
MAHARISHI VIDYA MANDIR SENIOR SECONDARY SCHOOL

(Since 1983)

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

**Calendar &
Handbook**

April 2023 - March 2024

Pupils should bring this diary to school everyday

MAIN SCHOOL

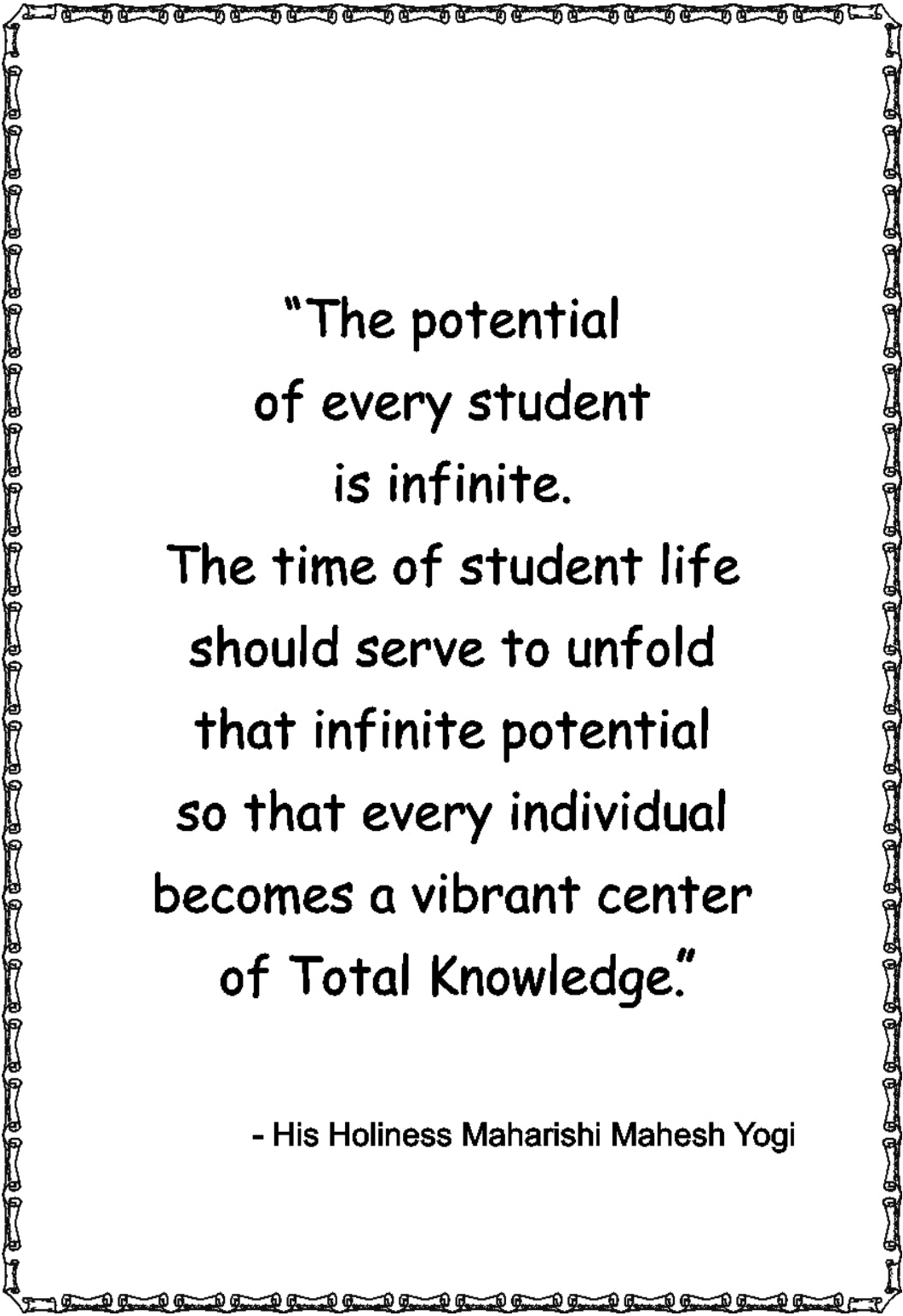
“MAHARISHI GARDENS”

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

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

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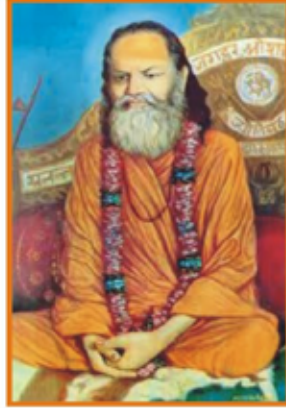
Website : maharishividyamandirch.com



"The potential
of every student
is infinite.

