



CHETTINAD VIDYA MANDIR

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Dharpan – The Mirror

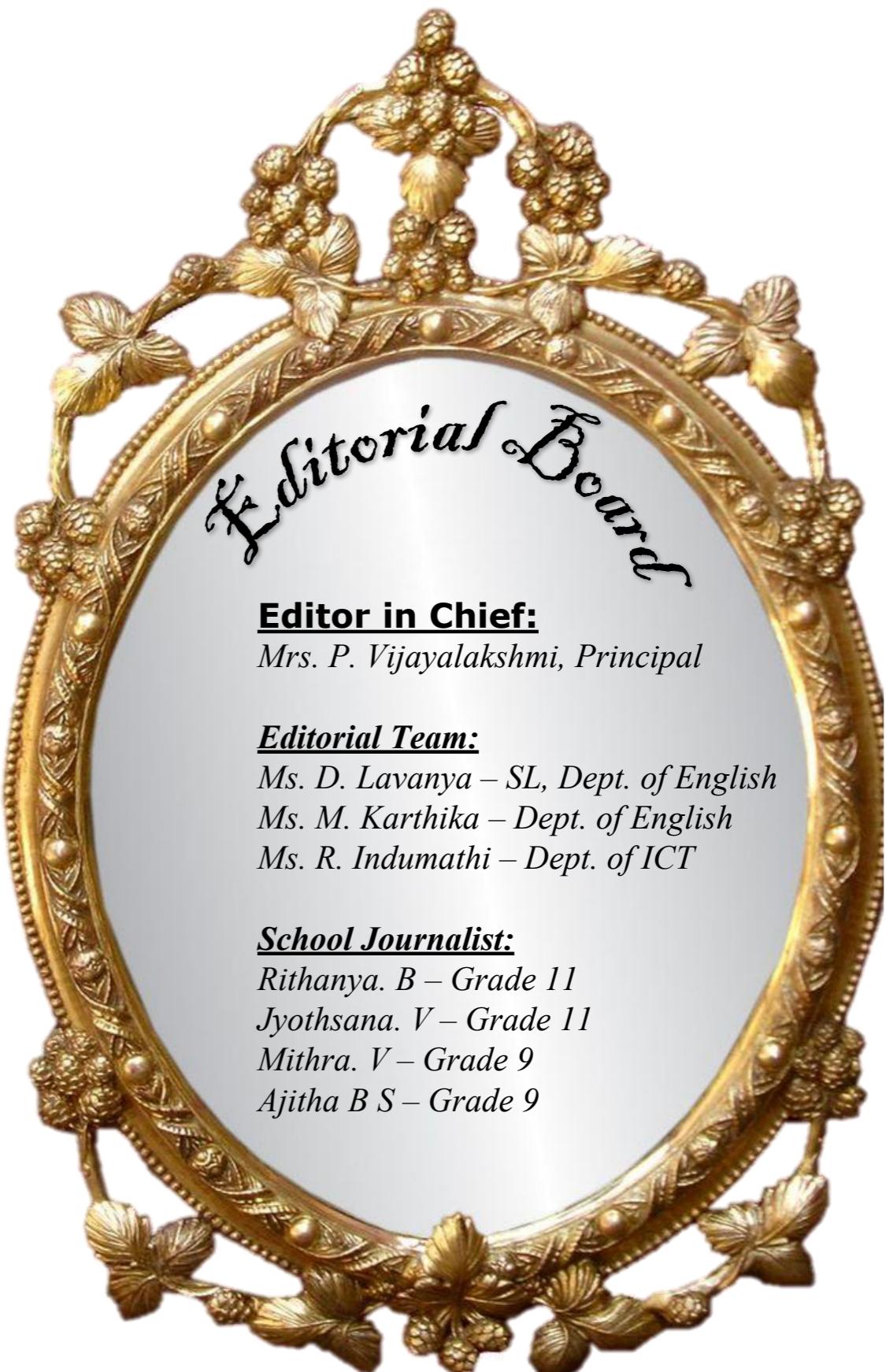
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Primary School Co-Ordinator's Message

Shaping responsible global citizens through mindful learning.

At Chettinad Vidya Mandir, learning goes far beyond the boundaries of textbooks and classrooms. Our curriculum is thoughtfully designed to nurture curiosity, deepen understanding, and build strong academic foundations. Each lesson encourages students to explore, inquire, and connect concepts with real-life applications, ensuring that learning becomes both meaningful and memorable. Alongside academic growth, equal emphasis is placed on character development. We believe that knowledge gains true value only when paired with empathy, responsibility, and integrity. Through collaborative projects, value-based activities, and reflective practices, students learn to appreciate diverse perspectives, communicate with respect and make mindful choices that benefit themselves and those around them. This edition of our newsletter captures the essence of this holistic journey. It highlights academic achievements, classroom engagements and inspiring moments where learners embodied compassion, courage and commitment. As we walk together on this pathway to purpose, we continue to empower our students to become lifelong learners and responsible global citizens who contribute positively to a sustainable and peaceful future.



Kongu Sahodaya Badminton Tournament

Learners made Chettinad Vidya Mandir proud with their remarkable performance in the Badminton Tournament conducted by the Kongu Sahodaya School Complex.

- **Ooviya P of Grade 8 and Varsha V of Grade 9 secured the third place in the Under-16 Girls (Doubles) category.**
- **Nigil Netra P S and Nithika Shree G of Grade 11, emerged as the Runner-Up in the Under-19 Girls (Doubles) category.**



Kongu Sahodaya Inter-School Judo Tournament

Learners from various grades excelled at the Kongu Sahodaya Inter-School Judo Tournament securing 2 Gold, 4 Silver, and 7 Bronze medals. There were 27 schools and nearly 480 learners participating in this tournament which made this achievement truly commendable.



Young World Record Holder Shines Bright

R. Romeo of Grade 3 has brought immense pride to Chettinad Vidya Mandir by achieving three prestigious world records. They are Kalam's World Records, the International Book of Records, and the India Book of Records. He earned the titles for being the fastest child to recite and identify all countries on the world map. His extraordinary memory, precision, and dedication stand as an inspiration to all learners. Congratulations to our young achiever on this remarkable accomplishment!



Kongu Sahodaya Swimming Competition

The Kongu Sahodaya Swimming Competition was held at Venkateswara School, Gobichettipalayam, with vibrant participation from schools across the cluster. Fourteen schools and around 270 swimmers competed with great spirit and determination. Our learners showcased outstanding skill and sportsmanship, bringing pride to the school with an impressive medal tally.



