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MRS. S. REVATHI

MCA., M.Com., B.Ed.,

Senior Secondary

Coordinator

DEAR PARENTS & MY DEAR STUDENTS,

How to build self-confidence & overcome exam fear

Warm greetings to everyone. I would like to share my view regarding self-confidence & how to overcome exam fear. Self-confidence is the key to unlocking your full potential and achieving success in various aspects of life. It's the belief in oneself, one's abilities, and ideas. When you have self-confidence, you're more likely to take risks, face challenges head-on, and overcome obstacles. Fortunately, self confidence can be developed and strengthened over time. Taking care of your physical and mental health is essential for building self-confidence. This includes getting enough sleep, exercising regularly, and eating a balanced diet. Replace negative self-talk with positive affirmations. Focus on your strengths and accomplishments, and remind yourself that everyone makes mistakes. Spend time with people who support and encourage you. Avoid negative influences that can drain your self-confidence. Instead of dwelling on failures, use them as opportunities to learn and grow. Remember that every successful

person has experienced setbacks along the way, so "BELIEVE IN YOURSELF". Overcoming exam fear is totally achievable with the right mindset and strategies! Let me share some effective ways to help you conquer exam anxiety. Creating a study plan and sticking to it can greatly reduce exam stress .Break down your study material into manageable chunks, and focus on understanding concepts rather than just memorizing. Make sure to revise every topic thoroughly, and don't leave anything for the last minute .Practice positive self-talk to boost your confidence . Remind yourself that exams are not a definition of your self-worth. Take breaks, engage in relaxing activities, and get enough sleep to keep your mind fresh. Regular exercise, meditation, and deep breathing can help reduce stress levels. Take short breaks during studying to refresh your mind. Sharing your worries with your parents, teachers or friends can also help. Avoid comparing yourself with others, and focus on your own progress . Use headings, subheadings, and small paragraphs to make your answers neat and impressive. Solving mock tests and practicing writing legibly can increase your confidence . Remember, every student is unique, and it's essential to refrain from comparisons. Let me end up with a quote "DON' T STUDY UNTIL YOU ARE RIGHT, STUDY UNTIL YOU CAN'T BE WRONG". You will achieve your destination

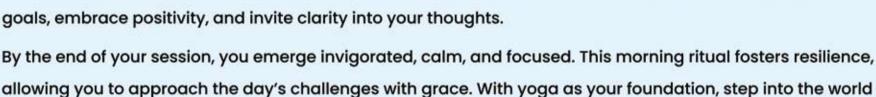
"RISE AND SHINE: AWAKEN YOUR DAY WITH YOGA"

Starting your day with yoga is a beautiful way to cultivate inner peace and set a positive tone. As you unroll your mat, you create a sacred space that invites mindfulness. With each deep breath, you ground yourself in the present moment, letting go of yesterday's worries and tomorrow's anxieties.

Begin your practice with Sun Salutations (Surya Namaskar), a gentle sequence that warms your body and connects breath with movement. Flow through each pose—raising your arms overhead, folding forward, stepping back into Downward Dog. Feel your muscles awaken and tension melt away. With every inhale, let the warmth of your breath nourish your spirit.

As you transition through Mountain Pose, Forward Fold, and Plank, embrace the rhythm of your breath.

This practice is not just physical; it's an opportunity to reflect and set intentions for the day. Visualise your goals, embrace positivity, and invite clarity into your thoughts.



ready to embrace whatever comes your way with an open heart and a peaceful mind.



M.Kavitha Gowri Shankar, B.C.A, D.Y.Sc,

PARENT MESSAGE



Mrs. M. SAVITHA.

MA. Mphil. Phd

English Professor ,Texcity
arts and science college

As advocates for all living beings, we owe a great deal to the dedicated team at BVPS for their role in shaping our children's characters and imparting invaluable life lessons alongside their academic education. Their mission to instill values in our children prepares them to thrive in life. We are grateful for the way they nurture our children's love of learning, creating a safe and supportive environment on campus. The commitment of the teachers and staff is truly admirable, as they gently inspire positive change in the world around them. By encouraging participation in extra curricular activities, they provide students with a much-needed outlet for relaxation while fostering self-confidence and enhancing interpersonal relationships—both essential for success. We wholeheartedly choose BVPS for our children's education.

