

THE VOICE

News letter

AMRITA
KAIRALI VIDYA BHAVAN
Senior Secondary School (CBSE)
NEDUMANGAD



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THE NO 1 GREEN SCHOOL IN INDIA

Quarterly Newsletter
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MESSAGE



Swami Sivamritananda Puri

The roots of Sanatana Dharma or the Indian way of life, there are only four basic goals called “purusharthas” that any human being can ever aspire for. They are Dharma, (the personal and social value system that maintains the harmony in creation), Artha (wealth of any sort, like fame, money,

position, knowledge, progeny, etc.) Kama (desires) and Moksha (Ending of all sorrows and fears by abidance in one’s Self – the absolute consciousness).

Whatever be the age, gender and status of a person, the best way to earn, maintain and spend all types of wealth he seeks and fulfil all his yearnings, is abidance in dharma. Wealth earned or cravings fulfilled otherwise is a sure path for self-destruction. This is the essential teachings of all our scriptures. So in olden times in gurukulas, one learns not only a profession of his choice to earn a living, but all students invariably learned and practiced the principles of dharma also. They would take a pledge at the closure of their education to abide by truth and dharma throughout the life and also keep engaged in the pursuit of the self, which can lead to eternal happiness. This education system was the cornerstone of the immense wealth and immaculate character of every Indian until the era of invasion by foreigners.

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From the Manager's Desk.....

Dear students, parents, staff members and well-wishers,
Thanks to AMMA for her immeasurable grace and infinite love that has always led this institution. We have been scaling great heights in shaping the young minds in honesty, integrity, uprightness, generosity, loyalty and love for earth.

AMMA’s grace working in us enables us to do so much more than we can ask for or even think of.

Our children have the opportunity to take part in many activities, especially at this **LOCKDOWN** period, there is so much going on virtually – academic classes, special events, assemblies, fun activities, agricultural activities, arts and music classes etc.

I would like to appreciate our wonderful staff team for their hard work throughout this time. Our teachers are so caring for our children and passionate in their desire to help all students in their achievements. Our administration staff, who greet all visitors, answer the phone and complete all the unseen admin- tasks to keep the school functioning smoothly.

Many thanks to those parents who have helped with our school activities at this pandemic time. We could not do without you! These activities require a huge and ongoing commitment of time and energy. It is much appreciated.

I am confident that at **AMRITA KAIRALI SCHOOL**, everyone understands the true meaning of life - love life and live life to its fullest with AMMA as the guide and reach the heights of glory.

- In AMMA



G.S. Sajikumar
Manager

G.S. Sajikumar
Manager

Message from Principal(Administration)

**“BE LIKE THE HONEYBEE WHO GATHERS ONLY NECTAR WHEREVER IT GOES.
SEEK THE GOODNESS THAT IS FOUND IN EVERYONE”**

-AMMA

It gives me immense pleasure to view the news letter of Amrita Kairali Vidya Bhavan, “The Voice”. I appreciate the hard work behind it and the excellent selection of subject matter and its exceptional presentation.



*Lekha S
Principal(Administration)*

In the wake of COVID-19 pandemic, we are staying and working from our homes, in order to be safe ourselves and to contribute our part in keeping the country safe too. No doubt the situation is challenging but there is virtually nothing which cannot be done online.

We may utilize this period not only for academic disciplines but also for undertaking various activities to bring out the potential of children, making the best possible use of technology.

Technology is a blessing for the 21 st century learners, so just go ahead and try to make the most productive use of this time with the help of technology.

With all best wishes...

**- Lekha S
Principal(Administration)**

Principal’s Desk



*Sindhu S
Principal*

I offer my infinite humble salutations at the lotus feet of Amma.

Dear parents, students and well wishers,

On behalf of Amrita Kairali Vidya Bhavan family, I extend warm wishes to all the parents, students and well-wishers in these Onam days.

Welcome to our first News Letter “**The Voice**”. The “VOICE” is the most effective medium through which our successes and pride can be conveyed to our parents and community.

Safe in the soothing and caring palms of Amma, we dedicate ourselves as professional administrators in creating a dynamic education programme empowering the students in a global perspective. Our exhilarating results of AISSCE 2020 and AISSE 2020, prove the truth that our distinction lies in the pursuit of high academic attainment through support, encouragement, praise and motivation.

