
MAHARISHI VIDYA MANDIR

CBSE Affiliated Senior Secondary School

CBSE Affiliation No.: 1931149

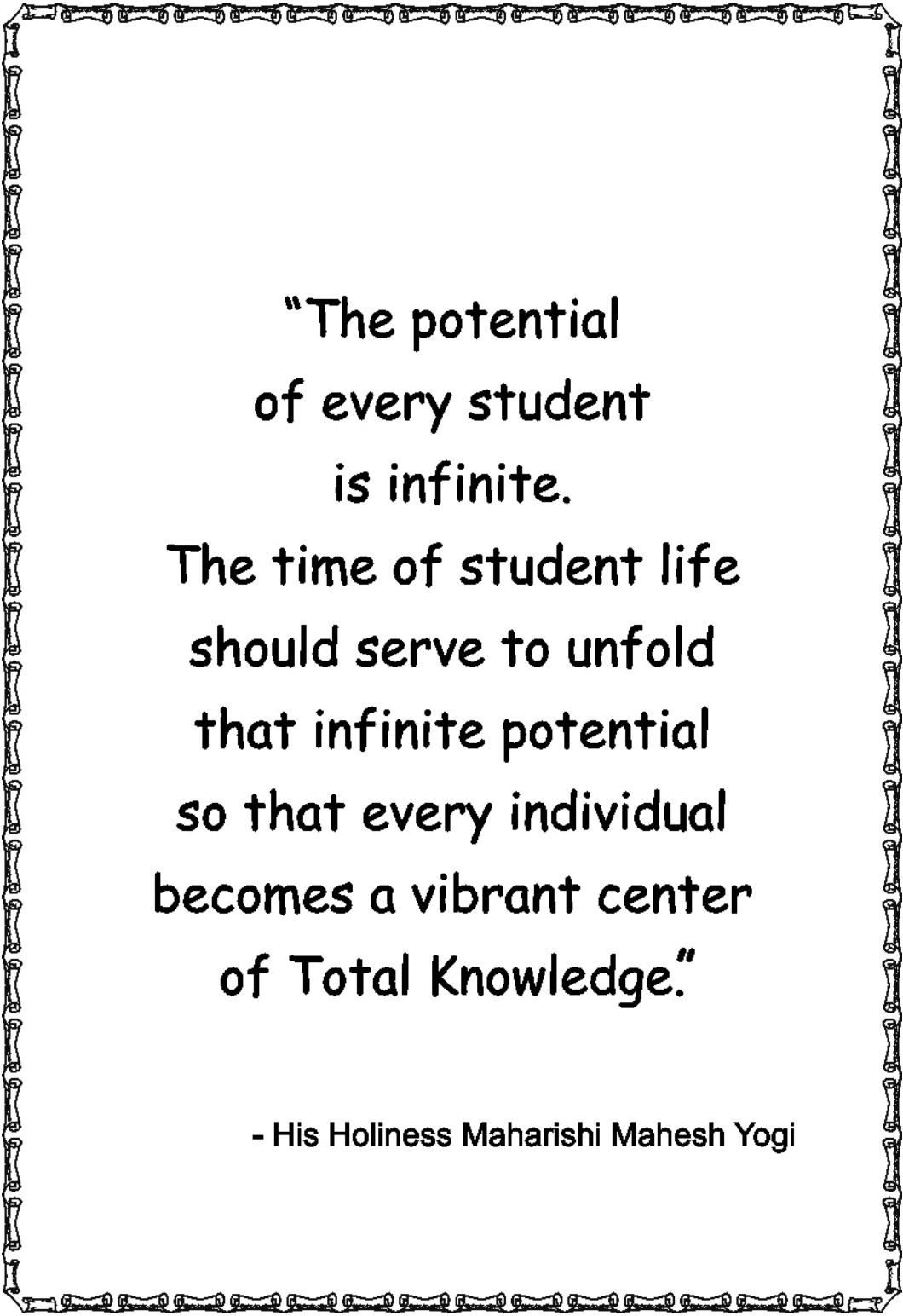
RUN BY
SRIEE GURUKULAM EDUCATIONAL AND CHARITABLE TRUST

**Calendar &
Handbook**

April 2022 - March 2023

Pupils should bring this diary to school everyday

Puluthiur Village, Kokkarapatti Post
Pappireddipatti Taluk, Dharmapuri Dist - 636905.
Tel : 94431 66628 / 94431 66629
Email : mvmschoolharur@gmail.com
Website : www.mvmpuluthiurdharmapuri.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 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.



