

---

# MAHARISHI VIDYA MANDIR SENIOR SECONDARY SCHOOL

(Since 1983)

---

*Affiliated to CBSE (New Delhi) Affiliation No.: 1930111*



## Calendar & Handbook

**April 2024 - March 2025**

*Pupils should bring this diary to school everyday*

MAIN SCHOOL

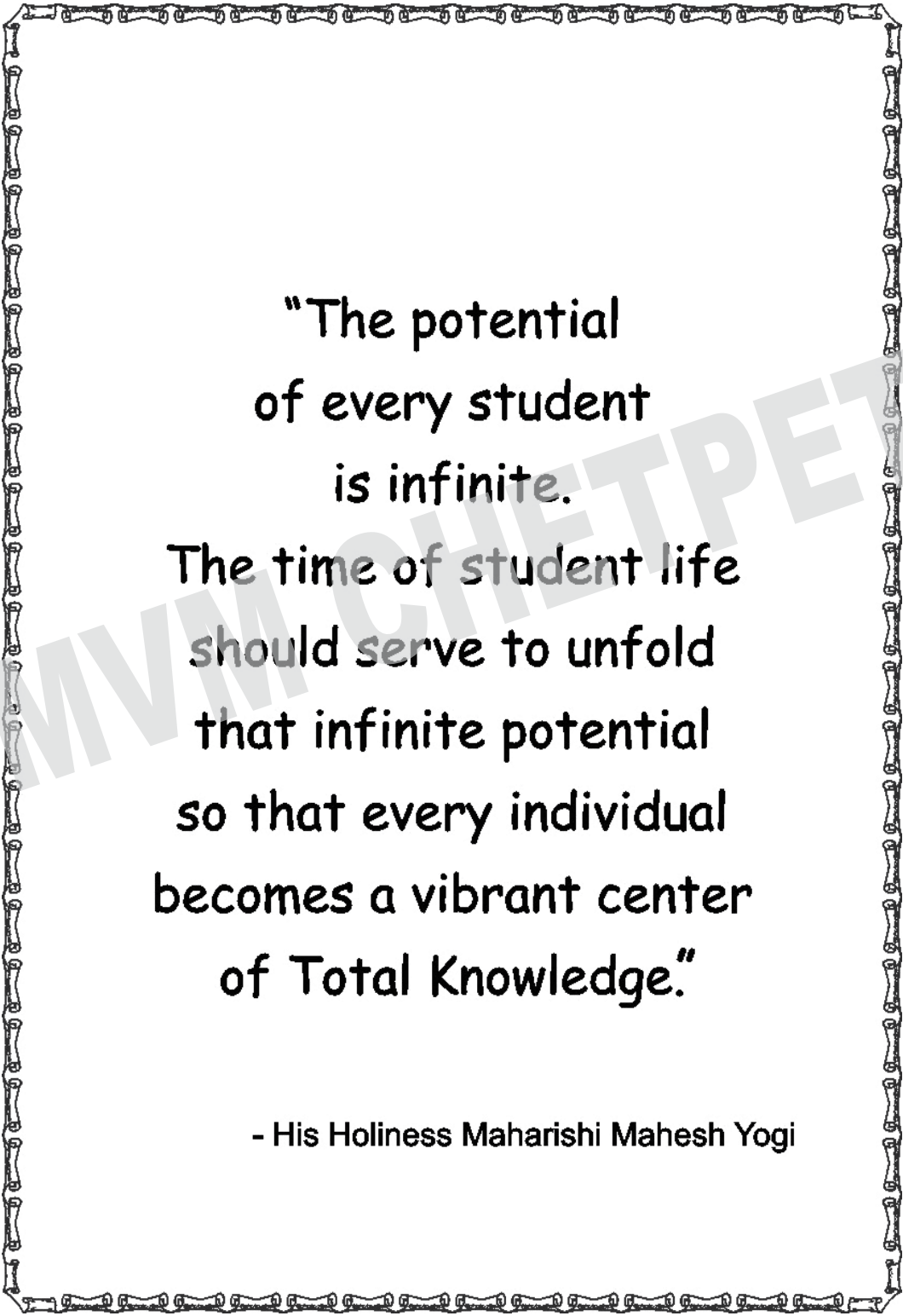
**“MAHARISHI GARDENS”**

28, Dr. Guruswamy Road, Chetpet, Chennai - 600031

Tel : 044 - 26427088 / 26431047 / 30527077 Fax : 26404159

Email : [mvmchen@gmail.com](mailto:mvmchen@gmail.com)

Website : [maharishividyamandirch.com](http://maharishividyamandirch.com)



**“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**



**HIS DIVINITY GURUDEV  
SWAMI BRAHMANANDA SARASWATHI MAHARAJ**

**THE TRADITION OF KNOWLEDGE**

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

Maharishiji and his Master came from a tradition whose roots go back to the beginning of time and which includes great saints 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. Pure 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 this basis, the knowledge 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".

### MISSION STATEMENT

The school strives to improve the performance of the students every year in such a way that at least 40% of the students get into high profile institutions and other reputed institutions. It ensures to improve the students' physical and mental health through physical fitness programs. Transcendental meditation, yoga and pranayama 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 Kshatriya caste, 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 death of Swami Brahmananda Saraswathi, in 1953 Mahesh travelled to Uttarkashi, in the Himalayas. The years he spent in Himalayas enabled him to deepen his meditation experience. He left Uttarkashi in 1955 and decided to teach the world, the traditional meditation techniques which he had learnt from his master.

He named these techniques "Transcendental Meditation". Transcendental Meditation is a special technique that helps a person in achieving consciousness. It involves the use of mantra through which the mind becomes alert, but body relaxes. Meanwhile, he assumed 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 organization in Chennai, the same year.

He received a severe life block from spiritual re-generation movement which motivated him to expand his teaching. He went 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 techniques. 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 '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 increasing interest in Vedic Knowledge motivated him to translate and give commentary 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.

Maharishi Mahesh Yogi breathed his last on February 5th, 2008 at Vlodrop, The Netherlands. 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

## PUPIL'S PERSONAL RECORD

Name of the Pupil :

Standard : 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 Phone No. :

[ii] Residence Address with Phone No. :

[iii] Mail ID :

[iv] Request Phone No. :









## 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 கண்டமீதில்  
தெக்கணமும் அதிர்சிறந்த 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!

- மனோன்மணியம் பெ. சுந்தரம்பிள்ளை

### TRANSLITERATION

Neeraram Kadaluduththa Nilamadanthai kezhil Ozhukum  
Seeraram Vadanamena Thikazh Bharatha Kandamithil  
Thekkanamum Athil Sirantha Dravidanal Thriunadum  
Thakkasiru Pirainuthalum Tharitha Narum Thilakamume  
Aththilaka Vasanaipol 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.

