level of pure consciousness never changes. This is what we aim at when we say: "Knowledge Is Structured In Consciousness".

OUR MISSION

The school strives to improve the performance of the students every year in such a way that at least 75% of the students get into high profile and other reputed institutions. It ensures to improve the students' overall health through physical fitness programs. Transcendental Meditation, Pranayama and Yoga make the learning environment happy and peaceful.



His Holiness Maharishi Mahesh Yogi
The Founder of Maharishi School of Age of
Enlightenment

The Exalted seer, His Holiness Maharishi Mahesh Yogi with unique strategic interest of inculcating Consciousness – Based - Education, converged Transcendental Meditation programme with pedagogy through the spiritual enlightenment to all the MVM group of schools. This value based education is to enrich the holistic development of the students and unfold their creative potentiality to enjoy happy, healthy and harmonious life.

Jai Guru Dev

H.H. Maharishi Mahesh Yogi



His Holiness Maharishi Mahesh Yogi was born on 12th January 1917 in Raipur City of present day Chhattisgarh, India. Originally named Mahesh Prasad Varma, he belonged to a Hindu family, living in a small village called Chichli, near Jabalpur, Madhya Pradesh. He received his Master's Degree in Physics from Allahabad University, in 1940. During this period, he felt inclined towards spiritual life. He then, became a disciple of Swami Brahmananda Saraswathi, who gave him the name of 'Bal Brahmachari Mahesh'.

After the mukti of Swami Brahmananda Saraswathi, in 1953, Maharishi Ji travelled to Uttarkashi, in the Himalayas. The two years that he spent in Himalayas enabled him to deepen his meditation experiences. He left Uttarkashi in 1955 and decided to teach the world, the Traditional Meditation techniques, which he had learnt from his Guru.

He named this technique as "Transcendental Meditation". Transcendental Meditation is a mental technique that helps a person in achieving consciousness. It involves the use of mantra through which the mind becomes alert, but the body feels relaxed. Meanwhile he attained the title of "Maharishi". Thereafter, he started public teaching of meditation techniques. He started the Spiritual Re-generation Movement in 1957, by establishing his first organisation in Chennai, during the same year.

He received positive feedback from Spiritual Re-generation Movement which motivated him to expand his teachings. His tour to Rangoon (Burma) in 1958, marked the beginning of world tour to teach the Transcendental Meditation techniques. Later, he travelled to the United States in 1959, to establish his Spiritual Re-generation Movement there. After popularizing the movement in the United States, he travelled to Europe to expand his teachings further.

His Holiness Maharishi Mahesh Yogi returned to India and established a number of Administrative Centres in India, where he gave lectures and taught about the Transcendental Meditation technique. A number of practitioners were trained to serve as Teachers of this technique. H.H. Maharishi Mahesh Yogi organized his first International Teacher Training Course in Rishikesh, in 1961.

Maharishi Mahesh Yogi established his first International University in 1971, which he re-named as 'Maharishi University of Management'. Taped lectures and writings of the Maharishi about Science of Creative Intelligence have been stored in the University's Library. Maharishi University of Management is accredited with combining Modern Science with Vedic Science. His interest in Vedic Knowledge motivated him to translate and commentated on the first six chapters of Bhagwad Gita.

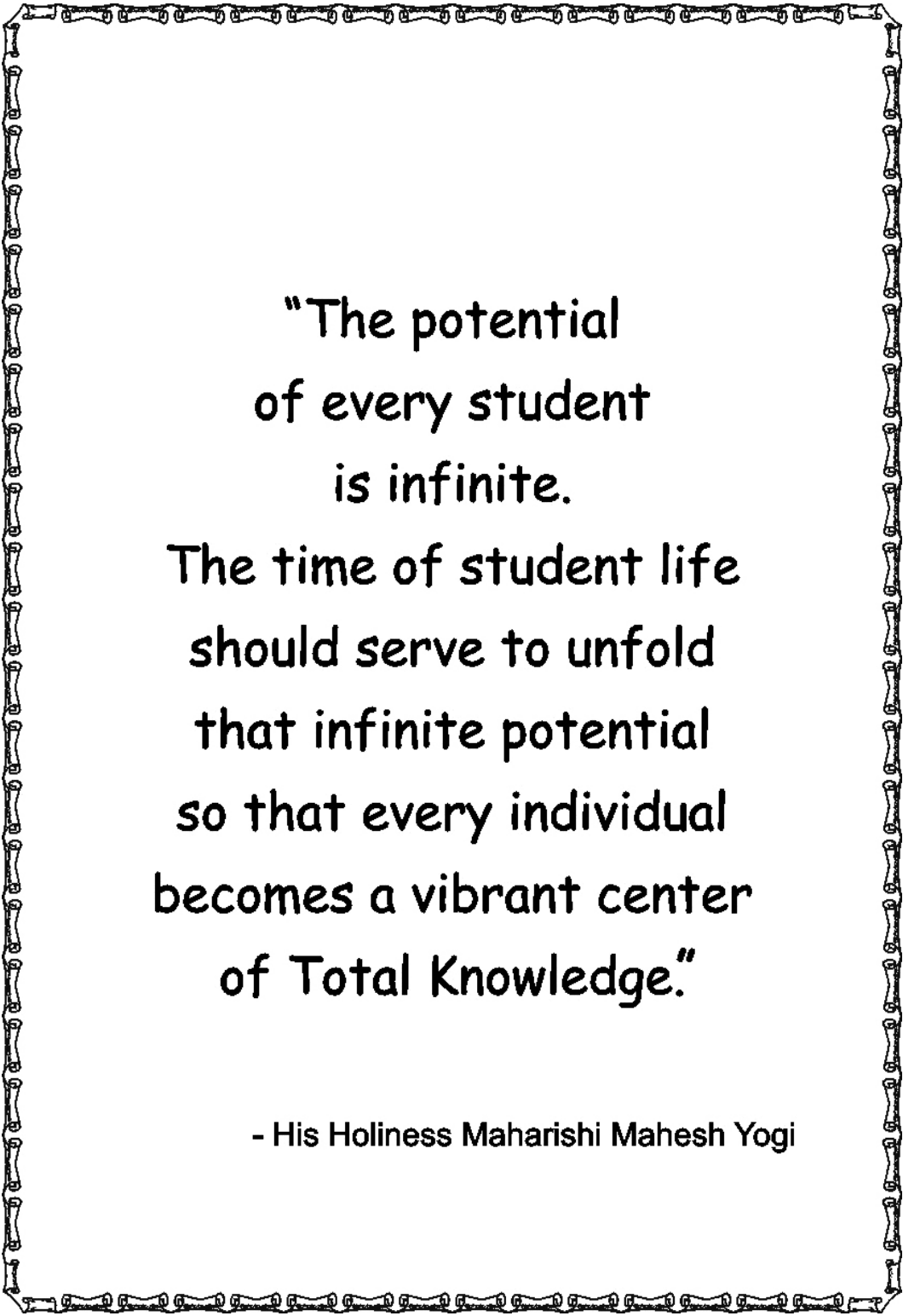
In addition to Transcendental Meditation techniques for over 30 years, the TM-Siddhi Programme designed by him proves to be quite beneficial in group practice. The TM Movement has become very popular. Many scientists have found physical and mental health benefits from the Transcendental Meditation techniques.

The little seed sowed by him had nourished into a structured tree, the fruit of which is reared through implementation of Transcendental Meditation techniques in our schools, throughout India.

Today, there are more than 5 million followers of Maharishi, who seek to attain higher state of Consciousness.

"All that we are is the result of what we have thought. The mind is everything. What we think, we become".

- Maharishi Mahesh Yogi



"The potential
of every student
is infinite.

The time of student life
should serve to unfold
that infinite potential
so that every individual
becomes a vibrant center
of Total Knowledge."

- His Holiness Maharishi Mahesh Yogi

PUPIL'S PERSONAL RECORD

Name of the Pupil :

Class : Sec :

Date of birth :

Community / Religion :

Admission no. :

EMIS No. :

Aadhar No. :

Blood group :

If allergic to any medicine
mention the medicine :

Name of father :

Name of mother :

Name of guardian :

Address

[i] Office Address with Ph No. :

[ii] Residence Address with Ph No. :

[iii] Mail ID :

[iv] Request Phone No. :

IDENTITY CERTIFICATE

1. Name : _____
2. Class : _____ Sec: _____ Team: _____
3. Admission No.: _____ Age: _____
4. Date of Birth : _____ Blood Group : _____
5. Nationality : _____ Aadhar No: _____
6. Parent's Name : Father : _____ Ph.No: _____
Mother: _____ Ph.No: _____
7. Designation of Father: _____
8. Designation of Mother: _____
9. Mail ID: _____
10. Annual Income: _____
11. Religion : _____

12. Community: ST / SC / OBC / BC / OC / MBC / OTHER

13. House Address

Office Address

Mob. No. for SMS : _____

Tel. No.: _____

Mob. No. for Whats App : _____

Mob. No.: _____

14. Specimen signature of Parent or Guardian who will sign the Pupil's diary.

Father : _____

Mother/Guardian : _____

Initials: _____

Initials: _____

15. Name of Brothers/Sisters studying in the School, if any

[1] _____ Std : _____

[2] _____ Std : _____

16. Name of Brothers/Sisters who are past pupils.

[1] _____ [2] _____

I have read all the rules of the school as contained in the School Diary and agree to abide by them and all the decisions of the School.

Note : This form must be filled in carefully and handed over to the class teacher.

Date : _____ Signature of the Parent / Guardian : _____

IDENTITY CERTIFICATE

1. Name : _____
2. Class : _____ Sec: _____ Team: _____
3. Admission No.: _____ Age: _____
4. Date of Birth : _____ Blood Group : _____
5. Nationality : _____ Aadhar No: _____
6. Parent's Name : Father : _____ Ph.No: _____
Mother: _____ Ph.No: _____
7. Designation of Father: _____
8. Designation of Mother: _____
9. Mail ID: _____
10. Annual Income: _____
11. Religion : _____
12. Community: ST / SC / OBC / BC / OC / MBC / OTHER
13. House Address _____ Office Address _____

Mob. No. for SMS : _____ Tel. No.: _____

Mob. No. for Whats App : _____ Mob. No.: _____

14. Specimen signature of Parent or Guardian who will sign the Pupil's diary.

Father : _____ Mother/Guardian : _____

Initials: _____ Initials: _____

15. Name of Brothers/Sisters studying in the School, if any

[1] _____ Std : _____

[2] _____ Std : _____

16. Name of Brothers/Sisters who are past pupils.

[1] _____ [2] _____

I have read all the rules of the school as contained in the School Diary and agree to abide by them and all the decisions of the School.