His Holiness Maharishi Mahesh Yogi
(Our Founder and a Great Sage)

Founder of Maharishi School of the Age of Enlightenment, who introduced the Transcendental Meditation program to the world 50 years ago for systematically developing higher states of consciousness, Maharishi is now offering every school consciousness-based education so that all students everywhere can enliven total brain functioning, unfold their full creative potential to enjoy healthy, happy and successful lives.

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 two 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 mental technique that helps a person in achieving consciousness. It involves the use of mantra through which the mind becomes alert, but the body feels relaxed. Meanwhile he 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 organisation in Chennai, the same year.

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

His Holiness Maharishi Mahesh Yogi returned to India and established a number of Administrative Centres in India, where he gave lectures and taught about the Transcendental Meditation 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

Maharishi Vidya Mandir

(CBSE Affiliated Senior Secondary School)

Puluthiur Village, Kokkarapatti Post

Dharmapurai Dist -636 905

Teacher's Name List for the Academic Year 2022-2023

S.No	Name of the Staff	Designation	Education Qualification
1	Mr.Tamilarasan T	Principal I/c	M.A., B.Ed., (English), M.A.,(History)
2	Mrs.Padmavathi S	Teacher	M.sc., B.Ed.,(Micro Biology)
3	Mrs.Padmapriya G	Teacher	B.Tech(IT)
4	Mrs.Logammal A	Teacher	B.A., B.Ed.,(English)
5	Mr. Arunprasath E	Teacher	M.Sc., B.Ed., B.PEd
6	Mr.Venkatesan J	Teacher	M.A., M.Ed.,(Tamil)
7	Mrs.Suriya K	Teacher	B.A.,(English)
8	Miss.Aasifa A	Teacher	B.A.,(English)
9	Mrs.Suganya R	Teacher	M.Sc., B.Ed.,(Maths)
10	Mrs.Bhuvaneshwari M.D	Teacher	M.A., B.Ed.,(English)
11	Mrs.Kalaivani D	Teacher	B.B.A., D.P.P.T.E
12	Mrs.Manjula V	Teacher	M.A., B.Ed.,(Tamil) D.P.P.T.E
13	Mr.Jayan A	Teacher	M.Sc., B.Ed.,(Physics)
14	Mr.Ramkumar V	Teacher	M.Sc., B.Ed., M.Phil.,(Maths)
15	Mrs.Hema K	Teacher	M.Sc., B.Ed.,(Maths)
16	Mrs.Kadharbhee N	Teacher	B.A.,(Hindi) B.Sc.,(Maths),D.TEd.,
17	Mrs.Devi G	Teacher	B.Sc., B.Ed.,(Zoology)
18	Mrs.Sivaranjini A	Teacher	B.A., B.Ed.,(English)

19	Miss.Indhumathi V	Teacher	M.A., M.Ed., M.Phil(English)
20	Miss.Thamaraiselvi B	Teacher	B.Sc.,(Physical Education)
21	Mr.Thirumurugan B	Teacher	M.Sc., B.Ed.,(Zoology)
22	Mrs.Vijaya santhi P	Teacher	M.A., M.Ed.,(Economics)
23	Miss.Narmada P	Teacher	M.Sc.,(Chemistry)
24	Mrs.Maheshwari V	Librarian	D.TEd.,
25	Mrs.Dhanalakshmi V	Teacher	M.Sc., B.Ed., (Information Technology)
26	Mrs.Prasanyabala R	Teacher	M.A., B.Ed.,(English)
27	Mrs.Sridevi R	Music & Dance Teacher	

OFFICE STAFF

S.No	Name of the Staff	Designation	Education Qualification
1	Mr.Thambidurai C	Manager	M.Sc., B.Ed.,M.L.I.S.,
2	Mrs.Sowmya A	Nurse	Diplo.Nur.,
3	Mrs. Sumathi V	Office Assistant	

PUPIL'S PERSONAL RECORD

Name of the Pupil :

Standard : Sec :

Date of birth :

Community / caste :

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. :

IDENTITY CERTIFICATE

1. Name : _____

2. Standard : _____ Division: _____ House: _____

3. Admission No.: _____

4. Date of Birth : _____

5. Nationality : _____

6. Parent's Name : Father : _____

Mother : _____

7. Designation of Father : _____

8. Designation of Mother : _____

9. Mail ID : _____

10. Annual Income : _____

11. Single Child Status : _____

12. Community : _____

13. House Address

Office Address

Tel. No. : _____

Tel. No. : _____

Mob. No. : _____

Mob. No. : _____

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

Father : _____

Mother/Guardian : _____

Initials: _____

Initials: _____

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

[1] _____ Std : _____

[2] _____ Std : _____

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

[1] _____ [2] _____

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

Date : _____ Signature of the Father : _____

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

MORNING PRAYER

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

தமிழ்த்தாய் வாழ்த்து

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

உன் சீரிளமைத் திறம்வியந்து
செயல்மறந்து வாழ்த்துதுமே!
வாழ்த்துதுமே!
வாழ்த்துதுமே!

