

MAHARISHI VIDYA MANDIR

Affiliated to CBSE (New Delhi) Affiliation No.:1931470



Calendar & Handbook

April 2025 - March 2026

Pupils should bring this diary to school everyday

MAHARISHI VIDYA MANDIR

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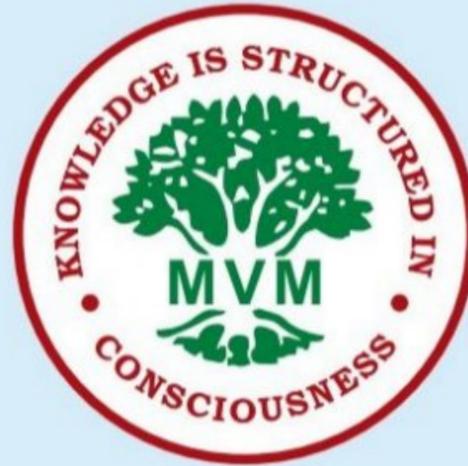
www.mvmvellore.org

**"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

SCHOOL MOTTO



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

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

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.

ASHTAMANGALA

Ashtamangala denotes the eight auspicious symbols of Jainism.

The word managala, has a dual meaning. It possesses the qualities of sacredness and purity which has the power of removing hindrance and thereby providing protection.

Swastika : Swastika, an auspicious symbol also known as sathia. It is customary to draw the swastika in the beginning of all religious ceremonies.



Shri Vatsa: Shri Vatsa, an auspicious symbol on the upper chest of all 24 Tirthankaras showing compassionate universal eternal love for all living beings, however, minute they may be.

Nandavarta : Nandavarta, a sacred complex form of swastika, which is a visual icon for higher meditative attainment, a beautiful configuration formed by nine angles or corners of divinity.



Vardhamanaka : Vardhamanaka, an earthen bowl sealed with another earthen bowl & used as a lamp. This pair in Sanskrit is known as samput. The lit lamp is symbolic of light banishing darkness.

Bhadrasana : Bhadrasana, a holy seat, the royal throne is regarded as the sacred seat for the liberated souls, this is a seat of honor for evolved souls.



Kalasha : Kalasha, the holy pitcher with two divine eyes, as well as two ends of a scarf drawn on either sides. This plays a prominent role in every auspicious ceremony.

Meen Yugala : Meen Yugala, the fish couple. The form of the fish is considered divine, as it also shows the flow of divine life in the cosmic ocean.



Darpana : Darpana, symbolizes true itself. True self is our own soul.

PUPIL'S PERSONAL RECORD



Name of the Pupil :

Standard :

Section :

Date of birth :

Community / Religion :

Admission no. :

Aadhar No. :

Blood group :

If allergic to any medicine

mention the medicine :

Name of the father :

Name of the mother :

Name of the guardian

(For emergency) :

Address

[i] Office Address with Phone No. :

[ii] Residence Address with Phone No. :

[iii] E-mail id :

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MORNING PRAYER

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

தமிழ்த்தாய் வாழ்த்து

நீராரும் கடலுடுத்த நிலமடந்தைக் கெழிலொழுகும்
சீராரும் வதனமெனத் திகழ்பரத கண்டமிதில்
தெக்கணமும் 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

Neerarum Kadaluduththa Nilamadhanthai kezhil Ozhukum
Seerarum 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.

PRAYER

Namo Arihanthanam
Namo Sidhhanam
Namo Aayariyanam
Namo Uvajhayanam
Namo Leosavva Sahunam
Eso Pancha Namukkaro
Savva Pava Pana Sano
Mangala Nancha Savvesim
Padhaman Havai Mangalam

- Namo Arihanthanam : I bow to the Arahantas, the perfected human beings, Godmen.
- Namo Sidhhanam : I bow to the Siddhas, liberated Bodiless souls, God.
- Namo Aayariyanam : I bow to the Acharyas, the masters and heads of congregations.
- Namo Uvajhayanam : I bow to the Upadhyayas, the spiritual teachers.
- Namo Leosavva Sahunam : I bow to the spiritual practitioners in the universe, Sadhus.
- Eso Pancha Namukkaro : This five fold obeisance mantra,
Savva Pava Pana Sano : Destroys all sins and obstacles,
Mangala Nancha Savvesim : And of all auspicious repetitions,
Padhaman Havai Mangalam : Is the first and foremost.