Kovai Sahodaya Tennis Tournament

Learners portrayed a wonderful display of perseverance and skill in the Tennis Tournament in Kovai Sahodaya cluster. Their focus, competitive spirit, and consistent effort were clearly reflected in their performances.

Results:

- Under-12 Boys Singles – Runner-up
- Under-12 Boys Doubles – Runner-up
- Under-12 Girls Singles – Winner
- Under-12 Girls Doubles – Winners



We congratulate our young players on their outstanding achievements and enthusiastic participation.



Kongu Sahodaya Athletic Meet

We are delighted to share the remarkable performances of our learners in the Kongu Sahodaya Athletic events. Their hard work, determination, and exemplary sportsmanship have brought glory to our school. We extend our heartfelt congratulations to the learners and express our appreciation to the coaches and parents for their unwavering support.



- **Surya Kamalesh – Grade XII**
 - 400 metres – Silver Medal
 - 200 metres – Bronze Medal
- **Nithrutha R – Grade IV**
 - 60 metres – Bronze Medal



Exploring Land Vehicles!

Young learners enjoyed an exciting hands-on exploration of various land vehicles in and around our campus. They observed cars, buses, motorbikes, and bicycles which made them to identify key parts such as wheels, lights, brakes, wipers, and seats. Through discussions and creative drawings, they learned how each component helps a vehicle function. The activity offered an engaging blend of curiosity, learning and real-world connection.



Young Naturalists

Little explorers had a delightful time engaging with the Garden Theme! During nature walk, learners collected leaves, stones, and twigs to create their own “My Garden” book, which was displayed in the Nature Corner. The following day, after an engaging story narration, they set off on an exciting insect hunt—observing, identifying, and joyfully sharing what they found. They retold the story in their own words, blending it with their real-life experiences. Their curiosity for nature continues to shine as they eagerly search for tiny insects wherever they go!



Orange Colour Day Celebration

PP1 and PP2 learners celebrated Orange Colour Day with great excitement! They joyfully created the bright shade of orange by mixing red and yellow and used it for sponge dabbing, finger painting and brush painting. The classrooms buzzed with smiles, creativity and colour, making it a delightful and memorable experience for our little artists.



Vegetable Printing Fun

PP2 had an exciting activity, combining Environmental Studies with hands-on art. Using cut vegetables like lady's fingers and potatoes, they dipped them in vibrant paints to create unique textures and patterns on paper! This session allowed learners to actively recognize and identify different vegetables while enhancing their creativity, hand-eye coordination and pattern recognition skills. It was a beautiful way to connect art and nature and spark their creativity!



Eco Fashion Parade by PP2 Learners

PP2 learners participated in a “Eco Fashion Parade”. Parents and children worked together to design unique outfits using old newspapers. This activity encouraged teamwork, imagination and sustainable thinking, as learners proved their creations with confidence. This experience developed their creativity, fine motor skills and they understood the importance of reusing and recycling materials.



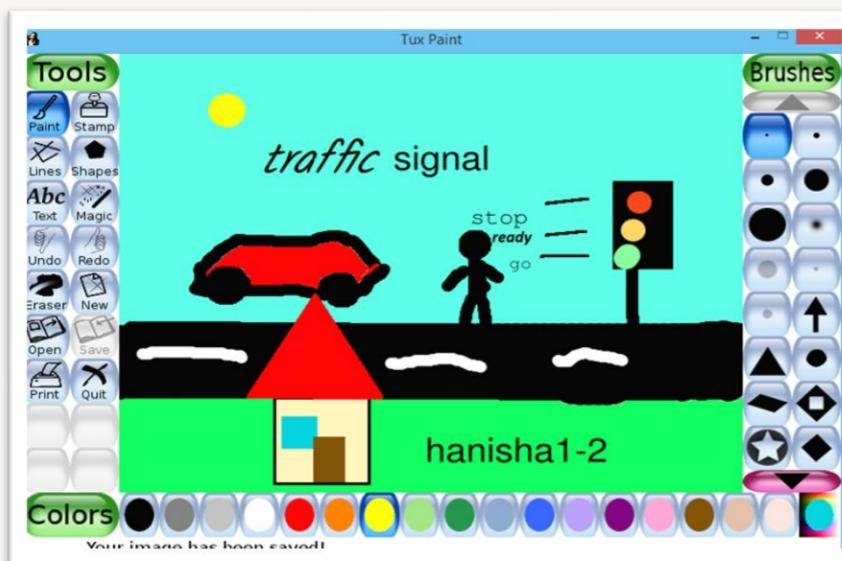
Exploring the Concept of Air

Grade 1 learners took part in an engaging hands-on experiment to understand the role of air. By lighting a candle and covering it with a glass jar, they observed how the flame goes out when air is unavailable. The activity sparked curiosity and helped learners understand the importance of air in our daily lives while encouraging scientific thinking and observation skills.



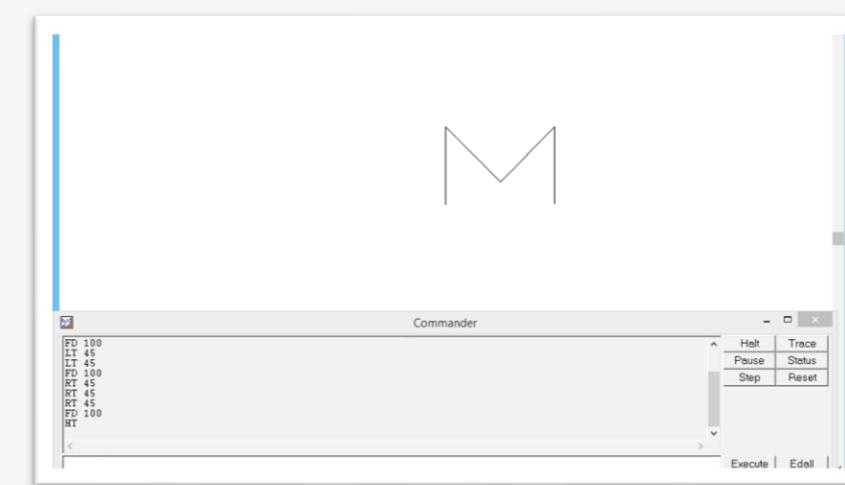
Digital Road Safety Creation

Grade 1 learners used Tux Paint to create their own Road Safety Scene, combining ICT skills with EVS learning. Using tools like Line, Shapes, and Colours, they designed roads, vehicles, and signboards. The activity boosted their creativity, digital skills, and understanding of basic road safety.