- 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 VasaniPol 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
Punjaba Sindu Gujarata Marata
Dravida Utkala Banga
Vindhya Himachala Yamuna Ganga
Ucchhala Jaladhi taranga
Tava Subha name jage
Tava Subha ashisha mage
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 2022 - 2023

Timings	Std. I - V
09.20 - 09.30	Prayer
09.30 - 10.10	I Period
10.10 - 10.50	II Period
10.50 - 11.00	Break
11.00 - 11.40	III Period
11.40 - 12.20	IV Period
12.20 - 01.00	Lunch
01.00 - 01.40	V Period
01.40 - 02.20	VI Period
02.20 - 02.30	Meditation
02.30 - 02.40	Break
02.40 - 03.20	VII Period
03.20 - 03.55	VIII Period

Timings	Std. VI - XI
09.20 - 09.30	Prayer
09.30 - 10.10	I Period
10.10 - 10.50	II Period
10.50 - 11.00	Break
11.00 - 11.40	III Period
11.40 - 12.20	IV Period
12.20 - 01.00	Lunch
01.00 - 01.40	V Period
01.40 - 02.20	VI Period
02.20 - 02.40	Meditation/Break
02.40 - 03.20	VII Period
03.20 - 03.55	VIII Period

ASSEMBLY SCHEDULE **ACADEMIC YEAR 2022-2023**

TIMINGS	: 09.15 a.m. to 09.30 a.m.
MONDAY TO FRIDAY	: STD KG TO XI-MASS DRILL & AEROBICS
THURSDAY	: BHAJANS/MUSIC/YOGA
SATURDAY	: SCOUTS & GUIDES, CUBS & BULBULS
NATIONAL ANTHEM	: Common time for the whole school

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 Chocolates 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 all the students.

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.

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 of educational CDs 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 CDs 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. MVM has built a sprawling and beautiful school campus at Santha Vellur, Sunguvarchathiram, Sriperumbudur Taluk, Kanchipuram District, on Bangalore Highway. Parents who wish to admit their children (Boys & Girls) in our Residential School for the academic year 2022 - 2023 of classes I to XII may enroll their children at MIRS Office.
24. Another CBSE school at Trichy (Ennai Village, Eluppur, Pudukkottai Dt.) started functioning from 2012-2013, in addition to the school at Polachery (DABC CAMPUS, Mambakkam, Medavakkam Road), Irungattukottai (VGN BRIXTON) our new branch at Mahindra World City (New Chennai 603 002) started functioning from 2014 - 2015. In addition to the existing branch schools, Linga Global School at Srivilliputhur started functioning from the academic year 2015 - 2016 and Maharishi Vidya Mandir at Thepperumanallur, Thiruvudaimaruthur, Kumbakonam started in 2016-17. Our MVM schools at Melpakkam Village, Ponnammalle Taluk, Avadi, Chennai-77 and Thenkasi are functioning from the academic year 2017-2018.
25. School has special program for sports which has focuses on skills and assessment after every lesson.

26. 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.
27. 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 2022-23 it is extended upto std VIII.
28. 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.
29. 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 accompanied by Original Birth Certificate and a Medical Certificate certified by a Registered Medical Practitioner.
2. A child seeking admission to Class I should have completed 5 years and 6 months of age on 31st March. The age for admission to other classes shall be reckoned accordingly. Relaxation in age is not permitted.
3. This school will admit pupils from all recognized schools, Central / State on production of T.C. duly certified by competent officer of the Education Department. 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 ₹ 500/- (Rupees five hundred only) for the same academic year, provided there is a seat.

RULES FOR PROMOTION

1. A student is eligible for promotion in Stds I to X only if he or she has attended classes for 80% of the total number of working days for which the school has worked from April to March of the academic year.
2. For III Language there will be an Internal Examination at the end of Std VIII, students should complete the internal examination in the third language of Std VIII positively.
3. A delay in payment of school fees debars a student from appearing for an examination and the Report Book shall be withheld.

CURRICULUM

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

LANGUAGE PATTERN

Std I to X : Language I English (Compulsory)

Std I to VIII : Language II Tamil (Compulsory)
Language III Hindi/Sanskrit/French.

