

## NOVEMBER - MAGAZINE 2024

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**BVPS proudly triumphed at the 45th Coimbatore Sahodaya School Complex Athletic Meet 2024, securing the overall championship with 295 points and the girls overall championship with 180 points.**



## "The Power of Self-Discipline and Consistency: Unlocking Your Path to Success"

My dear students,

Self-discipline is one of the most important qualities you can develop, and it's something that must come from within. At its core, self-discipline is the practice of controlling your actions, emotions, and thoughts to achieve your goals. It means making choices that align with your long-term objectives, even when it might be easier to give in to distractions or short-term temptations. As students, learning and practicing self-discipline from an early age is crucial because it lays the foundation for success in school, in your personal life, and in the future.

Self-discipline is not just about following rules or being strict with yourself. It's about taking responsibility for your actions and decisions. It's about knowing what is important and focusing your energy on those things. Whether it's studying for an exam, completing homework assignments on time, or making healthy choices in your daily life, self-discipline enables you to stay on track and reach your goals. It helps you manage your time efficiently, prioritise your tasks, and avoid procrastination—habits that will serve you well throughout your life.

One of the key benefits of self-discipline is that it helps you understand the value of time. Time is a precious resource, and when you are disciplined, you learn to use it wisely. Self-discipline teaches you to plan ahead, stay organised, and follow through on commitments. It also helps you respect the time of others. By being punctual, completing tasks on time, and being mindful of deadlines, you show that you value your responsibilities and the people around you. This not only helps you academically but also builds trust and respect with your teachers, classmates, and family members.

Learning to be self-disciplined also means learning how to respect others. Self-discipline involves obeying elders, following instructions, and understanding that your actions have an impact on those around you. By practicing self-control and good manners, you create a positive environment in your school and home. Respecting authority and being considerate of others are essential aspects of self-discipline that help you grow as an individual.

However, many people struggle with self-discipline because they believe it's difficult to achieve. Some think that it requires too much effort or that it's impossible to maintain discipline every day. But this is a misconception. In fact, self-discipline is a skill that can be developed and honed over time. It's important to remember that self-discipline is not about being perfect; it's about making small, consistent efforts every day. When you have a positive attitude and a belief in your ability to improve, you are already on the path to developing self-discipline. The key is to take things one step at a time and not be discouraged by setbacks. Even the most successful people have faced challenges in their journey toward self-discipline.

So, how can you practice self-discipline and stay consistent? Start by setting clear goals for yourself. Define what you want to achieve and break those goals down into manageable tasks. Make a plan and stick to it, even when things get tough. Understand that progress takes time and be patient with yourself. Recognise your strengths and weaknesses, and work on improving the areas where you struggle. If you slip up or make a mistake, don't give up—just refocus and keep moving forward. Self-discipline also requires developing good habits.

Start by focusing on one habit at a time, such as waking up earlier, finishing your homework before watching TV, or exercising regularly. As you practice and build good habits, they will become second nature. The more you practice self-discipline, the stronger your willpower will become, and the easier it will be to make good choices.

Remember, good character and self-discipline are the keys to success. The more disciplined you are, the more likely you are to achieve your goals and realise your full potential. And not only will self-discipline help you succeed in school and in life, but it will also make you a better person who is responsible, reliable, and respectful.

So, take control of your actions, stay positive, and believe in your ability to succeed. By doing so, you will create a bright future for yourself and set a positive example for those around you.



**Mrs. S. Vidhya,**  
M.Sc., M.Phil.,  
Upper  
Primary Coordinator

"Self-discipline is the bridge between goals and accomplishment." Jim Rohn

## Ignite the Spark: Empowering Minds for Tomorrow



The recent series of school assemblies provided a remarkable platform for students to express their thoughts and ideas on a range of important and thought-provoking topics. From the youngest learners in kindergarten to the more seasoned voices of upper primary, each assembly was a celebration of growth, values, and intellectual curiosity. With themes that spanned from ambition and self-confidence to kindness and the wonders of science, the presentations not only showcased the students' creativity but also imparted timeless lessons.

These gatherings were a testament to the students' ability to reflect on their experiences, understand their place in the world, and inspire one another with their insights. In kindergarten, Senior Grade A reflected on "My Ambition," encouraging their peers to dream big and set their sights high. Senior Grade B, in turn, celebrated the significance of "My School Attires," emphasising how uniforms foster a sense of unity and discipline. Meanwhile, Senior Grade A from Buds School touched hearts with their theme, "My Adoring Family," expressing gratitude and love for the

unwavering support of their families. These assemblies set a tone of warmth, community, and reflection.

In the primary grades, students offered a collection of meaningful insights that left a lasting impact. Class 3A's "Sharing is Caring" highlighted the importance of generosity and the friendships it nurtures. Class 3B's theme, "Helping Mentality," inspired a sense of collective responsibility, urging everyone to extend a hand to others. Class 3C spoke on "self-confidence," encouraging their peers to believe in their potential and face challenges with

## "The Way of the Warrior: Mastering Karate Through Discipline and Focus"



**Sensei, Mr. Suresh Kumar**  
Black Belt 5th dan  
National referee

Karate is a traditional martial art that originated in East Asia and evolved over centuries. It is believed to have developed in Okinawa during the 17th century, likely as a response to a ban on weapons. Without the ability to carry swords or other weapons, the Okinawan people developed unarmed combat techniques for self-defence, which eventually formed the basis for modern karate. By the 1920s, karate was introduced to Japan, where it was refined and systematised, with various schools and styles emerging, each emphasising different techniques and training methods.

Central to karate, like many other martial arts, is the philosophy

that blends physical, mental, and spiritual development. Karate practitioners are taught to cultivate a disciplined mind, focus, and respect for others. This respect is demonstrated through rituals, such as bowing to instructors and training partners, and adhering to a strict ranking system, typically signified by the colour of a practitioner's belt. The system of belts, ranging from white to black, represents a practitioner's progress and skill level. Karate training also emphasises perseverance, humility, and self-control, traits that are cultivated alongside physical strength.