In this global crises of COVID -19, Amrita Kairali Vidya Bhavan has shifted to e-learning to bridge the education gap created. Our leadership and teamwork help in promoting the educational and pastoral needs of every learner in our school. We believe that each student is different as a person and as a learner. We are an inclusive, caring school where staff, parents and students all work together to develop our future citizens and leaders under the guidance of our visionary Manager Sri. G S Sajikumar.

I congratulate Smt. Sabitha Nair (editorial Board), who has played a wonderful role in accomplishing the task of publishing “The Voice” effectively.

Let us commit ourselves to pave the path for a promising generation.

**- Sindhu S
Principal**

Editor's Note



'Be the voice that is heard, be one that can help the voiceless and let it be a voice that can bring about a change.'

Welcome to "**The Voice**", the newsletter of Amrita Kairali Vidya Bhavan.

Sabitha B Nair
H.M (Primary Section)

The pages of this newsletter speak the voice of the family that we are at Amrita Kairali Vidya Bhavan – the students and staff members. We aim to reach out through these voices to be heard, to be the change, to inspire.

When I was first handed over the responsibility of this beautiful and creative endeavour, I was indeed surprised and then I saw the exciting and hidden challenge.

What better way to connect with the students and have them connected with one another! Thinking further I could see the opportunity of the larger network to share what was happening, within homes and lives. While we wait in optimism to resume normalcy, we are proud that the school as a family stood by in all efforts.

This newsletter showcases some of such magnificent moments – the activities that our students have been engaged in, during the last few months.

I thank Sri G.S. Saji Kumar (Manager), Smt. Lekha-Principal (Administration), Smt.Sindhu.S (Principal), Smt.Geetha Nair (Headmistress, K.G) and teachers for their valuable support and encouragement in bringing out this newsletter.

My gratitude goes to the students, who have been documenting and sending their pictures and videos in this downtime period. The school is quiet now...we miss you all here – but, thank you for the voices that you shared – through your creativity.

Let us be the VOICE with a difference.
I dedicate the first issue of "**The Voice**" to AMMA

- Kind regards
Sabitha B Nair
H.M (Primary Section)

Live Independence Day celebration

Amrita Kairali Vidya Bhavan celebrated the 74th Independence Day, strictly following COVID-19 protocols. The school has also webcast the flag hoisting ceremony live on Facebook so that the community could remotely join it from their homes. Rest of the content was pre-recorded.

Students sang and performed in the confines of their homes and sent us back the videos. The videos were compiled into one and uploaded in their online session classes, groups, FB and YouTube channel.



IN THIS ISSUE

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AMRITA PRE-SCHOOL CELEBRATION

AWARDS

GCED

Congratulations

100% Result in CBSE XII Board Exam



AISSE Results 2019-2020 (Class X)



VIRTUAL ASSEMBLY

TO KEEP UP STUDENTS' SPIRIT AND MAINTAIN A SENSE OF CONTINUITY...

Grade 12 students organised and conducted a special virtual assembly for the whole school. Taking lessons from the senior's, grade 4 students with the help of their teachers conducted an assembly on the theme "friendship". The school received enthusiastic comments after sharing the assembly through e-learning sessions.



VIRTUAL LEARNING IN PROGRESS



We are aware of the fact that with schools being locked down due to Covid-19, educators across the country are moving to virtual classes to ensure 'learning never stops'. To bridge the education gap hence created, Amrita Kairali Vidya Bhavan has started online classes from the month of June from KG to class 12. Though this new academic session has really thrown many challenges before us, our mission has been to ensure that learning will never be interrupted no matter what and also to help students continue their education from the comfort of their homes. Online learning brings a pedagogical shift in how we teach and learn—a shift from top-down lecturing and passive students to a more interactive and collaborative approach in which students and instructors co-create the learning process.

I am happy to see my staff going all out to adapt to this online medium of teaching and researching new online methodology and materials to provide an enriching learning experience to our students in these adverse circumstances. Impressive extra study material is provided to help students develop an overall personality and required resources have been provided to the teachers to enable them to deliver their virtual classes.

As per the instruction of the CBSE we have curtailed our syllabus. A timetable for e-learning has been set for students from KG to class 12. The duration and number of classes each day for each class were fixed keeping in mind the age group of children. For KG kids the duration of each session was fixed for 15 minutes whereas for classes 1 to 12 the duration was fixed as 30 minutes.