- Rabindranath Tagore

## 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  
मासूम क्या किसी को दर्द - ए - निहा हमारा ॥ 8 ॥

मुहम्मद इकबाल

### 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 2024 - 2025

Timings	Std. I - V	Timings	Std. VI - XII
08.30 - 08.50	Class teacher period and Prayer	07.30 - 08.10	I Period
08.50 - 09.30	I Period - Activity	08.10 - 08.50	II Period
09.30 - 09.40	Break	08.50 - 09.30	III Period
09.40 - 10.20	II Period	09.30 - 09.40	Break
10.20 - 11.00	III Period	09.40 - 10.20	IV Period
11.00 - 11.40	IV Period	10.20 - 11.00	V Period
11.40 - 12.10	Lunch	11.00 - 11.40	VI Period
12.10 - 12.50	V Period	11.40 - 12.10	Lunch
12.50 - 01.30	VI Period	12.10 - 12.50	VII Period
01.30 - 02.10	VII Period	12.50 - 01.30	VIII Period
02.10 - 02.25	Meditation	01.30 - 02.10	IX Period
02.25 - 03.05	VIII Period	02.10 - 02.25	Meditation
03.05 - 03.45	IX Period		

\* School Timings may change as per the school

### ASSEMBLY SCHEDULE

### ACADEMIC YEAR 2024-2025

TIMINGS	: STD VI - XII - 7.30 a.m. - 8.10 a.m. STD I - V - 8.30 a.m. - 8.50 a.m.
MONDAY	: STD VI - VIII
WEDNESDAY	: STD IX - X & IV - V
THURSDAY	: BHAJANS
FRIDAY	: STD XI & XII STD I, II & III
NATIONAL ANTHEM	: Common time for the whole school at 8.50 a.m.
MEDITATION TIME	: Morning as per Time Table 02.10 - 02.25 pm Common Meditation for MVM Group of Schools



## **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. The gift will be announced in the Assembly and the birthday will be long cherished by the pupils.

**“Distributing sweets is strictly prohibited. Students and Parents kindly co-operate”**

### **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 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 curriculum pattern of C.B.S.E Schools - I to XII STD
2. Has only English as medium of instruction in all classes.
3. The campus includes a calm and serene garden with special class rooms.

4. Has good facilities for both curricular and co-curricular activities.
5. Has school bus facility for students from I - 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 enhance pupil's full mental potential. Experiments have proved beyond doubt that regular practice 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. Development of the total and multi-sided personality of the students is the major objective of the school.
9. Guru Pooja and Group Bhajans are conducted every Thursday.
10. Basic Knowledge of Electronics and Computer is also being imparted.
11. Junior Lab for V, VI, VII & VIII Stds is available.
12. School Counsellors have been appointed one for each of these sections i.e. Middle and High School for providing educational guidance, particularly to low achievers. These counsellors serve as School - Home Liaison officers too. Counselling for developing skills of adolescents is also provided by trained teachers. As per CBSE regulations embracing the idea of diversity is the reality and, therefore, each child is a unique learner. Hence in MVM we have already trained 20 special tutors for such children with specific learning difficulties.
13. The board had brought out a document related to poor academic performance in schools focusing on the major issues of slow learning caused by dyslexia and other co-morbid disabilities.

We at Maharishi Vidya Mandir, Chetpet take an effort to make sure that all learners including children with disabilities access school along with other children and receive specially designed support and instructions. Teachers are trained and the parents of identified SLD are given awareness sessions about the learning difficulties of their children and the need for remedial education.

Highly interactive and play way methods are used with technology to sustain the interest of the children.

14. Learning by doing, experiencing through activities in Primary classes.
15. Technology - aided learning in all the branches of knowledge is imparted by preparation and presentation through multimedia.
16. Learning and reinforcement of mathematical concepts through practical demonstrations and introduction of non-routine topics at various levels.
17. National flag is hoisted every Monday morning during the assembly session.
18. Leisure time of children is ideally utilized by making them view subject related concepts to enhance their knowledge.
19. An Informative Technology Centre has been established for conducting IT Courses.
20. Introduction of worksheets in all primary classes in almost all the subjects for increasing the creativity and comprehension level of the pupils.
21. To help the students in the academic performance, our devoted teachers spend two hours in the evenings (after school hours) to guide and assist the students in studies. The parents co-operate in picking up their wards from coaching classes.
22. Parents who have transferable jobs can seek admission in Maharishi Vidya Mandir Schools spread all over India. **Subject to availability.**
23. School has special program for sports which focuses on skills and assessment after every lesson.
24. Maharishi Vidya Mandir has introduced the path breaking “Learn English program from Wordsworth English Lab for students from grade 1 to 10. The program consists of a unique approach to language learning involving grammar, vocabulary games, songs, stories and videos that help children.
25. As per the letter from Directorate of School Education, Chennai - 600006, received in the month of October - 2014, it is ordered that Tamil shall be taught as a subject in Standards I to X in all schools, in a phased manner

commencing from the academic year 2015 - 2016 for Std I. Hence for the academic year 2023-2024 it is extended upto std IX.

26. HOME AWAY FROM HOME - Children from classes III-X are taken to Maharishi International Residential School twice in a year to develop social and emotional skills in a new environment.
27. **KINDLE- e-Reader** - 21st century's latest innovation in the field of reading is Kindle. The device is lighter, smaller and faster. It is an e-reader with touch screen display, built-in Wi-Fi, massive book collection of over 8 lakh titles. Kindle is a good vocabulary builder & has the best compilation of vital information for learning. We at MVM, have taken an initiative to install this facility for our students to give timely guidance, that could enrich their knowledge in various fields of learning. MVM has made a provision of 40 Kindles in the library to enable the students to explore the stories during the library periods.
28. The Maharishi Science - Math Exhibition blossomed in the year 2016, which is the brainchild of our Dean & Director Late, 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 attached with 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. However in Std IX and X, this school will admit only pupils from Central Schools on production of T.Cs. Pupils are admitted on the basis of the Scheme of school based assessment/Aptitude test.

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 of ₹ 2000/- (Rupees Two Thousand only) for the same academic year, provided there is a seat.

### **RULES FOR PROMOTION**

1. A student is eligible for promotion from Std 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 forbids 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
- Std I to V : Language II Tamil/Hindi/Sanskrit  
Language III Tamil/Hindi/Sanskrit.
- Std VI to VIII : Language II Tamil/Hindi/Sanskrit (French only for VII & VIII)  
Language III Tamil/Hindi/Sanskrit/  
(French only for VII & VIII).
- Std IX & X : Language II Tamil/Hindi/Sanskrit/French.  
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 fee can be remitted annually or in two terms through online mode / portal available at School Website.

## 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 lofty 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 your 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 by the student should 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 justifies dismissal.
8. Finger-nails must be trimmed.
9. Boys must have proper haircut and girls should plait their hair and neatly tie with white ribbon.
10. 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.
11. 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.

12. 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.
13. Absence without proper information or prior permission will be considered as breach of discipline.
14. The names of students who are absent for one month without informing the school authority will be struck off from the register.
15. 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 outside the school campus.
16. 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 premises 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, RSP, Social Service Projects, Audio - Visual Education, Fine Arts, Scouts & Guides, Cubs & Bulbuls, NGC, JRC, Karuna Club, NCC, NSS, 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, Carnatic Music, Band, Karate, Handwriting, Key board, Tabla, Veena, Guitar, Skating, Sports and Games, 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.

**TALENT FIESTA:** The noteworthy feature is the Kalavarshini which brings out the hidden talents of our students, teachers, parents and grandparents through cultural programs on the stage.