Karate is primarily an unarmed martial art that employs a variety of striking techniques. These include punches, kicks, elbows, and knee strikes, as well as defensive blocks. The focus of karate is on generating maximum power at the moment of impact, often achieved through techniques like kihon (basic techniques) and kata (forms). The striking surfaces used in karate include the knuckles, the edge of the hand, the ball of the foot, the heel, and the elbow, all of which are toughened through rigorous training. Over time, practitioners may develop the ability to break wooden boards or other materials, demonstrating their strength and conditioning.

In addition to the basic strikes, karate also involves kumite (sparring), where practitioners engage in

controlled combat with a partner. During kumite, blows and kicks are stopped just before making contact with the opponent.

Kata, or forms, is another crucial aspect of karate training. In kata, practitioners perform a series of pre-arranged movements that simulate fighting multiple opponents. These movements are executed with precision and control, helping practitioners develop rhythm, power, and balance. Kata also teaches the application of various techniques in dynamic sequences. Each kata is associated with specific principles and strategies, and mastering a kata requires deep concentration and understanding of its underlying meaning. Kata competitions, where individuals perform these forms for a panel of judges, are a prominent feature of karate tournaments.

Ultimately, karate is a holistic discipline that integrates physical strength with mental discipline and philosophical growth. Whether practiced for self-defence, sport, or personal development, karate offers benefits that extend far beyond physical fitness. Through its emphasis on respect, perseverance, and mental focus, it remains a powerful tool for cultivating both the body and mind, making it one of the most enduring and respected martial arts in the world today.

Karate is not about being better than someone else; it's about being better than you were yesterday.

## Equations of Growth: My Journey as a Math Teacher at BVPS

Building a career at Brindhavan Vidyalaya Public School (BVPS) has been a wonderful and fulfilling journey. The school provides a positive and caring environment where teachers are encouraged to help students grow in all aspects of life. With access to modern teaching tools and a well-planned curriculum, I have been able to create lessons that are fun, interactive, and effective. The school supports new and creative teaching ideas, which has helped me make learning interesting for my students.

One of the best parts of working at BVPS is the focus on professional growth. The school regularly organises workshops, training sessions, and group discussions with other teachers. These activities have helped me improve my skills and learn new ways to teach. Working with supportive and talented colleagues has made the experience even more valuable, as we share ideas and learn from one another.

The assembly by Class 3D, centred on "The Importance of Reading," reminded students of the vast worlds that books can open, while Class 3E presented on "Cleanliness is Next to Godliness" promoting the virtues of hygiene and self-care as essential aspects of a healthy life. These sessions were rich with wisdom, fostering key values like empathy, self-esteem, and responsibility.

The Upper Primary assemblies were equally captivating, combining profound reflections with dynamic presentations. Class 7A focused on the "importance of punctuality," emphasising

Mentoring students is one of the most rewarding parts of my job. Watching them succeed in academics, sports, and extracurricular activities brings me great joy and pride. Seeing their confidence grow and their talents shine is truly special. BVPS celebrates students' achievements, which motivates both the students and teachers to keep striving for excellence.

What makes BVPS even more special is its friendly and supportive community. Teachers are respected and appreciated, making it a wonderful place to work. The school management provides all the resources and encouragement we need to do our best. The students' energy, enthusiasm, and curiosity make every day exciting and rewarding. BVPS is not just about academics; it focuses on developing well-rounded individuals. The school teaches students important life skills along with their studies, helping them become confident

and responsible. Being part of this vision has been a meaningful and enjoyable experience for me.

I feel proud and grateful to be part of Brindhavan Vidyalaya Public School. It is a place where teachers and students grow together, and every day is filled with learning and happiness. I look forward to continuing my journey here and contributing to the school's wonderful legacy.



**Mrs. Naseem Nikkath N**  
M.Sc., B.Ed., B.A.,

how timeliness nurtures discipline and maximises opportunities. Class 7B delved into the traits that define an ideal student—hard work, integrity, and perseverance—offering their peers a model of excellence to aspire to. Class 7C enchanted their audience with a presentation on "The Wonders of Science," sparking curiosity about the world around them, while Class 7D revisited the theme of reading, highlighting its role in nurturing creativity and knowledge. Class 6A marked World Pneumonia Day, raising awareness about global health issues, while Class 6B's theme, "Kindness and Friendship,"

reminded everyone of the profound impact of empathy and human connection. In conclusion, these assemblies showcased the power of youth to inspire, educate, and unite. Students shared valuable lessons on kindness, responsibility, and lifelong learning, imparting timeless insights on personal growth and the pursuit of knowledge. Each theme, thoughtfully chosen and eloquently delivered, left a lasting impact, fostering a spirit of collaboration and growth within our school community.



## ACADEMIC TOPPERS

### GRADE - 1

AMRIN  
IMAN. P



JANVIU



RIYANKA. R



SHRISHTIK.  
S K



VAISHNAVI.  
Y S



### GRADE - 2

KRITHIK. P



NITHIN  
JERICO. J



JISHNU. S



DWARAGAN .S



ALANKRITHA .S



JEYADHAKSHA .A



### GRADE - 5

PRAKRITI. P



ANUSANKARI. S



SHAMISHA. A



VARSHIKA. S



### GRADE - 7

SAMEKSHA. S



SREEMATHI. K K



KEVIN. K



SAHANA. S



### GRADE - 9

ELZENA. E



VARSHIKA. B



SAIKIRUBA. R



SAHANA. R



### GRADE - 11

AKARSHANA. R



SOUNDARYA. P



KAVITHA  
SARASWATHI. S



VISHMAN. S



## Trips & Tours

### KG Kindergarten: From Farm to Fork: A Fresh Adventure in Learning



The recent visit to the vegetable farm was an exciting learning experience for the kindergarten students. They explored the difference between root and fruit vegetables, discovering how they grow. The children were fascinated by vegetables like carrots, potatoes, and tomatoes, which sparked their curiosity about nature and food.