Assignments are given to students on a regular basis. Assessing the students is a must and we have conducted two test papers in June and July which followed the MCQ pattern. The midterm test is conducted in August which is a descriptive exam. The conduct of these exams brings a feeling in the minds of children that they are in through a regular academic year. The general comment of the students is that they are missing their PE periods, extracurricular activities and school friends. To help tackle these complaints we arrange regular meeting for them to meet their friends and teachers through Google meet, Zoom etc. Even virtual assemblies are arranged with students being a part of it.

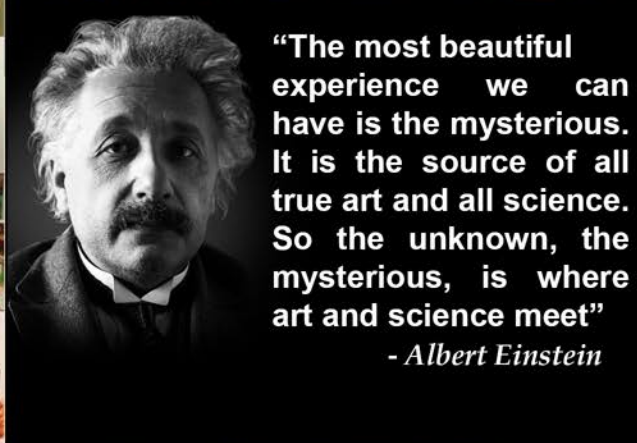
To increase the students' physical strength and endurance, we have also arranged classes for physical education. Programs like 'Stay Fit' is also aired once a week. Keeping in mind the need for improving the general awareness of the students and sensitizing the students on the importance of value education, video classes are aired giving importance to both these topics. As the quote says 'Music soothes the mind', music sessions are arranged to give relief to students amidst online classes. Yoga sessions are also aired once in a week to help students have a full-body relaxation.

Arrangements for 'Virtual Arts Festival' is all set and will be conducted in the month of September. Information regarding the items and duration has been informed to the students. Amrita Kairali Vidya Bhavan has proved that online learning is certainly the most effective option for students and also better for the environment.

Thank you
Sindhu S
Principal

CYTOFEST 2020

ART INTEGRATION IN BIOLOGY Virtual Biology exhibition by Grade 9





“Creativity comes from beautiful minds” - A.P.J Abdul Kalam

Year 2020 will be etched on the pages of history... not because of the confinement, but for the opportunities that it gifted to children by way of giving wings to their imaginations.

While locked up at home, they fashioned their time with some brilliant and creative sparks indeed. The school also nourished and promoted this innovative spirit with fun-filled, healthy and reassuring routines to be followed while at home. Children engaged themselves in various activities ranging from mud play to daily chores, which reflected through their innovative, creative and sportive photographs. We saw these on Facebook page, which will remain as some of the school's memorable moments.

WE ARE MORE THAN PROUD TO SHARE SOME OF THE DOWNTIME ACTIVITIES OF THE CHILDREN IN THIS EDITION OF THE NEWSLETTER.



Amrita Kairali Vidya Bhavan is a place for exploration, learning, contribution and joy.

This page showcases some of the magnificent activities that our students have been engaged in over the last few months.

Jack fruit Fiesta on Jack fruit day

Reminiscing on last year's jackfruit fest held in school, the students geared up at home to add another jubilant Fiesta.

The students shared adorable pictures savouring slices of the luscious fruit. As it was the season and the trending cuisine during the downtime, the students understood the significance of the fruit. Snapshots of students relishing chakka payasum, chips, erisheri, avial, Chakka appam.... endless list..came in to add to the beauty of the day. Students checked out their homesteads and spent time exploring the tree of all seasons.



Celebration of the day included climbing the tree, making the age-old evergreen leaf crafts, taking photographs under the shade of the grand tree, painting, poster making etc. This day also led to the invention of jackfruit seed ice cream which in turn became one of their favourite desserts!! They were also motivated to make changes in their food lifestyle and to respect the amazing tree.



Connecting children to Earth and Soil

The students created fond memories by being messy, creative, imaginative and muddy in mud. The joyful moments were captured and shared with their friends and teachers.





The students and alumni of the school came together to celebrate the day online. Students participated in various activities such as poster making, paintings and card making. They also dressed up as doctors and enjoyed the day. Students expressed their gratitude towards doctors for their selfless services.



The alumni, who are now doctors shared their experiences and joined hands to salute the real heroes of our time

Reading week with the renowned actor Sri Unni Mukundan



An event to encourage young ones to love reading.