Std IX & X : Language II Tamil/Hindi/Sanskrit/French.

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

SCHOOL FEES

1. School fees can be remitted annually or at the two dues on notified dates in the school office.

CODE OF CONDUCT FOR STUDENTS

Dear Student,

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

The following would be helpful as guidelines:

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

GENERAL RULES

1. The school authorities will not be responsible for the loss, damage or theft of pupils' belongings. It is not advisable for the pupils to bring money or valuable articles to school.
2. Although the school is not responsible for the behaviour of its students outside its premises, due notice will be taken of reports of misbehaviour and disciplinary action will be taken against the concerned students if the report is substantiated on proper enquiry.
3. Any damage done in the class or in the school premises has to be made good. Pupils must take care of the equipment that has been lent for their use.
4. Speaking in English is enforced in the school and within the school premises.
5. The students must take down the work assigned for the next day in their calendars.
6. Pupils are expected to be punctual. Late comers are liable to be sent home at the parents' own risk. Absence on the re-opening day will be viewed strictly.
7. Irregular attendance, unjustified or unexplained absence for more than a week, habitual idleness, disobedience or objectionable moral influence justifies dismissal.
8. Finger-nails must be cut short and kept clean.
9. When the students go for P.T. or move along the corridors or while changing classes, they must walk in silence in a single line. They should always keep to the left.
10. Pupils are expected to come to school provided with all that is necessary for the day's work. Borrowing or lending of pencils, erasers, rulers, sharpeners, instrument box, etc., is discouraged.
11. Personal cleanliness and hygiene are greatly recommended to all. Pupils should be particularly careful not to litter anything in the school premises. They should use the Baskets and Bins specially provided for this purpose.

12. Absence without proper information or prior permission will be considered as breach of discipline.
13. The names of students who are absent for one month without informing the school authority will be struck off from the register.
14. The school takes adequate care about the safety of the pupils. However, the school will not be held responsible for any injury or accident met by the pupils.
15. During unavoidable and abnormal circumstances, we may declare a holiday and on such days the school buses will not ply to pick the children to school. In case the holiday announcement comes later, i.e. after the children reach school, they will be retained in the school till evening. Parents who want to take them back home must come in person to collect their wards.

CO-CURRICULAR ACTIVITIES

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

THIS IS MY STAGE

“THIS IS MY STAGE”, the seed of this concept was sown by our Dean & Director Late Shri. S. Namasivayam. This is to bring out the hidden talents of our students and make every child participate in whatever capacity they can showcase their talents. Every Friday we have this programme at various levels right from Primary to Senior Secondary. The prime motive is to overcome fear and boost the confidence level of all the students.



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

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 to 2019.

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 8 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 - V	Half Pant / Nikkar Shirt	Bantex English Kid Shade No. TC 391 with cross pockets, 2" Loops Maharishi Special Checks, Half Sleeves, with button down collar, front pocket with solid brown strap.	Bantex Supreme White Cloth Viking BLD White
2.	VI-XI	Full Pant & Shirt Socks	Parallel with cross Pockets and 2" Loops White	Viking BLD White White

Full White Uniform on Monday.

Students from I - XI have to wear Sports Banian and Track suits on all Fridays.

Black Shoes with Brown 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 - XI	Slawar 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 - XI have to wear Sports Banian and Track suits on all Fridays.

Black Shoes with Brown 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 continuity of the service and parents must make their own arrangements.
 - e) If the pupil is found indisciplined while travelling in the school bus, he / she will be removed from the school bus facility.
 - f) The bus facility is available only for classes I to VIII.
 - g) The buses will ply for classes VI - VIII only on the selected routes. However the facility is extended if there is a minimum of 30 students availing the bus for both ways.

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

While Crossing

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

While Cycling

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

போக்தவாத்து 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 only be met on all working days during the Visitor's timings. 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.

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 !!!

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

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

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

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

Where do you belong?