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

- His Holiness Maharishi Mahesh Yogi



**HIS DIVINITY GURUDEV
SWAMI BRAHMANANDA SARASWATHI MAHARAJ**

THE TRADITION OF KNOWLEDGE

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

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

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

SCHOOL MOTTO



Knowledge is structured in consciousness 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

PUPIL'S PERSONAL RECORD

Name of the Pupil :

Standard : Sec :

Date of birth :

Community / Religion :

Admission no. :

EMIS No. :

Aadhar No. :

Blood group :

If allergic to any medicine
mention the medicine :

Name of father :

Name of mother :

Name of guardian :

Address

[i] Office Address with Phone No. :

[ii] Residence Address with Phone No. :

[iii] Mail ID :

[iv] Request Phone No. :

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/Religion : _____

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

- *Rabindranath Tagore*

TRANSLATION

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

INTEGRATION PLEDGE

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

SONG OF PATRIOTISM

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

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

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

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

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

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

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

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

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

मुहम्मद इकबाल

MEANING

“Better than the entire world, is our Hindustan;
we are its nightingales of mirth,
and it is our garden abode
Though in foreign lands we may reside,
with our homeland our hearts abide,
Regard us also to be there, where exist our hearts
That mountain most high, neighbour to the skies;
it is our sentinel; it is our protector
In the lap of whose, play thousands of rivers;
gardens they sustain; the envy-of-the-heavens of ours
O waters of the Ganga mighty, do you recall the day
when on your banks, did land the caravan of ours
Religion does not teach us to harbour
grudges between us
Indians we all are; India, our motherland
While Greece, Egypt, Rome have all been wiped out
till now yet remains, this civilization of ours
{it has stood the test of time}
Something there is that keeps us, our entity
from being eroded
For ages has been our enemy, the way of the world
Iqbal! Is there no soul that could
understand the pain in thy heart?

SCHOOL TIMINGS FOR THE ACADEMIC YEAR 2023 - 2024

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

* School Timings may change as per the school

ASSEMBLY SCHEDULE

ACADEMIC YEAR 2023-2024

TIMINGS	: STD VI - XII - 7.30 a.m. - 8.10 a.m. STD I - V - 8.30 a.m. - 8.50 a.m.
MONDAY	: STD VI - VIII
WEDNESDAY	: STD IX - X & IV - V
THURSDAY	: BHAJANS
FRIDAY	: STD XI & XII STD I, II & III
NATIONAL ANTHEM	: Common time for the whole school at 8.40 a.m.
MEDITATION TIME	: Morning as per Time Table 02.10 - 02.25 pm Common Meditation for MVM Group of Schools

CELEBRATE YOUR CHILD’S BIRTHDAY IN A NOVEL WAY

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

“Distributing sweets are strictly prohibited. Students and parents kindly co-operate”

Rules & Regulations

1. All the pupils should come in the prescribed neat uniform every day during the school hours and to all school functions.
2. Pupils should not come with ornaments or valuable articles to school. They are responsible for the safe custody of their books and belongings.
3. During school hours parents/guardians are not allowed to see their wards or their teachers in the classroom without the permission of the Principal.
4. Any communication, request or complaint made by the parents/guardians should be addressed only to the Principal and not to the class teacher.
5. Any willful damage caused by the pupil to the building, furniture, apparatus or any other school property is liable to be made good by the parent / guardian.
6. Pupil who is ill for a long period must produce a Medical Certificate.
7. Homework assigned to the pupil by the teachers should be done regularly and parents / guardians are requested to co-operate with the school authorities by checking the homework of their wards.
8. Pupil should be punctual to school and bring the prescribed books according to their timetable.
9. Pupils will be eligible to sit for Examination only if they put in 80% of attendance.