It was a joy to have the renowned actor Sri Unni Mukundan to wish all students 'Happy Reading Week'. His words of encouragement were an inspiration to all. He talked in detail about the impact of reading in a person's life. The students took his words to heart and celebrated the week with fervour and enthusiasm.



YOGA DAY

"Yoga is the art and science of mental discipline through which the mind becomes cultured and matured"

International Yoga Day was celebrated virtually, wherein Sri Yogi Shivan demonstrated various asanas and spoke about practical yoga in detail. Students shared recorded videos and teachers performed yoga at school under the leadership of Mrs. Bindiya, following the protocol of the present situation.



The video was made accessible to the students through our e-learning platform.

PAPER BAG DAY



Being a green school, the students are used to eco-friendly materials. On this special day, the students shared beautiful photographs and videos of making paper bags with designs, pictures and craft. They aimed to spread awareness about using paper bags instead of plastic bags to help reduce plastic waste



TREASURE TROVE OF HAPPINESS

ORGANIC VEGETABLE GARDEN

The majestic banana leaves that flutter at the corner of the organic vegetable garden ignites curiosity. As one walks to take a look, making way through the Buddha bamboo groves and Moringa Oleifera (drum stick tree), the curiosity paves way to happiness and excitement alike -A lush green vegetable garden which creates the backdrop for many learning experiences.

Famed as the number one Green School in India, Amrita Kairali Vidya Bhavan students take pride in the organic vegetable garden—A space where they work tirelessly with passion and joy, experiencing the result of their toil. They also get an opportunity to observe the world with their own eyes and embrace the warmth of Mother Earth.



Taking lessons from the school garden, the students are motivated to grow their own veggies at home and gain real understanding of how food is produced.

The idea of the school garden was kick started by our Manager G.S Saji Kumar (Environmental program advisor), who plays a prominent role in the endeavours of the students by teaching them to appreciate greenery and to nurture a gardening culture.

Due to the pandemic and the fact that the students are unable to attend school the teachers have taken up the challenge and continued working in the garden. The harvest has been incredible. The school cultivated spinach, tomato, ladies finger, bitter gourd, snake gourd, green chilies, brinjal and long beans. The produce was distributed among students, teachers, staff and everyone within the school community.

“School gardens are a fun way to expand students interest and involvement in their own education and health-care, now every inch of the outer spaces that the school has, now grows herbs, vegetables, shrubs, flowers and medicinal plants”

---Mrs. Chitra
HOD Malayalam (In charge of Organic garden)

“My aim is a sustainable campus that allows students to be immersed in nature through hands on learning”

--- Mrs. Sindhu.S (Principal)



THE QUEEN OF HERBS



A stroll in
the garden...

TUISI (Ocimum genus)

On entering the administrative block, you will see to your right the most revered tulsi garden. This garden is unique as it grows around 21 species of tulsi. Some very rare ones - which are not easy to find elsewhere. This amazing herb has immense value as it educates the children about the ancient treasure of Indian Ayurvedic way of treatment.



The tulsi plant has been worshipped from time immemorial. It is also widely known for its medicinal values and is the core ingredient of many traditional healing methods. The main objective of the tulsi garden in school is to educate the students in identifying different types of tulsis and their uses including growing them in their own garden.



The area is well maintained and the breeze that blows through the tulsi plants spread its fragrance making the surrounding area pious and pure for the students.



“Tulsi gives out oxygen for 20 hours and ozone for 4 hours a day along with the formation of nascent oxygen which absorbs harmful gases like carbon monoxide, carbon dioxide and sulphur dioxide from the environment.”

THE BEAUTY OF BAMBOO

As you ascend the slope that leads to the high school, miniature bamboo plants enchant the eye and soothe the spirit. These environmental friendly grass not only functions as carbon sinks but also generates



“A sensitive plant in a garden grew,
And the young winds fed it with silver dew,
And it opened its fan-like leaves to the light,
and closed them beneath the kisses of night.”

Percy Bysshe Shelley

a wide variety of greens that enrich the landscape. The bamboo groves allow the areas to cool down, and for the very same reason it is a favourite spot for students who prefer a cooler environment away from sunshine.

AMRITA PRESCHOOL

SCINTILLATING MOMENTS SHARED!!
VIRTUAL CELEBRATIONS

MUD DAY

Children made many toys, mud crafts and got messy with mud. It was a way of teaching them to get connected with nature.



Doctors Day

The kids celebrated the day by playing the role of doctors- A new learning experience for our little ones.