## TIME TABLE - Std. I - V

Name :				CT :									
Time	8.30 - 8.50	8.50 - 9.30		9.40 - 10.20	10.20 - 11.00	11.00 - 11.40		12.10 - 12.50	12.50 - 1.30	1.30 - 2.10		2.25 - 3.05	3.05 - 3.45
Days		1		2	3	4		5	6	7		8	9
MON			9.30 - 9.40 BREAK				11.40 - 12.10 LUNCH				2.10 - 2.25 MEDITATION		
TUE													
WED													
THUR													
FRI													
SAT													

**Transcendental Meditation : I to XII - 2.10 p.m. to 2.25 p.m.**

**Yogasanas, Pranayama and Transcendental Meditation are part of our daily programme**

### YOGA & YOGIC EXERCISE SCHEDULE FOR THE ACADEMIC YEAR 2024-2025

#### **MORNING 1st SESSION (7.30 a.m. - 8.10 a.m.)**

- MONDAY : STD XI & XII (YOGA, PRANAYAMA & MEDITATION)  
 TUESDAY : STD IX & X (YOGA, PRANAYAMA & MEDITATION)  
 WEDNESDAY : STD XI & XII (YOGIC EXERCISE, PRANAYAMA & MEDITATION)  
 FRIDAY : STD IX & X (YOGIC EXERCISE, PRANAYAMA & MEDITATION)

#### **MORNING 2nd SESSION (11.00 a.m. - 11.40 a.m.)**

- MONDAY : STD VIII (YOGA, PRANAYAMA)  
 TUESDAY : STD VII (YOGA, PRANAYAMA & MEDITATION)  
 WEDNESDAY : STD VI (YOGA, PRANAYAMA)  
 STD III (YOGIC EXERCISE, PRANAYAMA & MEDITATION)  
 THURSDAY : STD V (YOGA, PRANAYAMA & MEDITATION)  
 FRIDAY : STD IV (YOGA, PRANAYAMA & MEDITATION)

**The pupils have to bring their breakfast to school on the respective days allotted for yoga. Time will be given for them to have their breakfast.**

JAI GURU DEV

## INITIATIVE FOR MORAL AND CULTURAL TRAINING FOUNDATION (IMCTF)

**IMCTF's motto - "Value Building is Nation Building"**

*When Bharat is rising as a geo-political, economic and cultural power...*

Initiative for Moral and Cultural Training Foundation (IMCTF) intends to prepare the young India to measure up to its national and global responsibilities. IMCTF believes Virtues and Values, build Families, Societies and Nations.

The Objective of IMCTF is to revive, retain and reinstate our civilization's values and virtues to sustain our heritage based on the ancient philosophy of "ISAVASYAM IDAM SARVAM", meaning everything, even the tiniest atom, is manifestation of the Divine".

IMCTF has been endeavoring to impart moral and cultural values for influencing the conduct of young boys and girls since 2012. It has reached over 350 schools in Chennai with its training programme. Around 1000 schools have come in contact with IMCTF through pre-fair activities since 2012.

The six fundamental themes of IMCTF are:

- Conserving Forests and protecting wild life.
- Preserving Ecology.
- Sustaining Environment.
  - Inculcating Human and Family Values.
  - Fostering women's Honour
  - Instilling Patriotism

All themes are done by the unique methodology called **Samskaram**. It is an ancient Indian method to impart and imbibe values "for protection of one's life and character".

Thematic competitions are conducted to popularize and create awareness about the six values. The competitions are being conducted as one of the significant pre-fair activities ahead of the commencement of Hindu Spiritual and Service Fair (HSSF) every year.

MVM is associated with IMCTF for the past 10 Years. Students and parents are more interested to participate in all Samskarams done by our MVM group of schools.

## UNIFORM PATTERN: BOYS

S. No.	Class	Item	Uniform Particulars	Uniform Particulars on Mondays
1.	I - VII	Half Pant / Trousers	Bantex English Kid Shade No. TC 391 with cross pockets, 2" Loops	Bantex Supreme White Cloth
		Shirt	Maharishi Special Checks, Half Sleeves, with button down collar, front pocket with solid brown strap.	Viking BLD White
2.	VIII-XII	Full Pant / Trousers	Bantex English Kid Shade No. TC 391 with cross pockets, 2" Loops	Bantex Supreme White Cloth
		Shirt	Maharishi Special Checks, Half Sleeves, with button down collar, front pocket with solid brown strap.	Viking BLD White
		Socks	White	White

Full White Uniform on Monday.

Students from I - XII have to wear Sports T - Shirt and Track suits on all Fridays. Black Shoes with White Socks should be worn on all working days.

## UNIFORM PATTERN: GIRLS

S. No.	Class	Item	Uniform Particulars	Uniform Particulars on Mondays
1.	I - II	Pinafore with U round neck & 4 box pleats (front & back)	Bantex English Kid Shade No. TC 391	Bantex Supreme BLD White
2.	III - VII	Pinafore with U round neck & 4 box pleats (front & back)	Cloth Bantex English Kid Shade No. TC 391	Bantex Supreme BLD White
3.	VIII - XII	Blouse with round collar & Sleeve band in solid brown	Maharishi Special Checks	Viking BLD White
		Salwar Kameez with Sleeve band and coat in solid brown	Maharishi Special Checks & Bantex Gokul Supreme TC 391 with waist coat	Viking BLD White
		Hair	Two Plaits	Two Plaits
		Ribbons	White - Nylon	White - Nylon
		Socks	White	White

Full White Uniform on Monday.

Students from I - XII have to wear Sports T - Shirt and Track suits on all Fridays.  
Black Shoes with White Socks should be worn on all working days.

## 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 the continuity of bus 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 bus facility is available for classes LKG to XII.
  - g) Morning one way bonafide service only for Std XI & XII
  - h) The buses will ply for classes VI - XII only on the selected routes. However the facility will be extended if minimum of 30 students availing the bus for both ways.

### **2. School Bus Range :-**

**Range - A :** To and fro within a radius of 2 kms. which will cover places like Aminjikai, Shenoy Nagar, Choolaimedu, Chetpet, Mummy Daddy and New Avadi Road, Water Tank.

**Range - B :** To and fro within a radius of 3kms. which will cover places like New Avadi Road, Raju Street, Kellys Signal, Purasaiwalkkam, Noor Hotel, ICF Bus Stand, Ayyavvo Colony, MMDA Colony, Arumbakkam, Jai Nagar, Anna Nagar 12th Main Road, Egmore, Dasaprakash Hotel, Vepery, Doveton Bridge.

**Range - C :** To and fro beyond the radius of 3kms. within the radius of 5 kms. which will cover places like Chindatripet, Villivakkam, Thirumangalam.

**Range - D :** To and fro beyond the radius of 5kms. within the radius of 7kms. which will cover places like Anna Nagar West, SAFGV, Pudupet, Mount Road, 100 Feet Road, Vasanth Apartment.

**Range - E :** Nerkundram & Mogappair East

**Note :** Transport fee is subject to revision, as and when the Government revises the prices of petroleum products. Parents are therefore requested to contact the school office when the changes are made by the Government. Minimum of one term fee will be deducted if cancellation of transport is done by the Parent.