Turning Shapes into Code with MSWLogo

Grade 3 learners explored MSWLogo by turning letter shapes into simple code. They studied uppercase letters, broke them into lines and angles, and used commands like FD, BK, RT, and LT to draw them on screen. This activity linked ICT with geometry, building their understanding of movement, rotation, and coding logic while improving problem-solving and confidence in early programming.



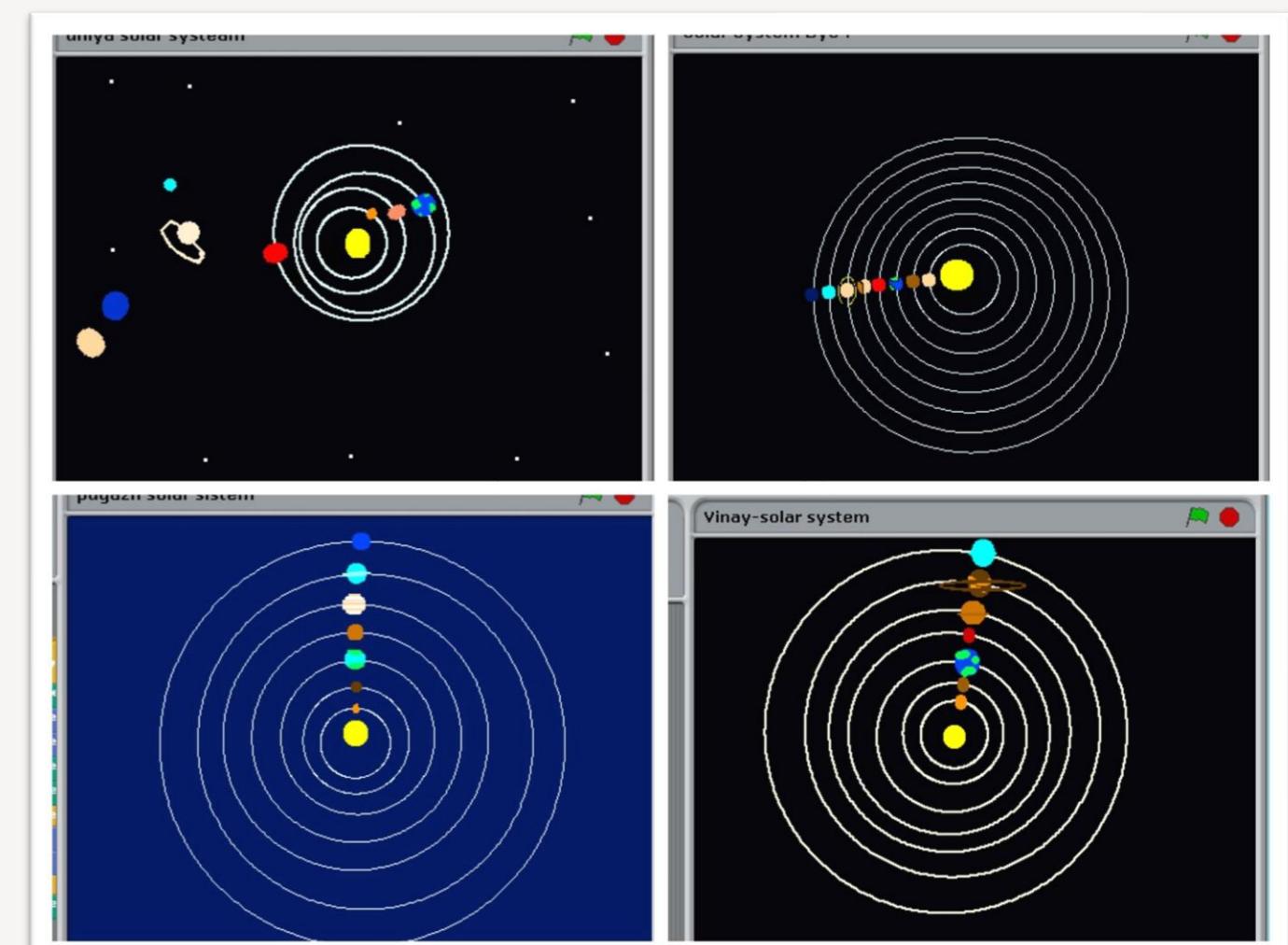
Buddy Learning: Mindfulness in Motion

Grade 4 learners led a “Mindfulness in Motion” activity for their younger peers during the Buddy Learning Program. They guided simple stretches, playful movements, growing tall like trees, fluttering like birds, and blooming like flowers followed by a peaceful nature walk. The session promoted calmness, focus, and joy while building empathy and connection between learners. A closing reflection circle helped them express their thoughts and thereby appreciating the experience of learning together.



Coding the Cosmos with Scratch

Grade 5 learners created an animated Solar System using Scratch by connecting ICT with their Science and Math lessons. They designed planets, used repeat and motion blocks to model orbits and adjusted speeds to show how planets closer to the Sun move faster. The project strengthened their understanding of sequencing, coordinates and problem-solving while giving them a fun hands-on coding experience.



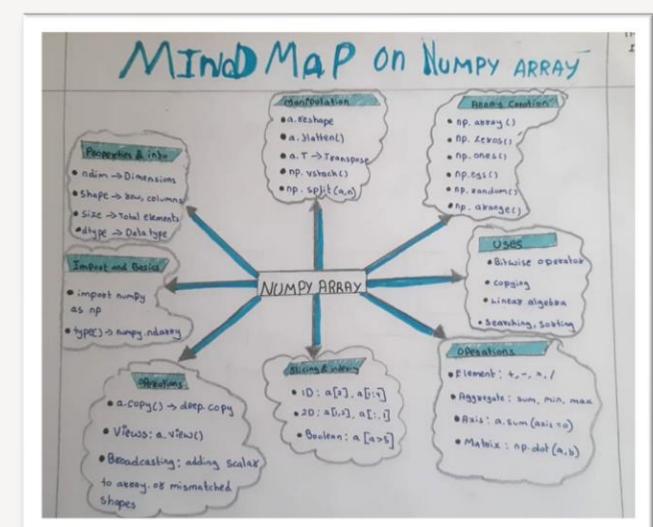
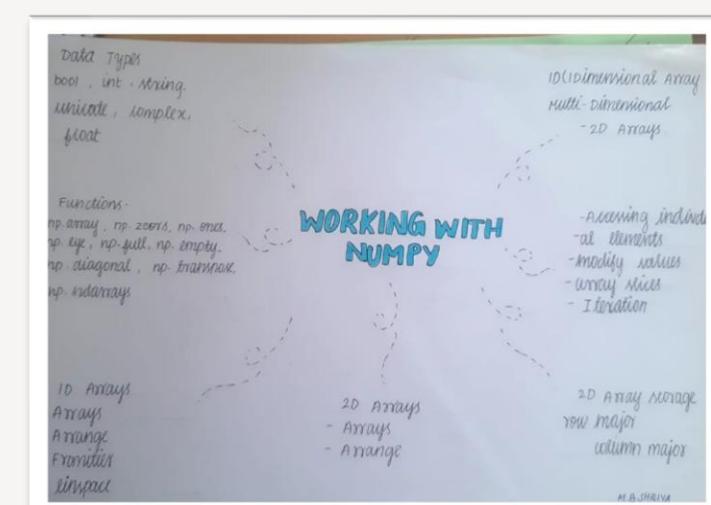
Spices That Heal Us