Colours Day

Students were asked to wear dresses of certain colours or to show objects with that colour. They were asked to click photos and send to us.



FRIENDSHIP Day

Various FRIENDSHIP bands were made using thread and similar objects. They also made FRIENDSHIP greeting card.



Independence Day

74th Independence Day was celebrated virtually. The kids dressed up in traditional dresses of various States. They showed patriotism by making National Flag at home.



പുരസ്കാരങ്ങളുടെ നിരവിൽ അമൃത കൈരളി വിദ്യാഭവൻ

തിരുവനന്തപുരം ജില്ലയിൽ നിന്നും ഏതാണ്ട് 18 കിലോമീറ്റർ മാറി സെന്റുമാട് താലൂക്കിൽ സ്ഥിതിചെയ്യുന്ന സി ബി എസ് സി വിദ്യാലയമാണ് കൈരളി വിദ്യാഭവൻ. ഈ വിദ്യാലയത്തെ 2018 ൽ സെന്റർ ഫോർ സയൻസ് ആന്റ് എൻവയോൺമെന്റ് ഡൽഹി ഇന്ത്യയിലെ നമ്പർ 1 ഹരിത വിദ്യാലയമായി തിരഞ്ഞെടുത്തു. ഡൽഹിയിൽ വെച്ച് നടന്ന പ്രൗഢഗംഭീരമായ ചടങ്ങിൽ വച്ച് സ്കൂൾ മാനേജർ ശ്രീ ജി.എസ് സജികുമാർ സർ ശ്രീമതി സുനിത നരേനിൽ (Director General of Center for Science and Environment, Delhi) നിന്നും പുരസ്കാരം ഏറ്റെടുത്തിട്ടുണ്ട്. പാഠ്യവിഷയങ്ങൾക്കു പുറമെ പാഠ്യേതര വിഷയങ്ങൾക്കും ഇവിടെ പ്രാധാന്യം



അതിനു തെളിവാണ് വിദ്യാലയത്തിലെ വൈവിധ്യമാർന്ന ജൈവ പച്ചക്കറിത്തോട്ടം. കേരള സർക്കാരിന്റെ പച്ചക്കറി വികസന പദ്ധതി പ്രകാരം 2019 ൽ തിരുവനന്തപുരം ജില്ലയിലെ മികച്ച പച്ചക്കറി കൃഷി ചെയ്യുന്ന സ്ഥാപനത്തിന്റെ മേധാവിയ്ക്കുള്ള പുരസ്കാരം പ്രിൻസിപ്പാൾ ശ്രീമതി എസ് സിന്ധു ബഹു കൃഷി വകുപ്പുമന്ത്രിയിൽ നിന്നും

നല്ല പാഠ്യം

A+ പുരസ്കാരം അമൃത കൈരളി വിദ്യാഭവന്...

മലയാള മനോരമയും നമ്മുടെ വിദ്യാലയങ്ങളുമായി ചേർന്നു നടത്തുന്ന പ്രവർത്തനങ്ങളാണ് 'നല്ലപാഠ്യം'. കുട്ടികൾ പഠനത്തോടൊപ്പം സാമൂഹിക പ്രതിബദ്ധതയുള്ള പൗരൻമാരായി വളരേണ്ടതിന്റെ പ്രാധാന്യത്തിന് ഊന്നൽ നൽകിക്കൊണ്ടുള്ള പ്രവർത്തനങ്ങളാണ് പ്രധാനമായും ഇതിൽ ഉൾപ്പെട്ടിരിക്കുന്നത്.

കഴിഞ്ഞ വർഷം മനോരമ നല്ലപാഠ്യത്തിന്റെ A+പുരസ്കാരം അമൃത കൈരളി വിദ്യാഭവനു ലഭിച്ചു. 5000 രൂപയും ഫലകവും അടങ്ങുന്നതായിരുന്നു പുരസ്കാരം



ബൈജു എസ് എസ്

കർഷക ദിനം



കർഷക ദിനത്തോടനുബന്ധിച്ച് നെടുമങ്ങാട് കൃഷി ഭവനും നെടുമങ്ങാട് നഗരസഭയും ചേർന്ന് കർഷകരെ ആദരിച്ചു. വൈവിധ്യമാർന്ന ജൈവ പച്ചക്കറിത്തോട്ടം നിർമ്മിച്ച് വിഷരഹിത പച്ചക്കറി ഉൽപ്പാദിപ്പിക്കുന്ന അമൃത കൈരളി വിദ്യാഭവനം നെടുമങ്ങാട് നഗരസഭാ ചെയർമാനിൽ നിന്നും കൃഷി ഭവന്റെ ആദരം ഏറ്റുവാങ്ങി