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

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

4. Has good facilities for both curricular and co-curricular activities.
5. Has school bus facility for students from I - XII.
6. Transcendental Meditation (T.M.) based on the Unified Field of Technology of His Holiness Maharishi Mahesh Yogi with Yogasanas and Pranayama and Science of Creative Intelligence are an important and regular part of the daily programme. This has been incorporated to improve the learning ability and enhance pupil's full mental potential. Experiments have proved beyond doubt that regular practice of Transcendental Meditation does improve learning ability, memory power, receptivity, power of expression, creativity and improves physical and mental health and social behaviour.
7. Lives of great men are studied as a source of inspiration for students.
8. Development of the total and multi-sided personality of the students is the major objective of the school.
9. Guru Pooja and Group Bhajans are conducted every Thursday.
10. Basic Knowledge of Electronics and Computer is also being imparted.
11. Junior Lab for V, VI, VII & VIII Stds is available.
12. School Counsellors have been appointed one for each of these sections i.e. Middle and High School for providing educational guidance, particularly to low achievers. These counsellors serve as School - Home Liaison officers too. Counselling for developing skills of adolescents is also provided by trained teachers. As per CBSE regulations embracing the idea of diversity is the reality and, therefore, each child is a unique learner. Hence in MVM we have already trained 20 special tutors for such children with specific learning difficulties.
13. The board had brought out a document related to poor academic performance in schools focusing on the major issues of slow learning caused by dyslexia and other co-morbid disabilities.

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

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

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

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

26. HOME AWAY FROM HOME - Children from classes III-X are taken to Maharishi International Residential School twice in a year to develop social and emotional skills in a new environment.
27. **KINDLE- e-Reader** - 21st century's latest innovation in the field of reading is Kindle. The device is lighter, smaller and faster. It is an e-reader with touch screen display, built-in Wi-Fi, massive book collection of over 8 lakh titles. Kindle is a good vocabulary builder & has the best compilation of vital information for learning. We at MVM, have taken an initiative to install this facility for our students to give timely guidance, that could enrich their knowledge in various fields of learning. MVM has made a provision of 40 Kindles in the library to enable the students to explore the stories during the library periods.
28. The Maharishi Science - Math Exhibition blossomed in the year 2016, which is the brainchild of our Dean & Director Late, Shri.S.Namasivayam. The aim of this project is to encourage and kindle the scientific spirit among our students of Maharishi group of Schools. This is an annual feature. To boost the enthusiastic participation of our students, cash awards are given by the Management.

ADMISSIONS AND WITHDRAWALS

A. Admission:

1. While seeking fresh Admission, parents should produce Transfer Certificate from the school where the child last studied, duly signed by the competent authority. Application for admission into any class should be 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 ₹ 2000/- (Rupees Two Thousand only) for the same academic year, provided there is a seat.

RULES FOR PROMOTION

1. A student is eligible for promotion from Std I to X only if he or she has attended classes for 80% of the total number of working days for which the school has worked from April to March of the academic year.
2. For III Language there will be an Internal Examination at the end of Std VIII, students should complete the internal examination in the third language of Std VIII positively.
3. A delay in payment of school fees 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 fee can be remitted annually or in two terms through online mode / portal available at School Website.

CODE OF CONDUCT FOR STUDENTS

Dear Student,

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

The following would be helpful as guidelines:

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

GENERAL RULES

1. The school authorities will not be responsible for the loss, damage or theft of pupils' belongings. It is not advisable for the pupils to bring money or valuable articles to school.
2. Although the school is not responsible for the behaviour of its students outside its premises, due notice will be taken of reports of misbehaviour and disciplinary action will be taken against the concerned students if the report is substantiated on proper enquiry.
3. Any damage done in the class or in the school premises 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 trimmed.
9. Boys must have proper haircut and girls should plait their hair and neatly tie with white ribbon.
10. When the students go for P.T. or move along the corridors or while changing classes, they must walk in silence in a single line. They should always keep to the left.
11. Pupils are expected to come to school provided with all that is necessary for the day's work. Borrowing or lending of pencils, erasers, rulers, sharpeners, instrument box, etc., is discouraged.
12. Personal cleanliness and hygiene are greatly recommended to all. Pupils should be particularly careful not to litter anything in the school

premises. They should use the Baskets and Bins specially provided for this purpose.

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

CO-CURRICULAR ACTIVITIES

In order to provide total education to children and good citizenship training, the school organizes different co-curricular activities through various Houses, Clubs, Educational Tours, RSP, Social Service Projects, Audio - Visual Education, Fine Arts, Scouts & Guides, Cubs & Bulbuls, NGC, JRC, Karuna Club, NCC, NSS, Musical Instruments, T.M., Science of Creative Intelligence, Yogasanas and Pranayamas. Programmes to motivate lateral thinking in students are devised and incorporated in school curriculum.

