

CHETTINAD VIDYA MANDIR

Dharpan – The Mirror



Dharpan – The Mirror

In this Issue:

• Vidyarambam	4	• Poster Making – “Save Our Species: Every Effort Counts”	14
Achievements		• Exploring Animal Tissues under the Microscope	15
• Swimmers of CVM	5	• Comic Chemistry	15
• Achievements in Pencak Silat	6	Events and Celebration	
• CVM Shines at Khelo India Pencak Silat League	7	• Navratri celebration	16
• CVM Swimmers Excel at State Level Competition	7	• Diwali Celebration	17
Teaching and Learning Innovations		• Celebrating Beautiful Handwriting	17
• Bead Train of Numbers	8	• The Passion Club	18
• My World in Colours	8	• Budding Poets	18
• Exploring the World of Birds!	9	• Innovative RC Boat by Math and Science Club	19
• Leafy Butterfly Craft	9	• Human Library Session	19
• My Dream House	10	• Parent–Teacher Meeting	20
• Exploring Heavier and Lighter	10	• Learning Beyond Boundaries	21
• Blending Science and Technology	11	• World Food Day Presentation by Grade 5 & 7	21
• Fostering Emotional Well-being through Classroom Corners	11	• Exploring the Universe: Mobile Planetarium Show	22
• Exploring Landforms through Station Learning	12	• Community Outreach for Wellness and Awareness	23
• Components of Food	12		
• Honoring Shaheed Bhagat Singh	13		
• Cleanliness Awareness	13		

In this Issue:

- From Seed to Table: A Joyful Harvest 24
- Green Birthday Initiative 24
- Wellness Session for Hostel Learners 25
- Yoga Session 25
- When Leisure Meets Art 26
- Art Brings Imagination to Life! 27
- Admin Team Reflection for Excellence 28
- Art for Social Change 28

Student Corner

- 10 Meter of Calm 29
- Little Memories 29
- Book Review 30
- A Journey from Scribbles to Cursive! 31

Alumni Connect

- Alumni Executive Committee Meeting 32

Parent Corner

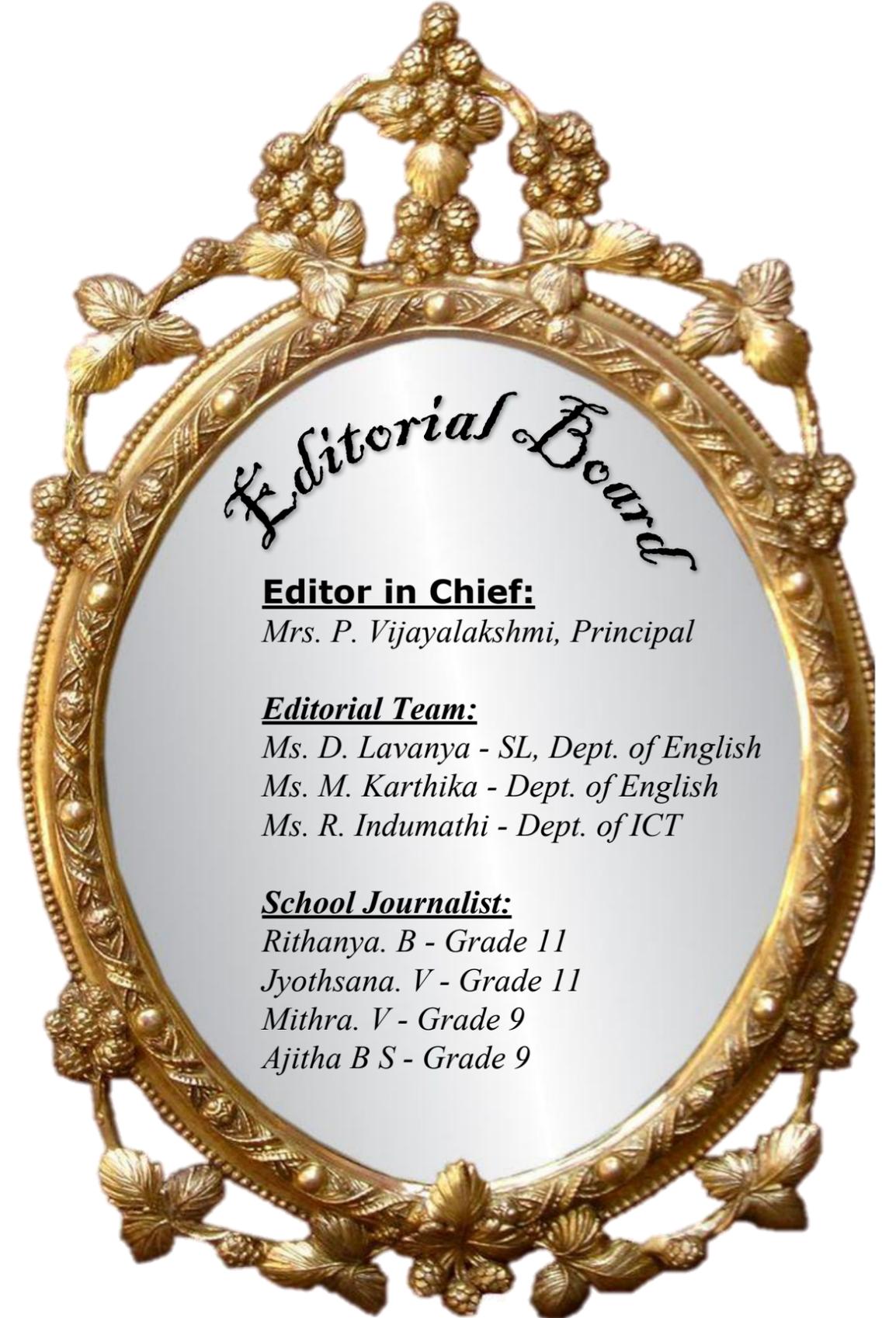
- Parent-Teacher Partnership Program:
A Joyful Learning Experience 33

Art Corner

- Warm Colours Art Project 36
- Artistic Excellence by
Madhulekaa Y. 37

Acharyas' Corner

- ஹைக்கூ கவிதை 38
- MY Amma's Mutton Biryani 39



Middle School Co-Ordinator's Message

Building content with character and knowledge with kindness

At Chettinad Vidya Mandir, every learner's journey is a blend of curiosity, courage and compassion. We believe that true education goes beyond academic mastery and shapes both content and character. Through inquiry, collaboration and reflection, our learners are encouraged to think deeply, act responsibly and express themselves with confidence and empathy. We nurture an environment where effort is valued as much as achievement and where knowledge gains meaning through values. When learning is guided by kindness and strengthened by integrity, education transcends success and evolves into a lifelong quest for purpose.



Vidyarambham

The school celebrated Vidyarambham to mark the auspicious beginning of our little ones' learning journey. A special pooja was performed at the Vidya Ganapathy Temple and in the Admin Block to invoke the blessings of Goddess Saraswati. After the rituals, the children were given honey and guided to write on paddy grains, symbolizing the start of their education. Following the ceremony, the children were taken to their classrooms, where thoughtfully prepared spaces and engaging activities kindled their curiosity and creativity, setting the tone for a joyful and meaningful beginning to their learning journey.



Swimmers of CVM

The swimmers of CVM brought laurels to our campus by their remarkable performance in the Kovai Sahodaya Swimming Competition held at Pollachi. They bagged a total of 17 Gold, 16 Silver and 32 Bronze medals, securing the Second Position in the Overall Championship among 11 participating schools.



Achievements in Pencak Silat



We are delighted to share the achievements of our learners in Pencak Silat, a traditional martial art of the Malay Archipelago that combines self-defence, sport and performance.

In the 7th Tamil Nadu State Pencak Silat Championship 2025–2026, our learners showcased exceptional skill and determination:

Their achievements stand as a testament to their hard work, discipline and pursuit of excellence.



WINNER LIST

- Nthilesh B (Grade II) – 2 Gold Medals
- Sujay M (Grade III) – 1 Gold & 1 Bronze Medal
- Akshitha B (Grade VI) – 1 Gold & 1 Silver Medal



CVM Shines at Khelo India Pencak Silat League

We are proud to celebrate the achievement of Akshitha B (Grade VII – Prahaladha), who won a Gold Medal in Tunggal and a Bronze Medal in Tanding at the Asmita Khelo India Pencak Silat League 2025–2026 held at Kongunadu Engineering College, Trichy. Her dedication, discipline and excellence in martial arts have brought great pride to the CVM family. Congratulations to Akshitha on her outstanding success!