Grade 6 learners enjoyed a lively session on the topic "Spices That Heal Us," during their English class, that brought the world of spices into the classroom. They created colourful headbands using real spices and took part in a fun quiz, aroma-based identification and meaningful discussions on the medicinal value of spices like turmeric, cloves, and pepper. Through peer sharing and interactive tasks, learners connected classroom concepts to everyday life while building confidence, communication, and teamwork. The activity made the lesson engaging, memorable and enriching.



NumPy Mind Map Activity

NumPy Mind Map helped learners gain a clear understanding of essential NumPy concepts such as array creation, operations, indexing, slicing, and common functions. They also learned how NumPy arrays differ from Python lists and why the library is preferred for efficient numerical computing. The mind map offered a visual overview of interconnected topics, enhancing comprehension and recall. This activity strengthened their conceptual foundation and prepared them well for future lessons in data handling and analysis.



Bringing Stories to Life Through Art

The Primary Librarian organized a "Drawing a Scene from a Book" activity, where learners chose their favourite part of a story and illustrated it creatively. They used bright colours to bring characters and scenes to life, then shared their artwork with peers. The activity boosted imagination, visualization and confidence while helping learners connect more deeply with the story.



Dramatic Play in the Library

The Primary Librarian conducted an engaging "Dramatic Play" activity for Grades 4 and 5, where learners selected a scene from a book and read the characters' lines with expression. They then acted out the scene using simple props and gestures, turning the library into a lively mini stage. The activity boosted reading, fluency, teamwork, confidence, and creativity while helping learners understand characters and stories in a more detailed and imaginative way.



Career Guidance Session

A career guidance session was led by Dr. Suresh Seetharaman, for the learners and parents of Grades 10 and 11. He enlightened them on diverse career avenues and helped them understand how to plan their academic journey with clarity and confidence. The day proved meaningful, blending thoughtful academic review with purposeful future planning.



Session on Screen Time and Digital Detox

Chettinad Vidya Mandir hosted an insightful session by Dr. Uvais, Psychiatrist, on managing screen time and practising digital detox. He explained the effects of excessive screen use, the science behind digital addiction, and shared simple, practical strategies to build healthy digital habits. His clear and relatable approach made the session meaningful for both learners and parents. The session offered valuable takeaways to support mindful and balanced technology use.



Children's Day Celebration – Reliving Childhood with Parents



Children's Day was celebrated by our learners and parents with heartwarming "Back to Childhood" activities that brought them together. From fun games, creative art and craft, fireless cooking and nostalgic role-reversal activities to movie screenings, lively performances and engaging bonding exercises, the day was filled with laughter, memories, and togetherness. These joyful experiences strengthened parent-child connections, encouraged creativity, empathy and collaboration and made the day truly memorable.

Community Outreach Program by Our Learners

Chettinad Vidya Mandir learners carried out a vibrant outreach program at Karikali CCC Quarters and a nearby apartment complex, bringing the community together through engaging activities. They set up an exciting obstacle game that sparked energy and laughter among participants. Grade 6 learners also showcased an insightful presentation on sustainable development and demonstrated how organic manure is prepared. A mystery puzzle challenge added to the fun, keeping everyone curious and involved.

Residents at both locations expressed their happiness, as the program offered a refreshing opportunity to reconnect and interact with one another. They warmly received the learners, appreciated their initiative and extended gracious hospitality throughout the event.



Inspiring Minds – Human Library Session

The Human Library Session with Mr. Ramprakash Mahalingam and Mrs. Sangeethaa offered learners valuable insights on goal-setting, disciplined habits and focused study. They learned practical strategies for time management, building willpower and improving communication confidence.

The session also highlighted employer expectations, the impact of harmful habits and social media addiction and the power of small daily improvements. Motivating success stories inspired learners to dream big, stay committed and make consistent progress toward their goals.



National Library Week Celebration

Chettinad Vidya Mandir marked National Library Week with an online session on "Digital Learning and Information Literacy" by Ms. Helen Kavitha Amuthan, Librarian and Metadata Specialist, Italian International School, Abu Dhabi. Learners explored responsible internet use, accessing digital resources, and evaluating information. Outstanding readers of Chettinad Vidya Mandir 2025 were recognized by the Principal and the Vice Principal. The event concluded with a vote of thanks by Ms. Preethi, the primary librarian.



KATHA Regional Workshop

The KATHA Regional Workshop offered a vibrant platform for learners to explore their creativity and strengthen their communication skills. Through activities that encouraged attentive observation, thoughtful expression and imaginative writing, learners developed greater clarity and confidence in sharing their ideas.

Engaging with new peers helped them break out of their comfort zones and participate actively in meaningful literary conversations. The workshop also opened doors to the world of storytelling and poetry, allowing learners to experience the beauty and impact of language.

Parents noticed a positive shift in their children's creativity, independent thinking, and interest in reading. The encouraging atmosphere built by the school, the organising team, and dedicated mentors greatly enhanced the overall experience, making the workshop both enriching and memorable.



Olympiad Exams – A Platform for Excellence

Our school conducted the Olympiad exams in Maths, English, and Science with active participation from learners. The exams provided an excellent platform to demonstrate their knowledge and analytical skills.

We appreciate the organising team for the smooth and efficient conduct of the event and look forward to recognizing the achievements of our young scholars.