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

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

LIST OF HOLIDAYS FOR 2022-2023

DATE	DAY	HOLIDAYS
02/04/2022	SATURDAY	TELUGU NEW YEAR
14/04/2022	THURSDAY	TAMIL NEW YEAR & AMBEDKAR BIRTHDAY & MAHAVIR JAYANTHI
15/04/2022	FRIDAY	GOOD FRIDAY
10/07/2022	SUNDAY	BAKRID
09/08/2022	TUESDAY	MUHARRAM
12/08/2022	FRIDAY	VARALAKSHMI POOJA
15/08/2022	MONDAY	INDEPENDENCE DAY
19/08/2022	FRIDAY	JANMASHTAMI
31/08/2022	WEDNESDAY	LAL BAHADUR SHASTRI BIRTHDAY, VINAYAGAR CHATURTHI
08/09/2022	THURSDAY	ONAM
24/09/2022	QUARTERLY HOLIDAYS	
02/10/2022		
02/10/2022	SUNDAY	GANDHI JAYANTHI
04/10/2022	TUESDAY	SARASWATHI POOJA
05/10/2022	WEDNESDAY	AYUDHA POOJA
09/10/2022	SUNDAY	MILADI NABI
24/10/2022	DIWALI HOLIDAYS	
25/10/2022		
06/12/2022	TUESDAY	KARTHIGAI DEEPAM
24/12/2022	HALF-YEARLY HOLIDAYS	
02/01/2023		
25/12/2022	SUNDAY	CHRISTMAS
01/01/2023	SUNDAY	NEW YEAR'S DAY
14/01/2023	SATURDAY	BHOGI
15/01/2023	SUNDAY	PONGAL
16/01/2023	MONDAY	THIRUVALLUVAR DAY
17/01/2023	TUESDAY	UZHAVAR THIRUNAL
26/01/2023	THURSDAY	REPUBLIC DAY
05/02/2023	SUNDAY	THAIPUSAM
18/02/2023	SATURDAY	MAHA SHIVRATHRI
08/03/2023	WEDNESDAY	HOLI
22/03/2023	WEDNESDAY	TELUGU NEW YEAR

NUMBER OF WORKING DAYS 2022 - 2023

MONTH	NO.OF WORKING DAYS
APRIL	16
JUNE	24
JULY	24
AUGUST	20
SEPTEMBER	18
OCTOBER	19
NOVEMBER	24
DECEMBER	18
JANUARY	21
FEBRUARY	21
MARCH	18
TOTAL	223

DATE	DAY	APRIL 2022	
1	FRI	NEW ACADEMIC YEAR FOR STDS. I - X & XII	1
2	SAT	TELUGU NEW YEAR - HOLIDAY	
3	SUN	HOLIDAY	
4	MON		2
5	TUE		3
6	WED		4
7	THU	WORLD HEALTH DAY	5
8	FRI		6
9	SAT	HOLIDAY	
10	SUN	SRI RAM NAVAMI & WORLD SIBLINGS - DAY HOLIDAY	
11	MON		7
12	TUE	WORLD DAY AGAINST CHILD LABOUR	8
13	WED	JALLIAN WALLAH BAGH MASSACRE DAY	9
14	THU	AMBEDKAR BIRTHDAY, TAMIL NEW YEAR, MAHAVIR JAYANTHI & BAISAKHI - HOLIDAY	
15	FRI	GOOD FRIDAY - HOLIDAY	
16	SAT		10
17	SUN	HOLIDAY	
18	MON		11
19	TUE	FATHERS' DAY	12
20	WED		13
21	THU		14
22	FRI	WORLD EARTH DAY	15
23	SAT	WORLD BOOK DAY - LAST WORKING DAY	16
24	SUN	SCHOOL CLOSES FOR SUMMER VACATION	
25	MON		
26	TUE	WORLD ANTI DRUG DAY	
27	WED		
28	THU		
29	FRI		
30	SAT		

DATE	DAY	JUNE 2022	
1	WED	SCHOOL REOPENS AFTER SUMMER VACATION FOR STD. VI TO X & XII	17
2	THU		18
3	FRI		19
4	SAT		20
5	SUN	WORLD ENVIRONMENTAL DAY - HOLIDAY	
6	MON		21
7	TUE		22
8	WED	WORLD OCEANS DAY	23
9	THU	SCHOOL REOPENS AFTER SUMMER VACATION FOR STD. I TO V	24
10	FRI		25
11	SAT	HOLIDAY	
12	SUN	WORLD DAY AGAINST CHILD LABOUR - HOLIDAY	
13	MON		26
14	TUE	WORLD BLOOD DONOR DAY	27
15	WED	WORLD ELDER ABUSE AWARENESS DAY	28
16	THU		29
17	FRI		30
18	SAT		31
19	SUN	HOLIDAY	
20	MON		32
21	TUE	INTERNATIONAL YOGA DAY	33
22	WED		34
23	THU		35
24	FRI		36
25	SAT	HOLIDAY	
26	SUN	HOLIDAY	
27	MON		37
28	TUE	WORLD NATURE CONSERVATION DAY & WORLD HEPATITIS DAY	38
29	WED	INTERNATIONAL TIGER DAY	39
30	THU		40

