

# GNANA VIRUKSHAM® NEWS LETTER

School Magazine

Date of issue: 26.01.2023

ISSUE 03

Jai Guru Dev



His Holiness  
Maharishi Mahesh Yogi



## MAHARISHI VIDYA MANDIR SECONDARY SCHOOL

Mahatma Gandhi Nagar, Senthamangalam, Tiruvarur - 610 001.

Mobile: 6382150723 / 6380124691

mvmtr2020@gmail.com www.mvmthiruvarur.edu.in



## FOREWORD

### INTRODUCTION OF THE NEWS LETTER

One of the biggest challenge we all face in life is knowing when to explore new opportunities and when to double down on the existing ones. This news letter is the collection of innumerable exploration done in MVM Thiruvarur. Learning is not the product of teaching. Learning is the product of the activities were also supported by Extra curricular and co curricular activities. The children also learned through sports and games. This newsletter focuses on how the teaching has been transformed into learning from the month of April to November.

*Chief Editor*

**Mrs. V. Shanthi Kamakshi Ravisankar**

M.Com., B.Ed.,  
Mentor Dept. of English

*Associate Editors*

**MRS. G. Sumithra**

Msc, M.ED, M.Phil, MA (Eng),  
Principal

*Sub – Editors*

**MS.Subashree**

BSC, B.ED  
English Teacher

(For Private Circulation only)



**Dr. S. Venkatarajalu,**  
Ph.D.,  
Chairman



**Mr. V. Sundaraju,**  
M.Tech, MBA (U.K), L.L.B  
Secretary



**Mr. T. Vijayasundaram,**  
M.Com, M.Phil, PGDCA  
Correspondent

**Resource persons from Chennai**



**Mrs. G. Sumithra**  
M.Sc., M.Ed, M.Phil,  
Principal / Dept. of Science



Mentor Dept. of English)  
**Mrs. V. Shanthi Kamakshi  
Ravisankar, M.Com., B.Ed.,**  
Certified Montessori Course Teacher



**Mrs. ANANDHI -**  
M.Sc., M.Phil, B.Ed  
Vice Principal  
Dept. of Social Sci



Mentor (KG)  
**Mrs. Bavithra Ponni Prabu,**  
M.Tech  
(Biotechnology)

## Principal's Message

MAHARISHI VIDYA MANDIR SECONDARY SCHOOL CBSE – THIRUVARUR is futuristic, bringing about a holistic development in the students through innovative programmes and activities. Our teachers are grooming themselves to develop skills and knowledge in the students. School is an abode of learning and education means to bring out the best of an individual. Our school provides an amalgam of scholastic and co-scholastic activities. To impart the skills and knowledge, our teachers are consistently following the current trend, technology based teaching and brainstorm activities.

A dream doesn't become reality through magic. It takes your sweat, your decision and your hardwork. Train your children to earn their needs through hardwork. Tell them the fruits what they want to taste should be from their sweat and hardwork, as this will be their permanent wealth.

We have a team of fabulous faculty members who has a team dedicate and bring out our school ethos which help our children to shine bright.

Every child entering the campus have their root offered by the parents. They need colourful tasty fruits which will be given by the school. I committed myself wholeheartedly to bring the best. For my commitment I need the supporting hand from parents. Only when we unite together we can lift our children to show the world around us which we have not seen through.

With immense focus and dream coupled with your wonderful support I need to go a long way ..... in Mvm TVR.

### BEING A MAHARSHIAN TEACHER:

Teachers here are learning facilitator where they pass on knowledge and skills to students through a lesson. As an educators we help pupils learn about different skills. We inspire, motivate and encourage a new generation of learners and guide them to create an impact in the world around them.

Our management is moulding and shaping us in all aspects. We are all always supported by MVM Chetpet which provides ideas and instruction to be followed. It is a guiding force which propel us to move forward. In addition to this we have many enrichment programmes and technical development programmes which help us to nurture and the impart knowledge about our curriculum. Our end goal in MvmTvr is to help students to be passionate about learning and understand the impact and importance of life long education. We ensure to dispel all darkness and emit the ray of sunshine in the forms of blessing of teacher and their teachings. We are confident to achieve this through our commitment and dedication, thereby transformation the life of the students favorably.