- Gold Medal in Tunggal
(Individual Artistic Event)
- Bronze Medal in Tanding
(Fight Category)



CVM Swimmers Excel at State Level Competition

Our learners brought glory to CVM at the State Level Swimming Competition held in Kumbakonam, which saw participation from 18 districts and nearly 400 swimmers. Four of our young athletes showcased exceptional skill and determination, winning prestigious medals and making the school proud. Their success stands as a testament to their hard work, perseverance and the dedicated coaching support they received. Amal Dev S has been declared as the Individual Champion in the Group 2 Boys category.



Bead Train of Numbers

Our beginner learners joyfully explored numbers through the fun “Count with Beads” activity. Using colourful beads, they practiced counting, number recognition and one-to-one correspondence. The engaging activity enhanced fine motor skills, encouraged teamwork and made learning numbers a joyful and hands - on experience.



My World in Colours

For two exciting weeks, our beginner learners explored the theme “My World in Colours” through fun, hands-on activities. Each day featured a new colour corner, creative art and craft sessions, and interactive discussions. The excitement peaked with a Colour Mixing activity, where learners experimented with primary colours to create new shades - celebrating creativity, curiosity and a love for exploration.



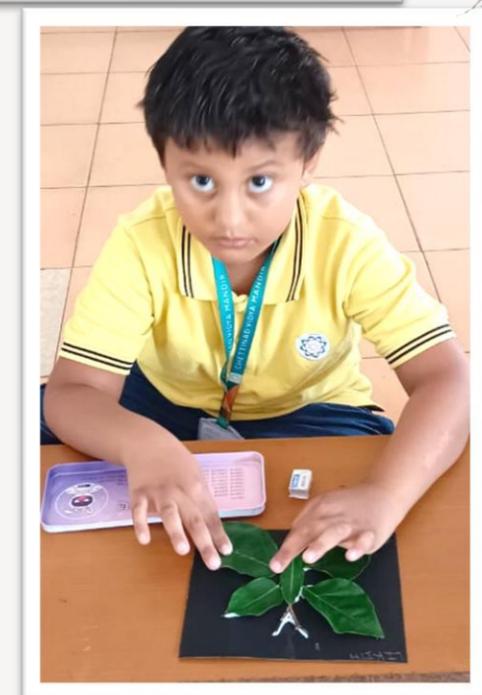
Exploring the World of Birds!

Our PP1 young learners took a fascinating nature walk to observe real birds in their natural surroundings. Through videos, pictures, and discussions, they discovered the unique features, sounds and movements of different birds. They also learnt about bird habitats and joyfully created their own model nests using natural materials. This engaging activity helped them develop important observation, creativity, fine motor, and collaboration skills. It was truly a joyful, hands-on learning experience that connected them deeply with nature and sparked curiosity about the living world around them.



Leafy Butterfly Craft

PP2 learners enjoyed creating beautiful butterflies using leaves. The activity enhanced their fine motor skills and hand-eye coordination while encouraging creativity and independent thinking. Learners proudly showcased their lovely leaf butterflies with joy and excitement.



My Dream House

Grade 1 learners enjoyed designing their unique dream houses during the EVS lesson "My House." They applied their knowledge of different house types while adding creative details and colours. The activity encouraged imagination, independent work and a deeper understanding of homes and their features.



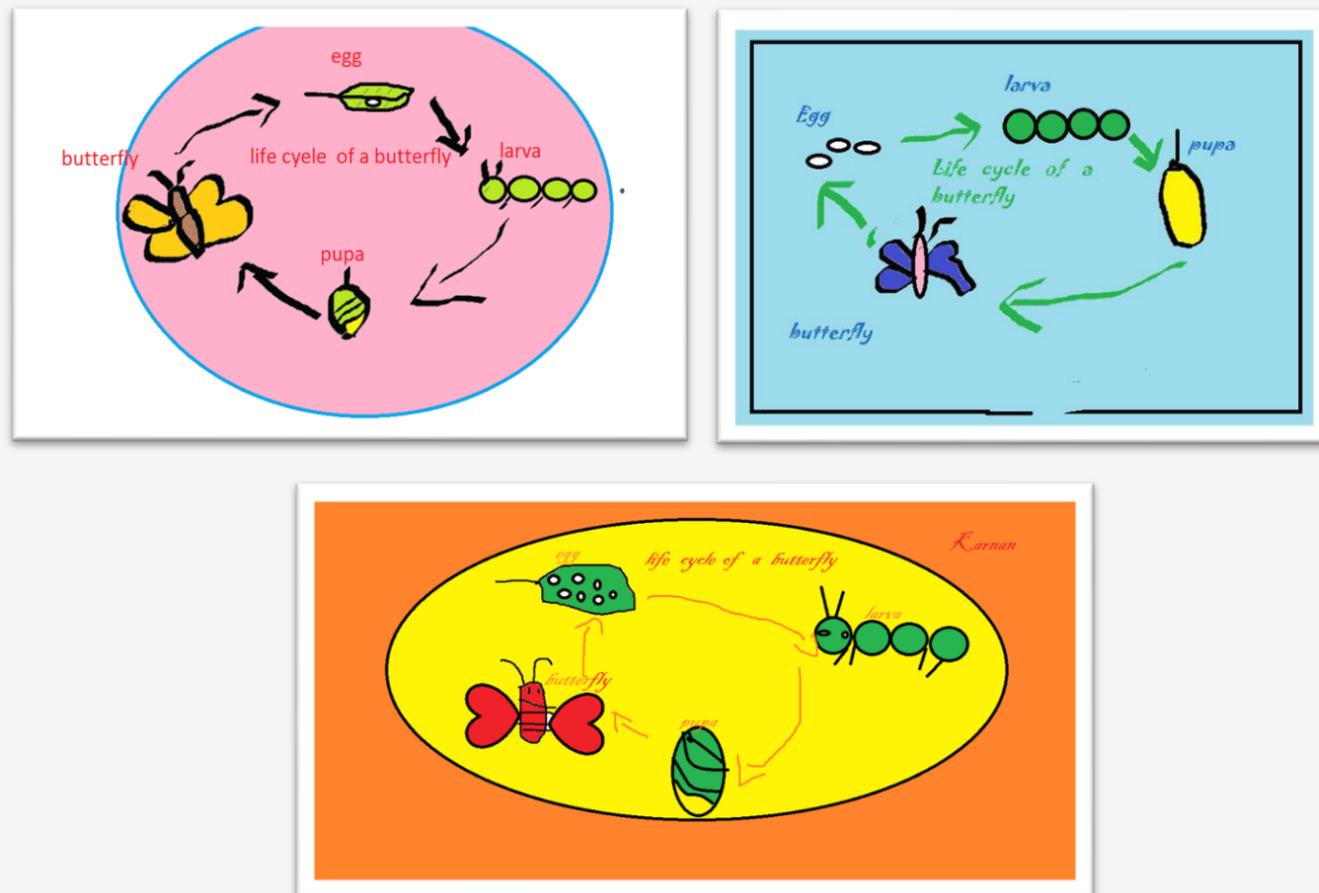
Exploring Heavier and Lighter

Grade 1 learners explored the concept of heavier and lighter through fun, hands-on activities. Using a seesaw and simple balance, they compared the weights of different objects and practiced estimation and observation. The activity enhanced their understanding of measurement, vocabulary and teamwork through active exploration and discovery.



Blending Science and Technology

As part of a cross-curricular project, Grade 2 learners illustrated the Life Cycle of a Butterfly using MS Paint, integrating their Science and ICT lessons. They creatively depicted the four stages of metamorphosis - Egg, Larva, Pupa and Adult Butterfly - using digital tools like Shapes, Brush, Text and Fill with Color. The vibrant digital artworks reflected not only their understanding of the topic but also their growing confidence and skill in using technology for learning.



Fostering Emotional Well-being through Classroom Corners

Learners effectively utilized the Calm Down Corner to manage emotions by practicing breathing exercises and using stress-relief tools to regain focus. The Reflection Corner provided space for thoughtful self-assessment, where learners reflected on their behaviour and learning, identifying ways to improve. These corners promoted self-awareness, emotional regulation and responsibility, fostering a positive and mindful classroom atmosphere.



Exploring Landforms through Station Learning



Grade 6 learners explored the unit “Landforms and Life” through a dynamic Station Method activity. With options like matching games, riddles, puzzles and case studies, learners engaged in hands-on, differentiated tasks that suited their unique learning styles. The activity promoted critical thinking, collaboration and independent learning, making geography an exciting and inclusive experience.