ACADEMIC TOPPER

GRADE 1



THARIKA, K SHRISHTIK, S K

GRADE 2



RAM SUNDHAR V



KRITHIK. P

GRADE 3



ESHANTH SHIV. PR



JISHNU S





ALANKRITHA S JEYADHAKSHA

GRADE 4

GRADE 5



PRAKRITI. P ANUSANKARI S

GRADE 6



DIYA SANDEEP



VARSHIKAS

GRADE 7



KAVINAYA V THEJASHVINI AS

GRADE 8



DAKSHA. K



SAHANA S

GRADE 9



VARSHIKA. B ELZENA. E

GRADE 10



SAIKIRUBA. R SAHANA. R

GRADE 11



KEERTHIKA, S SOUNDARYA, P

GRADE 12



KAVITHA SARASWATHI. S



VISHMAN. S

ASSEMBLY



Each day at our school begins with a dynamic morning assembly, a gathering where students and teachers unite to foster community spirit and ignite inspiration. This time is more than a routine; it's a chance to set a positive tone for the day ahead

Recently, various classes have taken the stage to share their unique topics. Senior Grade - A emphasised the importance of cleanliness, while Senior Grade B explored anatomical body parts. Junior Grade D presented the significance of good manners, and Junior Grade 1D highlighted that "unity is strength." Junior Grade 1E discussed the benefits of regular exercise, and Junior Grade 1F examined the balance between hard work and smart work. Additionally, Junior Grade A introduced the "Days of the Week," helping everyone to stay organised In Grade 4, students of Grade 4A shared strategies for enhancing concentration, while Grade 4B linked hard work to success. In Grade 5, learners in 5A underscored the value of respecting elders, and 5B discussed the importance of conserving resources. Grade 5C raised awareness about the causes and effects of global warming, while Grade 5D informed us about dengue and its prevention.

Meanwhile, Grade 6D focused on the significance of healthy habits, and Grade 6E celebrated Teacher's Day, honouring the invaluable contributions of teachers. These assemblies weave together a rich tapestry of learning and connection, inspiring us all to approach each day with enthusiasm and a sense of purpose.

INTER SCHOOL COMPETITIONS



TANISHI PURNIMA. S State Level Silambam Grand Open Level 3rd In Kambu Sandai Yoga Competition (Sub Junior)



KANISSHK. A First Place.



MEHUL KUMARAN **Grand Open Level** Third Place.



CM ChessTrophy Yoga Competition Coimbatore District level (10-17 years age category)



SANJAI PRASAD - GRADE 6 RUTHRESH. M - GRD -7 Silver In Long Jump Coimbatore District Atheletic Association



GOLD in World Silambam Championship Maan Kombu Taekwondo Championship Veechu &Kambu Sandai



ANUHASINI.K - GRADE 9 CBSE South Zone-1 2024-2025 Gold medal



DAKSHAYANI G 13th Position In Coimbatore District-level Competition Common Chess Tournament 2024 **Under 15 Category**



SAI HARITA P State Level Yoga Group - 1 St Place



SHANJITH. A Grand Open State Level Silambam, Adimurai And Yoga Competition 24 Kambu Veechu - 3 Place Kambu Sandai - 2 Place



GRADE - 9

KRIPAL KARTHIC .K Long Jump Under 17 Boys 4th Position (5.97 M)



MIRTHINI D V - GRADE 8 **GOLD** in World Silambam Championship Vel kombu veechu and Kambu sandai

JUNIOR GRADE



KRITHA D - GRADE 8 **Cbse Clusters 2024** Shot Put Gold Under 14



A.R SHAWN XAVIER **GRADE 11 Bronze Medal** in Shotput

RA SCHOOL COMPETI

ENGLISH ORATORICAL - KG

PREKG



YAZHINI. A



PANDI AADHYAH.M



SAMRITH. E





AARON PRAKASHAN. DP AHUSTINRAJA. A



SATWIKA. J

SENIOR GRADE



CHARNITA.



RAM. M



NEELAYA DHAKSHI. G



RITHIKA. S



KESWIN. V M



JAISHIKA. BS



MOUNAVI. M

HINDI ORATORICAL - PRIMARY GRADE -1



RAKSHAN. DHAMINI.



G



JONISHA. J S



ADVIK. H VENUSHA. JESHIKA.



JS





SHARVESH. M N SN

NIKASH. P



YOGAMITHRAN.