Note : This form must be filled in carefully and retained in the dairy.

Date : _____ Signature of the Parent / Guardian : _____

MORNING PRAYER

“Gurur Brahma Gurur Vishnu
Gurur Devo Maheswaraha
Guruh Sakshath Para Brahma
Thasmai Shri Gurave Namah”.

தமிழ்த்தாய் வாழ்த்து

நீராரும் கடலுடுத்த நிலமடந்தைக் கெழிலொழுகும்
சீராரும் வதனமெனத் திகழ்பரத கண்டமிதில்
தெக்கணமும் அதிற்சிறந்த திராவிட நல்திருநாடும்
தக்கசிறு பிறைநுதலும் தரித்தநறுந் திலகமுமே!
அத்திலக வாசனை போல் அனைத்துலகும் இன்பமுற
எத்திசையும் புகழ் மணக்க இருந்த பெருந் தமிழணங்கே!
தமிழணங்கே!

உன் சீரிளமைத் திறம்வியந்து
செயல்மறந்து வாழ்த்துதுமே!
வாழ்த்துதுமே!
வாழ்த்துதுமே!

- மனோன்மனியம் பெ. சுந்தரம்பிள்ளை

TRANSLITERATION

Neerarum Kadaluduththa Nilamadhanai kezhi Ozhukum
Seerarum Vadanamena Thikazh Bharatha Kandamithil
Thekkanamum Athil Sirantha Dravidanal Thriunadum
Thakkasiru Pirainuthalum Tharitha Narum Thilakamume
Aththilaka Vasani Pol Anaithulagum Inbamura
Eththisaium Pugazh Manakka Iruntha Perum Thamizhanange!
Thamizhanange!

Un Seerilamai Thiram Viyandu
Seyal Marandu Vazhthuthume!
Vazhthuthume!
Vazhthuthume!

“Manonmaniam” - P.Sundaram Pillai

SARASWATHI SLOKA

Saraswathi Namasthubhyam,
Varadey Kaamarupinee!
Vidhyarambham Karishyami,
Sidhir bhavathu mey sada !
Yaa Kundendu tushaara haara-dhavalaa,
Yaa shubhra-vastra'avritha
Yaa veena-vara-danda-manditakara,
Yaa shwetha padma'asana
Yaa brahma'achyutha shankara prabhritibhir Devai-sadaa Vanditha
Saa Maam Paathu Saraswati Bhagavatee Nihshesha jaadyaa-pahaa.

SHANTHI PATHA

Saha navavathu
Saha nav bhunaktu
Saha Viryam Kara vavahai
Tejasvi na avadhitam astu
Ma Vid visa Vahai
Om Shanthi, Shanthi, Shanthi Hi

TRANSLATION

Let us be together
Let us eat together
Let us be vital together
Let us be radiating truth
Never shall we denounce anyone
Never entertain negativity

MORNING PRAYER

“O God I thank you for
Giving me this lovely day.
I offer it back to you.
Help me to study well. Bless my Daddy, my Mummy,
my brothers, my sisters,
and my teachers”.

EVENING PRAYER

“O God I thank you for all
that I have learnt today,
I am very sorry for all the wrong that
I have done during this day,
I promise, with your help to be better tomorrow.”

SCHOOL SONG

Tender flowers are we
In the garden of “Maharishi”
Where truth and beauty are supreme
Our duty comes first
Pleasure will be the last
We are the children of God
Whose chosen angel “Maharishi”
Rules our mind: dwells in our heart
His path we follow, there lies our goal
Oh! Jai Guru Dev! Oh! Jai Guru Dev!

Guide us between right and wrong
Good and evil, virtue and vice
And show us the path of righteousness
Let love be our religion
Bless our school, bless our land:
Bless us all; Bless us all;
Fair or dark, rich or poor
We love them all with our heart.

Long live His Holiness Maharishi’s glory
Long live Maharishi Vidya Mandir;
Long live His Holiness Maharishi’s glory
Long live Maharishi Vidya Mandir.

Composed by - **Shri. Desikamani**
Choreographed by - **Mrs. Anusuya Krishnamurthy**

NATIONAL ANTHEM

Jana gana mana adhinayaka jaya he
Bharatha Bhagya Vidhata
Punjab Sindu Gujarata Marata
Dravida Utkala Vanga
Vindhya Himachala Yamuna Ganga
Ucchhala Jaladhi taranga
Tava Subha name jage
Tava Subha ashisha mange
Gahe tave jaya gatha
Jana gana mangala dayaka jaye he
Bharatha Bhagya Vidhata
Jaya he, jaya he, jaya he,
Jaya Jaya Jaya Jaya he.

TRANSLATION

Thou art the ruler of the minds of all people,
Thou Dispenser of India's destiny
Thy name rouses the hearts of the Punjab, Sind
Gujarat and Maratha, of Dravida, Orissa and Bengal
It echoes in the hills of Vindhyas and Himalayas
Mingles in the music of Jamuna and Ganga and is
Chanted by the waves of the Indian Sea
They pray for the blessing and sing thy praise
Thou Dispenser of India's destiny
Victory, Victory, Victory to thee.

INTEGRATION PLEDGE

"India is my country
All Indians are my brothers and sisters
I love my country
And I am proud of its rich and varied heritage.
I shall always strive to be worthy of it
I shall give my parents, teachers and all elders respect.
And treat everyone with courtesy.
To my country and my people, I pledge my devotion.
In their well-being and prosperity alone lies my happiness".

SONG OF PATRIOTISM

सारे जहाँ से अच्छा हिन्दोस्तान हमारा
हम बुलबुले हैं इसकी ये गुलसिता हमारा ॥ 2 ॥

गुरबत में हो अगर हम रहता है दिल वतन में
समझो वही हमें भी दिल है जहाँ हमारा ॥ 1 ॥

परबत वो सब से ऊँचा हमसाया आसमों का
वो संतरी हमारा वो पासवाँ हमारा ॥ 2 ॥

गोदी में खेलती हैं जिसकी हज़ारों नदियाँ
गुलशन है जिनके दम से रश्क - ए - जना हमारा ॥ 3 ॥

ए अब रौद गंगा वो दिन है याद तुझको
उतर तेरे किनारे जब कारवाँ हमारा ॥ 4 ॥

मज़हब नहीं सिखाता आपस में बैर रखना
हिन्दी हैं हम वतन है हिन्दोस्तान हमारा ॥ 5 ॥

युनान - ओ - मिस्र - ओ - रोमा सब मिट गये जहाँ से
अब तक मगर है बाकी नामो - निशान हमारा ॥ 6 ॥

कुछ बात है कि हस्ती मिटती नहीं हमारी
सदियों रहा है दुश्मन दौर - ए - जमान हमारा ॥ 7 ॥

इकबाल कोई मेहरम अपना नहीं जहाँ से
मालूम क्या किसी को दर्द - ए - निहा हमारा ॥ 8 ॥

मुहम्मद इक़बाल

MEANING

"Better than the entire world, is our Hindustan;
we are its nightingales of mirth,
and it is our garden abode

Though in foreign lands we may reside,
with our homeland our hearts abide,

Regard us also to be there, where exist our hearts
That mountain most high, neighbour to the skies;
it is our sentinel; it is our protector

In the lap of whose, play thousands of rivers;
gardens they sustain; the envy-of-the-heavens of ours
O waters of the Ganga mighty, do you recall the day
when on your banks, did land the caravan of ours

Religion does not teach us to harbour
grudges between us

Indians we all are; India, our motherland
While Greece, Egypt, Rome have all been wiped out
till now yet remains, this civilization of ours
{it has stood the test of time}

Something there is that keeps us, our entity
from being eroded

For ages has been our enemy, the way of the world
Iqbal! Is there no soul that could
understand the pain in thy heart?

SCHOOL TIMINGS FOR THE ACADEMIC YEAR 2025 - 2026

Pre KG - LKG 9.00 a.m. - 2.30 p.m.

UKG - XII 9.00 a.m. - 4.15 p.m.

Lunch

Batch I (I to VIII) : 12.00 noon - 12.30 p.m.

Batch II (IX to XII) : 12.40 p.m. - 1.10 p.m.

Meditation : 02.20 p.m. - 2.35 p.m.

CELEBRATE YOUR CHILD'S BIRTHDAY IN A NOVEL WAY

Instead of distributing sweets for your child's birthday, you may please donate a book or set of books to the School Library. Suggested titles can be had from the Principal. The gift will be announced in the Assembly and the birthday will be long cherished by the pupils.

“Distributing Chocolates / Sweets are strictly prohibited. Students and parents kindly co-operate”. Receiving gifts or distributing Pens, Eraser, etc., to classmate or teachers is not permitted.

Rules & Regulations

1. All the pupils should come in the prescribed neat uniform every day during the school hours and to all school functions.
2. Pupils should not come with ornaments or valuable articles to school. They are responsible for the safe custody of their books and belongings.
3. During school hours parents/guardians are not allowed to see their wards or their teachers in the classroom without the permission of the Principal.
4. Any communication, request or complaint made by the parents/guardians should be addressed only to the Principal and not to the class teacher.
5. Any willful damage caused by the pupil to the building, furniture, apparatus or any other school property is liable to be made good by the parent / guardian.
6. Pupil who is ill for a long period (more than three days) must produce a Medical Certificate.
7. Homework assigned to the pupil by the teachers should be done regularly and parents / guardians are requested to co-operate with the school authorities by checking the homework of their wards.

8. Pupil should be punctual to school and bring the prescribed books according to their timetable.
9. Pupils will be eligible to sit for Examination only if they put in 80% of attendance.

SPECIAL FEATURES OF MAHARISHI VIDYA MANDIR SR. SEC. SCHOOL.