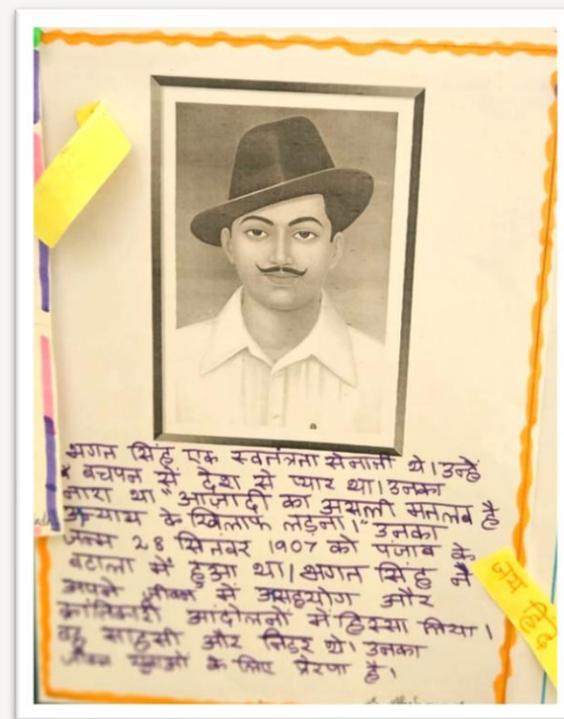
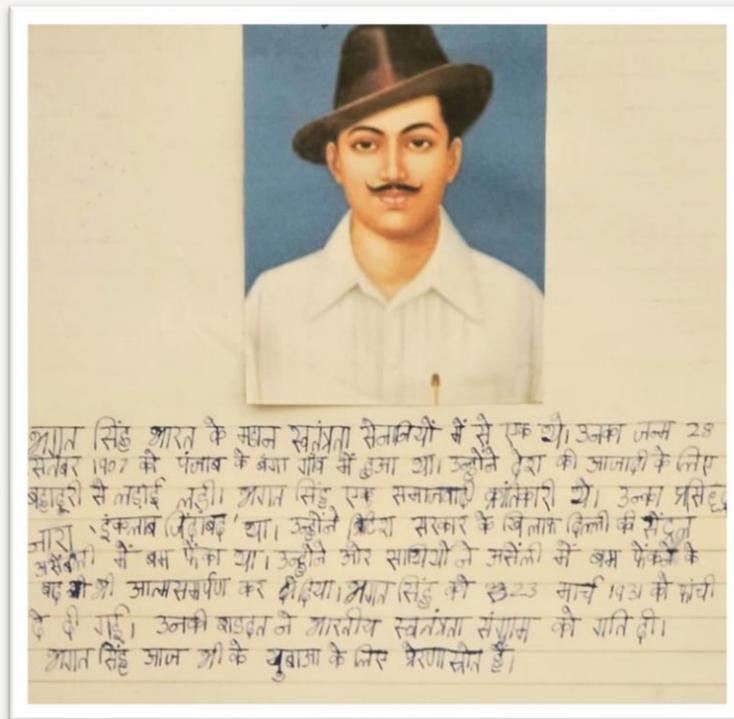
Components of Food

Grade 6 learners explored various food items to identify key nutrients like carbohydrates, proteins, fats, vitamins and minerals. The activity helped them understand the importance of each component and the role of a balanced diet in maintaining good health.



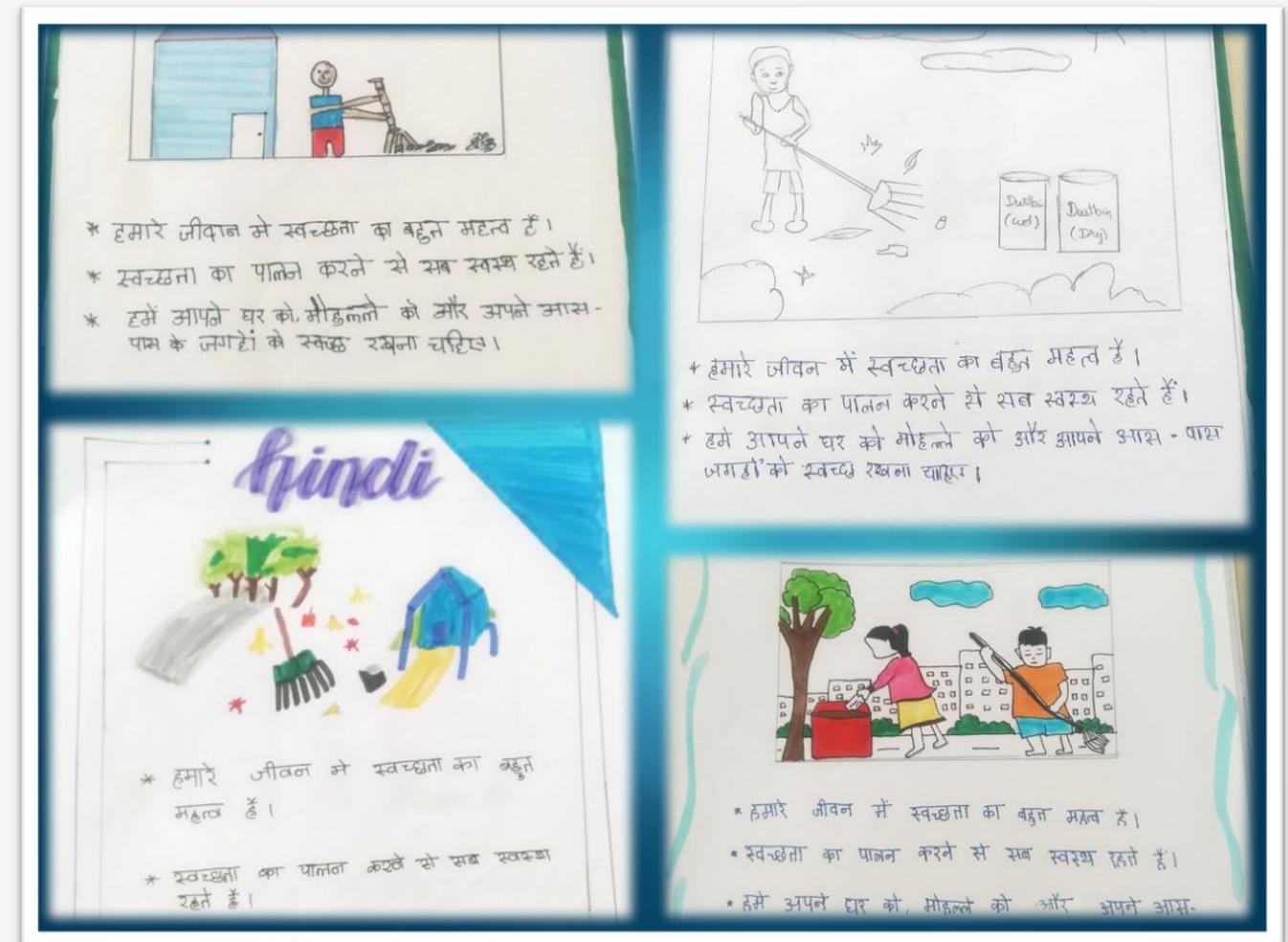
Honoring Shaheed Bhagat Singh

To pay tribute to the great freedom fighter Shaheed Bhagat Singh, Grade 6 learners took part in a chart-making activity that blended creativity with patriotism. They created vibrant charts and wrote in Hindi about Bhagat Singh's life, bravery, and sacrifice. The activity helped learners understand his immense contribution to India's freedom struggle while expressing their admiration for his courage and ideals. Teachers appreciated their efforts, noting that such activities nurture patriotic spirit among young learners.