SAI SABARI. M. B

GRADE -4



PARNITHA



SRI. P AADITHYAN. M S

GRADE -3



JOBISHA, J S





POOJA. S KRUTI. M H NEHA. S H RAJANIKILAN.

ALFRICK MARSHALL



JASVIN. SM



SADHANA ALANKRITHA SREE. PS S



POSTER MAKING - SECONDARY



VIPIN.S KISHORE. K

GRADE-7



GRADE-5



ABINATHNAN PRAKRITI. TEJA. M



ROHIT. A S LAKSHANA.

GRADE -9



GRADE-6

LEON

INFANT. E



S



SANDEEP GRADE -11









V



GRADE -8





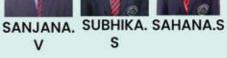
FATHIMA

UMA

PRINASHAYA.

AKSHITHA.ABINIVESH. RISHIKESH. NETHRA. PS AN SG MB





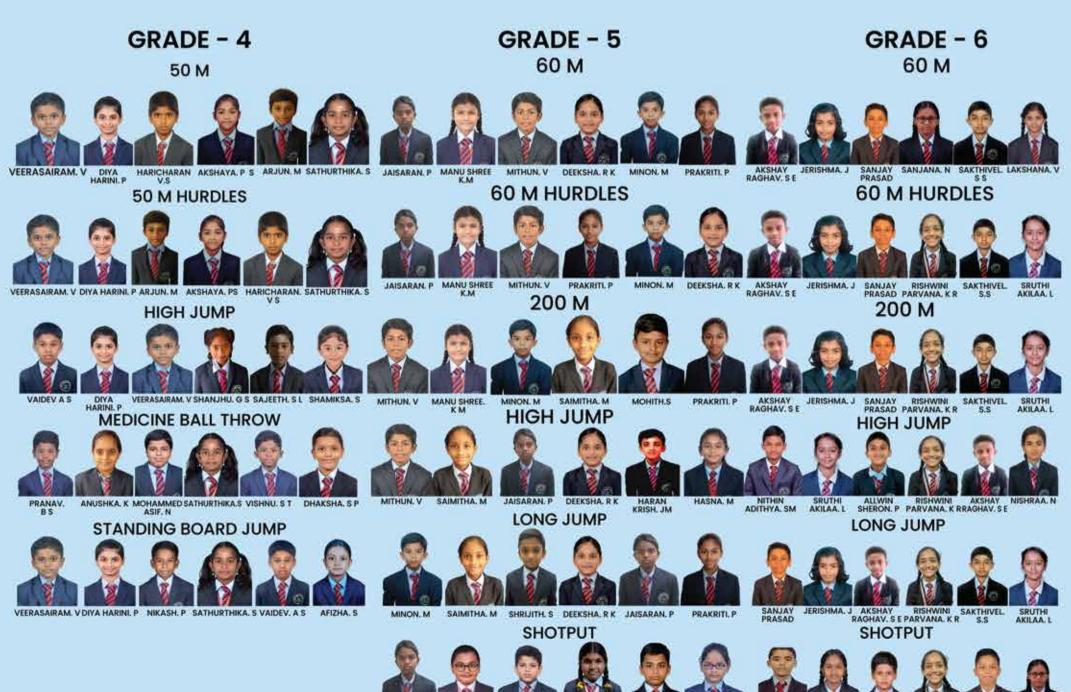


ELZENA. E RITIKA. C YALINI. A

NAZRIN. N MAHESHWARI. V

SPORTS CORNER





WALAR, K

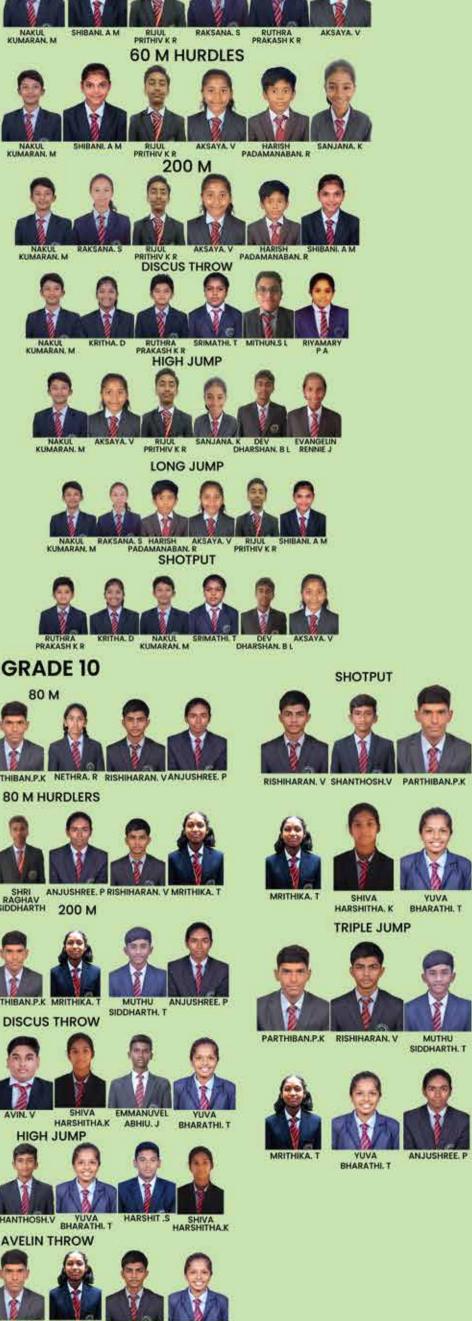
REGAN. PV ANUSANKARI, S SARVESH. P

PAARI, M THANISHKA, K RAGHUL, R









CELEBRATIONS

ONAM CELEBRATION: A FESTIVE EXTRAVAGANZA



The school grounds come alive during Onam, transforming into a vibrant hub of festivities. Students and teachers unite to celebrate this joyful harvest festival, marking the return of King Mahabali. Colourful pookolam (flower carpets) are crafted with creativity and teamwork, brightening up the entrance and classrooms. Traditional music and dance performances, including kaikottikali, fill the air with rhythm and energy, showcasing Kerala's rich culture. Dance performances add to the excitement, with activities that engage everyone and encourage collaboration. The onam celebration at the school not only honours tradition but also strengthens friendship, creating lasting memories of joy and unity among students and staff a like!

VINAYAGAR CHATURTHI: A COLOURFUL TRIBUTE TO LORD GANESHA