EXTRA CURRICULAR ACTIVITIES

Activities include training in Archery, Bharatha Natyam, Carnatic Music, Band, Karate, Handwriting, Key board, Tabla, Veena, Guitar, Skating, Sports and Games, etc. The school fosters a high degree of competency in several co-curricular and extra-curricular activities and the children are encouraged to participate in any one activity at a time.

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

YOGA & YOGIC EXERCISE SCHEDULE FOR THE ACADEMIC YEAR 2023-2024

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

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

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

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

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



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 10 Years. Students and parents are more interested to participate in all Samskarams done by our MVM group of schools.

UNIFORM PATTERN: BOYS

S. No.	Class	Item	Uniform Particulars	Uniform Particulars on Mondays
1.	I - VII	Half Pant / Trousers 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.	VIII-XII	Full Trousers & Shirt Socks	Parallel with cross Pockets and 2" Loops White	Viking BLD White White

Full White Uniform on Monday.

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

UNIFORM PATTERN: GIRLS

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

Full White Uniform on Monday.

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

SCHOOL BUS SERVICE

RULES & REGULATIONS:

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

2. School Bus Range :-

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

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

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

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

Range - E : Nerkundram & Mogappair East

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

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

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

TRAFFIC RULES

Rules to be followed :-

While Walking

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

While Crossing

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

While Cycling

- Look behind before starting off, turning right or left, overtaking, or stopping and make sure it is safe.
- Give a clear arm signal to show what you intend to do.
- Always keep both hands on the handlebars unless you are giving a signal or changing gears.
- 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 be met during the visiting hours, Forenoon 11am - 12 noon Afternoon 3pm - 4 pm. Parents can meet teachers regarding the child's progress after getting permission from the Principal and may do so only during the Break times.
3. Parents and Guardians are requested not to meet their children or interview the teacher during class hours without prior permission from the Principal.
4. Parents are expected to co-operate in the work of the school by enforcing regularity, punctuality and discipline, by taking interest in their children's progress. They should check diary daily, note the homework and see that the homework is done.
5. Medical Inspection is held once a year. Parents are requested to follow the suggestions given by the Medical Officer.
6. The school will strictly adhere to the schedule of working days and holidays as mentioned in the Hand Book. Only under extraordinary circumstances, if there is a Government announcement of a holiday for educational institutions, the school will not function.
7. Cycle- parking: Though school safeguards the cycles parked by the students in the school premises during the school hours, the school will not be held responsible for the loss of any cycle. It is the sole responsibility of the pupils to lock the cycles carefully and not allow them to be misused by his/her friends.
8. Parents are requested to ensure that their wards practice Yogasanas and Transcendental Meditation daily which are taught in the school.
9. Ensure that your wards study and then sign in their Hand Book everyday mentioning their study hours.
10. Observation class: Parents may have the privilege of observing the child's class-room activities during the school working days, with the prior permission of the Principal.
11. Pupils should bring only vegetarian food to the school. (vegan food)

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 2023-2024

DATE	DAY	HOLIDAYS
07/04/2023	FRIDAY	GOOD FRIDAY
14/04/2023	FRIDAY	TAMIL NEW YEAR & AMBEDKAR BIRTHDAY
22/04/2023	SATURDAY	RAMZAN
29/06/2023	THURSDAY	BAKRID
29/07/2023	SATURDAY	MUHARRAM
15/08/2023	TUESDAY	INDEPENDENCE DAY
25/08/2023	FRIDAY	VARALAKSHMI POOJA
29/08/2023	TUESDAY	ONAM
06/09/2023	WEDNESDAY	JANMASHTAMI
18/09/2023	MONDAY	VINAYAGAR CHATURTHI
28/09/2023	THURSDAY	MILADI NABI
23/09/2023	QUARTERLY HOLIDAYS	
02/10/2023		
02/10/2023	MONDAY	GANDHI JAYANTHI
03/10/2023	TUESDAY	SCHOOL REOPENING AFTER QUARTERLY HOLIDAYS
23/10/2023	MONDAY	SARASWATHI POOJA
24/10/2023	TUESDAY	AYUDHA POOJA
11/11/2023	DIWALI HOLIDAYS	
13/11/2023		
26/11/2023	SUNDAY	KARTHIGAI DEEPAM
23/12/2023	HALF-YEARLY HOLIDAYS	
01/01/2024		
25/12/2023	MONDAY	CHRISTMAS
01/01/2024	MONDAY	NEW YEAR'S DAY
02/01/2024	TUESDAY	SCHOOL REOPENING AFTER HALF YEARLY HOLIDAYS
14/01/2024	SUNDAY	BHOGI
15/01/2024	MONDAY	PONGAL
16/01/2024	TUESDAY	THIRUVALLUVAR DAY
17/01/2024	WEDNESDAY	UZHAVAR THIRUNAL
25/01/2024	THURSDAY	THAIPUSAM
26/01/2024	FRIDAY	REPUBLIC DAY
08/03/2024	FRIDAY	MAHA SHIVRATHRI
25/03/2024	MONDAY	HOLI
29/03/2024	FRIDAY	GOOD FRIDAY