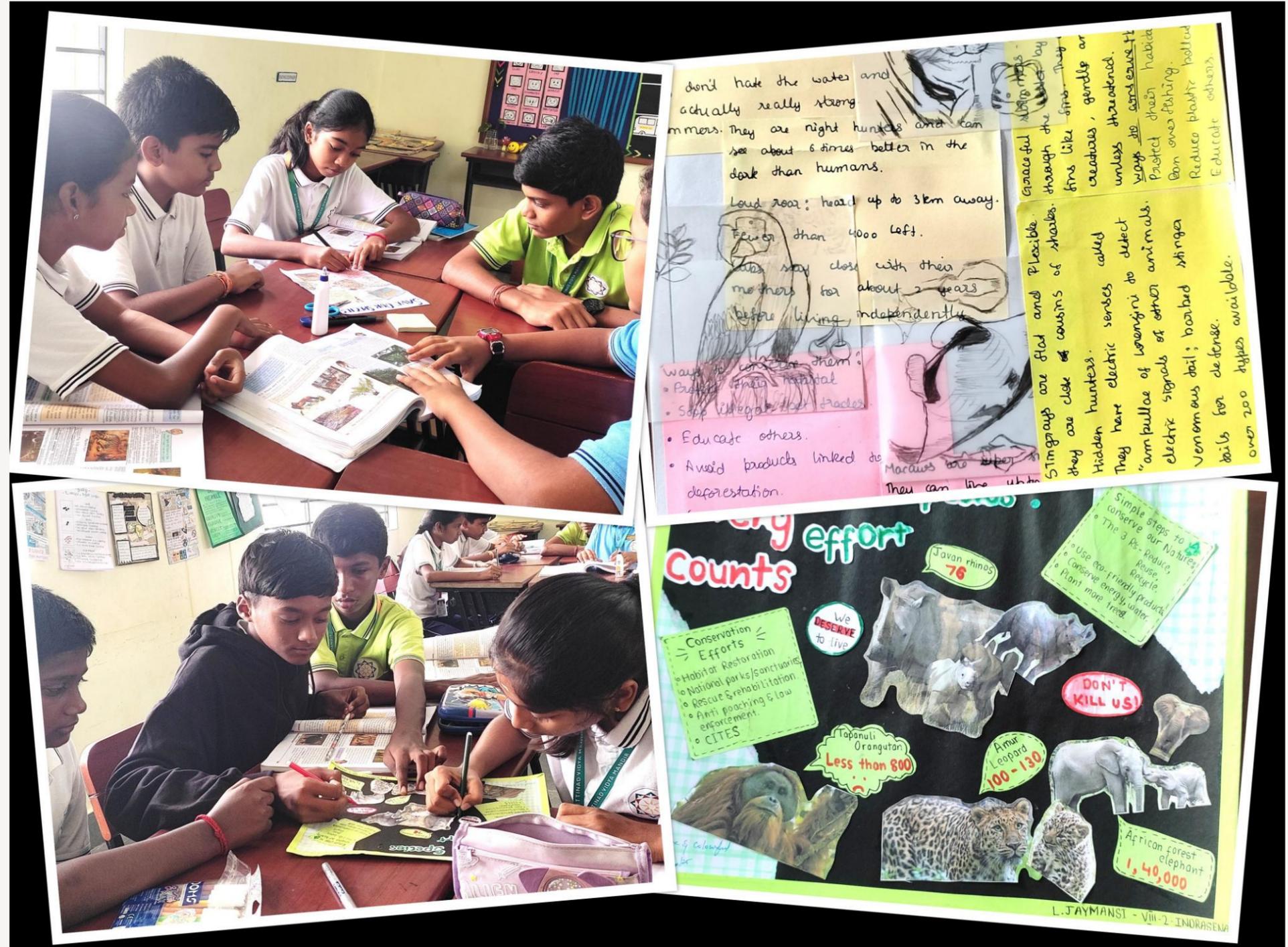
Cleanliness Awareness

Grade 8 learners enthusiastically participated in a cleanliness awareness activity by creating posters and messages on the importance of hygiene. Their creative expressions highlighted that keeping our homes, school and surroundings clean ensures a healthy and happy life for all.



Poster Making – “Save Our Species: Every Effort Counts”

Grade 8 learners showcased their creativity by designing posters and collages on endangered species. Using pictures and facts, they highlighted threats to wildlife and suggested conservation measures. The activity promoted environmental awareness and inspired learners to contribute to protecting biodiversity.

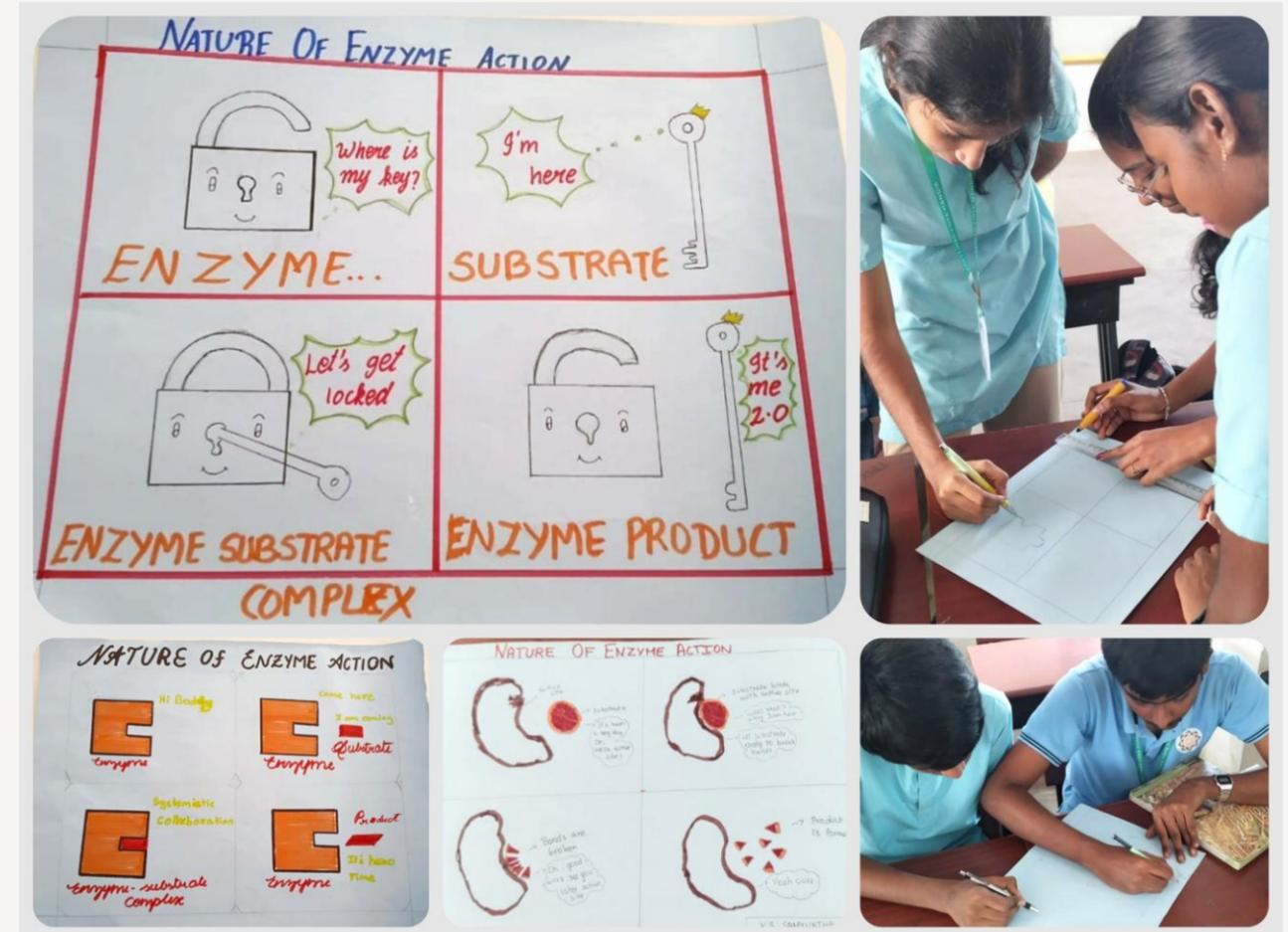


Exploring Animal Tissues under the Microscope

Grade 9 learners engaged in a hands-on biology activity to explore animal tissues. Using microscopes, they observed prepared slides of epithelial, muscular and nervous tissues, identifying their distinct structures and understanding how each supports specific body functions. The activity bridged theory with real observation, strengthening learners' comprehension of tissue organization and enhancing their analytical and scientific observation skills.



Comic Chemistry



Grade 11 learners internalized and visualized the mechanism of enzyme action through a creative and collaborative comic strip. Learners developed a clear conceptual understanding of how enzymes function as biological catalysts. They could visually represent each stage of enzyme action and explain the specificity, reusability and catalytic nature of enzymes confidently. The activity encouraged teamwork, creativity, and conceptual clarity.

Dharpan – The Mirror

Navratri Celebration

Navratri celebrations at CVM are vibrant, helping everyone understand the significance of the festival through expressive performances. The Grade 2 children showcased the spirit of celebration through dance in a lively and meaningful way. Grade 8 learners portrayed Durga, Lakshmi and Saraswati in the context of the modern world, connecting them with social reformers. Their performance aimed to highlight the glory and empowerment of the girl child, emphasizing equal rights and shared responsibilities in everyday life.



Diwali Celebration

Diwali at CVM was celebrated with vibrant dance performances, meaningful role plays, and an engaging puppet show that showcased the stories behind the festival. Our PE acharyas created awareness on firework safety, celebrating in an eco-friendly manner, and being considerate towards others during the festivities.



Learners at CVM are encouraged to develop stylish handwriting. Their work is reviewed by the acharyas and badges are awarded to acknowledge their efforts. This initiative serves as motivation for learners to improve and show progress in the upcoming classes.