Vinayagar Chaturthi is a vibrant festival dedicated to Lord Ganesha, the elephant-headed deity revered for wisdom and prosperity. Our grade 6 and grade 2 children celebrated with great fervour in schools and communities, this festival marks the birth of Ganesha. In Our School, Students and Teachers Come Together To Create Beautiful Clay Idols Of Lord Ganesha, Decorating Them With Flowers And Vibrant Colors. The celebrations often begin with a special prayer, where students offer sweets like modaks, believed to be Ganesha's favourite. Cultural programs feature traditional dances, music, and skits that reflect the significance of ganesha in overcoming obstacles and promoting knowledge. Vinayagar Chaturthi fosters a spirit of unity, creativity, and devotion, making it a cherished occasion in schools.



TOURS & TRIPS

GRADE 1 - CHENNAI



Grade 1 Children travelled to Chennai and visited the Vandalore Zoo and Marina Beach by flight.

GRADE 2 - BUTTERFLY PARK



Grade 2 Visited the butterfly park And Gandhi museum, learning about Butterfly life cycles, water conservation, plant types, and Gandhi's life.

GRADE 5 - KODAIKANAL





Grade 5 The children visited Kodaikanal, exploring Guna Caves, Silver Forest, and the pine forests, and admired various flowers at the Rose Garden

GRADE 7&8 - VIZAG





Grade 7 & 8 Children travelled to Vizag and explored the Submarine museum, Aircraft museum, and Hindustan Shipyard.

GRADE 12 - KASHMIR



Grade 12 Children travelled to Kashmir And visited Sonamarg view point, Gulmarg, and the Wagha border In Amritsar.



STUDENTS CORNER



THANUSRI, S - GRADE 1



MUGHILAN, S - GRADE 4





SASTI KRITHIK, J - GRADE 5



SAI PRANAV. R - GRADE 1



WORLD

DAY

OZONE

AKHILESH YADAV. S - GRADE 5



LAVANYA, K - FASHION ARTIST





AKSHAYA, PS - GRADE 4



AND

JAYASREE. K - GRADE 5



CONSTAZA, R - GRADE 5



KASNIKA, M - GRADE 5



Puzzle: Numeric Lock Code

You need to unlock a numeric lock that uses a three-digit code.