As they walked through the farm, the students observed and identified various vegetables, learning how they are planted and cared for. They also gained an understanding of healthy eating and how vegetables contribute to nutrition, deepening their appreciation for fresh produce and environment.

To make the visit even more enjoyable, the students tasted some freshly picked vegetables. This fun activity helped them connect with the food they were learning about and encouraged healthy eating habits. The visit was a memorable experience that inspired the children to learn more about where their food comes from.

### Grade 2: An Unforgettable Adventure: Scenic Ooty Trip!



The Grade 2 students from BVPS Both batches had lunch at different photos in the cool weather. After went on a day trip to Ooty in two spots. In the afternoon, both a day of adventure, Batch 1 batches. Batch 1 started early in the groups explored popular attrac- returned by bus, while Batch 2 morning and travelled by Nilgiri tions like Ooty Lake and the Rose took the train to Mettupalayam Mountain Railway, enjoying the Garden. The children had a great and then the bus back to BVPS. By scenic ride. Batch 2 arrived in Ooty time sightseeing, learning about evening, both batches were back by noon. nature, and capturing memories at school, tired but happy with the wonderful experiences of the day.

### Grade 3: Mysuru Magic: Two Days of History, Heritage, and Scenic Wonders



Our trip to Mysuru began with a JK Emphassy, a comfortable hotel visit to the Mysuru Zoo, one of with excellent amenities and India's oldest and best-main- service. On the second day, we visited the variety of wildlife, from majestic Chamundeshwari Temple atop tigers to playful elephants and Chamundi Hill, offering both exotic birds. After the zoo, we spiritual and stunning views of the explored KS Garden, where the city. Next, we toured the grand lush greenery and colourful Mysore Palace, a true architectural flowers offered a peaceful setting marvel showcasing the rich history for a relaxing stroll. We then of the Wodeyar dynasty. stayed at Its opulent interiors and fascinating exhibits left us in awe. Our final stop was the Birds Sanctuary, a serene haven for birdwatchers. The calm atmosphere allowed us to connect with nature while observing migratory birds. The experience perfectly concluded our trip, deepening our appreciation for Mysuru's natural beauty and cultural heritage.

### Grade 5: A Journey Through History: Exploring Gandhi's Legacy



As part of their social curriculum on The centre showcases a collection he led. The visit provided a freedom fighters, students visited of photographs documenting meaningful lesson on Gandhi's the Mahatma Gandhi Memorial Gandhi's journey from childhood to immense contributions to India's Centre, a historic site where the his final days, along with replicas of freedom struggle. It offered Father of the Nation once stayed. personal items he used throughout students a unique opportunity to This memorial house serves as a his life. These exhibits gave reflect on his sacrifices, princi-tribute to Gandhi's life and legacy, students a deeper understanding ples, and determination, leaving preserving the essence of his time of his humble beginnings and the them with a greater appreciation in the area. simple lifestyle of his role in shaping the nation.

### Grade 7 Wild Wonders: A Refreshing Escape to Topslip



We took the students on an unfor- and reconnect with nature. The and wildlife conservation. This gettable trip to Topslip, a breath- students engaged in outdoor trip not only provided a taking forest area nestled in games, explored the natural much-needed break but also Pollachi, Coimbatore. Surrounded beauty of the forest, and soaked in helped instill a deeper under- by lush greenery and diverse with the tranquillity around them. Along- standing and respect for nature, wildlife, the experience offered a with fun and adventure, they also making it a truly enriching refreshing escape from their busy learnt valuable lessons on proper experience for everyone involved. routines, allowing them to unwind behaviour in the forest

### Grade 8 Exploring Rameshwaram: A Blend of Culture, Spirituality, and Nature



As part of their Tamil curriculum, The students enjoyed a relaxing time on the beach, soaking in the beauty of the surroundings. They also visited the famous temple, where they worshipped Lord Shiva, experiencing a sense of peace and spirituality.

The highlight of the trip was the Pamban Bridge, with its spectacular view leaving the students in awe. They also appreciated the pleasant climate, making the trip both educational and enjoyable.

The trip concluded with a visit to Lulu Mall, one of the largest shopping malls in India, where the students shop and relax, making the trip both entertaining and memorable.

### Grade 11 Kochi Uncovered: Thrills, History, and Shopping Delights!



The Grade 11 students had an exciting and educational trip to Kochi, exploring a mix of thrilling, historical, and cultural experienc- The students also visited the Hill Palace Museum, where they explored the rich history and heritage of Kerala. To add to the excitement, they enjoyed a relaxing cruise ride, soaking in the scenic beauty of Kochi's backwaters. The trip concluded with a visit to Lulu Mall, one of the largest shopping malls in India, where the students shop and relax, making the trip both entertaining and memorable.



## INTER SCHOOL COMPETITION

### A Moment of Glory: Celebrating Our Exceptional Victory at the 45th Coimbatore Sahodaya School Complex Athletic Meet 2024



We are thrilled to celebrate our outstanding victory at the 45th Coimbatore Sahodaya School Complex Athletic Meet 2024. Brindhavan Vidyalaya Public School achieved a historic accomplishment by winning both the overall championship and the girls' championship, surpassing 113 schools and 3,100 athletes. This exceptional success reflects the dedication, talent, and determination of our student-athletes, who showcased remarkable skill and perseverance in every event.

In the boys' events, Akshay Raghav from the U-12 category won gold in the 100 meters and silver in the 200 meters, while Sanjai Prasad earned bronze in the long jump. U-14 saw Nakul Kumaran secure double gold in the 100 and 200 meters, with Feroz Mohammad and Rijul Prithiv winning silver in the long jump and 400 meters, respectively. In the U-17 category, Kripal Karthic claimed silver in the 100-meter hurdles and bronze in the long jump, while Shawn Xavier earned gold in the shot put. The U-19 category included Prince Antro winning gold in the 800 meters and silver in the 400 meters.