DATE	DAY	JULY 2022	
1	FRI	NATIONAL DOCTOR DAY & 1 TO 7 VANAMAHOTSAV DAY	41
2	SAT		42
3	SUN	HOLIDAY	
4	MON		43
5	TUE	HIROSHIMA DAY	44
6	WED	FRIENDSHIP DAY & NATIONAL HANDLOOM DAY	45
7	THU		46
8	FRI		47
9	SAT	HOLIDAY	
10	SUN	BAKRID - HOLIDAY	
11	MON	WORLD POPULATION DAY	48
12	TUE		49
13	WED	GURU PURNIMA DAY	50
14	THU		51
15	FRI	BIRTHDAY OF KAMARAJAR	52
16	SAT		53
17	SUN	HOLIDAY	
18	MON		54
19	TUE		55
20	WED		56
21	THU		57
22	FRI		58
23	SAT	HOLIDAY	
24	SUN	HOLIDAY	
25	MON		59
26	TUE	KARGIL VICTORY DAY	60
27	WED		61
28	THU		62
29	FRI		63
30	SAT		64
31	SUN	HOLIDAY	

DATE	DAY	AUGUST 2022	
1	MON		65
2	TUE		66
3	WED		67
4	THU		68
5	FRI		69
6	SAT		70
7	SUN	HOLIDAY	
8	MON		71
9	TUE	NAGASAKI DAY & QUIT INDIA MOVEMENT, MUHARRAM - HOLIDAY	
10	WED		72
11	THU		73
12	FRI	VARALAKSHMI POOJA - HOLIDAY	
13	SAT	HOLIDAY	
14	SUN	HOLIDAY	
15	MON	INDEPENDENCE DAY - HOLIDAY	
16	TUE		74
17	WED		75
18	THU		76
19	FRI	NATIONAL SPORTS DAY/JANMASHTAMI - HOLIDAY	
20	SAT		77
21	SUN	HOLIDAY	
22	MON		78
23	TUE		79
24	WED		80
25	THU		81
26	FRI		82
27	SAT	HOLIDAY	
28	SUN	HOLIDAY	
29	MON		83
30	TUE		84
31	WED	GANESH CHATHURTHI - HOLIDAY	

DATE	DAY	SEPTEMBER 2022	
1	THU	NUTRITION WEEK	85
2	FRI		86
3	SAT		87
4	SUN	HOLIDAY	
5	MON	TEACHERS DAY	88
6	TUE		89
7	WED		90
8	THU	WORLD LITERACY DAY & ONAM - HOLIDAY	
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10	SAT	HOLIDAY	
11	SUN	BHARATHIYAR DEATH DAY - HOLIDAY	
12	MON		92
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14	WED	HINDI DIWAS	94
15	THU	QUARTERLY EXAM BEGINS	95
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21	WED	WORLD ALZHEIMERS DAY	100
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24	SAT	QUARTERLY HOLIDAYS BEGIN	
25	SUN	MAHALAYA AMMAVASYA, WORLD DEAF DAY - HOLIDAY	
26	MON		
27	TUE	WORLD TOURISM DAY	
28	WED	WORLD RABIES DAY	
29	THU	WORLD HEART DAY	
30	FRI		