1. Follows the CBSE curriculum pattern for classes - I to XII.
2. Has only English as medium of instruction in all classes.
3. The campus features a tranquil and serene garden, along with well-ventilated and spacious classrooms.
4. It offers excellent facilities for both curricular and co-curricular activities.
5. A school van facility is available for students from Pre-KG to Class XII.
6. Transcendental Meditation (T.M.) based on the Unified Field of Technology of His Holiness Maharishi Mahesh Yogi with Yogasanas and Pranayama and Science of Creative Intelligence are an important and regular part of the daily programme. This has been incorporated to improve the learning ability and exploit pupil's full mental potential. Experiments have proved beyond doubt that regular practise of Transcendental Meditation does improve learning ability, memory power, receptivity, power of expression, creativity and improves physical and mental health and social behaviour.
7. Lives of great men are studied as a source of inspiration for students.
8. The school's primary objective is the holistic development of students, fostering their well-rounded and multi-faceted personalities.
9. Guru Pooja and Group Bhajans are conducted every Thursday.
10. School counselors have been appointed to support children to manage stress, choosing career paths and developing essential life skills. Counselors also serve as a bridge between school and home, addressing behavioral issues and fostering a supportive learning environment.
11. The Composite Lab is available for students in Grades IV to VIII. From Grade IX onward, dedicated laboratories for Physics, Chemistry, Biology,

Mathematics, and Computer Science are provided. Additionally, Computer Science and Mathematics are also taught in the primary classes.

12. Kindergarten and Primary classes focus on experiential learning through hands-on activities.
13. Technology-aided learning is seamlessly integrated across all subjects using interactive digital tools, smart classrooms and multimedia resources.
14. Mathematical concepts are reinforced using the Concrete-Pictorial-Abstract (CPA) approach, incorporating hands-on activities, visual representations and abstract reasoning.
15. National flag is hoisted every Monday morning during the assembly session.
16. Interactive and activity-based worksheets are integrated across all classes and subjects to enhance creativity, critical thinking, comprehension, and higher-order thinking skills.
17. Parents who have transferable jobs can seek admission in Maharishi Vidya Mandir Schools spread all over India. **Subject to availability.**
18. Extra Marks content is being followed in smart classes for all students. The content frame work helps to increase retention of concepts and application based learning.
19. Digital boards are installed in classrooms to make lessons more engaging and effective by integrating animations, simulations, and smart teaching tools.
20. A handwriting improvement course for Classes I-V focuses on developing clear, legible and well-structured handwriting skills.
21. The Maharishi Science - Math Exhibition blossomed in the year 2016, which is the brainchild of our Senior Principal, Shri.S.Namasivayam. The aim of this project is to encourage and kindle the scientific spirit among our students of Maharishi group of Schools. This is an annual feature. To boost the enthusiastic participation of our students, cash awards are given by the Management.

ADMISSIONS AND WITHDRAWALS

A. Admission:

1. While seeking fresh Admission, parents should produce Transfer Certificate from the school where the child last studied, duly signed by the competent authority. Application for admission into any class should be accompanied by Original Birth Certificate and a Medical Certificate certified by a Registered Medical Practitioner.
2. A child seeking admission to Class I should have completed 5 years and 6 months of age on 31st March. The age for admission to other classes shall be reckoned accordingly. Relaxation in age is not permitted.
3. This school will admit pupils from all recognized schools, Central / State on production of T.C. duly certified by competent officer of the Education Department.
4. Candidates seeking admission to class XI should have the following criteria:-

Passed an equivalent examination conducted by any other recognized Board of Secondary Education/Indian University and recognized by CBSE as equivalent to its Secondary School Examination.

B. Withdrawals :

1. Application for Transfer Certificate should be given in writing to the Principal signed by both the parents of the pupil. A minimum of seven days are required for the issue of the Transfer Certificate.
2. Pupil who intends to leave the school should clear all the fee dues to the school before taking the T.C.
3. A student once removed from the roll will be re-admitted only after the payment of re-admission fee provided there is a seat.

RULES FOR PROMOTION

1. A student is eligible for promotion in Stds I to X only if he or she has attended classes for 80% of the total number of working days for which the school has worked from April to March of the academic year.

2. For III Language there will be an Internal Examination at the end of Std VIII, students should complete the internal examination in the third language of Std VIII positively.
3. A delay in payment of school fees debars a student from appearing for an examination and the Report Book shall be withheld.

CURRICULUM

The syllabus and curriculum followed are the same as those of Central Schools. We have well qualified and competent team of teachers devoted to their work.

LANGUAGE PATTERN

Std I to X	:	Language I English (Compulsory)
Std I to VIII	:	Language II Tamil/Hindi Language III Tamil/Hindi
Std IX & X	:	Language II Tamil/Hindi Language III Tamil(Compulsory for students who have not taken Tamil as II Language)

Learning Tamil as a language is compulsory from the academic year 2015 - 2016.

SCHOOL FEES

1. School fees can be remitted annually or in three installments on the notified dates in the school office.

CODE OF CONDUCT FOR STUDENTS

Dear Student,

You are a unique person filled with latent potential. We would like to help you explore the riches of your character. To achieve this we need your co-operation and collaboration. Self-imposed discipline will help you to acquire ideals, interest, right attitudes, good habits, etc.

The following would be helpful as guidelines:

1. Do Yogasanas regularly and Transcendental Meditation twice a day.
2. Be loyal to your school, teachers and companions.
3. Do your home assignments regularly. Success depends on you. Work hard and do your best in your studies and complete all the assignments given to you by the school.
4. Be cheerful and optimistic, radiating joy in your surroundings. Be co-operative and be ready to help others in times of need or when occasion arises.
5. Be honest and sincere in all your dealings.
6. Cleanliness is next to Godliness. Be clean in person, i.e. body, heart and mind as well as maintain cleanliness of your environment.
7. Respect yours elders.

GENERAL RULES

1. The school authorities will not be responsible for the loss, damage or theft of pupils' belongings. It is not advisable for the pupils to bring money or valuable articles to school.
2. Although the school is not responsible for the behaviour of its students outside its premises, due notice will be taken of reports of misbehaviour and disciplinary action will be taken against the concerned students if the report is substantiated on proper enquiry.
3. Any damage done in the class or in the school premises has to be made good. Pupils must take care of the equipment that has been lent for their use.
4. Speaking in English is enforced in the school and within the school premises.
5. The students must take down the work assigned for the next day in their calendars.
6. Pupils are expected to be punctual. Late comers are liable to be sent home at the parents' own risk. Absence on the re-opening day will be viewed strictly.

7. Irregular attendance, unjustified or unexplained absence for more than a week, habitual idleness, disobedience or objectionable moral influence justify dismissal.
8. Finger-nails must be cut short and kept clean. Fanciful watches are not allowed, only dial type of watch has to be worn to school.
9. When the students go for P.T. or move along the corridors or while changing classes, they must walk in silence in a single line. They should always keep to the left.
10. Pupils are expected to come to school provided with all that is necessary for the day's work. Borrowing or lending of pencils, erasers, rulers, sharpeners, instrument box etc., is discouraged.
11. Personal cleanliness and hygiene are greatly recommended to all. Pupils should be particularly careful not to litter anything in the school premises. They should use the baskets and bins specially provided for this purpose.
12. Absence without proper information or prior permission will be considered a gross breach of discipline.
13. The names of students who are absent for one month without informing the school authority will be struck off from the register.
14. The school takes adequate care about the safety of the pupils. However, the school will not be held responsible for any injury or accident met by the pupils.
15. During unavoidable and abnormal circumstances, we may declare a holiday and on such days the school buses will not ply to pick the children to school. In case the holiday announcement comes later, i.e. after the children reach school, they will be retained in the school till evening. Parents who want to take them back home must come in person to collect their wards.

CO-CURRICULAR ACTIVITIES

In order to provide total education to children and good citizenship training, the school organizes different co-curricular activities through various Houses, Clubs, Educational Tours, Social Service Projects, Audio - Visual Education, Fine Arts, Scouts & Guides, Cubs & Bulbuls and Bunnies, Rovers & Rangers, Musical

Instruments, T.M., Science of Creative Intelligence, Yogasanas and Pranayamas. Programmes to motivate lateral thinking in students are devised and incorporated in school curriculum.

EXTRA CURRICULAR ACTIVITIES

Activities include training in Archery, Bharatha Natyam, Western Dance, Karate, Silambam, Skating, Sports and Games, Music, Yoga, Chess, etc. The school fosters a high degree of competency in several co-curricular and extra-curricular activities and the children are encouraged to participate in any one activity at a time.



Meditation vs Education



My education transformed me superficially,
made me civilized,

My meditation transformed me deeply,
made me realized.

My education gave me gold medals,
My meditation gave me golden moments.

My education gave me job eligibility,
My meditation gave me life flexibility.

My education fostered appreciation,
My meditation fostered introspection.

My education made me a good tax-payer,
My meditation answered my prayers.

My education sharpened my intelligence,
My meditation deepened my awareness.

My education stimulated my passion,
My meditation motivated my compassion.

My education made my job fruitful,
My meditation made my life grateful.

My education provoked competitiveness,
My meditation invoked inclusiveness.

My education inflated my ego,
My meditation allowed me to let go.

My education coloured my mind,
My meditation made my mind,
(undisturbed)

My education pushed me outward,
My meditation pulled me inward.

My education made me who I am,
My meditation showed me who am I.

EDUCATE TO MEDITATE

UNIFORM PATTERN : BOYS

PRE KG, LKG & UKG : T - Shirt, Shorts & Slippers

I - V : Shirt & Half Pant

VI - XII : Shirt & Full Pant

I - XII : Belt

DAY	UNIFORM	SHOE	SOCKS
Week Days	Brown	Black	Brown Socks (Double Border White)
Friday	Sports	Black	Brown Socks (Double Border White)
As per Schedule	Cubs (I - IV) Scouts (V - X) Rovers (XI, XII)	Black	Black

UNIFORM PATTERN : GIRLS

PRE KG, LKG & UKG : Frock & Slippers

I - V : Pinafore, Two Plaits with White Ribbon & Belt.

(Grade : I to III - Brown Bloomers)

(Grade : IV to V - Brown 3/4 Leggings)

VI - XII : Salwar Kameez, Two Plaits with White Ribbon

DAY	UNIFORM	SHOE	SOCKS
Week Days	Brown	Black	Brown Socks (Double Border White)
Friday	Sports Dress	Black	Brown Socks (Double Border White)
As per Schedule*	Bulbul**(I - IV) Guides (V - X) Rangers (XI, XII)	Black	White

Note:

***will be informed in Class Time Table**

****Bulbul : Dark Blue Ribbon**

****Grade : I & II - Dark Blue Bloomers**

****Grade : III & IV - Dark Blue 3/4 Leggings**

****Guide : Black Ribbon**

SCHOOL BUS SERVICE

RULES & REGULATIONS:

1.
 - a) Admission does not ensure school bus service.
 - b) Availability of school bus facility entirely depends on the scheduled timings and location.
 - c) The bus runs for the convenience of children without any liability whatsoever on the part of the authorities of the school.
 - d) Any change of residence, does not guarantee continuity of the service and parents must make their own arrangements.
 - e) If the pupil is found indisciplined while travelling in the school bus, he / she will be removed from the school bus facility.
 - f) The buses will ply for classes Pre KG - XII only on the selected routes. However the facility is extended if there is a minimum of 30 students availing the bus for both ways.