Niranjan securing silver in the 110-meter hurdles and Parthiban claiming bronze in the long jump. The boys' relay teams shone with exceptional performances. The U-12 4x100 meter relay team, comprising Akshay Raghav, Sanjai Prasad, Padmesh, Sakthivel, and Alwin Sheron, secured gold. Similarly, the U-14 boys' team of Nakul Kumaran, Akash Raghav, Feroz Mohammad, and Rijul Prithiv also won gold. These victories highlighted the incredible teamwork and coordination among the relay participants, significantly contributing to the overall championship.

In the girls' events, Shibani from the U-14 category won gold in the 400 meters, while Rakshana earned silver in the long jump and bronze in the 100 meters. Aksaya secured bronze in both the high jump and the 200 meters, while Kritha claimed gold in the shot put. U-17 saw remarkable performances from Mirthika, who won gold in the 100 meters and silver in the long jump, and Anjusree, who secured gold in the 400 meters and bronze in the 200 meters. Additional achievers included Elzena with bronze in the high jump, Shivaharshitha with silver in the javelin, and Yuvabharathi with silver in the hurdles.

In the U-19 category, Miruthula won gold in the 100 meters and silver in the 200 meters, while Nethra secured silver in both the 800 and 1500 meters. Utsavi earned silver in the high jump, and Akarshana claimed gold in the javelin. The U-14 girls' relay team of Aksaya, Rakshana, Abishalni, and Shibani, and the U-17 team of Anjusree, Elzena, Yuvabharathi, and Mirthika, both won gold. The U-19 relay teams excelled as well, with silver in the 4x100 relay earned by Swathika, Nethra, Utsavi, and Miruthula, and silver in the 4x400 relay secured by Swathika, Nethra, Joshitha, Sanjana, and Miruthula.

Special recognition goes to every student-athlete for their immense dedication and hard work. The unwavering support and expert guidance of our coaches and mentors were instrumental in preparing the athletes for such an outstanding performance. We extend our heartfelt congratulations to all participants, including relay members and individual achievers, whose efforts brought immense pride to Brindhavan Vidyalaya Public School. This victory inspires us to strive for even greater milestones in the future.



Shristik S K of Grade 1 won gold in stick fighting at the 3rd national level open championship 2024



Vishnu S.T from Grade 4 won 1st Prize at the Okinawa Goju-Ryu Open Karate Championships



Nithilan G. S. of Grade 5 has ranked 3/7 in the CM Chess Trophy District Level Open held at Hindustan College.



Ruthresh M of Grade 7 won gold in Kata and silver in Kumite at the 2024 Okinawa Goju RYU International Karate Championship.



Swasthick S K of Grade 8 won third place in individual silambam at the District Level Silambam Championship



Srijith K of Grade 4 won the gold medal in Sub Junior Level at the 35th TN State Taekwondo Championship 2024



Teranika R of Grade 5 secured third prize at the GTK Pride Open Karate Championship 24



Yazhini of Grade 7 secured third place in Kata at the GTK Pride Open Karate Championship 2024.



Devsharan D of Grade 7 won gold in Kata at the GTK Pride Open Karate Championship 2024.

### 45th Sahodaya Air Rifle & Air Pistol Shooting Championship for Girls Held at SSVM, Mettupalayam on 23rd November 2024



#### Under 14:

- Open Sight Group Event: 4th Position (Hasna, Constaza, Pratheesha.L)
- Pistol: Gold (Lakshana)

#### Under-17:

- Open Sight Individual Event: Silver (Yuva Bharathi)
- Open Sight Group Event: Silver (Nikitha, Akshadha, Yuva Bharathi)

#### Under-19:

- Open Sight Group Event: 4th Position (Dharaga Dharshini, Rithiga, Jaivarsni)

Our athletes performed exceptionally well across all age groups, showcasing the skill and potential of our young shooters. This competition was a great success, reflecting the hard work and dedication of every participant. The championship demonstrated that with determination and teamwork, our athletes are ready for greater challenges ahead.

### DOMINATORS FC - FFSA 9 - A - Side - Tournament Runners



Shanthosh; Shri Raghav Siddharth; Emmanuel; Harshit; Brasan Saiylo; Jeevan Pranav

Dominators FC, with a stellar performance, secured the runner-up position in the prestigious FFSA 9-a-side tournament. The team showcased exceptional skill, teamwork, and dedication throughout the competition. Notable individual achievements included Brasan Saiylo, who was named the Best Goalkeeper, and Jeevan Pranav, who earned the title of Best Striker for his remarkable goal-scoring prowess.

### Individual Achievements :

- ◆ Srimathi: Silver in Kids Javelin, Silver in Shotput
- ◆ Niranjn: Silver in 110m Hurdles
- ◆ Parthiban: Bronze in High Jump
- ◆ Akshay Raghav: Gold in 100m, Gold in 80m Hurdles
- ◆ Nethra: Bronze in 600 m, Bronze in 1000 m
- ◆ Brasan: Bronze in Javelin Throw
- ◆ Mirudhula: Silver in 100m, Gold in 80m Hurdles
- ◆ Akshitha: Bronze in Shotput
- ◆ Sakthivel: Bronze in 100m
- ◆ Prince Antro: Silver in 400m
- ◆ Veera Sai Ram: Bronze in Long Jump
- ◆ Tanu Deeksha: Bronze in Javelin Throw

### Relay Triumphs :

- Under 10 Boys 4x75m Relay: Silver (Pranav, Sajeeth, Veera Sai Ram, Haricharan)
- Under 12 Boys 4x75m Relay: Gold (Akshay Raghav, Padmesh, Sakthivel, Sanj Prasad)
- Under 18 Boys 4x100m Relay: Gold (Ruban Anto, Darshan, Prince Antro, Niranjn)
- Under 18 Mixed Relay: Silver (Mirudhula, Ruban Anto, Nethra, Prince Antro)

In addition to the individual and relay successes, our athletes combined their efforts to help the team secure third place overall with an impressive 110 points. This achievement reflects the hard work and dedication of every athlete, coach, and supporter who contributed to our success. The 2nd Junior Athletic Championship 2024 was truly a remarkable event, filled with unforgettable performances. We look forward to even greater achievements in the years to come! Together, we are unstoppable!