SHANTHI PATHA

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

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 Family, Neighbors,
Teachers, and Friends
With strength and
courage to face any
challenges.

EVENING PRAYER

“O God I thank you for all that I have learnt today,
I am so grateful for the good things
That I had gained today
I promise, with your help to be better tomorrow.”

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*

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”.

SCHOOL TIMINGS FOR THE ACADEMIC YEAR 2025 - 2026

Timings	Period
09.00 - 09.10	Class Teacher
09.10 - 09.20	Prayer
09.20 - 10.00	I
10.00 - 10.40	II
10.40 - 10.50	Break
10.50 - 11.30	III
11.30 - 12.10	IV
12.10 - 12.40	Lunch
12.40 - 01.20	V
01.20 - 02.00	VI
02.00 - 02.10	Meditation
02.10 - 02.50	VII
02.50 - 03.20	VIII
03.20 - 03.30	Class Teacher

Note to Parent :

1. For LKG - Grade X timing 9:10am to 3:30pm.
2. All Saturday is holiday for LKG - Grade 5.
3. School Timings may change as per the school.

CELEBRATE YOUR CHILD'S BIRTHDAY IN A NOVEL WAY

Instead of distributing sweets on your child's birthday, Parents may donate a saplings. 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. Access Gate to classroom area will be closed at the end of the assembly and late comers will not be allowed in. Hence it is essential to be punctual.
2. Classroom area is out of bounds for all except the students and staff.
3. Students reporting to school must be in clean & well fitted uniforms. ID cards must be compulsorily worn by every student.
4. The students are not permitted to bring in Mobiles, Cameras, Games, Cash, Gold Ornaments, Tools or sharp objects to School. All students will be checked at the Secure Area Access gate and the contraband will be seized if found. Such materials will not be returned to the parent as a deterrent measure.
5. No student will be allowed to come to the school or leave the school unescorted by the nominated authorised adult. The parents should mandatorily arrange for dropping and picking up of their children (Non Transport).
6. During school hours parents/guardians are not allowed to see their wards or their teachers in the classroom without the permission of the Principal. Any communication, request or complaint made by the parents/guardians should be addressed only to the School Office/Principal and not to the class teacher.
7. Any willful damage caused by the pupil to the building, furniture, apparatus or any other school property is liable to be made by the parent / guardian.
8. Pupil who is ill for a long period must produce a Medical Certificate.
9. 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.
10. All the staff in the school are aware that their paramount responsibility is to care for and protect the students as long as they are in the Campus. Not

withstanding such constant vigil sometimes the children injure themselves or get into quarrel with their friends. If this happens, it is inspite of our extreme caution and not because of lack of it. Parents should not over react to such transient incidents.

11. Parents are expected to co-operate for the complete holistic development of the child in all the possible ways.
12. Pupil will be eligible to sit for Examination only if they put in 80% of attendance.
13. Parents are expected to give prior information in the form of writing before taking their ward from the school.

SPECIAL FEATURES OF MAHARISHI VIDYA MANDIR SCHOOL.

1. Follows curriculum pattern of C.B.S.E Schools - LKG to X 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 KG - X.
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 on Thursday, in a month.
10. Basic Knowledge of Electronics and Computer is also being imparted.
11. Teachers will carry required TLM (Teaching Learning Materials) to the respective class according to the topic.

12. School Counsellors have been appointed one for each of these sections i.e. Middle 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, Vellore 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. Based on NEP 2020, AI is being included along with the curriculum.