Use the clues below to determine the correct code:

291: One digit is correct and in its correct position.

245: One digit is correct but in the wrong position.

463: Two digits are correct, but both are in the wrong positions.

JAYANTH D

GRADE 1A

578: No digits are correct.

569: One digit is correct but in the wrong position.

What is the three-digit code for the lock?



NERANJALA M



Teachers day poem I love my Mam she is the best She works day and night She never takes rest To make me bright She is happy with me And makes me free She will be my God Even I board aboard HAPPY TEACHERS DAY MAM

In movement swift when troubles rise, a helping hand is wise and kind with bandage care and a steady mind We relieve the discomfort and dry, teary eyes. A cut, a burn, a sudden fall First aid steps we heed the call In urgent times we stand so tall with hearts prepared to care for all simple act can save a life amid the chaos fear and strife so let us learn to be strongly aware for in each action, we show care on first aid day, we vow to be prepared for others, you and me.



என்றென்றும் நண்பர்கள் காரணம் இல்லாமல் கலைந்து போக இது கனவும் இல்லை காரணம் சொல்லி பிரிந்து போக இது முழவும் இல்லை



எங்களுக்கு இரவு கீடையாது பகல் கீடையாது உயரம் கீடையாது பள்ளம் கீடையாது தூக்கம் கீடையாது சரியான நேரத்தில் உணவு கிடையாது ஆனால் ஒன்று மட்டும் நீச்சயம் நாங்கள் கட்டிய கட்டிடங்கள் மட்டுமே நாங்கள் இறந்தாலும் எங்களுக்கு மட்டுமல்லாமல் எங்களது ஊருக்கும் நாட்டிற்கும் அடையாளம்! இனிய பொறியாளர் தீன நல்வாழ்த்துகள்

முதல் நாள் துவக்கத்திலும் அமுகை கடைசி நாள் நிறைவிலும் அமுகை நினைவில் வருகிறது அந்த நாட்கள் நினைத்தாலே இனிக்கும் பள்ளி நாட்கள் பதினான்கு வருடங்கள் வாழ்ந்த கூடம் நான் பயின்ற பள்ளி கூடம் பள்ளி சென்ற அந்த நாட்களை மறந்தால் தானே நினைப்பதற்கு நீனைக்கவும் மறக்க மாட்டோம் நீனைக்காமல் இருக்கவும் மாட்டோம் GRADE 5D வேறுபாடு இல்லாத அழகிய உலகம் தோற்றுப் போகும் வானுலக சொர்க்கம் ஆசிரியர் தந்த அறிவுரைகள் ஆனதே வாழ்வின் அறிவுரைகள் எங்களின் இன்றைய இதய துழப்பு காரணம் எங்கள் பள்ளி பழப்பு

புத்தகம் தொட்டு தொட்டு பார்த்தால் அது வெறும் காகிதம் தொடர்ந்து அதை பழத்தால் அதுவே வெற்றியின் ஆயுதம்



நம் வாழ்க்கை என்னும் தேரை அழகாய் செதிக்கிடுமே கல்வி! இருளை அகற்றி வெளிச்சத்தை தந்திடுமே கல்வி! **GRADE 5D** அறியாமையை அகற்றி அறிவை காட்டும் அற்புத விளக்கு தான் கல்வி! நம் வாழ்வை கற்பிக்க விருட்சம் போல் வளர செய்திடுமே கல்வி! என்னை செம்மை படுத்தி ஏற்றமித வாழ்வை தந்திடுமே கல்வி!

சூரியன் உக்கரமாவது எதனாலே காற்று மாசு படுவது எதனாலே நீர் நிலைகள் பாழானது எதனாலே கூறாவளி வருவது எதனாலே GRADE 50 பஞ்ச பூதம் பாடுபடுவது எதனாலே பூமி பிளப்பது எதனாலே ອ້າລາແທີກໍ່ ເເລາລະເກົ ເກຕເບໍ່ກໍ່ பாலும் தேனும் ஓடிய நாட்டில் பாவங்கள் பெருகியது அதனாலே நாட்டை அழித்து காட்டை அழித்து அடுத்தவர் வீட்டை அழித்து அத்தனைக்கும் ஆசைப்படும் கொடிய மிருகமே மனிதன்! மனிதன்! மனிதன்!