**Mrs. G. Sumithra**  
M.Sc., M.Ed, M.Phil ,MA (Eng),  
Principal





Mentor Dept. of English  
**Mr. M.P. John Britto,**  
M.A., M.Phil, M.Ed.,  
Dip. in Counselling



**Ms.SUBASHREE**  
B.Sc, B.Ed  
Dept. of English /  
Academic Coordinator



**Ms. ABILASHA**  
B.A., B.Ed., M.A.  
Dept. of English



**Mrs.STELLAMARRY**  
MA,B.Ed  
Dept. of Tamil



**Mrs.RAJASHREE MA,**  
B.Ed  
Dept. of Tamil



**Mr.MUTHAIAH**  
B.Sc, B.Ed  
Dept. of Maths



**Mrs.VAISHNAVI -**  
M.Sc., B.Ed  
Dept. of Maths



**Mrs.DHIVYA**  
M.Sc., B.Ed  
Dept. of Maths



**Mr. B.Vadivazhagan**  
B.E, B.Ed  
Dept. of Science



**Mrs. Nivrutha**  
B.Sc, B.Ed  
Dept. of Science



**Mrs. Rita Marry**  
M.Com.  
Dept. of Social Sci.



**Mrs. SATHYA**  
B.Sc, B.Ed  
Dept. of Computer Sci.



**Mrs. ISWARYA**  
B.E.  
Mother Teacher



**Ms.HEMALATHA**  
BCA,M.Sc  
Mother Teacher



**Ms.PARVEEN**  
M.A.,B.Ed., M.Phil  
Mother Teacher



**Mr. SEETHAGOPALAN**  
M.Sc.,B.Ed.  
Administrative Officer /  
Transport In charge

## 1. KINDERGARTEN:

### CLASS ROOM ACTIVITY:

The kindergarten classes for the academic year 2022-2023.

- ❖ Macmillan Hop skip and jump series for junior kg senior kg if used as the curriculum .
- ❖ The syllabus include topics like literacy skills,
- ❖ phonics ,Numeracy, General Awareness and Art and Craft.
- ❖ The details of the daily assignments are the given in the monthly schedule which is given by class teachers at the beginning of the month.
- ❖ Other than curriculum , practice is given for reading and public speaking activities.



## 2. KG GRANDPARENT'S DAY:

Grand parents day was celebrated in our school on 24.7.2022. Grandparents are a very special part of our lives. It is really fortunate if you have been able enjoy time with your own grandparents.

### WHY WE CELEBRATE GRANDPARENT'S DAY:

- ❖ To honour grandparents.
- ❖ To give grandparent's an opportunity to show love for their children's children.
- ❖ To help children become aware of the strength, information and guidance older people can offer.

### GRAND PARENT'S DAY ACTIVITIES:

Here are a few ideas to help you both enjoy the day and make more memories!

- ❖ Firlless cooking.
- ❖ Blessing cards making by grandparent's for the grand children.



## 3.COLOURS DAY:



Colours day celebration for KG is conducted every month and each month is allotted a particular colour. This is to improve the cognitive skills of the children such that they observe the names of colours.

## 4.CLASSROOM ACTIVITIES:

Now a days kindergarten is motivated to learn in the Montessori style which is a play way learning. The children enjoy this type of learning. This method kindles curiosity of children such that they observe and learn by themselves.







### 5. PHYSICAL ACTIVITY AND YOGA:

Kindergarten kids are equally active during P.T & YOGA sessions. These help in improving the physical and Mental health of the children. Hurdles, Jump in the Rings, etc are some of the activities given by the teachers to the children.



### 6. VINAYAGAR CHATHURTHI CELEBRATION:

The K.G children put up a wonderful performance by appearing in the costume of Lord Ganesha during the Vinayagar Chathurthi celebration.



### 9. SCIENCE EXPO:

Science Expo was conducted in our school to promote interest in science and technology. Students from Grade I to V participated and presented the models on

the topic "Ancient period". Students dressed up accordingly and came forward to explain the concepts and exhibit models made by them. Students from Grade VI to IX came forward with their amazing artwork, models, experiments on the topic "Modern period".



We can never repay the amount of hard work and efforts that were put in by the students especially in this Virtual environment with pandemic limitations.



### 7. INDEPENDENCE DAY CELEBRATION:



The K.G Children also depicted themselves as National leaders and recited the slogans of our National leaders.

### 10. INDEPENDENCE DAY:

Independence Day marks the end of British rule in 1947 and the establishment of a free and independent Indian nation. We celebrated 75th Independence day.



Our Dr.S. Venkatarajulu Ph.D (Chairman Nethaji Subash Chandra Bose Educational Institution) Chief Guest Dr.A.Ramesh MA.M Phil., Ph.D(Tamil Dept - Central University-Thiruvavur) hoisted the Flag along with our correspondent, Principal and vice Principal.

A cultural Programme was also put up at the school where students from I to IX sang a patriotic

### 8. ONAM CELEBRATION:



The K.G honoured our neighboring state of Kerala through flower kolams. They also wore the traditional Onam dress.

song and performed a patriotic dance. Some students dressed up as freedom fighters and played their roles. At the end of the ceremony, sweets were distributed among the students and parents.