20. Introduction of worksheets for all the classes in almost all the subjects for increasing the creativity and comprehension level of the pupils.

21. If required, based on parents request without affecting the transport teachers will also provide additional support for slow learners.

22. Parents who have transferable jobs can seek admission in MVM Schools spread all over India. Subject to availability.
23. School has special program for sports which focuses on skills & 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 for Standards I to X in all schools, for this academic year 2024-2025.

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.
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.

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 produce the TC requisition letter before the annual exam. The T.C applicants must clear all the fee dues 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. 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 (Compulsory)
Std I to VIII	:	Language II Tamil (Compulsory)
		Language III Hindi
Std IX	:	Language II Tamil
Std X	:	Language II Tamil or Hindi

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

SCHOOL FEES

1. School fee can be remitted annually or in three terms through online Mode.

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 calendar.
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, Social Service Projects, Audio - Visual Education, Scouts & Guides, Cubs & Bulbuls, 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 Bharatha Natyam, Carnatic Music, Band, Karate, Handwriting, Key board, 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.

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 - X 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
		Blouse with round collar & Sleeve band in solid brown	Maharishi Special Checks	Viking BLD White
3.	VIII - X	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 - X 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 X

Note: 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.

2.
 - 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.
3.
 - a) No adult is permitted to accompany the child in the School Bus.
 - b) On no accord 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 on the left hand side footpath 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.

போக்குவரத்து காவல்துறை சுற்றறிக்கை

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

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

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 are requested not to meet their children or interview the teacher during class hours without prior permission from the Principal.
3. 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.
4. Medical Inspection will be held once a year. Parents are requested to follow the suggestions given by the Medical Officer.
5. 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.
6. Parents are requested to ensure that their wards practice Yogasanas and Transcendental Meditation daily which are taught in the school.
7. Ensure that your wards study and then sign in their Hand Book everyday mentioning their study hours.
8. Pupils should bring only vegetarian food to the school. (vegan food)

ஆழ்நிலைத் தியானம் பயில்வோம்

- ஆழ்நிலை தியான அறிமுக வகுப்பு அனைத்து சனிக்கிழமைகளிலும் நடைபெறுகிறது.
- பெற்றோர்களுக்கு கட்டண சலுகை உண்டு

தொடர்புக்கு :

இடம் : மகரிஷி பள்ளி வளாகம், சேத்துப்பட்டு, Ph: 044-26427088 / 26431047 / 98404 90871

AVADI - 93633 22117

KUMBAKONAM - 96192 30753

THENKASI - 78678 68674

POLACHERY - 90430 38090

IRUNGATTUKOTTAI - 99520 21721

TRICHY - 96559 47505

மனதிற்கு கிடைக்கும் நன்மைகள்

- ☆ மன அமைதி 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
- ☆ வயிற்று / ஜீரண கோளாறுகள் குறைகின்றது
- ☆ தூக்கமின்மை குணமாகின்றது
- ☆ தோலின் எதிர்ப்புச் சக்தி கூடுகின்றது.

ஆழ்நிலைத் தியானத்தின் மகிமை

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

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 2025-2026

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

NUMBER OF WORKING DAYS 2025 - 2026

MONTH	NO.OF WORKING DAYS
APRIL	17
JUNE	22
JULY	25
AUGUST	20
SEPTEMBER	19
OCTOBER	21
NOVEMBER	23
DECEMBER	19
JANUARY	21
FEBRUARY	22
MARCH	14
TOTAL	223