NUMBER OF WORKING DAYS 2023 - 2024

MONTH	NO.OF WORKING DAYS
APRIL	19
JUNE	23
JULY	23
AUGUST	22
SEPTEMBER	16
OCTOBER	21
NOVEMBER	23
DECEMBER	18
JANUARY	19
FEBRUARY	23
MARCH	19
TOTAL	226

DATE	DAY	APRIL 2023	
1	SAT		
2	SUN	HOLIDAY	
3	MON	NEW ACADEMIC YEAR FOR STDS. X & XII	1
4	TUE	MAHAVIR JAYANTHI	2
5	WED		3
6	THU	NEW ACADEMIC YEAR FOR STDS. PRE KG, KG & STD I TO IX	4
7	FRI	WORLD HEALTH DAY - GOOD FRIDAY - HOLIDAY	
8	SAT	HOLIDAY	
9	SUN	HOLIDAY	
10	MON	WORLD SIBLINGS DAY	5
11	TUE		6
12	WED	WORLD DAY AGAINST CHILD LABOUR	7
13	THU	JALLIAN WALLAH BAGH MASSACRE DAY	8
14	FRI	AMBEDKAR BIRTHDAY, TAMIL NEW YEAR & BAISAKHI - HOLIDAY	
15	SAT	KARADAIYAN NOMBU	9
16	SUN	HOLIDAY	
17	MON		10
18	TUE		11
19	WED		12
20	THU		13
21	FRI		14
22	SAT	WORLD EARTH DAY - RAMZAN - HOLIDAY	
23	SUN	HOLIDAY	
24	MON		15
25	TUE		16
26	WED	WORLD ANTI DRUG DAY	17
27	THU		18
28	FRI	LAST WORKING DAY	19
29	SAT	SCHOOL CLOSES FOR SUMMER VACATION	
30	SUN		

DATE	DAY	JUNE 2023	
1	THU	SCHOOL REOPENS AFTER SUMMER VACATION FOR STD. VI TO X & XII	20
2	FRI		21
3	SAT		22
4	SUN	HOLIDAY	
5	MON	WORLD ENVIRONMENTAL DAY	23
6	TUE		24
7	WED	SCHOOL REOPENS AFTER SUMMER VACATION FOR STD. I TO V	25
8	THU	WORLD OCEANS DAY	26
9	FRI	SCHOOL REOPENS AFTER SUMMER VACATION FOR PRE KG, LKG & UKG	27
10	SAT	HOLIDAY	
11	SUN	HOLIDAY	
12	MON	WORLD DAY AGAINST CHILD LABOUR	28
13	TUE		29
14	WED	WORLD BLOOD DONOR DAY	30
15	THU	WORLD ELDER ABUSE AWARENESS DAY	31
16	FRI		32
17	SAT		33
18	SUN	FATHERS' DAY - HOLIDAY	
19	MON		34
20	TUE		35
21	WED	INTERNATIONAL YOGA DAY	36
22	THU		37
23	FRI		38
24	SAT	HOLIDAY	
25	SUN	HOLIDAY	
26	MON		39
27	TUE		40
28	WED	WORLD NATURE CONSERVATION DAY & WORLD HEPATITIS DAY	41
29	THU	INTERNATIONAL TIGER DAY - BAKRID - HOLIDAY	
30	FRI		42