ASSET Competency-Based Exam Orientation

ASSET Competency-Based Exam orientation was conducted for the learners of Grades 3 to 5 and Acharyas of Grades 3 to 10. Learners explored skill-based questions, exam patterns and conceptual understanding, while Acharyas gained insights into fostering higher-order thinking and assessing learners' strengths. The sessions helped both Acharyas and learners feel confident and well-prepared for the upcoming assessment.



UTSAV 2025

Storytelling Session

As part of the Utsav celebrations, learners of Grades 1 to 5 participated in an engaging storytelling session led by Swamiji from Chinmaya Mission. Through captivating stories of Karna, Lord Vishnu, Prahlada, Nala Maharaja and other noble figures, Swamiji beautifully highlighted the values of kindness, courage, faith, and righteousness. Learners listened with enthusiasm and reflected on virtues such as caring, sharing, compassion and protecting the vulnerable. Many expressed their thoughts through simple reflections and shared personal experiences of kindness. The session served as a meaningful beginning to Utsav, nurturing empathy, truthfulness and moral strength in young hearts.



Caring and Sharing – A Pet Session

Grade 1 learners enjoyed a special session on "Caring and Sharing" where parents brought their pets to school. Learners interacted with the animals, learned about their care and experienced feeding the fish in the aquarium. The session was a delightful and memorable way to explore love, patience and responsibility.



A Day with Nature

Grade 3 learners visited the Kadavur Ponnaiyaar Dam, where they explored water sources, observed birds, and studied local plants and trees. Their interaction with forest rangers deepened their understanding of nature and reminded them of the importance of caring for the environment. A simple yet inspiring outdoor learning experience!



Millets Day Celebration

As part of the Utsav theme, Grade 4 learners celebrated Millets Day by reconnecting with India's traditional food culture. They brought creative millet-based dishes, shared their nutritional benefits and explored various millet varieties linked to their EVS learning. The celebration showcased how these ancient grains support healthy living and sustainable choices, encouraging everyone to appreciate our heritage and Earth-friendly food habits.



Honey Bee Farm Visit – UTSAV Activity

Learners of Grades 4 to 6 visited a honey bee farm, where they explored the role of bees in pollination, seed diversity, and ecosystem balance. They observed the bees' teamwork, discipline and hive-building process while learning about their importance in food security and biodiversity. The visit sparked curiosity, respect for nature, and a deeper understanding of how even the smallest creatures help sustain life.



Theatre in Education – Learners in Action

Learners across the grades explored values like empathy, kindness, truth, sustainability and inclusiveness through engaging Theatre in Education sessions. From expressive tableaux and wordless poem performances to mime and creative enactments of stories, learners brought lessons to life with gestures, movements and teamwork. The activities nurtured confidence, creativity and stage presence while connecting timeless virtues to real-life experiences in an enjoyable and memorable way.



Empathy Map

Grade 6 learners explored the values of forbearance and accommodation through reflections on the Ramayana. After a video presentation, they discussed how key characters demonstrated patience, empathy, and understanding. Learners then created empathy maps based on real-life situations, identifying ways to handle conflicts calmly and work inclusively. A meaningful session that connected ancient wisdom with everyday classroom life.



Warli Art



Grade 6 learners explored the traditional Warli Art of Maharashtra, discovering how simple shapes can beautifully portray everyday life and nature. They created their own Warli paintings, enjoying the process of storytelling through art. The activity helped them appreciate India's rich cultural heritage and the values of unity, nature, and simplicity.



Explore Traditional Games

Grade 6 learners participated in traditional games that promoted teamwork and understanding. They practiced forbearance by showing patience and support when mistakes occurred and demonstrated accommodation by adapting rules so everyone could join in. Through these activities, learners recognized that friendship, cooperation, and inclusion are more important than winning, gaining a deeper appreciation for patience, respect and unity.



Learners Take Aim at Archery

Mr. A. Sadasivananda Sathyamoorthy, Head Coach and Founder of Spider Archery Academy, inspired learners of Grade 7 with the art of archery. He emphasized focus, physical fitness and values such as discipline, devotion, and humility. Learners actively practiced basic techniques, concluding the session with motivation and inspiration.



Blindfolded Trust

Grade 7 learners participated in a blindfolded trust activity that emphasized teamwork, care and responsibility. One set of learners were blindfolded while their peers supported them, helping them overcome fear and to build confidence. The simple yet powerful exercise strengthened trust and reminded learners of the importance of standing by one another.



Mandala Art Session



Learners of Grade 7 participated in an inspiring Mandala Art session which was led by Ms. Rindhya, where they explored creative freedom beyond traditional circular designs. Through a simple step-by-step process, they gained confidence, experimented unique patterns and discovered joy in artistic expression. The session encouraged mindfulness, appreciation for peers' creativity, and a sense of achievement, making it a truly enriching experience.



Silambam Session – Embracing an Ancient Tamil Martial Art

Grade 8 learners enjoyed an engaging Silambam session which was led by Kalavalarmani Mr. Avinash. They learned about its origins in the Tamil Sangam era, its meaning rooted in Silam (bamboo), and explored forms like single and double stick techniques. The session highlighted discipline, focus, agility and cultural pride, inspiring learners to value this traditional martial art.



Exploring Sustainability at Kurumapatti Farm

Grade 8 learners visited Kurumapatti Farm, where they explored sustainable farming practices, observed crops like sesame, jowar, and small onion and learned about canal, sprinkler, and drip irrigation. They also discovered renewable energy sources such as windmills, solar panels and biogas units. A short mountain walk helped them connect rock formations with geography concepts. Interacting with farm animals, trying traditional tools and sharing lunch with farmers made the trip a joyful and meaningful learning experience.



Terracotta Jewellery Making Workshop

Grade 8 learners immersed themselves in Terracotta Jewellery Making Workshop under the guidance of Mrs. Venkatalakshmi. They explored sustainable craftsmanship by designing and shaping pendants, studs, bracelets, and keychains using clay and traditional methods. The workshop culminated with learners presenting their unique creations, showcasing creativity, collaboration, and careful attention to detail in an engaging hands-on experience.



Kalari Workshop

Learners of Grades 6 and 11 actively participated in an engaging Kalari session led by Mr. Mahrajan, HR Executive at Bhavan Cybertech Consulting and a trained Kalaripayattu practitioner since 2017. They explored foundational exercises (Meithari), advanced stances (Angathari), self-defence techniques and traditional weapons, enhancing their strength, balance, agility and focus. The workshop emphasized discipline, physical fitness, and respect, providing an enriching experience in India's traditional martial arts heritage.