The school transport fee is much lower when compared to the auto, vans and public transport rates. Hence you may avail our school transport facility. The children travelling by school bus will be picked from and dropped in the scheduled spots as planned and finalized by the school and not as per parent's wish near their houses.

3. a) If the residence of the child is located in a narrow or blind end street, it would only be possible to pick up the child at a pre-determined place on the main road.
- b) As it is not possible to provide door service for everyone, the stages fixed by the management shall be final.
4. a) No adult is permitted to accompany the child in the School Bus.
- b) On no account should any transaction, of whatever description be entered into, with any of the staff accompanying the children in the bus. Any such transaction will be only at the parent's own risk and will not bind the School authorities in any way.
- c) The Management does not hold itself liable for any damage or loss incurred by the children during the transit in the school bus.

### **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.

## HOME AWAY FROM HOME

22.06.2024	SAT	HOME AWAY FROM HOME TO MIRS - STD IX
06.07.2024	SAT	HOME AWAY FROM HOME TO MIRS - STD X
20.07.2024	SAT	HOME AWAY FROM HOME TO MIRS - STD VIII
10.08.2024	SAT	HOME AWAY FROM HOME TO MIRS - STD VII
26.10.2024	SAT	HOME AWAY FROM HOME TO MIRS - STD VI

### போக்தவரத்து காவல்துறை சுற்றறிக்கை

காவல்துறை ஆணையாளர் அவர்கள் உத்தரவுப்படி ஓட்டுனர் 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 ஓட்டுனர் உரிமம் இல்லாமல் கண்டிப்பாக வாகனம் ஓட்டக்கூடாது என அறிவுறுத்துமாறு கேட்டுக்கொள்ளப்படுகிறது.

### CIRCULAR FROM THE TRAFFIC POLICE DEPARTMENT

As per the 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. Parents who seek information or wish to make suggestion should do so to the Principal. The Principal can be met during the visiting hours, Forenoon 11am - 12 noon Afternoon 3pm - 4 pm. Parents can meet teachers regarding the child's progress after getting permission from the Principal and may do so only during the Break times.
3. Parents and Guardians are requested not to meet their children or interview the teacher during class hours without prior permission from the Principal.
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 diary daily, note the homework and see that the homework is done.
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 safeguards 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 practice Yogasanas and Transcendental Meditation daily which are taught in the school.
9. Ensure that your wards study and then sign in their Hand Book everyday mentioning their study hours.
10. 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.
11. Pupils should bring only vegetarian food to the school. (vegan food)



## ஆழ்நிலைத் தியானம் பயில்வோம்

- பெற்றோர்களுக்கு சிறப்பு கட்டணம்
- தியானத்திற்கான ஆழ்நிலை அறிமுக வகுப்பு அனைத்து சனிக்கிழமைகளிலும் நடைப்பெறுகிறது.

### மனதிற்கு கிடைக்கும் நன்மைகள்

தி பெருகுகின்றது

- \* மனத்தெளிவு உண்டாகின்றது
- \* அறிவுத் திறன் வளருகின்றது
- \* ஆற்றல் அதிகரிக்கின்றது
- \* கற்கும் திறன் அதிகரிக்கின்றது
- \* ஞாபகச் 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
- \* வயிற்றுக் 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.
- ☆ ஆழ்ந்த தூக்கத்தில் கிடைக்கும் ஓய்வினை விட ஆழ்நிலைத் தியானத்தில் கிடைக்கும் ஓய்வு அதிகம்.
- ☆ ஆழ்நிலைத் தியானத்தின் மூலம் மன அழுத்தத்திலிருந்து விடுபடலாம்.
- ☆ மேலும் ஒருவர் புத்துணர்வுடனும் மகிழ்ச்சியுடனும் வாழ முடியும். இன்பம், அமைதி, உற்சாகம், ஆகியவை ஆழ்நிலைத் தியானத்தின் மூலம் அதிகரிக்கின்றன.
- ☆ உடல் ரீதியாக ஆழ்நிலைத் தியானமானது அதிக ரத்த அழுத்தத்தைக் குறைக்கின்றது.
- ☆ ரத்த லாக்கேட் அளவினைக் குறைத்து, பதட்டத்தினைக் குறைக்கிறது.
- ☆ தலைவலி, புண்கள், தூக்கமின்மை, தசை மற்றும் மூட்டு பிரச்சினைகள் போன்ற இறுக்கம் காரணமான வலிகளை நீக்குகின்றது.
- ☆ நோய் எதிர்ப்பு சக்தியை அதிகரிக்கின்றது.
- ☆ ஆற்றல் அளவினையும் பெருக்குகின்றது.
- ☆ பதட்டம் குறைகிறது.
- ☆ படைப்பாற்றல் அதிகரிக்கின்றது ஆனந்தம் கூடுகின்றது.
- ☆ உள்ளுணர்வு வளர்கின்றது, மனத் தெளிவு மற்றும் மன அமைதி கிடைக்கின்றது

## *Learn Meditation for Healthy & Prosperous Life*

**Our Teachers and Students attended a  
Meditation programme for the  
World peace around 10,000  
participants from 135 Countries at  
Hyderabad (29.12.2023 to 14.01.2024)**



## 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

- Trekked 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 and **useful** citizens.

# LIST OF HOLIDAYS FOR 2024-2025

DATE	DAY	HOLIDAYS
09/04/2024	TUESDAY	TELUGU NEW YEAR
11/04/2024	THURSDAY	RAMZAN
14/04/2024	SUNDAY	TAMIL NEW YEAR & AMBEDKAR BIRTHDAY
21/04/2024	SUNDAY	MAHAVIR JAYANTHI
17/06/2024	MONDAY	BAKRID
17/07/2024	WEDNESDAY	MUHARRAM
15/08/2024	THURSDAY	INDEPENDENCE DAY
16/08/2024	FRIDAY	VARALAKSHMI POOJA
26/08/2024	MONDAY	JANMASHTAMI
07/09/2024	SATURDAY	VINAYAGAR CHATURTHI
15/09/2024	SUNDAY	ONAM
16/09/2024	MONDAY	MILADI NABI
23/09/2024	QUARTERLY HOLIDAYS	
02/10/2024		
02/10/2024	WEDNESDAY	GANDHI JAYANTHI
03/10/2024	THURSDAY	SCHOOL REOPENS AFTER QUARTERLY HOLIDAYS
11/10/2024	FRIDAY	AYUDHA POOJA
12/10/2024	SATURDAY	VIJAYADASAMI
31/10/2024	DIWALI HOLIDAYS	
01/11/2024		
13/12/2024	FRIDAY	KARTHIGAI DEEPAM
23/12/2024	HALF-YEARLY HOLIDAYS	
01/01/2025		
25/12/2024	WEDNESDAY	CHRISTMAS
01/01/2025	WEDNESDAY	NEW YEAR'S DAY
02/01/2025	THURSDAY	SCHOOL REOPENS AFTER HALF YEARLY HOLIDAYS
13/01/2025	MONDAY	BHOGI
14/01/2025	TUESDAY	PONGAL
15/01/2025	WEDNESDAY	THIRUVALLUVAR DAY
16/01/2025	THURSDAY	UZHAVAR THIRUNAL
26/01/2025	SUNDAY	REPUBLIC DAY
11/02/2025	TUESDAY	THAIPUSAM
26/02/2025	WEDNESDAY	MAHASHIVRATHRI
14/03/2025	FRIDAY	HOLI
30/03/2025	SUNDAY	TELUGU NEW YEAR
31/03/2025	MONDAY	RAMZAN