മാതൃഭൂമി സീഡ് പുരസ്കാരങ്ങൾ പ്രഖ്യാപിച്ചു

ഈ വർഷത്തെ മാതൃഭൂമി സീഡ് പുരസ്കാരങ്ങൾ പ്രഖ്യാപിച്ചപ്പോൾ 2 അവാർഡുകളുമായി അമൃത കൈരളി വിദ്യാഭവൻ പുരസ്കാരനേട്ടങ്ങൾ തുടരുന്നു. ആറ്റിങ്ങൽ വിദ്യാഭ്യാസജില്ലയിലെ ഒന്നാമത്തെ മികച്ച ഹരിതവിദ്യാലയത്തിനുള്ള പദവിയാണ് സ്കൂളിനെ തേടി-

യെത്തിയത്. 15000 രൂപയും, പ്രശംസാപത്രവും, ഫലകവും അടങ്ങുന്നതാണ് അംഗീകാരം. മികച്ച സീഡ് ടീച്ചർ കോർഡിനേറ്റർ അവാർഡ് ബയോളജി വിഭാഗം മേധാവി ശ്രീമതി സവിതയു എസിനും ലഭിച്ചു .5000 രൂപയും പ്രശസ്തിപത്രവും ഫലകവും അടങ്ങുന്നതാണ് അംഗീകാരം

പാഠ്യേതരപ്രവർത്തനങ്ങൾ...



മലയാള മനോരമയും നമ്മുടെ വിദ്യാലയങ്ങളുമായി ചേർന്നു നടത്തുന്ന പ്രവർത്തനങ്ങളാണ് 'നല്ലപാഠ്യേതരപ്രവർത്തനങ്ങൾ'. കുട്ടികൾ പഠനത്തോടൊപ്പം സാമൂഹിക പ്രതിബദ്ധതയുള്ള പൗരൻമാരായി വളരേണ്ടതിന്റെ പ്രാധാന്യത്തിന് ഊന്നൽ നൽകിക്കൊണ്ടുള്ള പ്രവർത്തനങ്ങളാണ് പ്രധാനമായും ഇതിൽ ഉൾപ്പെട്ടിരിക്കുന്നത്.

കൊവിഡ് 19 എന്ന മഹാമാരി നമ്മുടെ വിദ്യാഭ്യാസ സമ്പ്രദായത്തെത്തന്നെ പരിഷ്കരിച്ചിരിക്കുകയാണ് ഇപ്പോൾ. ജൂൺ 5 പരിസ്ഥിതി ദിനത്തിൽ പരിസ്ഥിതി സൗഹൃദമാസ്കുകൾ വിതരണം ചെയ്തു കൊണ്ടാണ് അമൃത കൈരളി വിദ്യാഭവൻ നല്ലപാഠ്യേതരപ്രവർത്തനങ്ങൾക്ക് തുടക്കം കുറിച്ചത്. നെടുമങ്ങാട് തൃപ്പാദം

അഗതിമന്ദിരത്തിലെ അന്തേവാസികൾക്ക് കുട്ടികളും അധ്യാപകരും ചേർന്ന് നിർമ്മിച്ച മാസ്കുകൾ കൈമാറി. ലഹരിവിരുദ്ധ ദിനാചരണത്തിന്റെ ഭാഗമായി കുട്ടികൾ തയ്യാറാക്കിയ ഷോർട്ട് ഫിലിം ഓൺലൈൻ വഴി പ്രദർശിപ്പിച്ചു.

കൊവിഡ് കാലം കുട്ടികൾക്ക് മാനസിക സംഘർഷത്തിന്റേതു കൂടിയാണ്. അതിന്റെ ബോധവൽക്കരണവും പരിഹാര മാർഗങ്ങളും എന്ന നിലയിൽ തിരുവനന്തപുരം മെഡിക്കൽ കോളേജിലെ മനഃശാസ്ത്ര വിദഗ്ധൻ ഡോ. അരുൺകുമാർ കുട്ടികളുമായി നടത്തിയ ഓൺലൈൻ ചർച്ച വളരെയധികം പ്രയോജനം നൽകി.

