

# NEWSLETTER

FEBRUARY-MARCH 2023



## SPORTS FIESTA – 2022-23

Education is considered incomplete if it doesn't lead to the holistic development of a child. The national curriculum framework is designed to incorporate all aspects related to a child's growth. In this long journey of educating the youth of tomorrow the role of sports is crucial as it helps in instilling qualities like confidence, self-esteem, determination, tolerance, discipline, coordination and teamwork. It also develops leadership qualities and helps in the socio-emotional well-being of students.

Maharishi Vidya Mandir, Kovilambakkam, having the vision to envisage a healthy and a wholesome personality development of the children of tomorrow had organized our first physical sports meet of the year 'The Sports Fiesta - 2022-23'. It was a proud moment for us as we had been successful in enabling 100 percent participation of all our students in this big event which had marked the culmination of the year-long sports-activities.



It was a treat to the eyes to see our students showcasing their talents in drill, Tamil martial art of Silambam, human pyramids, Zumba and various other events. From the lighting of the MVM's Torch, the vibrant array of students marching past the Chief Guests, Mr. Soundar (International Volleyball player) and Ms. Pushpa Inspector of Police - Selaiyur Division) it was a beautiful synchrony throughout. Sports fervor filled the ground when students across the grades won various trophies and medals. It was at the peak when the Mega Rolling Trophy for the year was won by the winning house of the School.







## INAUGURATION OF SCOUTS AND GUIDES UNIT.

**“Scouting rises within you and inspires you to put forth our Best” “A Good turn will educate the scout out of the groove of selfishness**



The Inauguration of the Scouts and Guides unit of Maharishi Vidya Mandir, Kovilambakkam was held on the 25th of February, 2023, Saturday in our school premises with the hoisting of the Scouts and guides flag. The role of the unit was introduced to the students by emphasizing on the sayings of the founder and the first Chief Scout, Robert Smyth Baden Powell and Chief Guide Lady Powell with their pictures at the backdrop.

Mr.D.Poornachandran, District Secretary was the inaugurator and Guest of Honour. He is the Scouts and Guides Co-ordinator for Maharishi Vidya Mandir Senior Secondary School, Chetpet, is noted for implementing Scouting programmes across 32 schools of Maharishi group. On 15th August 2019, he was honoured with LONG SERVICE AWARD from the Honourable Education Minister.



The inaugural function was also honoured by Mr. Ramalingam, District chief commissioner, as the Chief Guest of the day. Mr. Ramalingam one of the founding members of Maharishi Vidya Mandir, Chetpet has always been striving for the Holistic Development of the children in their academics and their extra-curricular activities. As an ardent disciple the greater vision was to bring heaven on earth by creating an ideal society through consciousness-based education as advocated by Maharishi.





The Scarf wearing ceremony took place with the chief guest honouring our beloved Chairman, Mr. Dinakaran, with the 'Scarf' accompanied by our Principal, Mrs. Anuradha Ramakrishnan our Vice Principal, Mrs. Aparna Murugan, who were also a part of the inaugural function.

The Program began with the welcome address rendered by the Cubs by one of our staff and cubs leader Ms. Bijisha and it was followed by the Scouts and Guides prayer song.

The lighting of the lamp was done by the chief guest and was accompanied by other dignitaries. The role of the unit was introduced to the students by emphasizing on the sayings of the founder and the first Chief Scout, Robert Smyth Baden Powell and Chief Guide Lady Powell with their pictures at the backdrop. The speech of the Guest of Honour Mr. Poornachandran addressing the children to be self-reliant, supportive and committed was highly motivating.

Mrs. Anuradha Ramakrishnan the Principal of Maharishi Vidya Mandir Kovilambakkam, delivered the speech that inspired the students by saying the importance of Scouts and Guides.

"Vote of Thanks" was proposed by Ms. Elamathi one of the staff member and Bulbul leader. Eventually the program concluded with the 'National Anthem' sung in unison.



# SWACHH BHARATH ART COMPETITION



To accelerate the efforts to achieve universal sanitation coverage and to put the focus on sanitation, the Prime Minister of India had launched the Swachh Bharat Mission on 2nd October 2014.

In the 'Swachh Bharath Art competition conducted by NEHRDO, 600 students of ours participated in various categories, out of which 43 students appeared for State and National level. It was amazing to find our kids pour out their creativity in the form of art and writing skills.



Our students participated in the Art competition conducted by NEHRDO in Mumbai. Aadhya C of UKG won the 'National Excellence Award'. She had an opportunity to attend the Award meet happened in Mumbai and meet great panel of members.



## NATIONAL SCIENCE DAY

**'Science of today is the technology of tomorrow'**



National Science day was celebrated by the students of Maharishi Vidya Mandir, Kovilambakkam on 28th February 2023. This day is celebrated to remember the great invention by the Indian Physicist Chandrashekhara Venkata Raman who discovered 'Raman Effect'.

Students of Grade 6B, held a special assembly to mark this occasion. The day began with introduction of our scientist Dr. C.V. Raman followed by a motivating speech by the Vice Principal.



Various activities were conducted across the school for each class. Activities such as CO-Lab , The Noble Knowledge, BTS Invention (Behind the Scientist's Invention), Ensigntopedia, The inner view - Quiz, Know the day- Video Quiz, Grab the green, Video Puzzle, Fruit it up, Video quiz were conducted.

The function of education is to teach one to think intensively and to think critically- that is the goal of true education.