## NUMBER OF WORKING DAYS 2024 - 2025

MONTH	NO.OF WORKING DAYS
APRIL	18
JUNE	21
JULY	24
AUGUST	23
SEPTEMBER	16
OCTOBER	21
NOVEMBER	23
DECEMBER	17
JANUARY	22
FEBRUARY	20
MARCH	16
TOTAL	221

DATE	DAY	APRIL 2024	
1	MON		
2	TUE		
3	WED		
4	THU	NEW ACADEMIC YEAR BEGINS FOR STD XII	1
5	FRI		2
6	SAT		3
7	SUN	WORLD HEALTH DAY - HOLIDAY	
8	MON	NEW ACADEMIC YEAR BEGINS FOR STD I TO X	4
9	TUE	TELUGU NEW YEAR - HOLIDAY	
10	WED	WORLD SIBLINGS DAY	5
11	THU	RAMZAN - HOLIDAY	
12	FRI		6
13	SAT	JALLIAN WALLAH BAGH MASSACRE DAY - HOLIDAY	
14	SUN	TAMIL NEW YEAR, AMBEDKAR BIRTHDAY & BAISAKHI - HOLIDAY	
15	MON		7
16	TUE		8
17	WED	SRI RAMA NAVAMI	9
18	THU		10
19	FRI		11
20	SAT		12
21	SUN	MAHAVIR JAYANTHI - HOLIDAY	
22	MON	WORLD EARTH DAY	13
23	TUE		14
24	WED		15
25	THU		16
26	FRI	WORLD ANTI DRUG DAY	17
27	SAT	LAST WORKING DAY	18
28	SUN	SCHOOL CLOSES FOR SUMMER VACATION	
29	MON		
30	TUE		

DATE	DAY	JUNE 2024	
1	SAT	WORLD PARENTS' DAY	
2	SUN	HOLIDAY	
3	MON	SCHOOL REOPENS AFTER SUMMER VACATION FOR STD. VI TO X & XII	19
4	TUE		20
5	WED	WORLD ENVIRONMENT DAY - SCHOOL REOPENS AFTER SUMMER VACATION FOR STD. I TO V	21
6	THU	SCHOOL REOPENS AFTER SUMMER VACATION FOR PRE.KG& KG	22
7	FRI		23
8	SAT	WORLD OCEANS DAY - HOLIDAY	
9	SUN	HOLIDAY	
10	MON	NEW ACADEMIC YEAR BEGINS FOR STD. XI	24
11	TUE		25
12	WED	WORLD DAY AGAINST CHILD LABOUR	26
13	THU		27
14	FRI	WORLD BLOOD DONOR DAY	28
15	SAT	WORLD ELDER ABUSE AWARENESS DAY	29
16	SUN	FATHERS' DAY - HOLIDAY	
17	MON	BAKRID - HOLIDAY	
18	TUE		30
19	WED		31
20	THU		32
21	FRI	INTERNATIONAL YOGA DAY	33
22	SAT	HOLIDAY	
23	SUN	HOLIDAY	
24	MON		34
25	TUE		35
26	WED		36
27	THU		37
28	FRI		38
29	SAT	INTERNATIONAL TIGER DAY	39
30	SUN	HOLIDAY	

DATE	DAY	JULY 2024	
1	MON	NATIONAL DOCTORS' DAY & 1 TO 7 VAN MAHOTSAVA	40
2	TUE		41
3	WED		42
4	THU		43
5	FRI		44
6	SAT		45
7	SUN	HOLIDAY	
8	MON		46
9	TUE		47
10	WED		48
11	THU	WORLD POPULATION DAY	49
12	FRI		50
13	SAT	HOLIDAY	
14	SUN	HOLIDAY	
15	MON	BIRTHDAY OF KAMARAJAR	51
16	TUE		52
17	WED	MUHARRAM - HOLIDAY	
18	THU		53
19	FRI		54
20	SAT		55
21	SUN	GURU PURNIMA DAY - HOLIDAY	
22	MON		56
23	TUE		57
24	WED		58
25	THU		59
26	FRI	KARGIL VICTORY DAY	60
27	SAT	HOLIDAY	
28	SUN	WORLD NATURE CONSERVATION DAY & WORLD HEPATITIS DAY - HOLIDAY	
29	MON		61
30	TUE		62
31	WED		63



DATE	DAY	AUGUST 2024	
1	THU		64
2	FRI		65
3	SAT		66
4	SUN	FRIENDSHIP DAY - HOLIDAY	
5	MON		67
6	TUE	HIROSHIMA DAY	68
7	WED	NATIONAL HANDLOOM DAY	69
8	THU	QUIT INDIA MOVEMENT DAY	70
9	FRI	NAGASAKI DAY	71
10	SAT	HOLIDAY	
11	SUN	HOLIDAY	
12	MON		72
13	TUE		73
14	WED		74
15	THU	INDEPENDENCE DAY - HOLIDAY	
16	FRI	VARALAKSHMI POOJA - HOLIDAY	
17	SAT	AVANI AVITTAM	75
18	SUN	HOLIDAY	
19	MON	RAKSHA BHANDAN	76
20	TUE		77
21	WED		78
22	THU		79
23	FRI		80
24	SAT	ANNUAL SPORTS DAY FOR MVM CHETPET	81
25	SUN	HOLIDAY	
26	MON	JANMASHTAMI - HOLIDAY	
27	TUE		82
28	WED		83
29	THU	NATIONAL SPORTS DAY	84
30	FRI		85
31	SAT		86

DATE	DAY	SEPTEMBER 2024	
1	SUN	NUTRITION WEEK - HOLIDAY	
2	MON		87
3	TUE		88
4	WED		89
5	THU	TEACHERS' DAY	90
6	FRI		91
7	SAT	VINAYAGAR CHATHURTHI - HOLIDAY	
8	SUN	WORLD LITERACY DAY - HOLIDAY	
9	MON		92
10	TUE		93
11	WED	BHARATHIYAR REMEMBRANCE DAY	94
12	THU		95
13	FRI		96
14	SAT	HINDI DIWAS	97
15	SUN	ONAM - HOLIDAY	
16	MON	MILADI NABI - HOLIDAY	
17	TUE	QUARTERLY EXAM BEGINS	98
18	WED		99
19	THU		100
20	FRI		101
21	SAT	WORLD ALZHEIMER'S DAY	102
22	SUN	HOLIDAY	
23	MON	QUARTERLY HOLIDAYS BEGIN	
24	TUE		
25	WED		
26	THU		
27	FRI	WORLD TOURISM DAY	
28	SAT	WORLD RABIES DAY	
29	SUN	WORLD HEART DAY & WORLD DEAF DAY - HOLIDAY	
30	MON		