The Indian Knowledge System (IKS)

Learners from Grades 6 to 9 explored the Indian Knowledge System under the guidance of Dr. Ketu Ramachandrasekhar, as part of the Utsav celebrations. Grade 6 learners explored the evolution of communication and writing in ancient India, from cave drawings to manuscripts on palm leaves and birch bark, gaining insight into the preservation of knowledge, while Grade 8 discovered how temple architecture reflects the cosmos, human body and culture. Grade 9 focused on research skills, linking critical thinking to real-life applications. The sessions offered a glimpse into India's rich heritage and wisdom.



Session on India's Cultural Heritage

Grade 11 learners attended an enlightening session by Mr. Surendranath, a renowned columnist and speaker on Indian history and traditional knowledge systems. He explored India's river culture and its influence on the growth of civilization, illustrating how rivers have shaped geography, beliefs and traditions. The session also highlighted the wisdom and sustainability of Vedic culture and connected ancient insights to modern life. Learners gained a deeper understanding of South India's architectural heritage, including the grandeur of the Thanjavur Temple, leaving them inspired to appreciate and preserve India's rich cultural legacy.



Natya Workshop

Grades 9 and 11 learners participated in a Bharatanatyam workshop conducted by Mr. Suresh, who introduced them to Indian classical dance and its cultural significance. Through demonstrations and insights from his own journey, he highlighted how dance fosters focus, discipline and mental well-being. The session inspired learners to view classical dance as a means of self-expression and inner harmony.



Session on Ayurveda

Grade 11 learners attended an enlightening session on Ayurveda, led by Dr. Suresh and Dr. Niranjan from Karur. The session explored the ancient Indian science of holistic living, covering the balance of body, mind and spirit, the five elements (Pancha Bhootas) and the three doshas — Vata, Pitta and Kapha. Learners also learned about daily routines (Dinacharya) and how Ayurveda promotes well-being in harmony with nature.



Visit to Rengamalai Organic Farm

Grades 9 & 11 had an inspiring and insightful visit to the Rengamalai organic farm. The farmer is a former IT professional, transformed dry land into a successful organic model through dedication and innovation. He now supports community farming, preserves traditional seeds, and trains youth in organic practices. His journey shows that scientific farming and smart marketing can make agriculture profitable and sustainable. The visit deepened our respect for farming and highlighted its potential for a self-reliant future



UTSAV Culmination 2025

Chettinad Vidya Mandir celebrated UTSAV 2025 with a series of meaningful and value-based presentations across all grades. The culmination highlighted the themes of truth, discipline, sustainability, and cultural harmony through graceful performances, reflective presentations, and creative expressions.

Learners from each grade level showcased their understanding through storytelling, skits, classical and folk dances, field-trip reflections and traditional art forms. The highlights included the Sita-Ram chariot presentation, thought-provoking skits, cultural showcases, martial arts demonstrations, and engaging learner reflections. Our younger learners captivated the audience with confident compering and lively performances, reflecting their growing communication and presentation skills.

The celebrations concluded with traditional feasts prepared for parents, who appreciated the dedication of learners and Acharyas in presenting a well-coordinated, enriching programme. UTSAV 2025 stood as a testament to learning rooted in values, culture, and joyful participation.

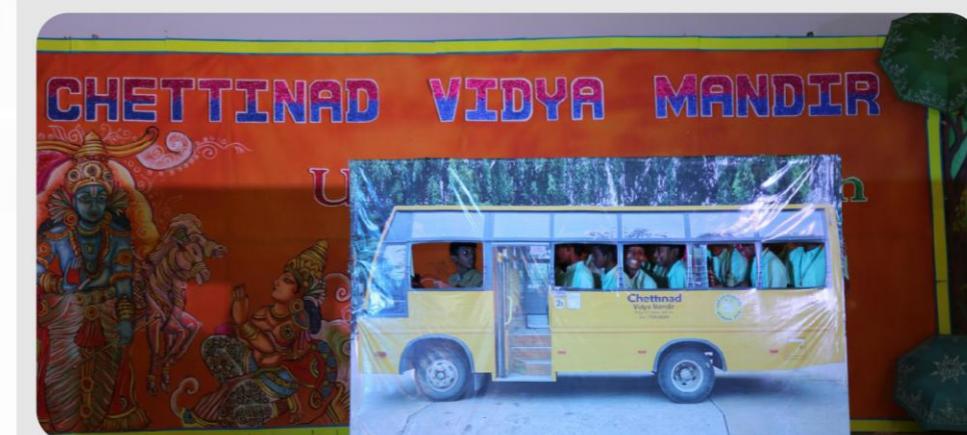
Grades 3 to 5



Grades KG to 2



Grades 6 to 8



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Grades 9 to 11



Green Education

Preparing Herbal Wellness Drink

Grade 3 learners prepared a refreshing Herbal Wellness Drink using tulsi, omavalli, basil, lemongrass, fennel seeds, and cumin seeds during their Green Education class. They explored the unique features and traditional uses of each ingredient while learning about their combined health benefits. Learners crushed, boiled and strained the mixture, gaining hands-on experience with natural remedies. By documenting the steps in a process chart, they strengthened their understanding of how simple, local plants support human wellness.



Little Gardeners at Work

During their green education session, primary learners took part in a practical planting activity guided by the school gardener. They planted saplings of green chilly, tomato, and brinjal and also learned how to carefully sow tiny chilly seeds. Through this experience, learners understood the difference between transplanting and seed sowing while developing appreciation for farming, food sources and environmental responsibility.



Nature Collage Creativity

Grades 2 and 3 learners explored nature through a “Leaf Art / Nature Collage” activity. After a nature walk, they observed the different shapes, textures, and colours of leaves and used them to create imaginative pictures like animals and faces. The activity beautifully blended art with science, reinforcing their learning on plant diversity while fostering creativity and appreciation for the natural world.



A Refreshing Weekend for Hostellers

Chettinad Vidya Mandir hostellers enjoyed a delightful Sunday filled with gardening and swimming activities that allowed them to relax, collaborate and explore new interests. These engaging sessions nurtured responsibility, teamwork and creativity, making the day both joyful and enriching for everyone involved.



Striking a Balance Between Fun and Study

Our hostel is steadily building a healthy routine that helps learners balance enjoyment and academics. Leisure hours are spent meaningfully through Zumba, art, swimming, and fitness activities that nurture creativity and well-being. Meanwhile, preparation sessions for Grades 10 and 12 Board Examination are conducted in both the morning and evening with proper supervision. This structured approach supports a harmonious blend of relaxation and study, contributing to the all-round growth of every learner.