TRAFFIC RULES

Rules to be followed :-

While Walking

- Walk only on the pavement or footpath.
- If there is no pavement, walk on the right hand side of the road so that you can see the traffic coming towards you.
- Always walk one behind the other when there is a heavy traffic. Do not rush.
- Do not behave in the street as you do in the playground.

While Crossing

- Cross the road at a zebra crossing, traffic light crossings or at traffic islands or where there is a police officer or a traffic warden.
- Look for traffic in all directions and listen.
- Cross when there is a safe gap and you are sure there is enough time.

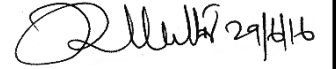
While Cycling

- Look behind before starting off, turning right or left, overtaking, or stopping and make sure it is safe.
- Give a clear arm signal to show what you intend to do.
- Always keep both hands on the handlebars unless you are giving a signal or changing gears.
- Do not wear a personal stereo or use a mobile phone whilst cycling. These devices affect your concentration.

போக்குவரத்து காவல்துறை சுற்றறிக்கை

சென்னை மாநகர காவல்துறை ஆணையாளர் அவர்கள் உத்தரவுப்படி ஒட்டுனர் உரிமம் இல்லாமல் இருசக்கர வாகனம் ஓட்டிவரும் மாணவ, மாணவிகள் மற்றும் அவர்களது பெற்றோர்கள் அல்லது வாகன உரிமையாளர் மீது மோட்டார் வாகன சட்டப்படி வழக்கு பதிவு செய்ய அறிவுறுத்தப்பட்டுள்ளது.

எனவே இந்த நடவடிக்கையை தவிர்க்க தாங்கள் தங்களது பள்ளியில் பயிலும் மாணவ, மாணவிகள் மற்றும் அவர்களது பெற்றோர்களிடம் ஒட்டுனர் உரிமம் இல்லாமல் கண்டிப்பாக வாகனம் ஓட்டக்கூடாது என அறிவுறுத்துமாறு கேட்டுக்கொள்ளப்படுகிறது.



காவல் ஆய்வாளர்,

G-3 போக்குவரத்து காவல் நிலையம்,

கீழ்ப்பாக்கம், சென்னை - 10

CIRCULAR FROM THE TRAFFIC POLICE DEPARTMENT

G-3, TRAFFIC POLICE STATION

KILPAUK, CHENNAI-10

C.NO : 73 / INS / G3TrPS / 2016

As per the Chennai City Traffic Police Commissioner's order, people without proper driving license, are liable for legal action under Motor Vehicle Act. Riders of Two-Wheelers, be it students, their parents or owners of vehicles, come under this rule.

In order to avoid such legal action, students and parents of your school are requested not to ride or drive vehicles without proper driving license, compulsorily.

A NOTE TO PARENTS

1. The Hand Book is the most effective medium of Parent - Teacher communication. Parents are requested to check the Hand Book daily, look in for homework endorsement made by the teacher and to communicate their queries through the Hand Book.
2. Ensure that your wards study and then sign in their Hand Book everyday mentioning their study hours.
3. Parent who seek information or wish to make a suggestion should do so to the Principal / Academic Coordinator. The Principal / Academic Coordinator can only be met on all working days during the visitor's timing. Please seek and confirm the appointment from the school reception to meet the Principal / Academic Coordinator / Correspondent / Class teachers.
4. Parents are expected to co-operate in the work of the school by enforcing regularity, punctuality and discipline, by taking interest in their children's progress. They should check the diary daily, see that the homework is done and then sign the diary.
5. Medical inspection is held once a year. Parents are requested to follow the suggestions given by the Medical Officer.
6. The school will strictly adhere to the schedule of working days and holidays as mentioned in the Hand Book. Only under extraordinary circumstances, if there is a Government announcement of a holiday for educational institutions, the school will not function.
7. Cycle- parking: Though school safe guards the cycles parked by the students in the school premises during the school hours, the school will not be held responsible for the loss of any cycle. It is the sole responsibility of the pupils to lock the cycles carefully and not allow them to be misused by his/her friends.
8. Parents are requested to ensure that their wards practise Yogasanas and Transcendental Meditation daily which are taught in the school.
9. Observation class: Parents may have the privilege of observing the child's class-room activities during the school working days with the prior permission of the Principal.
10. Pupils should bring only vegetarian food to the school. Parents should not allow their children to drive two/four wheelers to school or elsewhere.

ஆழ்நிலைத் தியானம்

மனதிற்கு கிடைக்கும் நன்மைகள்

- ☆ மன அமைதி பெருகுகின்றது
- ☆ மனத்தெளிவு உண்டாகின்றது
- ☆ அறிவுத் திறன் வளருகின்றது
- ☆ ஆற்றல் அதிகரிக்கின்றது
- ☆ கற்கும் திறன் அதிகரிக்கின்றது
- ☆ ரூபகச் சக்தி வளருகின்றது
- ☆ விழிப்புணர்வு கூடுகின்றது.
- ☆ மூளையின் செயல்திறன் ஓங்குகின்றது.
- ☆ ஆக்க அறிவு வளருகின்றது
- ☆ மனோவியாதி சீராகின்றது
- ☆ பயம், கவலை, குழப்பம் மன உளைச்சல் நீங்குகின்றது
- ☆ ஆனந்தம் பெருகுகின்றது.
- ☆ ஆளுமைத் திறன் ஓங்குகின்றது
- ☆ செய்யும் தொழிலில் திருப்தி உண்டாகின்றது



உடலுக்கு கிடைக்கும் நன்மைகள்

- ☆ ஆழ்ந்த தூக்கத்தில் கிடைப்பதை விட ஆழ்ந்த ஓய்வு கிடைக்கின்றது
- ☆ களைப்பு நீங்கி சுறுசுறுப்பு உண்டாகின்றது
- ☆ டென்ஷன் பதட்டம், படபடப்பு குறைகின்றது
- ☆ நோய் எதிர்ப்பு சக்தி பெருகுகிறது
- ☆ இரத்தம் அழுத்தம் சீராகின்றது.
- ☆ ஆஸ்துமா, தலைவலி குணமாகின்றது
- ☆ ஹார்மோன் ஏற்றத்தாழ்வு சீராகின்றது
- ☆ இதயநோய், மாரடைப்பு தடுக்கப்படுகிறது
- ☆ வயிறு சம்பந்தப்பட்ட நோய்கள் குறைகிறது
- ☆ ஜீரண கோளாறுகள் குறைகின்றது
- ☆ தூக்கமின்மை குணமாகின்றது
- ☆ தோலின் எதிர்ப்புச் சக்தி கூடுகின்றது.

ஆழ்நிலைத் தியானத்தின் மகிமை

- ☆ ஆழ்நிலைத் தியானமானது சாந்தம், மன அமைதி, மகிழ்ச்சி, நல்ல உடல்நிலை, அதிக ஆற்றல், நேர்மறையான உறவுகள், வாழ்வில் நிறைவு, மன அழுத்தமும் கவலையுமின்றி வாழ வழிகாட்டுகிறது.
- ☆ ஆழ்நிலைத் தியானம் கணக்கிடலங்கா பயன்களை உங்களது உடல், மனம் மற்றும் ஆத்மாவிற்குத் தருகின்றது.
- ☆ மேலும் ஒருவர் புத்துணர்வுடனும் மகிழ்ச்சியுடனும் வாழ முடியும். இன்பம், அமைதி, உற்சாகம், ஆகியவை ஆழ்நிலைத் தியானத்தின் மூலம் அதிகரிக்கின்றன.
- ☆ உடல் ரீதியாக ஆழ்நிலைத் தியானமானது அதிக ரத்த அழுத்தத்தைக் குறைக்கின்றது.
- ☆ தலைவலி, புண்கள், தூக்கமின்மை, தசை மற்றும் மூட்டு பிரச்சினைகள் போன்ற இறுக்கம் காரணமான வலிகளை நீக்குகின்றது.
- ☆ ஆற்றல் அளவியையும் பெருக்குகின்றது.
- ☆ படைப்பாற்றல் அதிகரிக்கின்றது ஆனந்தம் கூடுகின்றது.
- ☆ உள்ளுணர்வு வளர்கின்றது, மனத் தெளிவு மற்றும் மன அமைதி கிடைக்கின்றது.

The National Curriculum Framework (NCF) 2005 is a significant document that outlines the vision and guidelines for school education in India. Here are some important points of NCF:

I. Guiding Principles

1. Child-Centered Approach: Focus on the child's needs, interests, and abilities.
2. Inclusive Education: Cater to diverse needs.
3. Connectivity: Integrate knowledge across subjects and with real-life experiences.

II. Curriculum and Pedagogy

1. Integrated Curriculum: Combine subjects to promote holistic learning.
2. Project-Based Learning: Encourage hands-on, experiential learning.
3. Assessment Reforms: Emphasize continuous, comprehensive evaluation.

III. Subject-Specific Guidelines

1. Language Education: Focus on communicative competence and language acquisition.
2. Mathematics Education: Emphasize problem-solving, reasoning, and connections to real life.
3. Science Education: Foster curiosity, critical thinking, and hands-on experiences.

IV. Teacher Education and Support

1. Teacher Professional Development: Provide ongoing training and support.
2. Teacher Autonomy: Encourage teachers to take ownership of curriculum design and implementation.

V. Assessment and Evaluation

Continuous and Comprehensive Evaluation: Assess students' progress throughout the year.

VI. Community Participation

1. Community Involvement: Encourage community participation in school activities.
2. Parent-Teacher Association: Foster collaboration between parents and teachers.

VII. Implementation Strategies

1. Curriculum Renewal: Review and revise curricula to align with NCF guidelines.
2. Teacher Training: Provide training and support for teachers to implement NCF guidelines.
3. Monitoring and Evaluation: Establish mechanisms to monitor and evaluate the implementation of NCF guidelines.

WAKE UP PARENTS !