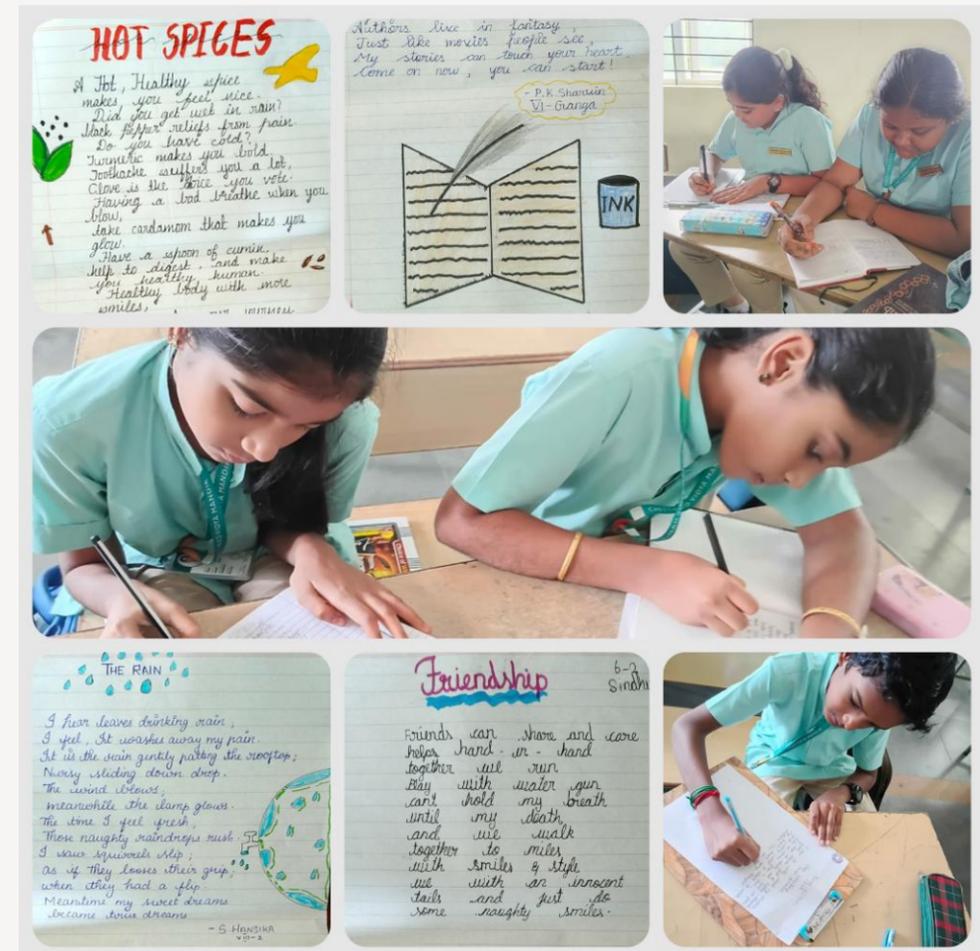
The Passion Club

Learners of CVM are provided with a highly creative platform to showcase their talents and skills through the Passion Club activities. As part of the Diwali celebrations, students enthusiastically participated in a variety of engaging and artistic tasks such as making diya holders, crafting lanterns, designing posters, preparing festive recipes through fireless cooking and folding paper to create decorative diyas. These activities not only allowed them to express their creativity but also helped them develop teamwork, cultural awareness and hands-on learning experiences.



Budding Poets

The budding poets of the Young Authors Club showcased remarkable creativity through an engaging poem writing activity. Each student selected a theme of personal interest and expressed their thoughts and emotions with beautifully crafted words. This experience nurtured imagination, enhanced linguistic skills and fostered a deeper appreciation for the art of poetry. Through this initiative, students gained confidence in using language as a powerful medium for self-expression.



Innovative RC Boat by Math and Science Club

Learners from the Math and Science Club showcased their creativity and engineering skills by designing a DIY RC boat using recycled materials. Built from lightweight cardboard and foam and powered by motors from an old RC car, the boat featured a 360° rotating propeller for enhanced maneuverability. The project reflected their strong grasp of physics and engineering principles while promoting sustainability and innovation through hands-on learning.



Human Library Session

The Human Library Club hosted Mrs. P. Kavitha, B.Sc., M.A., B.Ed., D.T.Ed., a seasoned academician with over 20 years of experience, as the “Human Book.” She shared her expertise as a teacher, administrator and NTA official, offering valuable insights on exam preparation, time management and self-confidence. Learners also gained awareness about NEET, JEE and ICAR exams. The interactive session was both inspiring and informative, leaving learners motivated to pursue success with determination.



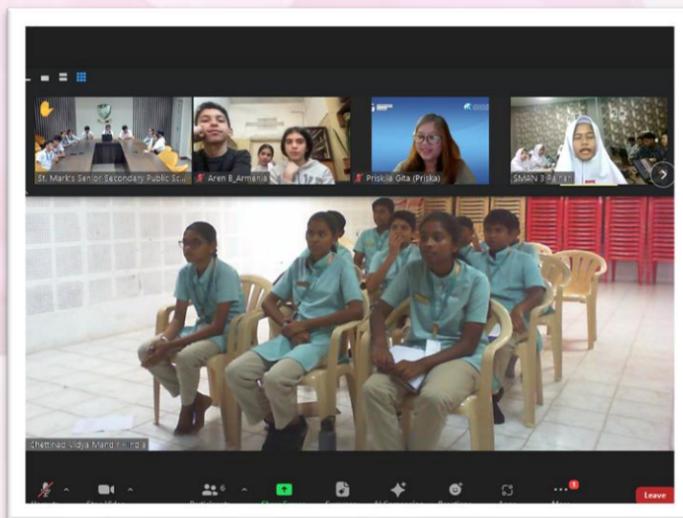
Parent-Teacher Meeting

The Parent-Teacher Meeting was successfully conducted, featuring engaging sessions and activities for both learners and parents. Parents appreciated the sessions, noting that the insights gained would help them support their children's growth and career development. Learners enthusiastically guided their parents on a "space walk," explaining displays, activities and taking them to their favourite spots in the school. Parents expressed satisfaction with the students' academic progress and achievements. We also observed positive developments in learners' study plans, independent task completion, and organisational skills.



Learning Beyond Boundaries

Our school hosted an inspiring video conference that brought together educators, students and experts for an enriching exchange of ideas. The interactive session provided a platform to explore innovative perspectives, share valuable insights and foster collaborative learning experiences. It was a remarkable opportunity for our learners to connect, engage and grow beyond classroom boundaries.



World Food Day Presentation by Grade 5 & 7

Grade 5 & 7 learners presented an engaging and impactful performance to mark World Food Day. Through expressive dialogues and confident stage presence, they highlighted the importance of reducing food wastage, adopting healthy eating habits and valuing every grain. Their teamwork and enthusiasm made the presentation both informative and inspiring, encouraging everyone to practice mindful consumption and contribute to a hunger-free world.



Dharpan – The Mirror

Exploring the Universe: Mobile Planetarium Show

The Mobile Planetarium Show provided our learners with an exciting and immersive journey through the universe. Inside the dome setup, they explored celestial bodies, constellations, and planetary movements, gaining fascinating insights into space science. After the session, the learners of CVM enthusiastically shared their feedback and creative presentations, expressing what they had learned in their own unique ways. Their thoughtful reflections and keen observations clearly demonstrated their understanding, curiosity and engagement. The activity truly highlighted how experiential learning can make science both meaningful and inspiring.



Community Outreach for Wellness and Awareness

In observance of World Mental Health Day and World Food Day, our school extended its wellness initiatives beyond campus through meaningful community outreach programmes.

Collaborating with the residents of Chettinad Kari Kali Cement Factory and the Government Hospital Quarters, our Acharyas, administrative staff and learners of Grades 8 and 9 conducted a series of interactive sessions and awareness activities.

Highlights included an insightful session on parenting by Dr. Charumathi, Clinical Psychologist, and engaging awareness programmes on nutrition, food security and mindful eating. These initiatives fostered wellness, strengthened community bonds and instilled a deep sense of social responsibility among our learners.



From Seed to Table: A Joyful Harvest

Learners from Grades 1 to 5 joyfully participated in a harvesting activity, celebrating the success of their planting efforts in the school garden. Divided into groups to harvest Tapioca, Methi, Chilli and Spinach, they learned about the life cycles and harvesting techniques of different crops. The fresh produce was sent to the school cafeteria, helping learners experience the complete seed-to-table journey while deepening their understanding of sustainable farming and food security.



Green Birthday Initiative

On the occasion of their birthdays, Aadhavan N. of Grade 6 and Iniyan V. S. of Grade 5 are spreading joy, greenery, and a love for nature by contributing saplings to our school garden. Their thoughtful gesture reflects a commendable commitment to nurturing the environment. Sincere appreciation to their parents for encouraging such responsible values in their children. It is inspiring to see these young learners take meaningful steps towards a greener future.