### New Scientific Discoveries by School Students at Veetuku Oru Vignani Event at Madurai Agricultural University

The "Veetuku Oru Vignani" event, held at Madurai Agricultural University and organised by Puthiya Thalaimurai, showcased exciting scientific discoveries by school students. Lakshmi Purnima and Athish Jai of Grade 8 presented their project, "Sustainable Solutions," in the finals and proudly placed 4th. Their project focused on eco-friendly solutions for a sustainable future, highlighting their commitment to environmental awareness and problem-solving.



### Champion Spirits: The 2nd Junior Athletic Championship 2024 Held at Nehru Stadium, Coimbatore, organised by Sports Land



An incredible showcase of athletic talent, perseverance, and teamwork, the championship saw outstanding performances from our young athletes, culminating in an overall third-place with 110 points!





## Cherishing Childhood and Innocence: BVPS Celebrates Children's Day

On November 14, 2024, the students of Brindhavan Vidhyalaya Public School were treated to a day filled with excitement, creativity, and celebration as the school marked Children's Day with great joy and enthusiasm. The event was thoughtfully designed to honour the children, recognising their importance in shaping the future and making them feel cherished. A series of engaging and meaningful activities were organised throughout the day, creating an atmosphere of inspiration and warmth. The celebration began with a special assembly, where the school principal, Mrs. Vanitha Thirumoorthi, delivered a heartfelt and inspiring address to the students. Her words resonated deeply with everyone present, as she highlighted the vital role children play in shaping not only the future of the school but also the world at large. She reminded the students of their immense potential and underscored the school's unwavering commitment to fostering young minds, nurturing creativity, and helping each child reach their fullest capabilities. "You are the heart and future of this world," Mrs. Vanitha Thirumoorthi said, inspiring students to take pride in themselves and their limitless possibilities. Following the assembly, the students eagerly participated in a variety of creative activities that encouraged self-expression, teamwork, and collaboration. These activities ranged from hands-on art and craft sessions to group exercises that focused on building communication and camaraderie. Every activity was thoughtfully designed to inspire the students' imaginations and provide them with an environment where they could showcase their unique talents. Each session not only allowed them to shine individually but also fostered a strong sense of pride, belonging, and unity within the school community.

As the day drew to a close, the students gathered once more to reflect on the experiences they had shared. Many expressed their gratitude for the warmth, appreciation, and the chance to celebrate themselves. The students, with big smiles and hearts full of contentment, left the campus, knowing that this special day had been dedicated entirely to them. The success of the celebration was evident in the bright faces of the students, who carried the joy of the day with them long after the event ended. In conclusion, the Children's Day celebration at BVPS was a resounding success. It left behind lasting memories and marked a truly special day that honoured the boundless potential of every child. This day was not only a celebration of the students' creativity and achievements but also a reminder of the school's commitment to providing an environment where every child can grow, shine, and thrive.

"Children are the heartbeat of our school, filling our lives with boundless energy, creativity, and dreams. Today, we celebrate their immense potential and remind ourselves of the responsibility to nurture them with love, care, and opportunity. They are the future of our world, and it is our privilege to support and guide them as they grow, inspire, and thrive," said Mrs. Vanitha Thirumoorthi.

## Beyond Boundaries: A Deep Dive into the Future of Science and Technology



At BVPS, the Paper Presentation on Science Advancements in the Future was successfully held, bringing together students from grades 6 to 11. The event aimed to engage students in exploring how emerging technologies will impact various sectors such as food production, banking, health-care, agriculture, education, and aerospace, and transport. Each group was assigned a specific sector to research, encouraging them to dive deep into advancements like artificial intelligence in banking, sustainable food practices, and medical innovations, providing a comprehensive understanding of the future landscape. The teams were made up of five students, one from each grade, ensuring a blend of fresh

perspectives from younger students and the analytical expertise of older students. The event allowed for creative ideas to be paired with well-researched insights. Students worked closely under the guidance of their mentors to prepare their papers and presentations, bringing together their strengths in research, design, and communication. They used visual aids and effective storytelling to make their presentations engaging and informative, impressing both the judges and their peers. At this stage, semi-finals were conducted, and the top three teams were selected based on their performance. These teams

exceptional creativity, research, and presentation skills. The finals will be conducted soon, where the selected teams will compete for the ultimate prize. The team with the best overall presentation will be awarded a cash prize of Rs. 10,000, recognising their dedication, creativity, and exceptional research. The event has already proven to be a fantastic learning experience for all involved, allowing students not only to research and present the future of technology but also to enhance their critical thinking, teamwork, and problem-solving skills. It has inspired participants to envision their roles in shaping the future of science and technology, with great anticipation for the upcoming finals.

## Feeling Blue: A Day of Fun, Learning, and Creativity!

On 21st November, the kindergarten of Brindhavan Vidhyalaya Public School was immersed in a whirlwind of excitement and creativity as they celebrated Blue Day, a day filled with music, dance, and endless fun. The school was transformed into a bright, cheerful space, as both students and staff wore their best blue outfits, adding a vibrant and playful energy to the day's festivities. The atmosphere was lively from the start, with the children, full of energy and excitement, danced to an array of lively tunes that celebrated the beauty and significance of the colour blue. From songs about blue skies and the deep ocean to stories of blue animals, the children learnt while they danced, exploring how the colour blue is a part of nature.

The music set the perfect tone for the day, with its upbeat rhythm and catchy melodies getting everyone moving. The little dancers swirled, twirled, and jumped in delight as they followed along with the music, creating a whirlwind of movement and joy in the room. Their laughter filled the air as they enjoyed the freedom of dancing together, with each child expressing themselves through their own unique movements. Not only did the children strengthen their coordination, rhythm, and teamwork, but they also developed a sense of unity and collaboration as they performed in groups, strengthening their bonds with one another.