This day reminds us every year that freedom is Sacred and citizens must do everything to ensure that it is never endangered.

### 11. NAVARATRI CELEBRATION:

On the day of Amavasya, or the no moon day which falls on the eve of Navaratri, people set up the steps on which the decorations are done. There are many rituals associated with Navaratri dedicated to Goddess Lakshmi, Durga and Saraswati. Navaratri Golu is the decorated display of dolls and figurines. It is an integral part of the festivities in South Indian households. In this year, Navaratri started on September 26 and ended on October 4.

Kolu was celebrated in our school, with pomp and gaiety. Dolls were arranged according to the tradition and religious faith and they sang hymns and recited shlokas in praise of Goddess Durga, Lakshmi and Saraswathi. On all nine days of Navaratri, our students brought Pooja items and flowers to worship the Goddesses. On the days of Navaratri, principal and our teachers distributed prasadam to all students and visitors. The festivity continued for nine days and culminated with a special Vijayadashami Pooja on October 5.



### 12. VIDHYARAMBHAM CEREMONY :

Vijayadasami falls on the tenth day of Navaratri and is celebrated as the day of victory of good over evil after performing nine days of worship. Young children start the journey of their education on this auspicious day.

In Our School before the admission, all the little toddlers along with their parents took part in the Vidhyarambham Ceremony and they were initiated into the world of letters. Later, we enrolled the children to Kindergarten thus assuring them to groom their children into a fine adult.



### 13. EXTRA MARKS:



Extra marks is an online learning platform focused on the pre-school to higher studies as well as for the test preparation through the skillful combination of pedagogy and technology to learn anywhere, anytime.

Extra marks provides its learning content, aligned with multiple nation and stateboard for all subjects.

From the extra marks Mr. Gowtham visited our school to train the teachers about the process of access to the extramarks application. He explained all contents present in the application to all teachers based on the subjects.

This application can help the teachers to take the lessons efficiently and by clearly showing pictures and videos related to the lessons to the students.





#### 14. PARENT'S -TEACHERS MEETING:



Parent-Teacher meeting is one of the important activity of any school. PTM is a great opportunity for both the teachers and parents to work for the betterment of the child. PTM is held for valuation of an academic and non-academic performance of the student.

It helps to know and work for the childs performance.

In our school PTM was conducted on October 14 for primary class and on October 15 for upper-primary classes. The answer papers of Assessment I and II and also for the half-yearly examinations were given.

The report cards were distributed to the parents. The feedback form has been given to the parents to fill the academic performance of the child Yearly Two or Three occasions PTM will be conducted after respective Term Examinations.

#### 15. ENGLISH TRAINING PROGRAMME:



English is a language that began in Anglo-Saxon England. It is originated from Anglo - Tristian and Old Saxon dialects. English is now used as a global language. There are about 375 million native speakers (people who use it as their first language) in this world.

In order to assess the fluency of teachers, Mr. Selvaraj from MVM Chetpet had visited our school from MVM main Branch for 3 days. He trained the teachers to speak well in English. He explained about the terms, clauses etc. He suggested many books to be read. This session was very helpful to all teachers as well as for the students to speak English fluently. His tips were really useful for the Teachers and for the Students to speak English fluently.

#### 16. TM SIDHI PROGRAMME FOR OUR STUDENTS:

The TM-Sidhi programme is a natural extension of transcendental meditation and accelerates the growth towards higher states of consciousness and realizing our full potential-the state of enlightenment.

In the TM-Sidhi programme, we can learn to think and act from the profound level of awareness, so that all our thoughts and actions are more effective. We can develop increased skill in action –the ability to fulfill our desires naturally while at the same time promoting the evolution of everyone and everything.





The founder of TM Sidhi programme is Maharishi Magesh yogi, who began teaching Transcendental meditation(TM) around the World 50 years ago.

Shri .Singaravelan, and Shri Suresh Visited our School to Teach the TM Sidhi programe to all students and teachers. From this program, students and teachers, studied the field of consciousness, unifying principle laws of nature expressed in simple language which helped students to see the relationship among all subjects of study and their own growth. They also experienced and understood life as a whole.



### 17. HAND WRITING TRAINING FOR STUDENTS:

Handwriting is the style of writing. Each and every person has a different style of writing. Handwriting is the most basic tool used for taking notes, doing homework, taking tests, doing class work and for many other tasks. Therefore handwriting is a very essential skill which helps in brain development, boost confidence, helps in personality development. Hence from MVM we arranged handwriting training academy Coimbatore conducted 1week handwriting programme where 250 students benefitted.



### 18. ONLINE TRAINING PROGRAMME FOR TEACHERS:



Online training solutions provide much needed effectiveness for teachers , allowing them to maximize the potential for individual learning curves and styles within the classroom . On September 5 our primary teachers had online training.