Wellness Session for Hostel Learners

A wellness session was conducted for the hostel learners of Chettinad Vidya Mandir, Karur, focusing on relaxation and self-care. Learners were introduced to Jacobson's Progressive Muscular Relaxation (JPMR) to release physical and emotional fatigue and experience the mind-body connection. They also took part in a fun Self-Care Bingo activity that encouraged healthy daily habits. The session left learners feeling calm, refreshed and more mindful about caring for their well-being.



Yoga Session

The Acharyas of CVM participated in a refreshing yoga session aimed at rejuvenating our mind and body, enabling us to stay fit and focused as we continue to impart knowledge to our learners. It was a truly enriching experience, embraced wholeheartedly not only by the teaching faculty but also by the admin and support staff. The session brought a sense of calm, unity and renewed energy to all participants, reminding us of the importance of self-care in our journey as educators and caregivers.





When Leisure Meets Art

Our hostel learners made productive use of their leisure time by immersing themselves in creative pursuits. They channelled their imagination and artistic talent through drawing, producing beautiful pieces of artwork that reflected their unique perspectives and skills. This engaging activity not only nurtured their creativity but also provided them with a meaningful and enjoyable way to express their thoughts and emotions.

Art Brings Imagination to Life!



Our KG teachers recently attended a wonderful Art Enrichment Session conducted by Mr. Natraj, our art teacher. The session beautifully demonstrated how art skills can be developed from a simple dot to creating animals, human characters and more - all using basic familiar shapes! Through this engaging session, teachers discovered creative ways to nurture observation, imagination and fine motor skills in young learners. It was an inspiring experience that reminded us that every great artwork begins with just a dot!

Admin Team Reflection for Excellence

The CVM Administrative Team participated in a Reflection Wheel activity to enhance performance and align with the school's vision. Focusing on six pillars of admin excellence, members set professional goals emphasizing growth mindset, teamwork, and service quality. The session reinforced the team's commitment to efficiency, professionalism and continuous improvement in supporting CVM's mission.



Art for Social Change

Addressing social challenges through visual design empowers young minds to think critically and express their perspectives creatively. Our art teacher recently attended a specialised workshop focused on using art as a powerful tool for social awareness. During the session, he explored innovative techniques and design methodologies that highlight contemporary societal issues through impactful visuals. With these new insights, he is now prepared to integrate these creative strategies into classroom practices, guiding our learners to observe, reflect and communicate meaningful messages through their artwork. This initiative aims to nurture responsible citizens who use art not only for aesthetics but also for advocacy and positive change.





10 Meters of Calm

Every time I raise my pistol, I'm not just aiming at a target - I'm aiming at focus, at control, at growth. Pistol shooting has become more than a sport to me. It's a quiet art, one that demands patience more than power, silence more than noise. The target may be 10 meters away but it brings me closer to discipline.

-Mukul Kumaran Loganathan

Little moments

-S. Nivitha
Sree
ix-1-

I pack my bag, tie my hair, then rush without a care. The school bus waits, I take my place and then tie my lace.

We laugh a bit, we chat and hum, then reach before the bell can drum.

Our teacher walks and says, "Surprise Test".

Our jaws drop low, we try our best.

The clock moves slow, the pages turn,

We think and leave.

The final bell, the goodbye smile,

The walk back feels like half a mile.

THE POWER OF YOUR SUBCONSCIOUS MIND

AUTHOR: DR. JOSEPH MURPHY

The Power of Your Subconscious Mind is a powerful self-help classic that explores how our thoughts shape our reality. Dr. Joseph Murphy combines spiritual wisdom with scientific understanding to explain the remarkable influence the subconscious mind has over our lives.

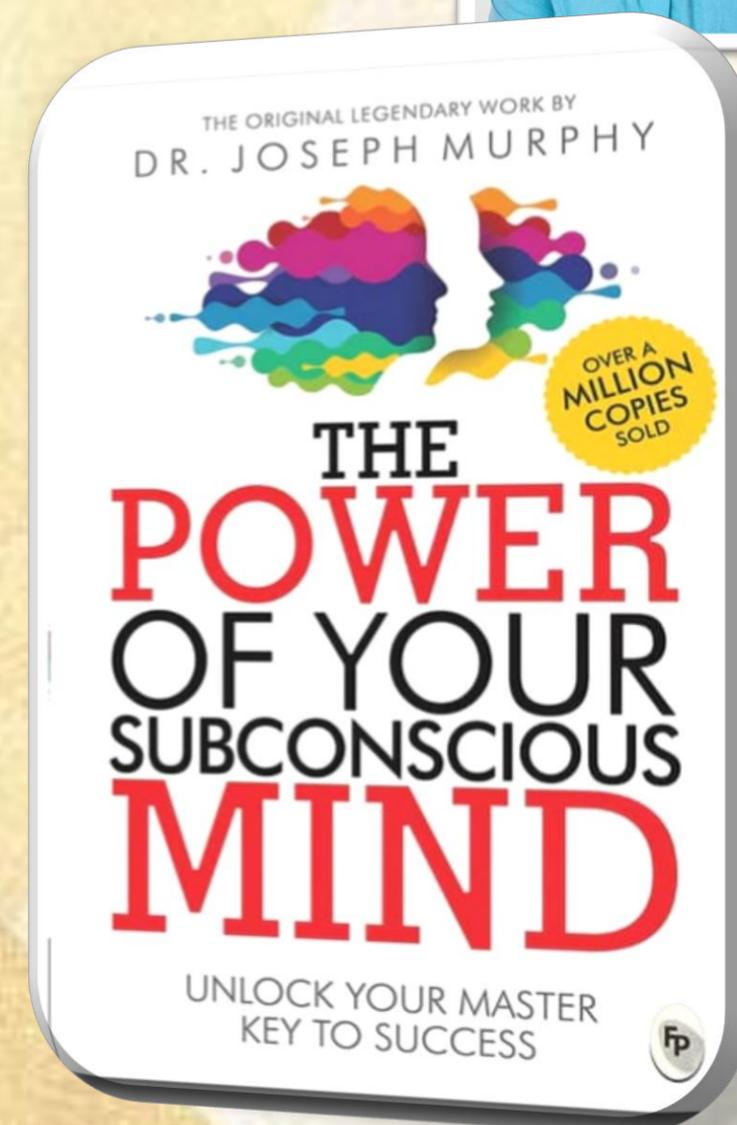
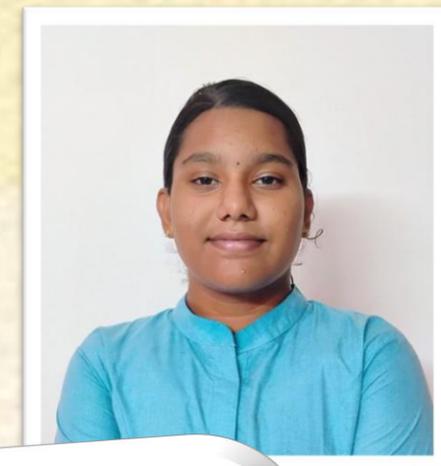
The core message of the book is simple but transformative: whatever you consistently believe and feel in your subconscious, you attract into your life. Murphy emphasizes the importance of positive thinking, visualization and affirmations to reprogram the subconscious mind. He illustrates his ideas through real-life examples - people who healed themselves, improved their financial situations, or transformed relationships, all by changing their inner beliefs.

One of the book's key strengths is its clarity and optimism. Murphy writes in an encouraging tone, making complex ideas easy to grasp. He draws heavily from spiritual traditions and emphasizes the unity of science and faith in achieving personal goals. It also sometimes oversimplifies deep psychological or situational struggles.

Despite that, this book remains a timeless and inspirational guide for anyone seeking personal growth, healing, or a better understanding of the mind's hidden power.

Takeaway: Change your thoughts and you can change your world - because your subconscious mind is always listening.