DATE	DAY	OCTOBER 2022	
1	SAT	WORLD ELDERS DAY & WORLD VEGETARIAN DAY	
2	SUN	LAL BAHADUR SHASTRI BIRTHDAY, GANDHI JAYANTHI & WORLD NON VIOLENCE DAY - HOLIDAY	
3	MON	WORLD HABITAT DAY & SCHOOL REOPENS AFTER QUARTERLY HOLIDAYS	103
4	TUE	WORLD ANIMAL DAY, SARASWATHI POOJA - HOLIDAY	
5	WED	VIJAYADASAMI - HOLIDAY	
6	THU		104
7	FRI	WORLD SMILE DAY	105
8	SAT	INDIAN AIR FORCE DAY - HOLIDAY	
9	SUN	MILADI NABI & WORLD POST OFFICE DAY HOLIDAY	
10	MON	MENTAL HEALTH DAY	106
11	TUE	WORLD GIRL CHILD DAY	107
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13	THU		109
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15	SAT	DR. APJ KALAM'S BIRTHDAY, HAND WASH DAY, WORLD RURAL WOMEN'S DAY & WORLD, STUDENTS DAY	111
16	SUN	WORLD FOOD DAY - HOLIDAY	
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18	TUE		113
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21	FRI		116
22	SAT	DIWALI - HOLIDAY	
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25	TUE	DIWALI - HOLIDAY	
26	WED	VIGILANCE WEEK	117
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14	MON	WORLD HERITAGE WEEK, CHILDREN DAY & WORLD DIABETICS DAY	132
15	TUE		133
16	WED		134
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18	FRI	NATIONAL INTEGRATON WEEK BEGINS	136
19	SAT		137
20	SUN	HOLIDAY - LINGUISTIC HARMONY DAY	
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23	WED		140
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25	FRI		142
26	SAT	CONSTITUTIONAL DAY - HOLIDAY	
27	SUN	HOLIDAY	
28	MON		143
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3	SAT		148
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5	MON		149
6	TUE	KARTHIGAI DEEPAM - HOLIDAY	
7	WED	FLAG DAY	150
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9	FRI	BHARATHIYAR BIRTHDAY	152
10	SAT	WORLD HUMAN RIGHTS DAY - HOLIDAY	
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13	TUE	HALF YEARLY EXAM BEGINS	154
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18	SUN	HOLIDAY	
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5	THU	GURU GOBIND SINGH JAYANTHI	167
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25	WED	NATIONAL VOTERS DAY	181
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DATE	DAY	MARCH 2023	
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6	MON		210
7	TUE		211
8	WED	WORLD WOMEN'S DAY & COMMON WEALTH DAY & HOLI HOLIDAY	
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10	FRI		213
11	SAT	HOLIDAY	
12	SUN	DANDHI MARCH - HOLIDAY	
13	MON		214
14	TUE		215
15	WED	KARADAIYAN NOMBU & WORLD CONSUMERS DAY	216
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24	FRI	WORLD TUBERCULOSIS DAY & LAST WORKING DAY FOR THE ACADEMIC YEAR	223
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30	THU	SRI RAMA NAVAMI	
31	FRI		

**MAHARISHI VIDYA MANDIR
SENIOR SECONDARY SCHOOL**

ASSESSMENT - 1 (JULY)

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

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

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

**MAHARISHI VIDYA MANDIR
SENIOR SECONDARY SCHOOL**

ASSESSMENT - 3 (NOVEMBER)

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

**MAHARISHI VIDYA MANDIR
SENIOR SECONDARY SCHOOL**

ASSESSMENT - 4 (DECEMBER)

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

MAHARISHI VIDYA MANDIR
SENIOR SECONDARY SCHOOL
ASSESSMENT - 5 (FEBRUARY)

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

**MAHARISHI VIDYA MANDIR
SENIOR SECONDARY SCHOOL**

ASSESSMENT - 6 (MARCH)

DATE	DAY	SUBJECT

Class Teacher's Signature

Parent's Signature

TIME TABLE - Std. I - XI

Name :							CT :			
Time	9.30-10.10	10.10 - 10.50	11.00-11.40	11.40-12.20	01.00-01.40	01.40-02.20	2.20 - 2.30 MEDITATION 2.30- 2.40 BREAK	2.40 - 3.20	3.20 - 3.55	
Days	1	2	3	4	5	6		7	8	
MON										
TUE										
WED										
THUR										
FRI										
SAT										

Transcendental Meditation : I to XI - 2.20 p.m. to 2.30 p.m.
Yogasanas, Pranayama and Transcendental Meditation are
part of our daily programme

2022 - INTERNATIONAL YEAR OF ARTISANAL FISHERIES AND AQUACULTURE (IYAFA)

Small actions can have big impacts - like a ripple effect! Small-scale fishing and aquaculture can bring food to not just one family but provide healthy nutrition and value addition to millions more. Small scale fishers and fish farmers know what it means to preserve the balance in the ecosystem. They are resilient and are capable of adapting themselves according to the changing times. But their lively hoods are at risk more now than ever. So, the United Nations General Assembly has declared 2022 the International Year of Artisanal Fisheries and Aquaculture (IYAFA 2022) with the aim of improving the working conditions of men and women working in artisanal fisheries and aquaculture. Food and Agriculture Organisation (FOA) is the lead agency for collaborating with other relevant organizations and bodies of the United Nations system to raise awareness on artisanal fisheries and aquaculture. The vision of IYAF



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H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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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



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"Right Speech has its basis in right thinking"

- Maharishiji

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

- Maharishiji



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My Thought

Parent / Teacher's Note

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Date :

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My Thought

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Parent's Sign

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

- Maharishiji



ASSIGNMENT

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My Thought

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My Thought

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Teacher's Sign

Parent's Sign

"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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H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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My Thought

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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



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My Thought

Parent / Teacher's Note

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My Thought

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"Attend to your own inner health and happiness."