Parent Corner**A Thoughtful Gesture of Appreciation**

Green birthdays inspired the parent community. One of the parents gifted a sapling to the school on his daughter's birthday, which is a new initiative by our institution. This meaningful gesture reflects the growing awareness and shared commitment to nurturing positive values among our parents, learners, and Acharyas.

**Parent Collaborative Activity**

As part of the theme "Food We Eat," PP1 learners explored the importance of healthy eating. The parents of Magilini. M led the session, using engaging rhymes and activities to highlight good eating habits. Learners participated enthusiastically, making the session lively while reinforcing the value of nutritious food choices.



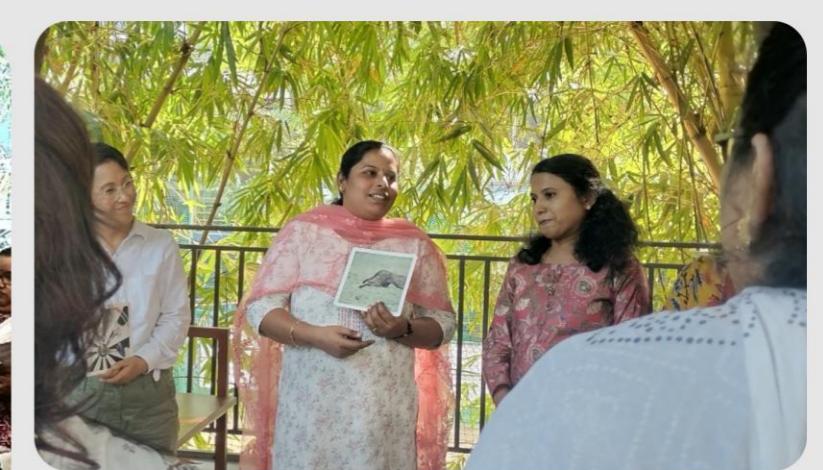
Healthy Food Session

Mrs. Priyanka Rani, nutrition coach and parent, led an engaging session on healthy eating. She explained balanced plate portions and encouraged including fruits, vegetables, whole grains, eggs and milk in daily meals. She also shared simple tips like choosing wheat over maida and opting for healthier alternatives to oily foods. A short story, Q&A, and a fun puzzle made the session lively and interactive, leaving learners with practical habits to follow.



Professional Learning Visit to the RLC

A team of Acharyas visited RLC which provided an invaluable opportunity to deepen the understanding of key practices such as CONGLOM, agenda setting, closing the loop, board protocol, planning for purpose, surplus and deficit and design thinking. The session included observing and engaging the process which transformed theoretical knowledge into practical insights which helped them to apply effectively in their sessions. The experience broadened the professional perspective and supported personal growth.



Adaptive Learning Session for Acharyas

Acharyas of Grades 6 to 12 took part in a meaningful adaptive learning session which was led by Ms. Geetha Subramanian. The session highlighted the importance of recognizing varied learning styles and tailoring teaching approaches to support every learner effectively. It offered practical strategies for creating engaging and inclusive classrooms, while the interactive discussions encouraged Acharyas to refine their methods and embrace innovative practices. A valuable and inspiring professional development experience!



Reflect • Share • Grow

A reflective session was conducted for teachers to revisit the core principles of active learning and the role of self-reflection in lesson planning. Educators shared their current practices, discussed classroom experiences, and explored strategies to enhance learner engagement.

The collaborative discussions and peer feedback enabled teachers to refine their planning approaches, reinforcing the school's commitment to fostering meaningful, active, and learner-centred classrooms.



Dharpan – The Mirror



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



Acharyas' Corner

கல்வி

அகண்ட ஆகாயத்தில் கரு மேகங்களைக் கலைக்கும் ஆதவனின் ஒளி பரந்த பாரினில் அறியாமையை அகற்றிடும் அகல் ஒளி இருப்பவர்களுக்கு இவ்வுலகம் என்ற நிலை இல்லாமல் இயன்றவருக்கும் முயன்றவருக்கும் என்று உரைப்பது. கண்ணே இழந்தவர் காட்சியை இழக்கிறார் கல்வியை இழந்தவர் வாழ்ந்த சாட்சியத்தை இழக்கிறார் உடல் குறையைக் குறையில்லா நிறையாக்கும் உன்னத சிற்பி. பார்வை இழந்தவனின் கருவிடி உச்சரிப்பு உதறியவரின் உலகத்தில் உரக்க ஒலிக்கும் ஒலி கல்லாக இருந்தவனைக் கவிஞர் ஆக்கியது கல்வி அறிந்தவரின் அறிவு நூல் கல்வி எழுதியவரின் எழுத்தறிவு ஏட்டுக்கல்வி பட்டவரின் பாட்டு அனுபவக் கல்வி முயன்று தவறி கற்றால் அறியும் கல்வி பட்டங்கள் அல்ல கல்வி பகுத்தறிவும் பட்டறிவுமே கல்வி

By
Mrs. Renganayaki



Beyond Chemistry: Lessons That Last a Lifetime

This article is dedicated to a remarkable mentor who truly changed my life—my guide and brother-like figure, **Mr. R. Sathish Kumar**, my Chemistry teacher. He had an exceptional gift for organic chemistry, able to solve complex equations within seconds. Yet, what made him truly unforgettable was that his teaching went far beyond the classroom. He spoke about life, values, and the role of education in shaping a meaningful future.

Before I met him, I considered myself an average learner. His encouragement, wisdom, and belief in my potential pushed me to aim higher and become a better version of myself. Although he is no longer with us, the lessons he imparted and the values he instilled continue to guide me every day.

One sad moment that still stays with me is when I got placed in TCS—one of the happiest achievements of my life—yet I could not share that joy with the mentor who helped me reach that milestone.

He will always be remembered, not only as an extraordinary teacher, but as someone who touched lives deeply and inspired his students through both his words and his example.

By
Mrs. Gomathy



MONSOON SAFETY FOR YOUNG LEARNERS

Staying Healthy, Alert, and Prepared This Rainy Season

The monsoon season brings refreshing showers, cooler days, and vibrant greenery—but it also brings a set of challenges that students must be aware of. With simple habits and mindful actions, every learner can enjoy the beauty of the rains while staying safe, healthy, and confident.

1. Stay Dry and Comfortable

Carrying an umbrella or raincoat every day is essential during the monsoon. Students are encouraged to keep a small towel and an extra pair of socks in their bags. Wet clothes can lead to colds and fevers, so changing into dry clothing as soon as possible is a smart practice.