MARTIN LUTHER KING



## OLYMPIAD EXAMINATION

Incorporating additional endeavours to build a strong foundation for the future of a student is one of the aims of Maharishi Vidya Mandir, Kovilambakkam . One such effort is organizing the Olympiad Examination.



For the academic year 2022-2023 our school has organized the SOF examination (SCIENCE OLYMPIAD FOUNDATION) for various subjects. To boost up knowledge, skill problem-solving and logical reasoning among our students, our school made IEO (International English Olympiad) and IMO (International Mathematics Olympiad) mandatory to all students for which the exam fee has been borne by our management .

This unique competitive platform chalks out some of the young talents of our school. Our students brought laurels to the school by winning medals of distinction and placing themselves in the International Ranking and Zonal ranking in the various Olympiads that they participated in.





## ANNUAL DAY - RHYTHM - I

*A day to celebrate and remember the past achievement and look forward to an enthusiastic journey ahead!*

Maharishi Vidya Mandir celebrated its first Annual Day “Rhythm-I” woven around the theme ‘Navarasa’, with energy and vibrancy thrust into grand gatherings that resonated on 25th March 2023.

The Annual day was presided by Chief Guests Mr. J Meghanath Reddy IAS (Member Secretary and CEO, Sports Authority of Tamil Nadu, Chennai ) and APJMJ Sheik Dawood (Co-founder, APJ Abdul Kalam Foundation. Guest Honour, Ruchi Krishna (Bharatanatyam and Kuchipudi Dancer).



Light is a symbol of brightness and prosperity as sunlight expels the darkness of night similarly blessings bring in our life prosperity and happiness. By lighting the lamp of knowledge and wisdom, you might summon the goddess Saraswati to make this evening blessed.

Entailing the formal welcome, the progressive annual report was presented by the Principal. This was followed by the prize distribution ceremony to the students who excelled in academics and got 100% attendance. To evoke the blessings of the Almighty and to purify the state by offering prayers in the form of dance students of grade 1 to 8 presented a welcome dance, followed by a series of performances by our promising future talents.





## Navarasa : The Nine Human Expressions

Unity in diversity is used as an expression of harmony and unity between dissimilar individuals or groups. The young tots of PRE KG set the stage on fire with their unity and softness assisting with their teacher.



The Navarasa, in the scriptures, refer to the nine expressions that humans manifest. The proud and talented Maharishians exhibited their strong willpower to perform their hidden potential in front of their family and friends.

Wonder is the Rasa of mystery, astonishment and curiosity. By cultivating the right attitude towards the miracle of life, the Arpuda Rasa can be a permanent companion. The point of human evolution is adapting to circumstances. Not letting it go of the old, but adapting it, is necessary. We dived deep into the origin and evolution of the human kind. The budding talents of LKG and UKG flaunted the stage demonstrating the evolution of human life. The event was followed by special performance by our fellow students.





As Albert Einstein said, “Mathematics is, in its own way, the poetry of logical ideas. Dance is geometry - shape making, symmetry, asymmetry, reflections, rotations, transformations and directions. Students of class 1&2 displayed self-expressive maths through movement which was creative, imaginative and exciting.



Sringara Rasa- A crowning emotion that has the capability to heal anything. The rasa connects and allows us to experience divine affection. Students of grade 5 to 8 enlightened the stage with their expressions and emotions.

Hasya Rasa- Who doesn't like to laugh? The emotion that connects us to joy, laughter and a sense of humour. The energetic and enthusiastic dancers of class 1 & 2 made the crowd laugh through their performances. A fusion of English and Tamil drama titled 'Nyabagam Varudhe' was performed by grade students of grade 6 to 8.





**Veera Rasa - A hero is a person who goes on the adventure. It is associated with bravery, confidence, determination, self-assurance and courage. The brave minds of Grade 1 to 8 exhibited their talents in showcasing the culture of Indian Martial Art originated in Tamilnadu 'Silambam' and Chinese Martial Art 'Karate' meaning 'Meeting of hands'.**



**Bhayanaka and Raudra Rasa- Bhayanaka is a feeling evoked while facing something that is more powerful than oneself. It's also a feeling of despair and helplessness we could feel in a situation beyond control. A loud roar due to rage, Raudra emotion can lead to irritation, hatred and violence. Tandava as performed in sacred dance-drama of India, has vigorous brisk movements. Performed in a violent mood this dance called 'Rudra Tandav' was presented by grade 3 to 5 students.**



**Karuna and Vatsalya Rasa- An emotion that is invoked by anguish or pain or sorrow. Karuna is also associated with sadness. It is a bridge that connects us all, helping us relate to each other's life situations and empathise with each other. Rhapsody is a piece of music used to express a lot of emotions without a regular form.**





**Bibhatsa Rasa - A rasa which characterises a judgemental mind, that indulges in self- pity, loathing and self hatredness. A western dance was presented by the students which was titled 'Money Heist'.**



**Adbhuta Rasa- The Rasa which depicts our innocence and child that is alive within which reveals the wonder and amazement. Pixie hollow a performance exhibiting the epitome of peace, magic nature and innocence.**

**Shantha Rasa - Rasa that reflects deep calmness and relaxation, while we are at peace. Yogasana is a sport that focuses on the physical aspects of yoga, where the students perform yogic postures indulging their difficulty, balance, control, flexibility and endurance. The event came to an end by a grand finale dance by our students and vote of thanks.**