**BOOK
REVIEW**



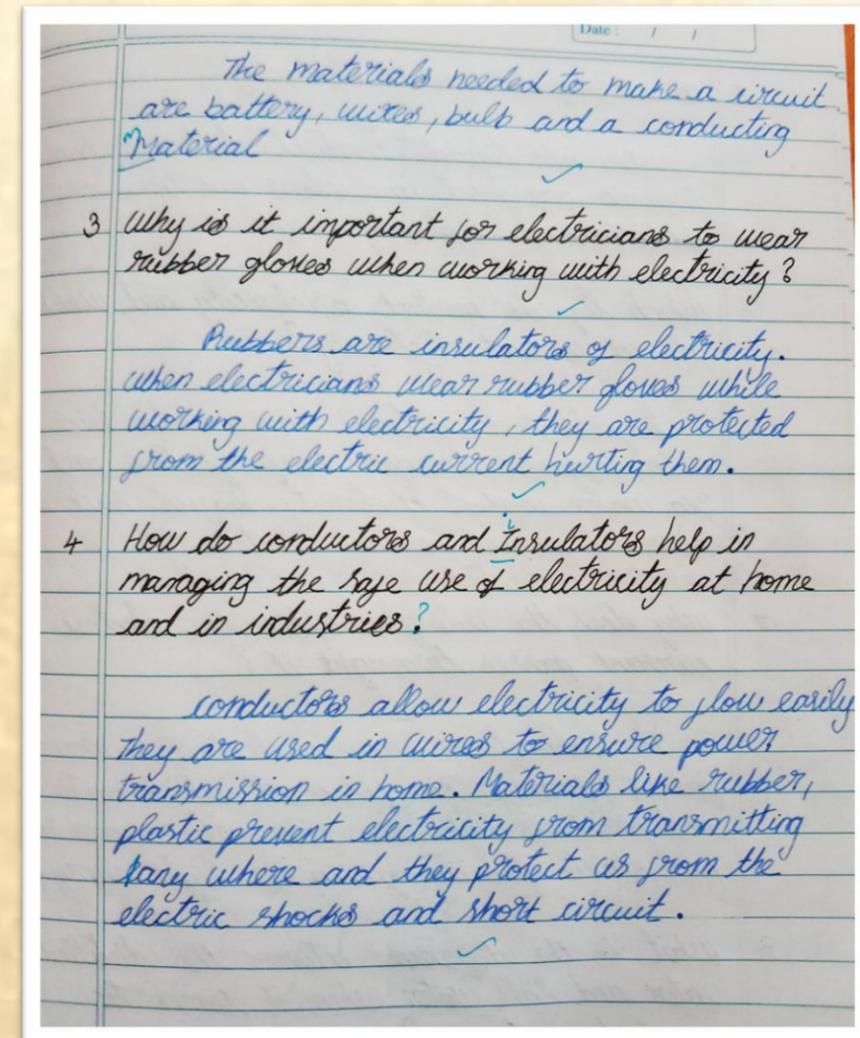
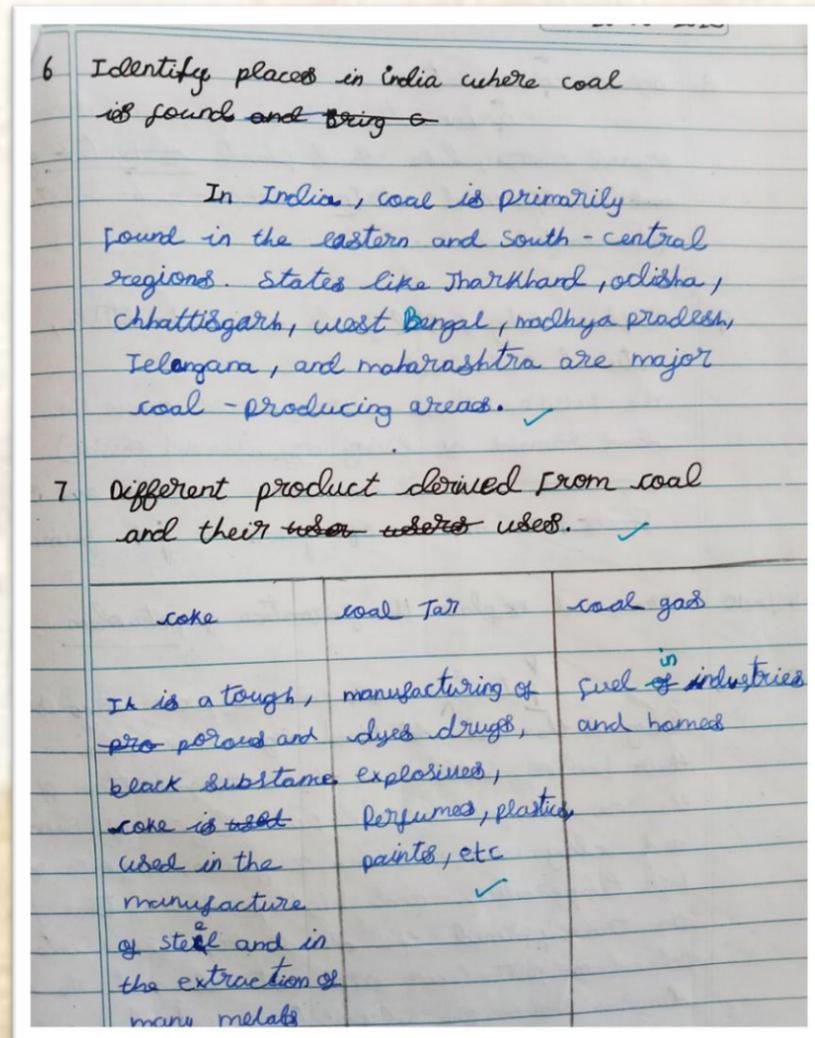
Dharpan – The Mirror

A Journey from Scribbles to Cursive!



Learning cursive writing has been a joyful and rewarding experience for me. Earlier, my handwriting was so untidy that even I found it hard to read what I had written! But things changed when our school introduced special English Handwriting Training sessions. At first, writing in cursive seemed difficult - the curves and joins took time to master. With regular practice and the guidance given during the training, my handwriting began to improve. Now, I can write neatly and clearly, and that makes me feel really happy and confident.

I am truly thankful to our Principal Ma'am and teachers for organizing this handwriting training, which helped me develop a love for writing beautifully!





Alumni Executive Committee Meeting



The Executive Committee of the CVM Alumni Association assembled on campus for a constructive meeting with the Principal and Alumni Staff In-Charge. Members were introduced along with their designated roles, followed by discussions on strengthening alumni engagement, supporting school initiatives and collaborating on upcoming events. Key contacts for smooth coordination were also finalized. The meeting concluded with heartfelt appreciation to the Principal and Staff for their valuable guidance and continued encouragement. Together, we look forward to creating impactful opportunities for our learners and community!

Parent-Teacher Partnership Program: A Joyful Learning Experience

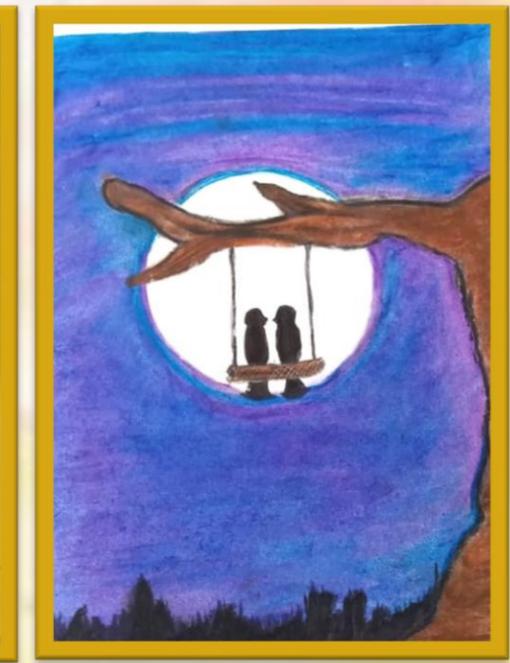
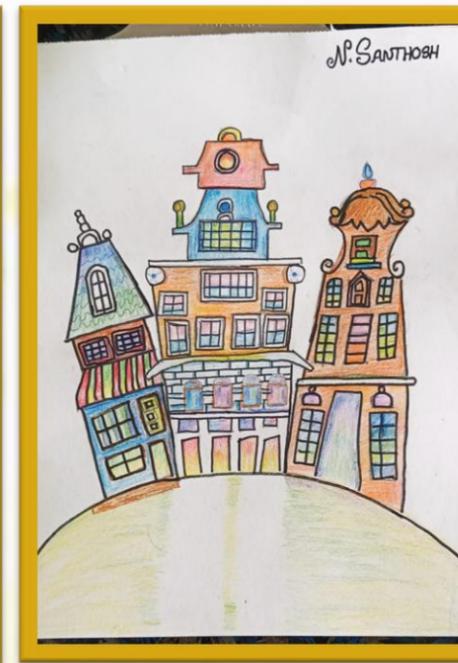
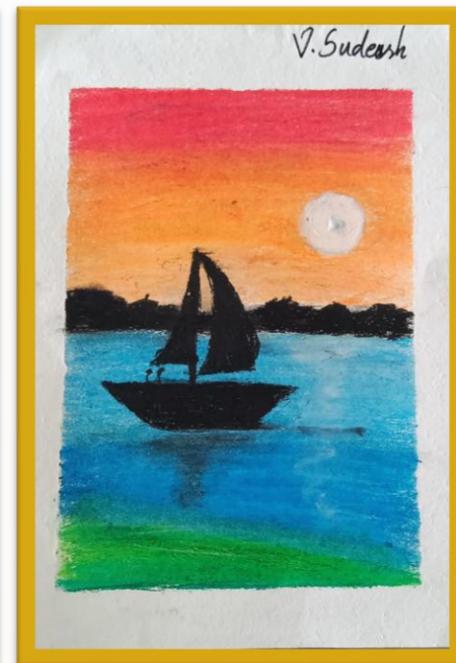
Our Parent-Teacher Partnership Program for the Beginners class turned into a heartwarming session, led by Ms. Ilamathi, mother of our learner Nila. The session began with a cheerful welcome by the little ones followed by a delightful rhyme and a storytelling time centered around the theme of toys. Ms. Ilamathi brought a fascinating collection of toys to show the learners, sharing her own childhood memories of playing with simple, homemade toys. The highlight of the session was when she guided the learners in creating their own toy using ice sticks. The classroom was filled with laughter, curiosity and joy as the children explored, created and learned together. Reflecting on the session, Ms. Ilamathi expressed, "It was a priceless experience to bond with Nila and witness the joy of learning together. The children's smiles, hugs and endless 'thank yous' made my day truly unforgettable. "The day beautifully showcased the strength of collaboration between parents and teachers in creating meaningful learning experiences for our young learners.