Years back, **poor illiterate parents** produced

- ◆ Doctors ◆ Engineers ◆ Scientists
- ◆ Lawyers ◆ Accountants ◆ Architects
- ◆ Professors.... Whom I will refer to as **Group A**

These **Group A** children struggled on their own after primary or Grade 12, to become notable personalities. Most of them

- ☛ Trekged to school **barefooted**
- ☛ Went to farms
- ☛ Fetched water and firewood
- ☛ Cared for domesticated animals
- ☛ Did some work including trading after school to survive.

Group 'A' who have now become parents themselves are **producing Group B children**.

These group B children are

- ◆ Pampered.
- ◆ Helped in their homeworks or home assignment from nursery school through secondary schools to higher institutions.
- ◆ Chauffeur driven to very expensive school or are sent abroad to study.
- ◆ They watch movies incessantly.
- ◆ They are treated like baby king and queen.
- ◆ They don't do any household chores.
- ◆ Food is served on the table for them.
- ◆ Their plates are removed and washed by parents or housemaids.
- ◆ They are given expensive cars and clothes.
- ◆ Not forgetting big pocket money to be wasted !!!

Inspite of all these, only few can **speak** or **write** correctly

Group A parents cared for their own **parents** and **children**,

Group B, their children are still **struggling to find their feet at age 30+ !!**

They find it difficult to do things on their own because they are used to being helped to think and doing things by Group A. So they can't help themselves, their parents or their society. **THEY ABANDON THEIR PARENTS IN THEIR BID TO ACQUIRE THE WORLD.**

Where do you belong?

- 📎 Reduce the pampering and unnecessary help you offer your children.
- 📎 Let your children **grow in wisdom, intelligence and strength**.
- 📎 Let them face the truth and the realities of life. Teach them to grow to become **independent adults**. Teach them to
 - ☛ fear God,
 - ☛ respect others and
 - ☛ develop confidence in themselves.

Parents, discipline your children to become disciplined adults, **useful** and not **useless**.

LIST OF HOLIDAYS FOR 2025-2026

DATE	DAY	HOLIDAYS
14/04/2025	MONDAY	TAMIL NEW YEAR & AMBEDKAR BIRTHDAY
18/04/2025	FRIDAY	GOOD FRIDAY
07/06/2025	SATURDAY	BAKRID
06/07/2025	SUNDAY	MUHARRAM
15/08/2025	FRIDAY	INDEPENDENCE DAY
16/08/2025	SATURDAY	JANMASHTAMI
27/08/2025	WEDNESDAY	VINAYAGAR CHATURTHI
05/09/2025	FRIDAY	MILADI NABI
25/09/2025	QUARTERLY HOLIDAYS	
02/10/2025		
01/10/2025	WEDNESDAY	AYUDHA POOJA
02/10/2025	THURSDAY	GANDHI JAYANTHI
02/10/2025	THURSDAY	VIJAYADASAMI
03/10/2025	FRIDAY	SCHOOL REOPENS AFTER QUARTERLY HOLIDAYS
19/10/2025	DIWALI HOLIDAYS	
20/10/2025		
21/10/2025		
24/12/2025	HALF-YEARLY HOLIDAYS	
01/01/2026		
25/12/2025	THURSDAY	CHRISTMAS
01/01/2026	THURSDAY	NEW YEAR'S DAY
02/01/2026	FRIDAY	SCHOOL REOPENS AFTER HALF YEARLY HOLIDAYS
13/01/2026	TUESDAY	BHOGI
14/01/2026	WEDNESDAY	PONGAL
15/01/2026	THURSDAY	THIRUVALLUVAR DAY
16/01/2026	FRIDAY	UZHAVAR THIRUNAL
26/01/2026	MONDAY	REPUBLIC DAY
01/02/2026	SUNDAY	THAIPUSAM
19/03/2026	THURSDAY	TELUGU NEW YEAR
20/03/2026	FRIDAY	RAMZAN

NUMBER OF WORKING DAYS 2025 - 2026

MONTH	NO.OF WORKING DAYS
APRIL	17
JUNE	22
JULY	26
AUGUST	22
SEPTEMBER	19
OCTOBER	22
NOVEMBER	24
DECEMBER	20
JANUARY	21
FEBRUARY	22
MARCH	15
TOTAL	230

DATE	DAY	APRIL 2025	
1	TUE		
2	WED		
3	THU		
4	FRI	NEW ACADEMIC YEAR BEGINS FOR STDS I to X & XII	1
5	SAT		2
6	SUN	SRI RAMA NAVAMI - HOLIDAY	
7	MON	WORLD HEALTH DAY	3
8	TUE		4
9	WED		5
10	THU	MAHAVIR JAYANTHI & WORLD SIBLINGS DAY	6
11	FRI		7
12	SAT	HOLIDAY	
13	SUN	JALLIANWALLAH BAGH MASSACRE DAY - HOLIDAY	
14	MON	TAMIL NEW YEAR, AMBEDKAR BIRTHDAY & BAISAKHI - HOLIDAY	
15	TUE		8
16	WED		9
17	THU		10
18	FRI	GOOD FRIDAY - HOLIDAY	
19	SAT		11
20	SUN	HOLIDAY	
21	MON		12
22	TUE	WORLD EARTH DAY	13
23	WED		14
24	THU		15
25	FRI		16
26	SAT	LAST WORKING DAY & WORLD ANTI DRUG DAY	17
27	SUN	HOLIDAY	
28	MON	SCHOOL CLOSES FOR SUMMER VACATION	
29	TUE		
30	WED		

DATE	DAY	JUNE 2025	
1	SUN	WORLD PARENTS' DAY - HOLIDAY	
2	MON	SCHOOL REOPENS AFTER SUMMER VACATION FOR STDS. I TO X & XII	18
3	TUE		19
4	WED		20
5	THU	SCHOOL REOPENS AFTER SUMMER VACATION FOR PRE.KG & KG WORLD ENVIRONMENT DAY	21
6	FRI		22
7	SAT	BAKRID - HOLIDAY	
8	SUN	WORLD OCEANS DAY - HOLIDAY	
9	MON	NEW ACADEMIC YEAR BEGINS FOR STD. XI	23
10	TUE		24
11	WED		25
12	THU	WORLD DAY AGAINST CHILD LABOUR	26
13	FRI		27
14	SAT	WORLD BLOOD DONOR DAY - HOLIDAY	
15	SUN	WORLD ELDER ABUSE AWARENESS DAY - HOLIDAY	
16	MON	FATHERS' DAY	28
17	TUE		29
18	WED		30
19	THU		31
20	FRI		32
21	SAT	INTERNATIONAL YOGA DAY	33
22	SUN	HOLIDAY	
23	MON		34
24	TUE		35
25	WED		36
26	THU		37
27	FRI		38
28	SAT	HOLIDAY	
29	SUN	INTERNATIONAL TIGER DAY - HOLIDAY	
30	MON		39

DATE	DAY	JULY 2025	
1	TUE	NATIONAL DOCTORS' DAY & 1 st JULY TO 7 th JULY VAN MAHOTSAV WEEK	40
2	WED		41
3	THU		42
4	FRI		43
5	SAT		44
6	SUN	MUHARRAM - HOLIDAY	
7	MON		45
8	TUE		46
9	WED		47
10	THU	GURU PURNIMA DAY	48
11	FRI	WORLD POPULATION DAY	49
12	SAT	HOLIDAY	
13	SUN	HOLIDAY	
14	MON		50
15	TUE	BIRTHDAY OF KAMARAJAR	51
16	WED		52
17	THU		53
18	FRI		54
19	SAT		55
20	SUN	HOLIDAY	
21	MON		56
22	TUE		57
23	WED		58
24	THU		59
25	FRI		60
26	SAT	KARGIL VICTORY DAY	61
27	SUN	HOLIDAY	
28	MON	WORLD NATURE CONSERVATION DAY & WORLD HEPATITIS DAY	62
29	TUE		63
30	WED		64
31	THU		65

DATE	DAY	AUGUST 2025	
1	FRI		66
2	SAT		67
3	SUN	HOLIDAY	
4	MON	FRIENDSHIP DAY	68
5	TUE		69
6	WED	HIROSHIMA DAY	70
7	THU	NATIONAL HANDLOOM DAY	71
8	FRI	QUIT INDIA MOVEMENT DAY & VARALAKSHMI POOJA	72
9	SAT	RAKSHA BHANDAN, AVANI AVITTAM & NAGASAKI DAY - HOLIDAY	
10	SUN	HOLIDAY	
11	MON		73
12	TUE		74
13	WED		75
14	THU		76
15	FRI	INDEPENDENCE DAY - HOLIDAY	
16	SAT	JANMASHTAMI - HOLIDAY	
17	SUN	HOLIDAY	
18	MON		77
19	TUE		78
20	WED		79
21	THU		80
22	FRI		81
23	SAT		82
24	SUN	HOLIDAY	
25	MON		83
26	TUE		84
27	WED	VINAYAGAR CHATHURTHI - HOLIDAY	
28	THU		85
29	FRI	NATIONAL SPORTS DAY	86
30	SAT		87
31	SUN	HOLIDAY	

DATE	DAY	SEPTEMBER 2025	
1	MON	NUTRITION WEEK	88
2	TUE		89
3	WED		90
4	THU		91
5	FRI	TEACHERS' DAY, MILADI NABI - & ONAM - HOLIDAY	
6	SAT		92
7	SUN	HOLIDAY	
8	MON	WORLD LITERACY DAY	93
9	TUE		94
10	WED		95
11	THU	BHARATHIYAR REMEMBRANCE DAY	96
12	FRI		97
13	SAT	HOLIDAY	
14	SUN	HINDI DIWAS- HOLIDAY	
15	MON		98
16	TUE		99
17	WED	QUARTERLY EXAMINATION BEGINS	100
18	THU		101
19	FRI		102
20	SAT		103
21	SUN	MAHALAYA AMMAVASYA ,WORLD ALZHEIMER'S DAY- HOLIDAY	
22	MON		104
23	TUE		105
24	WED		106
25	THU	QUARTERLY HOLIDAYS BEGIN	
26	FRI		
27	SAT	WORLD TOURISM DAY	
28	SUN	WORLD RABIES DAY- HOLIDAY	
29	MON	WORLD HEART DAY & WORLD DEAF DAY	
30	TUE		