കൊവിഡ് ഈ ഭൂമുഖത്തു നിന്നും തുടച്ചു മാറ്റുന്നതിനായി അക്ഷിണം പ്രയത്നിക്കുന്ന ആരോഗ്യ പ്രവർത്തകരെ ആദരിച്ചതും വൈവിധ്യ പുലർത്തി.

ഹിരോഷിമ ദിനം വിവിധ പ്രവർത്തനങ്ങൾ നൽകി ആചരിച്ചു.



പ്രവർത്തനങ്ങൾ...



Break the chain Seed club members...



Kokedama - പായൽ പന്തുകൾ ഒരു ജാപ്പനീസ് കലാവിഭൂതി

Answer

4	8	5	7	9	3	2	6	1
3	9	6	5	2	1	8	7	4
2	1	7	8	4	6	9	3	5
7	6	8	1	3	4	5	9	2
1	2	4	9	5	7	6	8	3
9	5	3	6	8	2	1	4	7
8	7	2	4	6	5	3	1	9
5	4	9	3	1	8	7	2	6
6	3	1	2	7	9	4	5	8

പഠനത്തോടൊപ്പം തന്നെ സാമൂഹിക ബോധവും പരിസ്ഥിതി സംരക്ഷണവും മുറുകെപ്പിടിക്കുന്ന ഒരു നവതലമുറയെ സൃഷ്ടിക്കുക എന്ന ലക്ഷ്യത്തോടെ മാതൃഭൂമിയും അമൃത കൈരളി വിദ്യാഭവനവും കൈകോർത്തുകൊണ്ട് 2020 - 2021 വർഷത്തെ സീഡ് പ്രവർത്തനങ്ങൾ പരിസ്ഥിതി ദിനാചരണത്തോടെ ആരംഭിച്ചു. വ്യക്തതകൾ നട്ടുകൊണ്ടും ജൈവ പച്ചക്കറി എന്ന യാഥാർത്ഥ്യം പ്രാവർത്തികമാക്കാനായി പച്ചക്കറികൾ നട്ടുകൊണ്ടും തുടക്കം കുറിച്ചു. കുട്ടികൾ വീടുകളിൽ നടത്തിയ വിവിധ പരിസ്ഥിതി പ്രവർത്തനങ്ങൾ ഫോട്ടോയായും വീഡിയോയായും അയച്ചു നൽകുകയുണ്ടായി.

സമുദ്രദിനത്തോടനുബന്ധിച്ച് മാതൃഭൂമി സീഡ് സംഘടിപ്പിച്ച ഓൺലൈൻ സംഗമത്തിൽ കമാൻഡർ അഭിലാഷ് ടോമി വിദ്യാർത്ഥികളുമായി സംസാരിക്കുകയും അനുഭവങ്ങൾ പങ്കുവയ്ക്കുകയും ചെയ്തു.

ബാലവേല വിരുദ്ധ ദിനത്തിൽ ബോധവൽക്കരണത്തിനായി തയ്യാറാക്കിയ വീഡിയോ നൂതന ചിന്താഗതി സമ്മാനിച്ചു.

ബാലവേല വിരുദ്ധ ദിനത്തിൽ ബോധവൽക്കരണത്തിനായി തയ്യാറാക്കിയ വീഡിയോ നൂതന ചിന്താഗതി സമ്മാനിച്ചു.

വായനദിനാചരണത്തിന്റെ ഭാഗമായി കുട്ടികൾ തയ്യാറാക്കിയ ' ഞാൻ വായിച്ച പുസ്തകം' എന്ന ആസ്വാദന സൃഷ്ടി അവതരണം കൊണ്ട് മികവ് പുലർത്തി. ' അക്ഷരം' എന്ന ഓൺലൈൻ ക്വിസിൽ കുട്ടികൾ സജീവ സാന്നിധ്യമായി.

ലഹരി വിരുദ്ധ ദിനാചരണത്തിന്റെ ഭാഗമായി എക്സസൈസ് ഡിപ്പാർട്ട്മെന്റിന്റെ വീഡിയോ(വിമുക്തി) കുട്ടികൾക്ക് ഏറെ ഉപകാരപ്രദമായി. ലഹരി വിരുദ്ധ പ്രതിജ്ഞ ചൊല്ലി കുട്ടികൾ പൊതു സമൂഹത്തിന് മാതൃകയായി.