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

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

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

DATE	DAY	AUGUST 2025	
1	FRI		65
2	SAT		66
3	SUN	HOLIDAY	
4	MON	FRIENDSHIP DAY	67
5	TUE		68
6	WED	HIROSHIMA DAY	69
7	THU	NATIONAL HANDLOOM DAY	70
8	FRI	QUIT INDIA MOVEMENT DAY & VARALAKSHMI POOJA - HOLIDAY	
9	SAT	RAKSHA BHANDAN ,AVANI AVITTAM & NAGASAKI DAY - HOLIDAY	
10	SUN	HOLIDAY	
11	MON		71
12	TUE		72
13	WED		73
14	THU		74
15	FRI	INDEPENDENCE DAY - HOLIDAY	
16	SAT	JANMASHTAMI - HOLIDAY	
17	SUN	HOLIDAY	
18	MON		75
19	TUE		76
20	WED		77
21	THU		78
22	FRI	ANNUAL SPORTS DAY - MVM CHETPET	79
23	SAT	HOLIDAY	
24	SUN	HOLIDAY	
25	MON		80
26	TUE		81
27	WED	VINAYAGAR CHATHURTHI - HOLIDAY	
28	THU		82
29	FRI	NATIONAL SPORTS DAY	83
30	SAT		84
31	SUN	HOLIDAY	

DATE	DAY	SEPTEMBER 2025	
1	MON	NUTRITION WEEK	85
2	TUE		86
3	WED		87
4	THU		88
5	FRI	TEACHERS' DAY, MILADI NABI - & ONAM - HOLIDAY	
6	SAT		89
7	SUN	HOLIDAY	
8	MON	WORLD LITERACY DAY	90
9	TUE		91
10	WED		92
11	THU	BHARATHIYAR REMEMBRANCE DAY	93
12	FRI		94
13	SAT	HOLIDAY	
14	SUN	HINDI DIWAS- HOLIDAY	
15	MON		95
16	TUE		96
17	WED	QUARTERLY EXAMINATION BEGINS	97
18	THU		98
19	FRI		99
20	SAT		100
21	SUN	MAHALAYA AMMAVASYA , WORLD ALZHEIMER'S DAY- HOLIDAY	
22	MON		101
23	TUE		102
24	WED		103
25	THU	QUARTERLY HOLIDAYS BEGIN	
26	FRI		
27	SAT	WORLD TOURISM DAY- HOLIDAY	
28	SUN	WORLD RABIES DAY- HOLIDAY	
29	MON	WORLD HEART DAY & WORLD DEAF DAY	
30	TUE		

DATE	DAY	OCTOBER 2025	
1	WED	AYUDHA POOJA, WORLD ELDERS DAY & WORLD VEGETARIAN DAY - HOLIDAY	
2	THU	VIJAYADASAMI, LAL BAHADUR SHASTRI BIRTHDAY, GANDHI JAYANTHI & WORLD NON VIOLENCE DAY - HOLIDAY	
3	FRI	SCHOOL REOPENS AFTER QUARTERLY HOLIDAYS	104
4	SAT	WORLD ANIMAL DAY & WORLD SMILE DAY	105
5	SUN	HOLIDAY	
6	MON		106
7	TUE	WORLD HABITAT DAY	107
8	WED	INDIAN AIR FORCE DAY	108
9	THU	WORLD POST DAY	109
10	FRI	MENTAL HEALTH DAY & WORLD SIGHT DAY	110
11	SAT	WORLD GIRL CHILD DAY - HOLIDAY	
12	SUN	HOLIDAY	
13	MON		111
14	TUE		112
15	WED	DR. APJ KALAM'S BIRTHDAY, HAND WASH DAY, WORLD RURAL WOMEN'S DAY & WORLD STUDENTS' DAY	113
16	THU	WORLD FOOD DAY	114
17	FRI	WORLD POVERTY ERADICATION DAY	115
18	SAT		116
19	SUN	DIWALI - HOLIDAY	
20	MON	DIWALI - HOLIDAY	
21	TUE	DIWALI - HOLIDAY	
22	WED		117
23	THU		118
24	FRI		119
25	SAT	HOLIDAY	
26	SUN	HOLIDAY	
27	MON		120
28	TUE	VIGILANCE AWARENESS WEEK	121
29	WED		122
30	THU		123
31	FRI	NATIONAL REDEDICATION DAY	124