DATE	DAY	OCTOBER 2024	
1	TUE	WORLD ELDER'S DAY & WORLD VEGETARIAN DAY	
2	WED	MAHALAYA AMMAVASYA, LAL BAHADUR SHASTRI BIRTHDAY, GANDHI JAYANTHI & WORLD NON VIOLENCE DAY - HOLIDAY	
3	THU	SCHOOL REOPENS AFTER QUARTERLY HOLIDAYS	103
4	FRI	WORLD ANIMAL DAY & WORLD SMILE DAY	104
5	SAT		105
6	SUN	HOLIDAY	
7	MON	WORLD HABITAT DAY	106
8	TUE	INDIAN AIR FORCE DAY	107
9	WED	WORLD POST DAY	108
10	THU	MENTAL HEALTH DAY & WORLD SIGHT DAY	109
11	FRI	AYUDHA POOJA, WORLD GIRL CHILD DAY - HOLIDAY	
12	SAT	VIJAYADASAMI - HOLIDAY	
13	SUN	HOLIDAY	
14	MON		110
15	TUE	DR. APJ KALAM'S BIRTHDAY, HAND WASH DAY, WORLD RURAL WOMEN'S DAY & WORLD STUDENTS' DAY	111
16	WED	WORLD FOOD DAY	112
17	THU	WORLD POVERTY ERADICATION DAY	113
18	FRI		114
19	SAT		115
20	SUN	HOLIDAY	
21	MON		116
22	TUE		117
23	WED		118
24	THU		119
25	FRI		120
26	SAT	VIGILANCE WEEK - HOLIDAY	
27	SUN	HOLIDAY	
28	MON		121
29	TUE		122
30	WED		123
31	THU	DIWALI - HOLIDAY NATIONAL REDEDICATION DAY	

DATE	DAY	NOVEMBER 2024	
1	FRI	DIWALI - HOLIDAY	
2	SAT	HOLIDAY	
3	SUN	HOLIDAY	
4	MON		124
5	TUE		125
6	WED		126
7	THU		127
8	FRI		128
9	SAT	SCHOOL ANNUAL DAY FOR MVM CHETPET & INTERNATIONAL WEEK OF SCIENCE	129
10	SUN	HOLIDAY	
11	MON		130
12	TUE		131
13	WED		132
14	THU	WORLD HERITAGE WEEK, CHILDREN'S DAY & WORLD DIABETES DAY	133
15	FRI		134
16	SAT		135
17	SUN	HOLIDAY	
18	MON		136
19	TUE	NATIONAL INTEGRATION DAY NATIONAL INTEGRATION WEEK BEGINS	137
20	WED	WELFARE OF MINORITIES DAY	138
21	THU	LINGUISTIC HARMONY DAY	139
22	FRI	WEAKER SECTIONS DAY	140
23	SAT	CULTURAL UNITY DAY - HOLIDAY	
24	SUN	WOMEN'S DAY - HOLIDAY	
25	MON	CONSERVATION DAY	141
26	TUE		142
27	WED		143
28	THU		144
29	FRI		145
30	SAT		146

DATE	DAY	DECEMBER 2024	
1	SUN	WORLD AIDS DAY - HOLIDAY	
2	MON	NATIONAL POLLUTION CONTROL DAY	147
3	TUE		148
4	WED	INDIAN NAVY DAY	149
5	THU		150
6	FRI		151
7	SAT	FLAG DAY	152
8	SUN	HOLIDAY	
9	MON		153
10	TUE	WORLD HUMAN RIGHTS DAY	154
11	WED	MAHAKAVI BHARATHIYAR BIRTHDAY	155
12	THU		156
13	FRI	KARTHIGAI DEEPAM - HOLIDAY	
14	SAT	HALF YEARLY EXAM BEGINS	157
15	SUN	HOLIDAY	
16	MON		158
17	TUE		159
18	WED		160
19	THU		161
20	FRI		162
21	SAT		163
22	SUN	DR. RAMANUJAM'S BIRTHDAY - HOLIDAY	
23	MON	HALF YEARLY HOLIDAYS BEGIN	
24	TUE		
25	WED	CHRISTMAS - HOLIDAY	
26	THU		
27	FRI		
28	SAT		
29	SUN	HOLIDAY	
30	MON		
31	TUE	HIS DIVINITY GURUDEV SWAMI BRAMANANDA SARASWATHI MAHARAJ JI'S BIRTHDAY	

DATE	DAY	JANUARY 2025	
1	WED	NEW YEAR DAY	
2	THU	SCHOOL REOPENS AFTER HALF YEARLY HOLIDAYS	164
3	FRI		165
4	SAT		166
5	SUN	HOLIDAY	
6	MON		167
7	TUE		168
8	WED		169
9	THU		170
10	FRI		171
11	SAT		172
12	SUN	FOUNDER'S DAY, HIS HOLINESS MAHARISHI MAHESH YOGI JI'S BIRTHDAY, SWAMI VIVEKANANDA BIRTHDAY & NATIONAL YOUTH DAY - HOLIDAY	
13	MON	BHOGI - HOLIDAY	
14	TUE	PONGAL - HOLIDAY	
15	WED	THIRUVALLUVAR DAY - HOLIDAY	
16	THU	UZHAVAR THIRUNAL - HOLIDAY	
17	FRI	GURU GOBIND SINGH JAYANTHI	173
18	SAT		174
19	SUN	HOLIDAY	
20	MON		175
21	TUE		176
22	WED		177
23	THU	NETHAJI BIRTHDAY	178
24	FRI		179
25	SAT	NATIONAL VOTERS' DAY	180
26	SUN	REPUBLIC DAY - HOLIDAY	
27	MON		181
28	TUE		182
29	WED		183
30	THU	MARTYRS' DAY & WORLD LEPROSY DAY	184
31	FRI		185

DATE	DAY	FEBRUARY 2025	
1	SAT		186
2	SUN	HOLIDAY	
3	MON		187
4	TUE	WORLD CANCER DAY	188
5	WED		189
6	THU		190
7	FRI		191
8	SAT	HOLIDAY	
9	SUN	HOLIDAY	
10	MON		192
11	TUE	THAIPUSAM - HOLIDAY	
12	WED		193
13	THU		194
14	FRI		195
15	SAT		196
16	SUN	HOLIDAY	
17	MON		197
18	TUE		198
19	WED		199
20	THU		200
21	FRI		201
22	SAT	WORLD SCOUTS' DAY - HOLIDAY	
23	SUN	HOLIDAY	
24	MON		202
25	TUE		203
26	WED	MAHA SHIVARATHRI - HOLIDAY	
27	THU		204
28	FRI	NATIONAL SCIENCE DAY	205

DATE	DAY	MARCH 2025	
1	SAT		206
2	SUN	HOLIDAY	
3	MON		207
4	TUE		208
5	WED		209
6	THU		210
7	FRI		211
8	SAT	WORLD WOMEN'S DAY - HOLIDAY	
9	SUN	HOLIDAY	
10	MON		212
11	TUE		213
12	WED	DANDHI MARCH	214
13	THU		215
14	FRI	KARADAIYAN NOMBU, HOLI - HOLIDAY	
15	SAT	WORLD CONSUMERS' RIGHT DAY	216
16	SUN	HOLIDAY	
17	MON		217
18	TUE		218
19	WED		219
20	THU		220
21	FRI	WORLD FORESTRY DAY & LAST WORKING DAY FOR THE ACADEMIC YEAR	221
22	SAT	WORLD DAY OF WATER	
23	SUN	BHAGAT SINGH'S MARTYRDOM - HOLIDAY	
24	MON	WORLD TUBERCULOSIS DAY	
25	TUE		
26	WED		
27	THU		
28	FRI		
29	SAT		
30	SUN	TELUGU NEW YEAR - HOLIDAY	
31	MON	RAMZAN - HOLIDAY	



**Test / Exam Portion**

Date :

Blank lined area for writing answers, consisting of 20 horizontal lines.