The session was also an excellent opportunity for the children to practice their listening skills, as they followed the music and instructions, learning to move in time with the beats. The energy in the room was palpable, as the children's excitement was contagious, spreading to the teachers and staff who joined in the fun. The lively music and the children's joyful dancing created an atmosphere of celebration and togetherness, making Blue Day a truly unforgettable experience. By the end of the day, the children were buzzing with excitement and pride, their faces glowing from the sheer joy of the event. The day not only allowed them to explore the colour blue in a creative and engaging way but also provided them with a memorable experience that they would cherish.



## Pledge to Protect: Celebrating the Spirit of the Indian Constitution

In our school, Indian Constitution Day was observed with great reverence. The day began with a formal oath-taking ceremony where students, teachers, and staff gathered to pledge their allegiance to the values enshrined in the Indian Constitution. This event served as a powerful reminder of the principles of justice, equality, and fraternity, which form the foundation of our nation. As we recited the pledge, we were reminded of the immense responsibility we have as citizens to protect and uphold these ideals in our daily lives.

The significance of this day was underscored by a reflection on the contributions of the Constituent Assembly, particularly Dr. B.R. Ambedkar, the principal architect of the Constitution. Through his vision and dedication, the Constitution became a beacon of hope and justice for millions of Indians. The event allowed us to not only commemorate the historical values of equality and justice but also reflect on how it continues to guide our society. It reminded us that the rights and freedoms we enjoy today were hard-earned and must be cherished and preserved.

The oath-taking ceremony was followed by a discussion on the importance of the Constitution in shaping modern India. Teachers and students shared insights into how the Constitution has evolved over time and how it protects our fundamental rights. Through this celebration, we gained a deeper understanding of the role each one of us plays in ensuring that the historical values of equality and justice are upheld. The event was not only an educational experience but also an opportunity for all of us to renew our commitment to fostering a more inclusive, fair, and just society for future generations.





## A Taste of Tradition: Culinary Journey into Tamil Hospitality



The Grade 9 students of BVPS were tasked with a unique and meaningful Tamil activity aimed at highlighting the rich tradition of hospitality in Tamil culture. The students were asked to prepare traditional, healthy, and easy-to-make dishes at home, which not only gave them the opportunity to explore Tamil cuisine but also emphasised the importance of sharing and caring through food.

while embracing the values of hospitality that are deeply embedded in Tamil culture. Students took great pride in choosing and preparing dishes that are both nutritious and easy to make, focusing on wholesome ingredients and traditional recipes passed down through generations. Some students prepared classic dishes, while others showcased regional specialities and lesser-known traditional treats. The emphasis was on simplicity, health, and the joy of sharing these meals with family members.

As the students shared their culinary creations with their families, they also learnt valuable lessons in teamwork, patience, and the art of hospitality, realising that food is not just about sustenance but also about nurturing relationships. The activity brought a sense of cultural pride and connection, allowing the students to better understand the significance of Tamil hospitality, where food is lovingly prepared, shared, and enjoyed together in a spirit of warmth and generosity.

## Weaving Culture: Exploring the Palm Leaf Legacy

In our Grade 4 activity, we learnt about the traditional use of palm leaves in Tamil Nadu. Palm leaves, especially from the palmyra and coconut palms, are used to make many useful items like fans, baskets, and mats. These leaves have been used for centuries, and people even wrote important stories on them in the past!

We got a chance to try making our own palm leaf products. With guidance from our teacher, we folded, weaved, and stitched the leaves to create small fans and baskets. It was fun to see how a simple leaf can be turned into something beautiful and useful.

This activity also taught us about the importance of using natural materials. Palm leaves are eco-friendly and can help protect the environment. By making these items, we learnt more about Tamil culture and how we can use nature's resources in a sustainable way.



## From Seed to Soul: The Cultural Journey of Germination



In our Grade 4 activity, we learnt about முளைப்பாடு (germination) and its connection to Tamil heritage. Germination is the process where a seed starts to grow into a plant, and this process has deep cultural significance in Tamil Nadu. For centuries, the growth of plants has been central to Tamil culture, especially in agriculture. The cycle of planting seeds and nurturing them is celebrated in festivals like Pongal, where people thank nature for a good harvest and pray for future prosperity.

We explored how முளைப்பாடு (germination) is important in Tamil farming traditions. Ancient Tamil literature often talks about the significance of seeds and their growth as symbols of new beginnings and hope. In our activity, we researched traditional farming methods used in Tamil Nadu, where farmers have long understood the importance of organic farming, proper seed selection, and the natural elements like water and sunlight required for healthy plant growth.

As part of our activity, we also created a heritage garden in the classroom. Each student planted a seed and observed the process of germination. This hands-on experience helped us connect with the heritage of farming and understand the role of seeds in Tamil culture. We learnt how முளைப்பாடு is not just a scientific process but also a cultural tradition that has been passed down for generations, bringing new life and prosperity.

## Our Magic Body: A Fun Science Activity for Grade 3

The science activity "Our Magic Body" was an exciting and interactive experience for Grade 3 students, aimed at exploring the wonders of the human body. Through hands-on learning, students identified key organs and understood the functions of major organ systems such as the digestive, circulatory, and respiratory systems. This activity provided an engaging way to connect science with real-world examples, helping children visualise their own bodies.

Using a large body model and colourful flashcards, students actively identified organs like the heart, lungs, brain, and stomach. The inclusion of props like stethoscopes and lung balloons made the experience even more immersive. Children had the opportunity to listen to heartbeats, understand lung function, and discover how these organs work together to keep the body healthy. The hands-on nature of the activity kept students excited and eager to learn more.

The session also encouraged curiosity and critical thinking as students asked questions and shared their ideas with peers. A short quiz at the end reinforced the knowledge gained, ensuring that the learning process was both fun and educational. "Our Magic Body" helped Grade 3 students not only learn about the human body but also sparked an interest in science, making the experience both memorable and meaningful.