- Maharishiji



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My Thought

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Parent's Sign

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

- Maharishiji

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My Thought	Parent / Teacher's Note	Teacher's Sign
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"Whatever we put our attention on will grow stronger in our life."

- Maharishiji



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My Thought

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My Thought

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Parent's Sign

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

- Maharishiji



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H.W. Defaulter

My Thought

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My Thought

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Parent's Sign

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

- Maharishiji



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My Thought

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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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My Thought

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Parent's Sign

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

- Maharishiji



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My Thought

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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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H.W. Defaulter

My Thought

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Parent's Sign

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

- 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



ASSIGNMENT

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My Thought

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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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My Thought	Parent / Teacher's Note	Teacher's Sign
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My Thought	Parent / Teacher's Note	Teacher's Sign
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"A comfortable and regulated life is needed for fastest pace of evolution."

- Maharishiji



ASSIGNMENT

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

- Maharishiji



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My Thought

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Parent's Sign

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

- Maharishiji



ASSIGNMENT

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

- Maharishiji

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

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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"Water the root to enjoy the fruit."

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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

- Maharishiji

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

- Maharishiji



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“Love is greatest harmonising power in life.”

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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

- Maharishiji

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

- Maharishiji



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

- Maharishiji

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

- Maharishiji



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Behaviour arises from the level of one's consciousness

- Maharishiji



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

- Maharishiji



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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji



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

- Maharishiji

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“Attend to your own inner-health and happiness. Happiness radiates like the fragrance from a flower and draws all good things towards you.”

- Maharishiji



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

- Maharishiji



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

- Maharishiji

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

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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"The secret of success is conviction and persistence".

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji



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

- Maharishiji

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

- Maharishiji

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

- Maharishiji



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

- Maharishiji



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

- Maharishiji



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

- Maharishiji

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

- Maharishiji



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

- Maharishiji

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“The highest state is laughter.”

- Maharishiji



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

- Maharishiji



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“In the field of knowledge is all possibility.”

- Maharishiji



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

- Maharishiji



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

- Maharishiji

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

- Maharishiji

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

- Maharishiji

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

- Maharishiji



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

- Maharishiji



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H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

ASSIGNMENT

Date :	Day :	
Sub 1		
Sub 2		
Sub 3		
Sub 4		
H.W. Defaulter		
My Thought	Parent / Teacher's Note	Teacher's Sign
		Parent's Sign

Date :	Day :	
Sub 1		
Sub 2		
Sub 3		
Sub 4		
H.W. Defaulter		
My Thought	Parent / Teacher's Note	Teacher's Sign
		Parent's Sign

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

- Maharishiji



ASSIGNMENT

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“The World is as we are.”

- Maharishiji



ASSIGNMENT

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



ASSIGNMENT

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

“The movement belongs to those who move it.”

- Maharishiji



ASSIGNMENT

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



ASSIGNMENT

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

ASSIGNMENT

Date :		Day :	
Sub 1			
Sub 2			
Sub 3			
Sub 4			
H.W. Defaulter			
My Thought		Parent / Teacher's Note	
		Teacher's Sign	
		Parent's Sign	

Date :		Day :	
Sub 1			
Sub 2			
Sub 3			
Sub 4			
H.W. Defaulter			
My Thought		Parent / Teacher's Note	
		Teacher's Sign	
		Parent's Sign	

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

- Maharishiji



ASSIGNMENT

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



ASSIGNMENT

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

Sub 1

Sub 2

Sub 3

Sub 4

H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji

ASSIGNMENT

Date :		Day :	
Sub 1			
Sub 2			
Sub 3			
Sub 4			
H.W. Defaulter			
My Thought	Parent / Teacher's Note	Teacher's Sign	
		Parent's Sign	

Date :		Day :	
Sub 1			
Sub 2			
Sub 3			
Sub 4			
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

IMPORTANT ANNOUNCEMENT

Rules and regulations laid down by TamilNadu Education Department for students

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

DISCIPLINARY RECORD

April 2022	June 2022	July 2022	Aug 2022	Sep 2022	Oct 2022	Nov 2022	Dec 2022	Jan 2023	Feb 2023	Mar 2023
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

H - Home Work not done, U - 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.



கிடம்புள்

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



பம்பரம்

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



தாயம்

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



கட்டைக்கால்

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



ஊதித்தள்ளு

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



கிச்சு கிச்சு தாம்பளம்

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



கயிறிழுத்தல்

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



உந்திப்பற

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



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.

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