MVM CHETPET

**Test / Exam Portion**

Date :

Blank lined area for writing answers.

MVM CHETPET

**Test / Exam Portion**

Date :

Blank lined area for writing answers, consisting of 20 horizontal lines.

MVM CHETPET

**Test / Exam Portion**

Date :

Blank lined area for writing answers.

MVM CHETPET

**Test / Exam Portion**

Date :

Blank lined area for writing answers.

MVM CHETPET

**Test / Exam Portion**

Date :

Blank lined area for writing answers, consisting of 20 horizontal lines.

MVM CHETPET

**MAHARISHI VIDYA MANDIR  
SENIOR SECONDARY SCHOOL**

**ASSESSMENT - 1 (JULY)**

DATE	DAY	SUBJECT

MVM CHETPET

Class Teacher's Signature

Parent's Signature

**MAHARISHI VIDYA MANDIR  
SENIOR SECONDARY SCHOOL  
ASSESSMENT - 2 (SEPTEMBER)**

DATE	DAY	SUBJECT
<b>MVM CHETPET</b>		

Class Teacher's Signature

Parent's Signature



**MAHARISHI VIDYA MANDIR  
SENIOR SECONDARY SCHOOL**

**ASSESSMENT - 3 (NOVEMBER)**

DATE	DAY	SUBJECT

MVM CHETPET

Class Teacher's Signature

Parent's Signature

**MAHARISHI VIDYA MANDIR  
SENIOR SECONDARY SCHOOL**

**ASSESSMENT - 4 (DECEMBER)**

DATE	DAY	SUBJECT

MVM CHETPET

Class Teacher's Signature

Parent's Signature

**MAHARISHI VIDYA MANDIR  
SENIOR SECONDARY SCHOOL**

**ASSESSMENT - 5 (FEBRUARY)**

DATE	DAY	SUBJECT
<b>MVM CHETPET</b>		

Class Teacher's Signature

Parent's Signature

**MAHARISHI VIDYA MANDIR  
SENIOR SECONDARY SCHOOL**

**ASSESSMENT - 6 (MARCH)**

DATE	DAY	SUBJECT
<b>MVM CHETPET</b>		

Class Teacher's Signature

Parent's Signature



## Meditation vs Education



My education transformed me superficially,  
made me civilized,

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

My meditation transformed me deeply,  
made me realized.

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

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

My education provoked competitiveness,  
My meditation invoked inclusiveness.

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

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

My education fostered appreciation,  
My meditation fostered introspection.

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

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

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

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

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

**\*EDUCATE TO MEDITATE\***

## 2024 - INTERNATIONAL YEAR OF CAMELIDS

The UN has designated 2024 as the International Year of Camelids. Camels, llamas, alpacas, vicuñas and guanacos are an important source of livelihood for millions of families - most of them pastoralists - in dryland and mountainous rangeland ecosystems around the world. The Year is meant to raise the public's and policymakers' awareness of the significant role of camelids in protecting ecosystems, conserving biodiversity, assuring food security and adapting to climate change. The resolution for the International Year of Camelids, proposed by the Government of Bolivia and presented by Ecuador as Country Chair of the Group of Latin American and Caribbean Countries (GRULAC), was approved by the UN General Assembly on 17 October 2017 upon recommendation by FAO (Food and Agriculture Organization of the UN).

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

"Right Speech has its basis in right thinking"

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

"Being happy is of the utmost importance."

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

"Attend to your own inner health and happiness."

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

"Knowledge has organising power."

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“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 :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“Deserve..... and then desire.”

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

"Water the root to enjoy the fruit."

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

"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

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

"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

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“What we are inside we radiate outside.”

- Maharishiji



# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“Silence maintained is strength. Silence omitted is suffering”

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“From tiny tiny waves of joy, one gets to the ocean of Happiness,  
which is called Bliss”.

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“Silence experienced is infinity. Silence expressed is beauty”

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

There is one unity, unified wholeness, total natural law, in the transcendental unified consciousness.

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“The secret of success is conviction and persistence”.

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“When the mind is attuned to the cosmic law, all the laws of nature are in perfect harmony with the aspirations of the mind”.

- Maharishiji

# 🏠 ASSIGNMENT

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :


H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

The purpose of education is to make a man orderly within himself as well as orderly unit of his family, his society, his nation and the world.

- Maharishiji















## IMPORTANT ANNOUNCEMENT

### Rules and regulations laid down by TamilNadu Education Department for students

1. Students should report to school on time.
2. Students should wear proper formal dress (Uniform).
3. The shirts should be long enough to be tucked in properly.
4. Students should not tuck the shirt in an improper way. Students should wear school belt only.
5. Students should trim their nails short both in hands and feet and should have police hair cut only.
6. Students should have short trimmed mustache and cleanly shaved face. In case of deviation severe action will be taken.
7. 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.
8. Students are allowed to avail leave only with the consent of the parents and the class teacher.
9. Bikes, smart watches and smart phones are strictly prohibited, violation will lead to confiscation (will not be returned).
10. Students should have courtesy and probity in their behavior.

## 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 மணி நேரமாவது 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.



### கிட்டிப்புள்

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.  
முழுஉடலும் ஒருங்கே செயல்படும்.  
கழுத்து வலுப்பெறும்.



### ஊதித்தள்ளு

மூச்சு மண்டலம் வலுப்பெறும்.  
செரிமான சிக்கல் குறையும்.  
சிக்கலை கையாளும் மதி கூடும்.  
பொறுப்புப் புரிந்துணர்வு 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.



### ஏழுக்கல் எறியந்து

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 வலுவாக்கி கரு நிலைக்கும்.



## MVM - FRANCHISE AND ASSOCIATE SCHOOLS

### **Maharishi Vidya Mandir**

559, Ramani's Mayuri, Chinnavedampatti,  
Coimbatore – 641 049.

Ph: 0422 - 2665457 / 62 7708070029

info@mvmcbe.com www.mvmcbe.com

### **Maharishi Vidya Mandir Senior Sec School**

Kovilpappakudi Main Road,  
Near Koodal Nagar, Madurai – 625 018.

Ph: 0452-2917017 / 7708066567/ 8754047670

mvmmadurai2012@gmail.com,

principalmvmmadurai@gmail.com

www.mvm-madurai.org

### **Subham Vidhyalayaa**

Vilvarayanallur, Madurantakam Taluk,  
Kanchipuram District - 603 306.

Ph: 6381525752

subhamcbse2014@gmail.com

www.subhamvidhyalayaa.in

### **Maharishi Vidya Mandir**

Avigna Celeste, No. 92, Echankaranai Village,  
Behind Mahindra World City,

Kunnavakkam Post, Chengalpet – 603 002.