DATE	DAY	NOVEMBER 2025	
1	SAT		125
2	SUN	HOLIDAY	
3	MON		126
4	TUE		127
5	WED		128
6	THU		129
7	FRI		130
8	SAT	SCHOOL ANNUAL DAY FOR MVM CHETPET & INTERNATIONAL WEEK OF SCIENCE - HOLIDAY	
9	SUN	HOLIDAY	
10	MON		131
11	TUE		132
12	WED		133
13	THU		134
14	FRI	WORLD HERITAGE WEEK, CHILDREN'S DAY & WORLD DIABETES DAY	135
15	SAT		136
16	SUN	HOLIDAY	
17	MON		137
18	TUE		138
19	WED	NATIONAL INTEGRATION DAY & NATIONAL INTEGRATION WEEK BEGINS	139
20	THU	WELFARE OF MINORITIES DAY	140
21	FRI	LINGUISTIC HARMONY DAY	141
22	SAT	WEAKER SECTIONS DAY- HOLIDAY	
23	SUN	CULTURAL UNITY DAY - HOLIDAY	
24	MON	WOMEN'S DAY	142
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1	SUN	HOLIDAY	
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5	THU		212
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26	THU		
27	FRI	SRI RAMA NAVAMI	
28	SAT		
29	SUN	HOLIDAY	
30	MON		
31	TUE	MAHAVIR JAYANTI	



Meditation vs Education



My education transformed me superficially,
made me civilized,

My meditation transformed me deeply,
made me realized.

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

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

My education fostered appreciation,
My meditation fostered introspection.

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

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

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

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

My education provoked competitiveness,
My meditation invoked inclusiveness.

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

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

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

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

EDUCATE TO MEDITATE

2025 - INTERNATIONAL YEAR OF GLACIER

This International Year is part of a larger effort to gather global support, promote research, and improve access to cryosphere data, aiming to mitigate the consequences of rapid glacier melting. World Meteorological Organisation and United Nations Educational, Scientific and Cultural Organization invite World Meteorological Organisation Members, other **United Nations** agencies, and Scientific organizations to support the initiative.

ASSIGNMENT

Date :

Day :

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



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"Right Speech has its basis in right thinking"

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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"Being happy is of the utmost importance."

- Maharishiji

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

- Maharishiji

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"Attend to your own inner health and happiness."

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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"Knowledge has organising power."

- Maharishiji

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“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

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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“Deserve..... and then desire.”

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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"Water the root to enjoy the fruit."

- Maharishiji

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

- Maharishiji

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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

"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 :

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

“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 :

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 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 :

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

“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 :

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 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 :

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 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 :

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 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

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, any violation will lead to confiscation (will not be returned).
10. Students should have courtesy and probity in their behavior.

DISCIPLINARY RECORD

April 2025	June 2025	July 2025	Aug 2025	Sep 2025	Oct 2025	Nov 2025	Dec 2025	Jan 2026	Feb 2026	Mar 2026
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, நல்ல சத்துள்ள உணவுகளை பள்ளிக்கு கொண்டு வருதல், 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.



கிடீப்புள்

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.
சொரிமான சிக்கல் குறையும்.
சிக்கலை கையாளும் மதி கூடும்.
பொறுப்புப் புரிந்துணர்வும் கூடும்.



கிச்சு கிச்சு தாம்பளம்

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



கயிறு இழுத்தல்

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



உந்திப்பற

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



ஏழுகல் எறிபந்து

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



கபடி

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



கயிறாட்டம்

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

TIME TABLE

Day Time	Mon	Tue	Wed	Thu	Fri	Sat
1						
Assembly						
2						
Break						
3						
4						
Lunch Break						
5						
6						
Meditation & Break						
7						
8						
9						

TIME TABLE

Day Time	Mon	Tue	Wed	Thu	Fri	Sat
1						
Assembly						
2						
Break						
3						
4						
Lunch Break						
5						
6						
Meditation & Break						
7						
8						
9						