DATE	DAY	OCTOBER 2025	
1	WED	AYUDHA POOJA, WORLD ELDERS DAY & WORLD VEGETARIAN DAY - HOLIDAY	
2	THU	VIJAYADASAMI, LAL BAHADUR SHASTRI BIRTHDAY, GANDHI JAYANTHI & WORLD NON VIOLENCE DAY - HOLIDAY	
3	FRI	SCHOOL REOPENS AFTER QUARTERLY HOLIDAYS	107
4	SAT	WORLD ANIMAL DAY & WORLD SMILE DAY	108
5	SUN	HOLIDAY	
6	MON		109
7	TUE	WORLD HABITAT DAY	110
8	WED	INDIAN AIR FORCE DAY	111
9	THU	WORLD POST DAY	112
10	FRI	MENTAL HEALTH DAY & WORLD SIGHT DAY	113
11	SAT	WORLD GIRL CHILD DAY - HOLIDAY	
12	SUN	HOLIDAY	
13	MON		114
14	TUE		115
15	WED	DR. APJ KALAM'S BIRTHDAY, HAND WASH DAY, WORLD RURAL WOMEN'S DAY & WORLD STUDENTS' DAY	116
16	THU	WORLD FOOD DAY	117
17	FRI	WORLD POVERTY ERADICATION DAY	118
18	SAT		119
19	SUN	DIWALI - HOLIDAY	
20	MON	DIWALI - HOLIDAY	
21	TUE	DIWALI - HOLIDAY	
22	WED		120
23	THU		121
24	FRI		122
25	SAT		123
26	SUN	HOLIDAY	
27	MON		124
28	TUE	VIGILANCE AWARENESS WEEK	125
29	WED		126
30	THU		127
31	FRI	NATIONAL REDEDICATION DAY	128

DATE	DAY	NOVEMBER 2025	
1	SAT		129
2	SUN	HOLIDAY	
3	MON		130
4	TUE		131
5	WED		132
6	THU		133
7	FRI		134
8	SAT	INTERNATIONAL WEEK OF SCIENCE - HOLIDAY	
9	SUN	HOLIDAY	
10	MON		135
11	TUE		136
12	WED		137
13	THU		138
14	FRI	WORLD HERITAGE WEEK, CHILDREN'S DAY & WORLD DIABETES DAY	139
15	SAT		140
16	SUN	HOLIDAY	
17	MON		141
18	TUE		142
19	WED	NATIONAL INTEGRATON DAY & NATIONAL INTEGRATON WEEK BEGINS	143
20	THU	WELFARE OF MINORITIES DAY	144
21	FRI	LINGUISTIC HARMONY DAY	145
22	SAT	WEAKER SECTIONS DAY	146
23	SUN	CULTURAL UNITY DAY - HOLIDAY	
24	MON	WOMEN'S DAY	147
25	TUE	CONSERVATION DAY	148
26	WED		149
27	THU		150
28	FRI		151
29	SAT		152
30	SUN	HOLIDAY	

DATE	DAY	DECEMBER 2025	
1	MON	WORLD AIDS DAY	153
2	TUE	NATIONAL POLLUTION CONTROL DAY	154
3	WED	KARTHIGAI DEEPAM	155
4	THU	INDIAN NAVY DAY	156
5	FRI		157
6	SAT		158
7	SUN	FLAG DAY - HOLIDAY	
8	MON		159
9	TUE		160
10	WED	WORLD HUMAN RIGHTS DAY	161
11	THU	MAHAKAVI BHARATHIYAR BIRTHDAY	162
12	FRI		163
13	SAT		164
14	SUN	HOLIDAY	
15	MON	HALF YEARLY EXAM BEGINS	165
16	TUE		166
17	WED		167
18	THU		168
19	FRI		169
20	SAT		170
21	SUN	WORLD MEDITATION DAY, HIS DIVINITY GURUDEV SWAMI BRAMANANDA SARASWATHI MAHARAJ JI'S BIRTHDAY & HOLIDAY	
22	MON	DR.RAMANUJAM'S BIRTHDAY	171
23	TUE		172
24	WED	HALF YEARLY HOLIDAYS BEGIN	
25	THU	CHRISTMAS - HOLIDAY	
26	FRI		
27	SAT		
28	SUN	HOLIDAY	
29	MON		
30	TUE		
31	WED	VAIKUNDA EKADASHI	

DATE	DAY	JANUARY 2026	
1	THU	NEW YEAR DAY - HOLIDAY	
2	FRI	SCHOOL REOPENS AFTER HALF YEARLY HOLIDAYS	173
3	SAT		174
4	SUN	HOLIDAY	
5	MON		175
6	TUE		176
7	WED		177
8	THU		178
9	FRI		179
10	SAT		180
11	SUN	HOLIDAY	
12	MON	FOUNDER'S DAY, HIS HOLINESS MAHARISHI MAHESH YOGI JI'S BIRTHDAY, SWAMI VIVEKANANDA BIRTHDAY & NATIONAL YOUTH DAY	181
13	TUE	BHOGI - HOLIDAY	
14	WED	PONGAL - HOLIDAY	
15	THU	THIRUVALLUVAR DAY - HOLIDAY	
16	FRI	UZHAVAR THIRUNAL - HOLIDAY	
17	SAT	GURU GOBIND SINGH JAYANTHI	182
18	SUN	HOLIDAY	
19	MON		183
20	TUE		184
21	WED		185
22	THU		186
23	FRI	NETHAJI BIRTHDAY	187
24	SAT		188
25	SUN	NATIONAL VOTERS' DAY - HOLIDAY	
26	MON	REPUBLIC DAY - HOLIDAY	
27	TUE		189
28	WED		190
29	THU		191
30	FRI	MARTYRS' DAY & WORLD LEPROSY DAY	192
31	SAT		193

DATE	DAY	FEBRUARY 2026	
1	SUN	THAIPUSAM - HOLIDAY	
2	MON		194
3	TUE		195
4	WED	WORLD CANCER DAY	196
5	THU		197
6	FRI		198
7	SAT		199
8	SUN	HOLIDAY	
9	MON		200
10	TUE		201
11	WED		202
12	THU		203
13	FRI		204
14	SAT	HOLIDAY	
15	SUN	MAHASHIVARATHRI - HOLIDAY	
16	MON		205
17	TUE		206
18	WED		207
19	THU		208
20	FRI		209
21	SAT		210
22	SUN	WORLD SCOUTS' DAY - HOLIDAY	
23	MON		211
24	TUE		212
25	WED		213
26	THU		214
27	FRI		215
28	SAT	NATIONAL SCIENCE DAY - HOLIDAY	

DATE	DAY	MARCH 2026	
1	SUN	HOLIDAY	
2	MON		216
3	TUE		217
4	WED	HOLI	218
5	THU		219
6	FRI		220
7	SAT		221
8	SUN	WORLD WOMEN'S DAY - HOLIDAY	
9	MON		222
10	TUE		223
11	WED		224
12	THU	DANDI MARCH	225
13	FRI		226
14	SAT	HOLIDAY - KARADAIYAN NOMBU	
15	SUN	WORLD CONSUMERS' RIGHT DAY - HOLIDAY	
16	MON		227
17	TUE		228
18	WED		229
19	THU	TELUGU NEW YEAR - HOLIDAY	
20	FRI	RAMZAN - HOLIDAY	
21	SAT	WORLD FORESTRY DAY & LAST WORKING DAY FOR THE ACADEMIC YEAR	230
22	SUN	WORLD DAY OF WATER - HOLIDAY	
23	MON	BHAGAT SINGH'S MARTYRDOM	
24	TUE	WORLD TUBERCULOSIS DAY	
25	WED		
26	THU		
27	FRI	SRI RAMA NAVAMI	
28	SAT		
29	SUN	HOLIDAY	
30	MON		
31	TUE	MAHAVIR JAYANTI	

**MAHARISHI VIDYA MANDIR
SR. SEC. SCHOOL**

LEAVE LETTER FORMAT

Name : _____

Class : _____ **Sec:** _____

Date : _____ **To** _____

No.of days : _____

Reason : _____

Signature of Parent

Class Teacher

MAHARISHI VIDYA MANDIR SENIOR SECONDARY SCHOOL

EXAM : _____

TIME TABLE

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

Portion for

Exam

[illegible]

**MAHARISHI VIDYA MANDIR
SENIOR SECONDARY SCHOOL
EXAM :**

TIME TABLE

[illegible]

Class Teacher's Signature

Parent's Signature

Portion for _____ Exam

Subject		Initial of the Sub Teacher

MAHARISHI VIDYA MANDIR SENIOR SECONDARY SCHOOL

EXAM : _____

TIME TABLE

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

Portion for _____ Exam

Subject		Initial of the Sub Teacher

MAHARISHI VIDYA MANDIR

SENIOR SECONDARY SCHOOL

EXAM : _____

TIME TABLE

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

Portion for _____ Exam

Subject		Initial of the Sub Teacher

EXAM : _____

[illegible]

Parent's Signature

Portion for _____ Exam

[illegible]

MAHARISHI VIDYA MANDIR SENIOR SECONDARY SCHOOL

EXAM : _____

TIME TABLE

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

Portion for _____ Exam

[illegible]

LIBRARY / READING RECORD

[illegible]

LIBRARY / READING RECORD

[illegible]

COMPETITION RECORD

Sl. No.	Date of Circular Issued	Name of the Competition	Date of Competition	Remarks			Tr. Sign.	Par. Sign.
				Participation	Non-Participation	Prize		

COMPETITION RECORD

Sl. No.	Date of Circular Issued	Name of the Competition	Date of Competition	Remarks			Tr. Sign.	Par. Sign.
				Participation	Non-Participation	Prize		

Name :

CT :

Time	9.10 - 9.50	9.50 - 10.30	10.40 - 11.20	11.20 - 12.00	12.30 - 1.10	1.10 - 1.45	1.45 - 2.20	2.20 - 2.35 MEDITATION	2.35 - 2.45 BREAK	2.45 - 3.20	3.20 - 3.55	3.55 - 4.15
Days	1	2	3	4	5	6	7			8	9	
MON												
TUE												
WED												
THUR												
FRI												
SAT												

Class Teacher Signature

Parent's Signature

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

There is nothing in life to take seriously except the joy of life

- Maharishiji



ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

I tell people in Chicago to take care of themselves.

- Maharishiji

ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"A comfortable and regulated life is needed for fastest pace of evolution."

- Maharishiji



ASSIGNMENT

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Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Right Speech has its basis in right thinking"

- Maharishiji

ASSIGNMENT

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“No action can be performed successfully without a clear result in view.”

- Maharishiji



ASSIGNMENT

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Human Concept, no matter how grand they may appear, have limitations."