Ph : 8939862217 / 8939862240

principal@mvmavigna.com,

mvmavigna@gmail.com www.mvmavigna.com

### **Maharishi Vidya Mandir Senior Sec School**

Ingur, Perundurai (TK), Erode District - 638 052

Ph:04294-230499 / 7373309999

info@mvmerode.com www.mvmerode.com

### **Linga Global School**

Anand Nagar, Krishnan Kovil, Kalasalingam  
University Campus, Srivilliputhur Taluk,

Virudhu Nagar, District - 626 126.

Ph: 04563-2891126 / 2891127

info@lingaschool.org, principal@lingaschool.org

www.lingaschool.org

### **Maharishi Vidya Mandir**

(Under the Management of SKPD & Charities)

Old No. 4, New No. 13, R.T. Mudali Street,  
Choolai, Chennai – 600 112.

Ph: 044-25387023 / 7401701875

mvmskpd@gmail.com / www.mvmskpd.com

### **Maharishi Vidya Mandir**

Salem – Namakkal NH-7 Highway,  
Masakalipatti Post, Rasipuram–637 401.

Namakkal District-637 401.

Ph: 7373008283 / 7373008384

mvmrasipuram@gmail.com

www.maharishividyamandirrspm.com

### **Loknayak Jayaprakash Narayan Vidyalaya**

No:4, GST Road, Nandivaram,

Guduvanchery-603 202.

Ph: 044-27465341 / 27462341 / 6379169791

Injpv2015@gmail.com www.loknayakjpschool.com

### **Maharishi Vidya Mandir**

Washermentpet Maharishi Vidya Mandir

Soundarapandian Nagar, 665, T.H. Road,

Tiruvottiyur, Chennai – 600 019.

Ph: 044-48538109/9600126646

mvmvt@gmail.com www.mvmchennai.com

### **Maharishi Vidya Mandir**

Vasanthapuram Main Road,

Mangalam Street, Kattupakkam, Mangadu

Village, Chennai-600 122.

Ph: 7400004444 / 7338999333.

info@mvmmandu.in www.mvmmandu.in

### **Maharishi Vidya Mandir**

Puluthiur Village, Kokkarapatti Post – 636905

Pappireddipatti taluk, Dharmapuri District,

Ph: 9443166629 /28

mvmmschoolharur@gmail.com

www.mvmpuluthiurdharmapuri.com

### **Maharishi International School**

Palakkad Road, ZaminMuthur, Pollachi – 642 005.

Ph: 9942177167 / 8526605664 - 04259 296656

maharishiisp@gmail.com

www.maharishiispollachi.com

### **Sri Krishnasamy International CBSE School**

Maraneri (Vilampatti)-626 124. Sivakasi West,

Virudhu Nagar District, Ph: 7094486707 /08/09

srikrishnasamycbseschool@gmail.com

www.srikrishnasamycbse.co.in

### **Maharishi Vidya Mandir Mat. School**

375, Mint Street, Sowcarpet, Chennai – 600 079.

Ph: 044-25294766 mvm.htss1889@gmail.com

### **Maharishi Vidya Mandir**

Salem - Coimbatore By Pass, (NH-47),

Aruvanguadu, Ettimanickampatty, Rakkipatty,

Salem – 637 504. Ph: 9962060007 / 7373008666

mvmmschoolsalem@gmail.com

www.mvmsalem.com

### **Maharishi Vidya Mandir**

No. 207, Radhakrishnan Avenue,

Medavakkam Main Road, (Opp. to Rose Nagar),

Kovilambakkam, Chennai – 600 129

Ph: 90030 10014,

mvmkovilambakkam@gmail.com

**Maharishi Vidya Mandir**

Pangalathan Road, Nelvoy Post, Vellore - 632 011.  
Ph: 78450 35000 / 9085344555  
info@mvmvellore.org www.mvmvellore.org

**Rudrappasamy School**

(A Unit of Maharishi Vidya Mandir Group of Schools) Karukku Main Road, Pattaravakkam, Ambattur, Chennai – 600 053.  
Ph: 95000 23350 info@rudraschools.org

**Maharishi Vidya Mandir**

No. 23, 2nd Floor, Birma Towers,  
South Main Street, Tiruvarur – 610 001.  
Ph: 63816 99436 / 63821 50723  
mvmtr2020@gmail.com

**Maharishi Vidya Mandir**

Keelparikalpattu Road, Pondy – Cuddalore  
ECR Main Road, Bahour Commune, Mullodai  
(kanniyakoil), Pondichery – 607 402.  
0413-2615043 / 8903370863 / 89033 70871  
mvmpondy@gmail.com  
principal@mvmpondy@gmail.com

**Maharishi Vidya Mandir**

SH-52, Sethipakkam Village, Roshanagaram  
Post, Madharpakkam Post, Via Gummudipoondi  
Taluk, Tiruvallur – 601 202.  
Ph: 86819 08155 / 9360990055 / 66  
principal@mvmrvsnagar.com /  
info@mvmrvsnagar.com

**Maharishi Vidya Mandir**

Appar Road, Block -18,  
Neyveli Township – 607 803. Ph:6380340560  
ad.mvmnyl@gmail.com, info.mvmnyl@gmail.com,  
principal.mvmnyl@gmail.com  
www.maharishineyveli.com

**Maharishi Vidya Mandir Mat. Hr. Sec. School**

Mullai Nagar, (Near Bus Stand Backside),  
Virudhachalam, Cuddalore Dist – 606001  
Ph: 9444105678, 9444205678  
mvmvirudhachalam@gmail.com

**Maharishi Vidya Mandir Senior Sec School**

Kalavi Road, Poongodu,  
Arcot – 632 503. Ranipet District.  
Ph: 04172 233788, 236688 /7598700023  
mvmarcot@gmail.com www.mvmarcot.com

**Maharishi Vidya Mandir**

Anand Madhukar Campus, Thiruneermalai  
Highway, Thiruneermalai, Chennai,  
Tamilnadu – 600044.  
Ph: 9500666799 / 7708047888  
www.mvmkf.org info@mvmkf.org

**Linga Global School**

Rengasamuthuram Colony back side,  
Dr.Swaminathan Nagar, Rengasamuthuram,  
Aundipatti (T.K), Theni District – 625512  
principal@lingaschool.org

**Maharishi Vidya Mandir**

"Nova Colors" Malligeswari Street,  
Nolambur, Chennai-600095.  
Ph: 6374100100 / 6379100100  
reachus@mvmmogappair.in

**Maharishi Vidya Mandir**

Thirupparankundram to Thirumangalam main  
road, Thanakkankulam Village,  
Madurai – 625 006 8428334555,0452-2911234  
officetpk@mathieducationaltrust.org

**Maharishi Vidya Mandir Senior Sec School**

Somanakanpetti Village, Jangalapuram junction,  
Jolarpettai, Nattrampalli taluk, Tirupathur  
dist.-635 851. 04179-242342 / 7339618844  
gvpscbsse@gmail.com. www.gvpscbsse.com

**Maharishi Vidya Mandir School**

(CBSE Syllabus)  
No.1, School Road,  
Athur Chengalpattu - 603 101.  
Mobile : 91500 09272 / 91500 09273  
E-mail : info@mvmchengalpattu.com  
www.mvmchengalpattu.com