DATE	DAY	JULY 2023	
1	SAT	NATIONAL DOCTORS' DAY & 1 TO 7 VANAMAHOTSAV DAY	43
2	SUN	HOLIDAY	
3	MON	GURU PURNIMA DAY	44
4	TUE		45
5	WED	HIROSHIMA DAY	46
6	THU	FRIENDSHIP DAY & NATIONAL HANDLOOM DAY	47
7	FRI		48
8	SAT	HOLIDAY	
9	SUN	HOLIDAY	
10	MON		49
11	TUE	WORLD POPULATION DAY	50
12	WED		51
13	THU		52
14	FRI		53
15	SAT	BIRTHDAY OF KAMARAJAR	54
16	SUN	HOLIDAY	
17	MON		55
18	TUE		56
19	WED		57
20	THU		58
21	FRI		59
22	SAT	HOLIDAY	
23	SUN	PARENTS' DAY HOLIDAY	
24	MON		60
25	TUE		61
26	WED	KARGIL VICTORY DAY	62
27	THU		63
28	FRI		64
29	SAT	MUHARRAM - HOLIDAY	
30	SUN	HOLIDAY	
31	MON		65

DATE	DAY	AUGUST 2023	
1	TUE		66
2	WED		67
3	THU		68
4	FRI		69
5	SAT		70
6	SUN	HOLIDAY	
7	MON		71
8	TUE		72
9	WED	NAGASAKI DAY & QUIT INDIA MOVEMENT DAY	73
10	THU		74
11	FRI		75
12	SAT	HOLIDAY	
13	SUN	HOLIDAY	
14	MON		76
15	TUE	INDEPENDENCE DAY - HOLIDAY	
16	WED		77
17	THU		78
18	FRI		79
19	SAT	NATIONAL SPORTS DAY	80
20	SUN	HOLIDAY	
21	MON		81
22	TUE		82
23	WED		83
24	THU		84
25	FRI	VARALAKSHMI POOJA - HOLIDAY	
26	SAT	HOLIDAY	
27	SUN	HOLIDAY	
28	MON		85
29	TUE	ONAM - HOLIDAY	
30	WED		86
31	THU		87

DATE	DAY	SEPTEMBER 2023	
1	FRI	NUTRITION WEEK	88
2	SAT		89
3	SUN	HOLIDAY	
4	MON		90
5	TUE	TEACHERS' DAY	91
6	WED	JANMASHTAMI - HOLIDAY	
7	THU		92
8	FRI	WORLD LITERACY DAY	93
9	SAT	HOLIDAY	
10	SUN	HOLIDAY	
11	MON	BHARATHIYAR DEATH DAY	94
12	TUE		95
13	WED		96
14	THU	HINDI DIWAS	97
15	FRI	QUARTERLY EXAM BEGINS	98
16	SAT		99
17	SUN	HOLIDAY	
18	MON	VINAYAGAR CHATHURTHI - HOLIDAY	
19	TUE		100
20	WED		101
21	THU	WORLD ALZHEIMER'S DAY	102
22	FRI		103
23	SAT	QUARTERLY HOLIDAYS BEGIN	
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28	THU	WORLD RABIES DAY - MILADI NABI - HOLIDAY	
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DATE	DAY	OCTOBER 2023	
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30	SAT		
31	SUN		

Test / Exam Portion

Date :

Test / Exam Portion

Date :

A series of 20 horizontal rectangular boxes for writing answers, arranged in two groups of ten.

Test / Exam Portion

Date :

Test / Exam Portion

Date :

**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 - V

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

Transcendental Meditation : I to XII - 2.10 p.m. to 2.25 p.m.
Yogasanas, Pranayama and Transcendental Meditation are
part of our daily programme

2023 - THE INTERNATIONAL YEAR OF THE MILLETS

The United Nations General Assembly at its 75th session in March 2021 declared 2023 the International Year of Millets (IYM 2023). FAO is the lead agency for celebrating the Year in collaboration with other relevant stakeholders. Millets can grow on arid lands with minimal inputs and are resilient to changes in climate. They are therefore an ideal solution for countries to increase self-sufficiency and reduce reliance on imported cereal grains #IYM2023 will be an opportunity to raise awareness of, and direct policy attention to the nutritional and health benefits of millets and their suitability for cultivation under adverse and changing climatic conditions. The Year will also promote the sustainable production of millets, while highlighting their potential to provide news sustainable market opportunities for producers and consumers.