As a school, we are deeply committed to supporting our students through the various psychological challenges they face. We understand that academic pressure, social struggles, and emotional difficulties can significantly affect their well-being and overall growth. Therefore, we have implemented several initiatives and support systems designed to help students navigate these struggles and thrive both inside and outside the classroom.

Our school focuses on a holistic approach to education, emphasising not just grades but also critical thinking, creativity, and emotional intelligence. Teachers encourage students to focus on learning rather than just on exam results. Additionally, we offer stress management workshops and activities such as yoga and mindfulness, helping students manage academic pressure effectively.

Our teachers regularly conduct sessions focused on boosting self-esteem and teaching students how to embrace their individuality. We also organise workshops that help students manage peer pressure and understand the importance of self-worth, encouraging them to focus on their strengths and talents.

## Farm Friends: Moo, Baa, Cluck! Discovering Farm Animals



In our Grade 2 activity, we had a fun and educational setup focused on farm animals. The classroom was transformed into a mini farm where we explored different animals like cows, hens, goats, and sheep. We learnt about the sounds they make and the products they provide, such as milk, eggs, and wool, using pictures and models to make the learning more interactive.

As part of the activity, we also created a farm animal chart. Each student contributed by pasting pictures of their favourite farm animals and writing interesting facts about them. Some students shared the life cycle of a chicken, while others focused on the importance of cows in producing milk. This hands-on task helped us understand the vital role farm animals play in our lives.

The activity was both fun and informative, giving us a deeper understanding of farm life. It was a great way to learn about the animals that help sustain farming and how they contribute to our daily lives. Working together, we learnt valuable lessons about nature and the importance of farm animals.

Understanding the pressures surrounding career choices, we offer career counselling services to help students make informed decisions. Our trained teachers guide students through their interests, strengths, and career options, ensuring they feel confident in their choices. We encourage students to explore various paths, whether in academics, sports, or the arts, helping them realise that success can take many different forms.

Our school integrates emotional intelligence (EQ) into the curriculum, ensuring that students learn essential skills for managing emotions, resolving conflicts, and coping with stress. Through workshops, role-playing activities, and interactive discussions, students develop a better understanding of how to handle difficult emotions in a healthy way. We also offer

### Fostering Strong Relationships with Parents

We believe in working closely with parents to create a supportive home environment. Regular parent-teacher meetings and workshops help parents understand the psychological challenges their children might be facing. We provide resources and guidance on how parents can be more supportive and involved in their children's emotional well-being. By maintaining open lines of communication, we ensure that students receive the support they need both at school and at home.

### Providing Career Guidance and Support

Teaching Emotional Intelligence and Skills

We work diligently to create a supportive, inclusive atmosphere where all students feel valued. Through initiatives like peer support programs and group

workshops, role-playing activities, and interactive discussions, students develop a better understanding of how to handle difficult emotions in a healthy way. We also offer



# INTRA-SCHOOL COMPETITION

**Dress to Impress:  
The Ultimate  
Fancy Dress  
Showdown!**



YAZHINI. A



YUKESH



SAI VISAKAA. M

## JUNIOR GRADE



SAMRITH. E



DHASWIN PRAKASHAM. D P



SASMITA. A M



SATWIKA. J

## JUNIOR GRADE



YAZHI NERMOZHIAL T N



AARUDHIRA SHRI. P



RITHIKA. S



RIYASHRI. R K

## SENIOR GRADE



DHAYA. D



TANISHKA. N P



ELAKKIYA. K



HASHWANTH BALA. S

# TAMIL POETRY

## GRADE 9



SIDDHARTH. N S

## GRADE 11



FATHIMA NAZRIN N A



YADAVI LAKSHMI. M



UMA MAHESHWARI



LAKSHANYAA. K



SOUNDARYA. K

# STUDENTS CORNER

**Happy Children's Day!**  
The best period of anyone life is there childhood a very happy Children's Day to all the kids in the world it's your day today enjoy this day with unlimited fun children are the world's most valuable resources And its best hope for the future

Nivas Jayanth G1

**A child will always teach an adult three things:**  
To be happy for no reasons,  
To be always busy with something  
Learn how to demand with all they want.  
Compiled by Aaliya T

**बाल दविस**  
चाचा नेहरू प्यारे थे,  
14 नवंबर को जन्मे थे।  
भारत मां के दुलारे थे,  
देश के पहले परधानमंत्री थे।  
बच्चों के सबसे प्यारे थे,  
हमेशा ही मुसकुराते थे।

**Tsunami awareness slogans**  
Watch out for the big one!  
you cannot out run a tsunami never give up, never give in only you can prevent tsunami Join hands to stop the disaster A tsunami could sweep you away! Get out early or get swept away! go to higher ground immediately! A tsunami is no laughing matter. The first wave is not always the last.

G6 LEON INFANT E

**Tsunami**  
Tsunami you come again and again Like the season, summer, or rain. You know that we are all blind, So come to wash out the impure mind. You are so terrorised with a huge wave That man and Wild stay together in a cave. You can wash away Japan and Andaman. But I can't wash the jealousy on in humane. Perhaps one day you take the world to sink To purily the hearts and honesty think. Again, the sun of the new era will rise. Where all pages of earth will revise.

G6 SHRUTHIKA T

"Hello, brilliant minds! I'm Mr. Brainstein, your companion in the realm of captivating riddles and puzzles. Submit your answers to [bvpsmonthlymagazine@g-mail.com](mailto:bvpsmonthlymagazine@g-mail.com) with your name and class for a chance to earn the prestigious title of 'Genius of the Month'!"

**Find the number.**  
A + A = 30  
B + B = 20  
A X B = ?

G8 RAKSHAN R R

**Find the number**  
9 + 2 = 711  
14 + 6 = 820  
17 + 11 = 628  
12 + 13 = ?

G6 BHAVESH S

**Who am I?**

1. My neighbour makes mistakes. I get rid of them. Who am I?
2. Lifeless eyes on my smiling face and watching your child's sleeping place in their dreams; they hold me tight. Who am I?
3. I speak without a mouth and hear without ears. I have no body, but I come alive as a wind. Who am I?