### 19. DIWALI CELEBRATION:

Diwali is a festival of lights and sharing happiness and joy around. Diwali celebrates the home coming of Lord Rama. It is celebrated as the victory of light over darkness and good over evil. The motive of the festival is to spread happiness amongst our loved ones.



*Diwali Celebration*



*Diwali Celebration*

Diwali is a festival of happiness and joy, so the students of Grade – I to V entertained the other students with a graceful dance. Grade VI-VIII girls gave an excellent dance performance followed by a speech on Diwali.

The students enthusiastically participated and performed drama bringing out the importance of Diwali celebration.

Finally students created awareness among students about Diwali and concluded with excellent Diwali wishes.

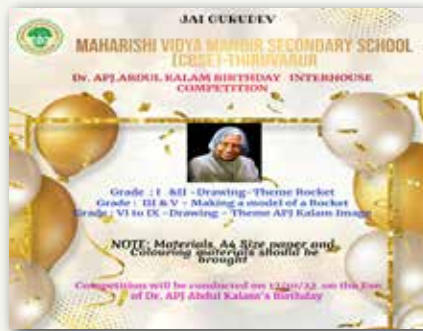


## 20. ONLINE LEARNING FOR STUDENTS:

Online learning is education that takes place over the internet. It is often referred as “e-learning” among other terms. Through an online learning students get more opportunities for depth and growth as they explore their education and gain new skills. MVM gives a great platform for an effective online learning. Our students attended online training programme conducted by CBSE held on September 7th 2022.



## 21. INTER HOUSE COMPETITION:



In memory of the great legend Dr. APJ Abdul Kalam MVM THIRUVARUR conducted inter house competition,

Inter House competition fosters healthy competition among students and encourages them to be an active member of the respective houses. Different inter house competitions are conducted on a regular basis to boost the holistic development of the students. The students demonstrate great team spirit by putting their best effort to contribute to the house scores.

## 22. CHILDREN'S DAY CELEBRATION:

Children's day celebration is the most felicitous day for every human being. In Maharishi Vidya Mandir Secondary School Thiruvavur, we celebrated Children's day on November 14 as a tribute to Pandit Jawaharlal Nehru. This day was celebrated with great pomp and enthusiasm. Teachers joined together to show their love, care, and affection towards the children in various performances. All





teachers reminded of all the wonderful things they enjoyed doing when they were young. For each class games were conducted and winners were honoured with prizes. On this auspicious day every child cherishes this day as they get to enjoy it to the fullest.

### 23. CLUB ACTIVITIES:

In Maharishi Vidya Mandir Secondary School Thiruvarur on No bag day activity we engage students in various clubs. We inaugurated various clubs like English club, Tamil club, Hindi club, Science club, Math club, Social club, Art club, Eco club, and Sports club. Even on No bag day we make learning less stressful for the students without compromising quality. Through the club activities we are nurturing in a right way and training perfectly. Through various club activities we provide right platform to showcase and hone their talents and skills. Every activity conducted inside school will help them to cultivate different perception of life and leadership quality outside the school.



### 24. ECA ACTIVITIES:

Maharishi Vidya Mandir Secondary School Thiruvarur provides enrichment programme that includes school extra curricular activities that take place every Saturday as on No bag day .We provide Karate ,Yoga ,Silambam ,Chess ,Classical dance , Music ,Vocal singing ,Archery .All these activities enhance our children to discover their talents and abilities. Through this ECA Activity we promote holistic development and train them in balanced personalities together with physical fitness. Activities conducted in school is only in grooming and shaping their interests and hobbies which will help them to develop their social skills, unity and team spirit.





**25. ACHIEVEMENTS:**

“Achievements of today are the stepping stones for the future ones.”

Maharishi Vidya Mandir Secondary School Thiruvarur is providing various platform for the children in various fields to achieve. We are always a guiding force for our children to achieve more. Our children are bringing more laurels to school.



**NATIONAL LEVEL AND  
STATE LEVEL  
WINNERS IN ARCHERY  
COMPETITION**



**DISTRICT LEVEL CHESS  
COMPETITION**



**RITISH V - STD  
STATE LEVEL KARATE -  
III PLACE**



**Mrs. CHITHRA -  
MA**  
Dept. of Hindi



**Mrs. MALINI -  
M.Sc., B.Ed**  
Montessori Division



**Mrs. SUBATHRA -  
DCT**  
Montessori Division



**Mrs. MRS. AVARANYA  
B.P.Ed**  
Dept. of Phy. Education



**Mr. FARVEZ MUSHARAF  
- B.P.Ed**  
Physical Educator

**PONGAL CELEBRATION:**



**MAHARISHI MAGESH YOGI BIRTHDAY  
CELEBRATION:**