ASSIGNMENT

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My Thought		Parent / Teacher's Note	
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		Parent's Sign	

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Sub 4			
H.W. Defaulter			
My Thought		Parent / Teacher's Note	
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		Parent's Sign	

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

- Maharishiji



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Teacher's Sign

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Date :

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My Thought

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Parent's Sign

"Right Speech has its basis in right thinking"

- Maharishiji

ASSIGNMENT

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H.W. Defaulter		
My Thought	Parent / Teacher's Note	Teacher's Sign
		Parent's Sign

Date :		Day :
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My Thought	Parent / Teacher's Note	Teacher's Sign
		Parent's Sign

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

- Maharishiji



ASSIGNMENT

Date :

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H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

Day :

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My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



ASSIGNMENT

Date :

Day :

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H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

Date :

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Sub 3

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H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



ASSIGNMENT

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H.W. Defaulter

My Thought

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My Thought

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Parent's Sign

"Being happy is of the utmost importance."

- Maharishiji



ASSIGNMENT

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H.W. Defaulter

My Thought

Parent / Teacher's Note

Teacher's Sign

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Sub 2

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My Thought

Parent / Teacher's Note

Teacher's Sign

Parent's Sign

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

- Maharishiji



ASSIGNMENT

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"Attend to your own inner health and happiness."

- Maharishiji



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Teacher's Sign

Parent's Sign

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

- Maharishiji



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Parent / Teacher's Note

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Parent's Sign

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

- Maharishiji



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

- Maharishiji



ASSIGNMENT

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H.W. Defaulter

My Thought

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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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My Thought	Parent / Teacher's Note	Teacher's Sign	
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"Knowledge has organising power."

- Maharishiji

🏠 ASSIGNMENT

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My Thought		Parent / Teacher's Note	
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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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Parent's Sign

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

- Maharishiji

ASSIGNMENT

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My Thought	Parent / Teacher's Note	Teacher's Sign
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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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My Thought

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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

ASSIGNMENT

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

- Maharishiji

ASSIGNMENT

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

- Maharishiji



ASSIGNMENT

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

- Maharishiji



ASSIGNMENT

Date :

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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



ASSIGNMENT

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

- Maharishiji

ASSIGNMENT

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

- Maharishiji

ASSIGNMENT

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My Thought	Parent / Teacher's Note	Teacher's Sign
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"Don't go for what you know you can get. Go for what you really want."

- Maharishiji



ASSIGNMENT

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“Deserve..... and then desire.”

- Maharishiji



ASSIGNMENT

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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



ASSIGNMENT

Date :

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Parent's Sign

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

- Maharishiji



ASSIGNMENT

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Parent's Sign

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

- Maharishiji

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H.W. Defaulter			
My Thought		Parent / Teacher's Note	
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“It is better to build children than to repair men.”

- Maharishiji



ASSIGNMENT

Date :

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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

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

- 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

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

- 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

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

- 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	

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

- 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

"Water the root to enjoy the fruit."

- 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

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

- 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	

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

- 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

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

- Maharishiji



ASSIGNMENT

Date :

Day :

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

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

- Maharishiji



ASSIGNMENT

Date :

Day :

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

IMPORTANT ANNOUNCEMENT

Rules and regulations laid down by TamilNadu Education Department for students

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

DISCIPLINARY RECORD

April 2023	June 2023	July 2023	Aug 2023	Sep 2023	Oct 2023	Nov 2023	Dec 2023	Jan 2024	Feb 2024	Mar 2024
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	29
30	30	30	30	30	30	30	30	30	30	30
		31	31		31		31	31		31

× Home Work not done, Not wearing uniform ⊗

○ Circle round the date indicates late coming

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

AN APPEAL

Dear Parents

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

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

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

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

வேண்டுகோள்

அன்பிற்குரிய பெற்றோர்களுக்கு....

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

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

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

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

பெற்றோரும் ஆசிரியர்களும் இணைந்து பணியாற்றி நமது குழந்தைகளுக்கு நல்ல எதிர்காலத்தை உருவாக்குவோம்.

பாரம்பரிய விளையாட்டுகள்



பல்லாங்குழி

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



கிட்டிப்புள்

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



பம்பரம்

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



தாயம்

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



கட்டைக்கால்

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



ஊதித்தள்ளு

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



கிச்சு கிச்சு தாம்பளம்

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



கயிறிழுத்தல்

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



உந்திப்பற

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



ஏழுகல் 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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