G3 SHANJANA S

**I am a state I am also called as**

1. A land of blue hills
2. Land of lions
3. A land of forest
4. Heart of india
5. Land of kings
6. Valley of rice
7. Egg bowl of india
8. Land of festival
9. Capital of biryani
10. It capital of india

G5 DIVYA SRI K

**Find the missing Number**

?			
9	6		
2	4	7	
1	3	5	2

G4 AADHE S

**If**  
14 = 116  
22 = 44  
38 = 964  
71 = 491  
Then  
110 = ?

G9 MOHITHA S S

4	1	2
?	2	1
?	3	9

2	7	6
3	9	7
5	16	?

G8 RAKSHAN R R

Ram gave Raja's chocolate cover to one of his friends. Raja must use the note below to find who is the thief who stole his chocolate.

- Anzar
- Akhil
- Abdul
- Anwar

1, 14, 26, 1, 18

G9 MOHITHA S S

If 2 = 3, 3 = 5, 4 = 4, 5 = 4, 1 = 3, then 6 = ?

The sum of all sides should be 15

	1	
4	8	3
	6	

G9 RITIKA C

1	9	6	10	2	8
		3			
11	12				
7		5		4	

G9 - PRATHEGYA.L

**Clues:**

- 1:  $2^3$
- 2:  $99 \times 66$
- 3:  $92 \div 8 \times 100$
- 4:  $98 \div 2$
- 5:  $5 \times 11$
- 6:  $6^2 + 9^2$
- 7:  $99 + 66 - 500 + 335$
- 8:  $92 \times 2 \times 49$
- 9:  $4 \times 2^5 + 15 - 105$
- 10:  $11 \times 59 + 62$
- 11:  $22 - 7 \times 63$
- 12:  $2^2 + 2(2)(3) + 3^2$

Which 3 numbers have the same answers when they're added or multiplied together?

Who appoints the Chief Justice of India?  
Who is the father of the Indian Constitution?  
Who has the power to dissolve Lok Sabha?  
What is the maximum strength of Lok Sabha?  
When was the Constitution of India adopted?

G9 YEGAJOTHI E

**Television**

on world television day, we see, a world unfolding endlessly. a flicker here, a story there a vision that we all can share. from dawn to dusk, the screen alight, with tales that dance through day and night. From news to drama, quotes, and more, television opens every door. Through glass, we travel far and wide. to distant land, with heart open wide. we watch the world through every frame in colours bright, in lives aflame It shows the past and the present too. the future waits in shades of blue from nature's beauty to human art, television connects every heart it brings us laughter, joy, and tears unties us all despite our fears it spreads the knowledge and makes us wise a global voice that never dies on this day, we celebrate the screen that helps us navigate from every story far and near we thank tv loud and clear for though its glow, we come to see the world's vast wonders, wild and free so on this day, let's raise voice, and thank the screen that gives us choice.

5	5
2	7

15	20
7	?

G 6 - ALISA LINDA

If H = 3 x 3  
M = 5 - 2  
S = 7  
A = 4  
Then Find  
(i) H - M + S x A  
(ii) A x M + H - S

G5 NITHILAN G S



## From Chaos to Calm: The Healing Power of Mandala Art.

Mandala art is an ancient and intricate art form centred around geometric patterns, primarily circles, arranged in symmetrical designs. The term "mandala" originates from the Sanskrit word meaning "circle," symbolising the universe, wholeness, and the interconnectedness of life. This art form has deep roots in Hinduism, Buddhism, and Native American traditions, representing balance, unity, and harmony across cultures.

The creation of mandalas involves carefully designing and colouring symmetrical patterns, a process that is both calming and meditative.

The repetitive nature of these patterns encourages mindfulness and allows individuals to focus their thoughts, fostering a sense of inner peace. For centuries, mandalas have been used as tools for meditation, helping people centre their minds and connect with their inner selves. Beyond its aesthetic value, mandala art is also a therapeutic practice.

Engaging in this art form reduces stress and anxiety, enhances mental well-being, and promotes relaxation. It serves as a creative outlet, helping individuals express emotions and process thoughts.

By focusing on the intricate patterns and vibrant colours, artists can release tension and achieve a state of emotional balance.

Mandala art also inspires creativity, offering endless possibilities for exploring different shapes, colours, and designs. This artistic exploration fosters a sense of accomplishment and boosts confidence. Whether used for meditation, therapy, or personal enjoyment, mandala art provides a unique combination of beauty, tranquillity, and self-expression. It is a timeless practice that helps individuals relax, enhance focus, and discover their creative potential.



YADAVILAKSHMI. M - GR 9



VARSHIKA. S - GR 6



VISHNU PRABHU. B M - GR 9



DHARSHAN. S - GR 8



S. OJESHWINI - GR 8



MIDHUN. M - GR 5



KAVISHNA. B - GR 8



PRANAV. P M - GR 5



MEGAVARSHINI. R K - GR 8



AKSHAYA. P S - GR 4



DIYA SANDEEP - GR 6



SANJANA. V - GR 8



RIHANJAILANI. S - GR 6



ANUHASINI - GR 9



SHRUTHIKA. T - GR 6



VISHNU PRABHU. B M - GR 9



AARADHANA. S GR 1



DARUNESH. R GR 2



AKSHAYA. P S - GR 4



ALANKRITHA - GR 4



ADHISAN. C GR 1



SANGAMITHRA. M B GR



SHRUTHI. P S GR 2



LAKSHANYA. D - GR 4



KAYALVIZHI. S P GR 1



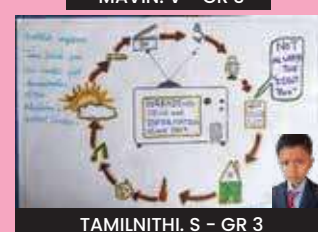
MAVIN. V - GR 3



RAKSHAN. M - GR 4



NIVAS JAYANTH. D GR - 1



TAMILNITHI. S - GR 3



VINAYAA. G - GR 4