- Maharishiji

ASSIGNMENT

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"We must take situations as they are. We must only change our mental attitude towards them."

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Being happy is of the utmost importance."

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"People are influenced by what we are, what we radiate. This has greater appeal than what we say."

- Maharishiji



ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Attend to your own inner health and happiness."

- Maharishiji



ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"We are born only to bless, not to punish."

- Maharishiji

ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Whatever we put our attention on will grow stronger in our life."

- Maharishiji



ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“The kingdom of heaven is like electricity. You don't see it. It is within you.”

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"God grants us the faculty to open ourselves to peace."

- Maharishiji



ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“When you forgive all, nature enjoys your brilliance and returns joy to you.”

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Knowledge has organising power."

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“Be established in the eternal unbounded reservoir of energy, intelligence & happiness within yourself and perform action to enjoy maximum results. Transcendental Meditation is the key.”

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Life finds its purpose and fulfilment in the expansion of happiness."

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“A right thought is one which in its nature, is harmonious and useful to the thinker and his surroundings.”

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"God has blessed us with green earth, just save it."

- Maharishiji



ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“The purpose of speech is to inspire and to uplift.”

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"The kingdom of heaven is electricity. You don't see it. It is within you."

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“We should never doubt what we have created, because then we have created doubt.”

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Problems will disappear as darkness disappears with the onset of light."

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“Education will be complete only when both subjective and objective methods of gaining knowledge are used.”

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"The whole effect of activity is to enrich the feeling of the other."

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“Let us not look back in anger or forward in fear, but around in awareness.”

- Maharishiji

ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"The state of least excitation of consciousness is the field of all possibilities."

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

“Failure is not the end of the road but only a bend.”

- Maharishiji



ASSIGNMENT

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

Day :

		Tick if Completed

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

"Don't go for what you know you can get. Go for what you really want."

- Maharishiji

ASSIGNMENT

Date :

Day :

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“Deserve..... and then desire.”

- Maharishiji



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"A comfortable and regulated life is needed for fastest pace of evolution."

- Maharishiji



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“All that is true and real, is always simple, natural and life supporting.”

- Maharishiji



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"You are the master of all the laws of nature if you know the transcendental field."

- Maharishiji



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“It is better to build children than to repair men.”

- Maharishiji

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"No action can be performed successfully without a clear result in view."

- Maharishiji

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“It doesn't matter if he thinks bad of me. I think good of him.”

- Maharishiji



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"When you forgive all, nature enjoys your brilliance and returns joy to you."

- Maharishiji

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“Knowledge is like water, to be pure it must keep running.”

- Maharishiji



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"Water the root to enjoy the fruit."

- Maharishiji

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“Simpler you are, more at home with you people feel.”

- Maharishiji



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"All that is true, and real is always simple, natural and life supporting."

- Maharishiji

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“Life is a field of all possibilities. What you make out of it is your life.”

- Maharishiji

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“Knowledge gives humbleness. When the mangoes are full on the tree then the tree bows down. As the fruit comes, it bows to earth for all people to enjoy.”

- Maharishiji

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“Every aspect of life is an aspect of the nation,
so every aspect must enjoy perfect health.”

- Maharishiji

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"Love is greatest harmonising power in life."

- Maharishiji

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“The World is as we are.”

- Maharishiji



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"We should never doubt what we have created, because then we have created doubt."

- Maharishiji



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“The movement belongs to those who move it.”

- Maharishiji

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"The great, mighty current of evolution which is advancing the life of everything in creation is simply invincible- no one can resist it."

- Maharishiji

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"Responsibility can never be given. It can only be taken."

- Maharishiji

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"Good social behaviour is based on a strong clear and contended mind."

- Maharishiji



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“If the thought is useful and creative, then the action will be useful and productive.”

- Maharishiji

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"The most effective teachers embody the teaching they give out."

- Maharishiji

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“A strong mind is tolerant, weak mind is easily overcome by the surrounding.”

- Maharishiji



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"Meditation is the straight flight of the mind to the Kingdom of Heaven present in the heart of everyone."

- Maharishiji



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“Life is all business. Spend your energy to get joy, happiness, evolution, and to gain more ability to enjoy. In this field we spend our energy. We never use our time, energy, speech, or ability to do something that doesn't help us grow and improve our life. It's not worth it.”

- Maharishiji

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"Gently resist the temptation to chase your dreams into the world: pursue them in your heart until they disappear into the Self, and leave them there."

- Maharishiji

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“Good social behaviour is based on a strong clear and contented mind.”

- Maharishiji

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"We have an infinite number of reasons to be happy, and a serious responsibility not to be serious."

- Maharishiji



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“In the field of knowledge is all possibility.”

- Maharishiji



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"See the job, do the job, stay out of the misery."

- Maharishiji



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“The highest state is laughter.”

- Maharishiji



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"Allow your love to nourish yourself as well as others."

- Maharishiji



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“To resolve problems through negotiation is a very childish approach.”

- Maharishiji

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"The golden gate to peace in life is the experience of bliss, and it is easy for everyone to acquire this great glory and live it throughout life."

- Maharishiji



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“The philosophy of life is this: Life is not a struggle, not a tension... Life is bliss. It is eternal wisdom, eternal existence.”

- Maharishiji

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"The constitution of the universe is total natural law. 'Natural law,' we say from the field of science. 'Will of God,' we say from the field of religion. It's the same thing."

- Maharishiji

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“Individual potential of life is cosmic potential. Individual is divine deep inside. Transcendental experience awakens that divinity in man. And when you kill a man you deprive him of that birthright of it.”

- Maharishiji



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"Life finds its purpose and fulfillment in the expansion of happiness"

- Maharishiji

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“Great amount of scientific research is there to show that health is better because transcendental meditation deals with consciousness, and consciousness is the basic value of all the physical expressions. The entire creation is the expression of consciousness.”
- Maharishiji

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"Stress is the reason for crime and all other kinds of frustration.
To relieve it will eliminate everything else."

- Maharishiji

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“We must take situations as they are. We must only change our mental attitude towards them.”

- Maharishiji

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"The secret of success is conviction and persistence".

- Maharishiji



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“Transcendental Meditation opens the awareness to the infinite reservoir of energy, creativity, and intelligence that lies deep within everyone.”

- Maharishiji



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"Whatever we put our attention on will grow stronger in our life."

- Maharishiji

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"A good teacher will appreciate the good qualities of his students. If one good quality is allowed to emerge, a world of good qualities will emerge from that one."

- Maharishiji

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"Master of the universe is every man's potential insight, cosmic potential."

- Maharishiji

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“The most effective teachers embody the teaching they give out.”

- Maharishiji



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"Being happy is of the utmost importance. Success in anything is through happiness."

- Maharishiji

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“Peace in the world can only be established if the people in the world are at peace within themselves.”

- Maharishiji

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"Education, to justify itself, should enable a man to use the full potential of his body, mind and spirit."

- Maharishiji



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"Love is greatest harmonising power in life."

- Maharishiji

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"Just don't think of any negativity that comes at you as a raindrop falling into the ocean of your bliss."

- Maharishiji



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“Attend to your own inner-health and happiness.”

- Maharishiji

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"When the conscious mind expands to embrace deeper levels of thinking, the thought wave becomes more powerful and results in added energy and intelligence."

- Maharishiji

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"It is the responsibility of the older generation to advise the young, to tell the child what is right and wrong. Even if they do not want to listen, to follow our direction, it is right to tell them."

- Maharishiji

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"You must learn to take life less seriously and to laugh"

- Maharishiji

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Happiness radiates like the fragrance from a flower and draws all good things towards you.

- Maharishiji



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Life finds its purpose and fulfillment in the expansion of happiness.

- Maharishiji

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Date :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Behaviour arises from the level of one's consciousness

- Maharishiji



ASSIGNMENT

Date :

Day :

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Parent / Teacher's Note

Teacher's Sign

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Study Time : _____ to _____ PM / _____ to _____ AM

Date :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

Just think of any negativity that comes at you as a raindrop falling into the ocean of your bliss.

- Maharishiji



ASSIGNMENT

Date :

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Parent / Teacher's Note

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Problems will disappear as darkness disappears with the onset of light.

- Maharishiji



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You must learn to take life less seriously and to laugh.

- Maharishiji

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My University of Management will create managers who will float in happiness, success and fulfillment.

- Maharishiji

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The knowledge from an enlightened person breaks on the hard rocks of ignorance.

- Maharishiji



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Monks are not expected to speak about themselves; the message is important,
not the person.

- Maharishiji



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My coherence-creating groups are going to put out all this mischief-mongership in the world.

- Maharishiji



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All world conflicts will be resolved if people listen to my advice.

- Maharishiji

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I want to eliminate the basis of problems and basis of crime, and basis of terrorism.

- Maharishiji



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The important thing is this: to be able, at any moment, to sacrifice
what we are for what we could become

- Maharishiji

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- Maharishiji

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"We have an infinite number of reasons to be happy, and a serious responsibility not to be serious."

- Maharishiji

ASSIGNMENT

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In the process of evolution, the body lasts for some time and then will take other body and take other body and take other body until the final redemption from diversity is transcended.

- Maharishiji



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I did not become great by association of The Beatles! Beatles make Maharishi great? Pah!
It is a waste of thought.

- Maharishiji

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Life is really simple, but we insist on making it complicated.

- Maharishiji



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Life isn't about finding yourself. Life is about creating yourself.

- Maharishiji

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The United States influences government and life everywhere else.

- Maharishiji

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America is the most creative country and the most powerful government in the world.

- Maharishiji

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Date :

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Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Study Time : _____ to _____ PM / _____ to _____ AM

My University of Management will create managers who will float in happiness, success and fulfillment.

- Maharishiji



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Modern psychology has pointed to the need of educating people to use a much larger portion of the mind. Transcendental meditation fulfills this need. And it can be taught very easily.

- Maharishiji

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Day :

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- Maharishiji

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In the United States we have the great Harvard Business School, but America is the country with the greatest debt in the world.

- Maharishiji

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Stress is the reason for crime and all other kinds of frustration. To relieve it will eliminate everything else.

- Maharishiji

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I let people make remarks about me, but it doesn't touch me, all those remarks.

- Maharishiji

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The important thing is this: to be able, at any moment, to sacrifice what we are for what we could become.

- Maharishiji

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- Maharishiji

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Transcendental meditation is something that can be defined as a means to do what one wants to do in a better way, a right way, for maximum results.