2. Keep Germs and Infections Away

Monsoon season often increases the risk of infections. Washing hands with soap after outdoor play, avoiding touching the face with unwashed hands, and keeping nails trimmed can significantly reduce the spread of germs. Maintaining personal hygiene is one of the simplest and most effective safety measures.

3. Drink Safe Water

Clean drinking water is crucial during this season. Students should drink only boiled or filtered water, and always carry their own water bottle to school. Avoiding water from unknown or unsafe sources helps prevent stomach infections.

4. Eat Fresh and Safe Food

During the monsoon, food spoils more quickly. Choosing hot, home-cooked meals and avoiding roadside snacks or cut fruits can help prevent foodborne illnesses. Properly storing food at home also reduces the risk of fungal growth.

5. Stay Protected from Mosquitoes

Mosquitoes breed rapidly in stagnant water during the monsoon. Students should use mosquito repellent, wear full-sleeved clothing when possible, and ensure that puddles or water containers around home and school are regularly emptied.

6. Move Around Carefully

Roads, hallways, and playgrounds become slippery during the rains. Students should walk carefully, avoid flooded areas, and stay away from open drains. During lightning or thunderstorms, staying indoors and avoiding metal objects is important for safety.

7. Keep School Materials Safe

Books and notebooks need extra care during the monsoon. Waterproof covers, zip-lock folders, and protective pouches help keep assignments and gadgets safe from moisture. Keeping bags clean and dry also prevents fungal smell and damage.

8. Build Strong Immunity

The rainy season is the perfect time to focus on healthy eating. Seasonal fruits such as oranges, pomegranates, and guavas boost immunity. Staying hydrated, sleeping well, and engaging in light physical activity help students stay energetic and focused.

Enjoy the Rain—The Smart and Safe Way!

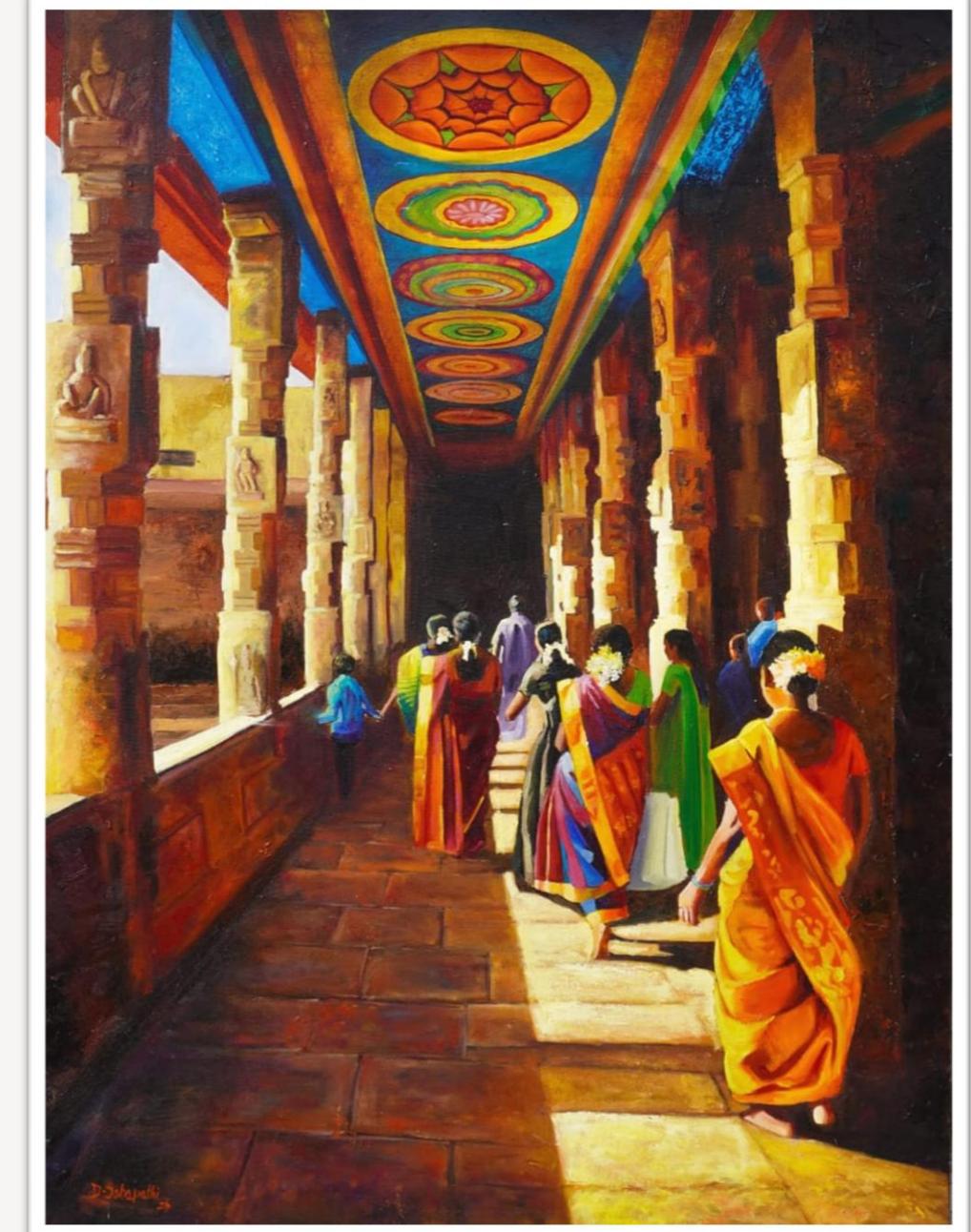
With thoughtful habits and a little extra care, the monsoon can be a season of joy, learning, and good health. Let's stay prepared, stay safe, and make the most of this refreshing time of year!

By
Mrs. K. Sujatha

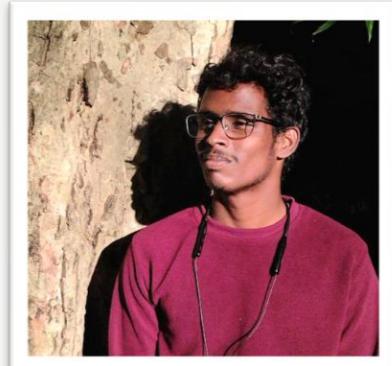




By
Mrs. A. P. Latha



By
Mr. Sabapathi



Alone we can do so little, together we can do so much – Helen Keller





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