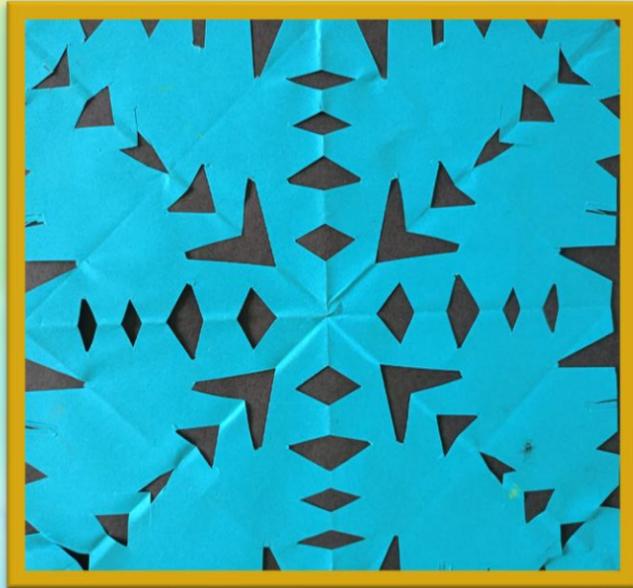
Parent Corner



Art Corner

“The world of reality has its limits; the world of imagination is boundless.” –Jean-Jacques Rousseau





Warm Colours Art Project

Our Grade 3 learners explored the beauty of warm colors through a sunset-themed art project. Using shades of red, orange and yellow, they created vibrant paintings that captured the warmth of the setting sun. The activity helped them identify and apply warm tones while expressing their creativity and imagination with confidence.



Dharpan – The Mirror

Artistic Excellence by Madhulekaa Y.

Madhulekaa Y. of Grade 8 has showcased remarkable talent in art. Her passion for creativity and eagerness to explore diverse styles are reflected in her impressive work. With keen attention to detail and originality, she approaches every piece with enthusiasm and dedication, serving as a true inspiration to her peers.



Acharyas' Corner

ஹைக்கூ கவிதை

தரிசனம்

"தரிசனம் கண்டேன்
கோவிலில் இல்லை
ஏழையின் சிரிப்பில்.."



மழை



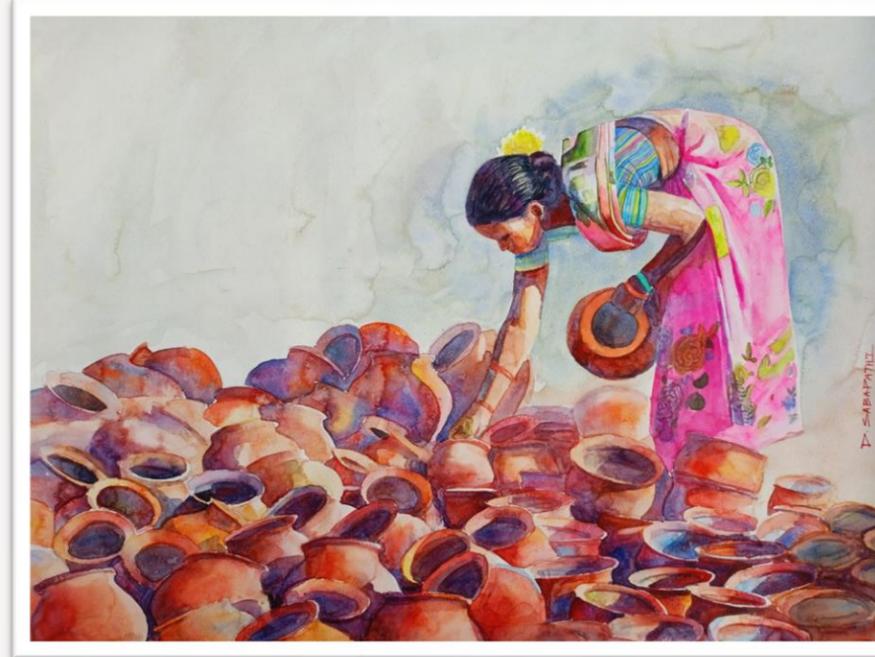
மரம், செடி, கொடி மட்டுமல்ல;
மழைவந்தால் சிரிக்க,
ஏர் பிடிக்கும் உழவனும் கூட.

புத்தகம்

என்னைப் பயன்படுத்து
உயரத்தில் இருப்பாய்.
இப்படிக்கு, புத்தகம்.



பா. கவிதா (தமிழ் ஆசிரியை)



By
Mr. Sabapathy
Art Master



By
Mrs. K. Karthika
Dept. of Math

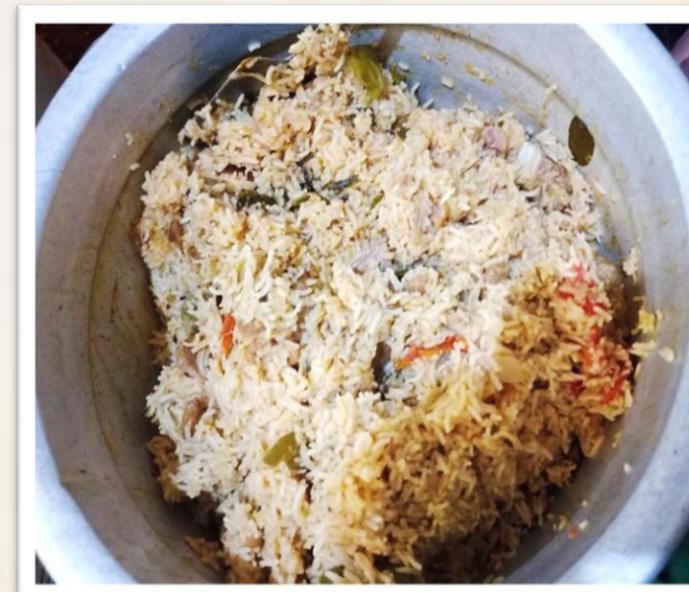
MY Amma's Mutton Biryani

I tasted Mutton biriyani for the first time in my life as a 15 year old girl! On a fine Sunday afternoon, my Amma brought me a plate full of smokey biriyani right out of the dum. It was served with onion raita and mutton varuval. It looked inviting and I couldn't wait to dig in. The biriyani lived up to my expectation, the meat was tender and juicy, and the rice was perfectly cooked and filled with the aroma of spices. After a mouthful of the biriyani, I knew I was addicted for life!

The earliest version of mutton biriyani was called 'Oonu soru'. The word 'Oonu soru' was first found in Sangam literature in 2 A.D. It was made of rice, ghee, meat, turmeric, coriander, pepper and bay leaf. It was often served to the army. I guess Tamilians from 2 A.D to now have loved this dish!

Being a diehard biriyani fan, I often ordered it at hotels but none of them compare in taste with my Amma's biriyani! She uses freshly ground spices, home-made coconut milk. However, it is special to me because it's brimming with love and Amma's 'kaipakkuvam'. Even though I know the recipe in and out, keep trying to make it, Amma's biriyani still stands supreme. Having always lived in a joint family, Amma cooks in excess. If you ever visited us at home, we will have a delicious plate of mutton biriyani waiting for you!

By,
Yamuna A
Dept. of English



**Alone we can do so little, together we can
do so much - Helen Keller**



Dharpan – The Mirror



Chettinad
Vidya Mandir
VASUDHAIVAKUTUMBAKAM
CBSE Affiliation No.: 1930247

Chettipalayam, Puliur C.F, Karur District, Tamil Nadu.
Contact Numbers: T +(0)4324 251977, M +(0)9786696574
E-mail: info@chettinadvidyamandir.org
Website: www.chettinadvidyamandir.org