- Maharishiji



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"It is the responsibility of the older generation to advise the young, to tell the child what is right and wrong. Even if they do not want to listen to follow our direction, it is right to tell them."

- Maharishiji



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If you want to pay off your debts, it pays to increase your earning power.

- Maharishiji

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Teacher's Sign

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"Unless an action is rightly thought out and its steps rightly planned, every stage of its performance will probably remain vague and therefore unsatisfactory for the doer and all those concerned."

- Maharishiji



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- Maharishiji



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"We are not satisfied with peace alone. There has to be prosperity, there has to be affluence, there has to be fulfillment in life, not just peace."

- Maharishiji

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Adopt the standard of perfection, because it is a perfect universe.

- Maharishiji

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Where is the money going to come from? From wherever it is at the moment.

- Maharishiji

PUNCTUALITY / CLEANLINESS / ORDERLINESS RECORD OF PUPIL

Date	Details	Teacher's / Principal's Signature	Parent's Signature

IMPORTANT ANNOUNCEMENT

Rules and regulations laid down by TamilNadu Education Department for students

1. Students should report to school on time.
2. Students should not wear low waist or tight pants.
3. Students should wear only half sleeve shirts and not tight fittings.
4. The shirts should be long enough to be tucked in properly.
5. Students should not tuck the shirt in an improper way. Students should wear school belt only.
6. Students should trim their nails short both in hands and feet and should have police hair cut only .
7. Students should have trimmed mustache. The mustache should not be too big and it should not be curled or towards the upper lip. In case of deviation severe action will be taken.
8. Students should not wear rubber bands or any type of coloured threads in their hands and are also prohibited to wear ear-rings, studs or chains.
9. Students are allowed to avail leave only with the consent of the parents and the class teacher.
10. Bikes, cell phones, smart phones are strictly prohibited, violation will lead to confiscation (will not be returned).

DISCIPLINARY RECORD

April 2024	June 2024	July 2024	Aug 2024	Sep 2024	Oct 2024	Nov 2024	Dec 2024	Jan 2025	Feb 2025	Mar 2025
1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12	12
13	13	13	13	13	13	13	13	13	13	13
14	14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15	15
16	16	16	16	16	16	16	16	16	16	16
17	17	17	17	17	17	17	17	17	17	17
18	18	18	18	18	18	18	18	18	18	18
19	19	19	19	19	19	19	19	19	19	19
20	20	20	20	20	20	20	20	20	20	20
21	21	21	21	21	21	21	21	21	21	21
22	22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	25	25	25	25
26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28
29	29	29	29	29	29	29	29	29		29
30	30	30	30	30	30	30	30	30		30
		31	31		31		31	31		31

✖ Home Work not done, Not wearing uniform ✖

○ Circle round the date indicates late coming

Dear Students, avoid the negative markings and try to win a fabulous prize and appreciation by bearing a clear record.

AN APPEAL

Dear Parents

A Parent's duty does not end once the child is admitted in school. In fact, in the present educational system, only the joint efforts of both Parents and Teachers can provide a bright future. Do not hesitate to consult either the class teacher or the Principal. If you can speak in English, it is good, if not you can converse with the teacher, in a language known to you. But encourage your child to always converse in English.

Supervise your ward's day to day activities. Draw a time table for their daily routine, right from brushing their teeth in the morning, till they go to bed. See to it that they go to sleep early at night and follow it accordingly. Set aside time for them to play and watch T.V. Do not hesitate to check into their duties such as brushing their teeth, bathing, cutting their nails, washing their face, hands and legs, cleaning their shoes, oiling and combing their hair, arranging and bringing books to school according to their time table, completing their home work regularly, bringing fresh and nutritious food to school, bringing a spoon and small napkin to wipe their hands and such other things everyday.

Shower love and affection on your children and at the same time, be strict when necessary.

We, the Parents and Teachers, join hands to create a bright and prosperous future for our children.

வேண்டுகோள்

அன்பிற்குரிய பெற்றோர்களுக்கு....

குழந்தையைப் பள்ளியில் சேர்த்தவுடன் பொறுப்பு முடிந்தது என எண்ண வேண்டாம். இன்றைய கல்வி முறையில் பெற்றோரும், ஆசிரியரும் ஒருங்கிணைந்து செயல்பட்டால்தான், நல்ல எதிர்காலத்தைத் தர முடியும். எனவே, ஐயம் ஏற்படும் போதெல்லாம் வகுப்பு ஆசிரியரையோ, பள்ளி முதல்வரையோ கலந்தாலோசிக்கத் தயங்க வேண்டாம். தங்களுக்கு ஆங்கிலம் தெரிந்தால் நல்லது. தெரியாவிடின் அது ஒரு குறைபாடு அல்ல. தங்களுக்குத் தெரிந்த மொழியில் ஆசிரியரிடம் பேசவும். ஆனால், உங்கள் மாணவச் செல்வத்தை மட்டும் எப்போதும் ஆங்கிலத்தில் பேசுமாறு ஊக்கப்படுத்தவும்.

தங்களது புதல்வன் / புதல்வியின் நடவடிக்கைகளைத் தினசரி கண்காணிக்கவும். காலை பல் தேய்ப்பதில் இருந்து, இரவு தூங்குதல் வரை கால அட்டவணை ஒன்றைத் தயாரித்து அதன்படி கட்டாயம் செயல்படச் சொல்லவும். விளையாடவும், தொலைக்காட்சி பார்க்கவும் நேரத்தைத் தாங்கள் ஒதுக்கிக் கொடுக்கவும். பஸ்துலக்குதல், நீராடல், நகம் வெட்டுதல், முகம், கை, கால் சுத்தம் செய்தல், காலணிகளைச் சுத்தம் செய்தல், தலைமுடிக்கு எண்ணெய் தேய்த்து ஒழுங்காக வைத்திருத்தல், சுத்தமான ஆடை அணிகளை அணிதல், கால அட்டவணைப் படி புத்தகம் மற்றும் நோட்டுப் புத்தகங்களை பள்ளிக்குக் கொண்டு வருதல், வீட்டுப் பாடங்களை ஒழுங்காகச் செய்தல், புளித்துப் போகாத நல்ல சத்துள்ள உணவுகளைத் தந்து பள்ளிக்கு அனுப்புதல் போன்ற அன்றாடக் கடமைகளை நினைவுறுத்தத் தயங்காதீர்கள். உங்கள் மழலைக்கு அளவற்ற அன்பைத் தரவும், அதே நேரத்தில் கண்டிப்புடனும் இருக்கத் தயங்காதீர்கள்.

உங்கள் பிள்ளைகள் தினமும் வீட்டில் முறையாக ஆழ்நிலைத் தியானமும் யோகாசனமும் செய்கிறார்களா எனக் கவனிக்கவும்.

கால அட்டவணை ஒன்றினைத் தயாரித்து, தினசரி செயல்பாடுகளையும், படிப்பினையும் முறைப்படுத்தவும் குறைந்தது மூன்று மணிநேரமாவது படிக்கச் செய்து பள்ளிக் குறிப்பேட்டில் பதிவு செய்து ஆசிரியர்களுடன் தினசரி தொடர்பை வலுப்படுத்திக் கொள்ளுங்கள்.

பெற்றோரும் ஆசிரியர்களும் இணைந்து பணியாற்றி நமது குழந்தைகளுக்கு நல்ல எதிர்காலத்தை உருவாக்குவோம்.

பாரம்பரிய விளையாட்டுகள்



பல்லாங்குழி

கணிதத் திறன் கூடும்.
வணிக நுட்பம் வளரும்.
சேமிப்பின் தேவை புரியும்.
விடாமுயற்சி தன்னம்பிக்கை கூடும்.



கிடம்புள்

குறித்திறன் அதிகரிக்கும்.
அளவீட்டுக் கணிதமுறை விளங்கும்.
ஆபத்து காலத்தில் உதவியாகும்.
கைகள் வலுப்பெறும்.



பம்பரம்

குறித்திறன் அதிகரிக்கும்.
பொறி நுட்பம் விளங்கும்.
எதிராளியின் திட்டம் பிடிபடும்.
பொறுமையின் தேவை புரியும்.



தாயம்

வாழ்வின் அடிப்படை விளங்கும்.
கணிதத் திறன் கூடும்.
இயற்கையின் விதிகள் புரியும்.
மிகச்சிறந்த மனிதனை உருவாக்கும்.



கட்டைக்கால்

கைகள் வலுப்பெறும்.
கால்கள் நெகிழ்வுத்தன்மை பெறும்.
முழுஉடனும் ஒருங்கே செயல்படும்.
கழுத்து வலுப்பெறும்.



ஊதித்தள்ளு

மூச்சு மண்டலம் வலுப்பெறும்.
செரிமான சிக்கல் குறையும்.
சிக்கலை கையாளும் மதி கூடும்.
பொறுப்பும் புரிந்துணர்வும் கூடும்.



கிச்சு கிச்சு தாம்பளம்

துப்பறிதல் திறன் உருப்பெறும்.
மதி நுட்பம் கூடும்.
தெளிந்த சிந்தனை மேலோங்கும்.
குறித்திறன் வலுப்பெறும்.



கயிறிழுத்தல்

விடாமுயற்சி தன்னம்பிக்கை கூடும்.
குழு மனப்பான்மை வளரும்.
உடல் உறுப்புகள் வலுப்பெறும்.
கால்களின் நிலைத்தன்மை கூடும்.



உந்திப்பற

கை எலும்புகள் நீட்சியடையும்.
கால்கள் துரித செயல்திறன் பெறும்.
மூச்சு மண்டலம் தூய்மையடையும்.
மாய பயம் விலகும்.



ஏழுகல் எறிபந்து

பொறுமை, விடாமுயற்சி கூடும்.
குழு ஒற்றுமை வளரும்.
உடல் கழிவுகள் வெளியேறும்.
குறித்திறன் வலுப்பெறும்.



கபடி

குழு ஒற்றுமை வளரும்.
மூளை மற்றும் உடல் வலுப்பெறும்.
விழிப்புணர்வு, தக்க நேரத்தில் செயல்படும்
திறன் மேம்படும்.
மூச்சுப்பயிற்சி மூலம் நுரையீரல் வலிமைப்பெறும்.



கயிறாட்டம்

மூச்சு மண்டலம் தூய்மையடையும்.
உடல் பிணிகள் நீங்கும்.
உடற்கழிவுகள் வெளியேறும்.
கருப்பை வலுவாகி கரு நிலைக்கும்.