വസ്തുക്കൾ സൂക്ഷിച്ച് കൈകാര്യം ചെയ്യേണ്ടതിന്റേയും ശരിയായ രീതിയിൽ ഉപയോഗിക്കേണ്ടതിന്റേയും ആവശ്യകത മനസിലാക്കുന്നതിനായി പഴയ ബുക്കിലെ പേജുകൾ ഉപയോഗപ്പെടുത്തി പുതിയ ബുക്ക് നിർമ്മിച്ച് അമൃത കൈരളി വീണ്ടും മാതൃകയായി.



സവിത യു എസ് (കൈരളി വിദ്യാഭവൻ, നെടുമങ്ങാട്)
ബെസ്റ്റ് ടീച്ചർ കോർഡിനേറ്റർ -
തിരുവനന്തപുരം റവന്യൂ ജില്ല



വായന ദിനാചരണം

വായന അറിവിന്റെ വാതായനം തുറക്കുന്ന ആദ്യപടിയാണ് എന്നു മലയാളികൾക്ക് മനസിലാക്കിത്തന്ന പ്രശസ്ത സാഹിത്യകാരൻ ശ്രീ.പി.എൻ പണിക്കരുടെ ചരമദിനമായ ജൂൺ 19 വായനദിനം ഈ ലോക് ഡൗൺ കാലത്തും ഏറെ പ്രൗഢിയോടെ ആചരിച്ചു. വായന വാരത്തിൽ ക്വിസ്, പുസ്തക ആസ്വാദനം, കഥാകഥനം, കവിത, പത്രപാരായണം, പദകേളി തുടങ്ങി വിവിധ പരിപാടികൾ ഇംഗ്ലീഷ്, മലയാളം, ഹിന്ദി മാധ്യമത്തിൽ നടത്തുകയുണ്ടായി.

സാഹിത്യകാരൻമാരായ ശ്രീ. കാരുവട്ടം ശ്രീകണ്ഠൻ, ശ്രീ. ഗിരീഷ് പുലിയൂർ പ്രശസ്ത സിനിമ നടൻ ഉണ്ണി മുക്തൻ തുടങ്ങിയവർ വായനദിന സന്ദേശം പങ്കുവയ്ക്കുകയുണ്ടായി.

കുട്ടികൾ അവരവരുടെ വീടുകളിലിരുന്ന് വായനദിന പ്രതിജ്ഞ ചൊല്ലുകയും പ്രസംഗം, വായനയുമായി ബന്ധപ്പെട്ട കവിതകൾ തുടങ്ങിയവ തയ്യാറാക്കി അയയ്ക്കുകയും ചെയ്തു. നൂതന സാങ്കേതികവിദ്യയിലൂടെ അവതരിപ്പിച്ച വായനദിന പരിപാടികൾ ഈ ലോക് ഡൗൺ കാലത്ത് കുട്ടികൾക്ക് വേറിട്ട ഒരു അനുഭവം സമ്മാനിച്ചു.

For all people in common, there are five dharmas that are called “Pancha Maha Yajnas” which every person is supposed to follow daily without fail. Observation of these five Yajnas apply equally to any person anywhere in the world, irrespective of their religion, gender or social status. These are the ‘Brahma Yajna’ (or Rishi Yajna), Deva Yajna, PitruYajna, Nru Yajna (Nara Yajna/manushya yajna), and Bhuta Yajna. The success of our day to day activities depend upon the blessings from these five sources, namely, the sages and saints, God, parents and ancestors, other human beings, and the rest of the living beings. We are indebted to the sages for the precious spiritual wisdom which they have gained through great austerities and passed on to us as a free gift out of their compassion and selfless love. Deva yajna includes all our activities by which we establish a link with God, like prayers, mantra japa, meditation, pilgrimages, going to temple, church or mosque, observing vows like ekadasi, mandalavrata, or Ramadan. These activities, especially chanting your favourite name of God whenever the mind is not engaged, is the like getting a daily recharge for the healthy functioning of our senses, organs and inner faculties. Our inborn talents, life span, health and dormant skills are all genetic gifts from our forefathers, who are commonly termed as “Pitrus” denoting everyone in our family tree from both paternal and maternal lines. By a daily ritual of “tarpan” (which means – ‘to please’), by remembering them with gratitude, we are invoking their good qualities lying dormant in our genes. Nru means ‘human being’, as all our comforts like food, cloth, shelter, vehicle, education, status, etc, come from the toil of many unknown members of the society. Every day we should have in our credit at least a smile, kind word or a small help given to others. Do not go to sleep without any one selfless act, anything that you do for no benefit of your own. The word Bhuta here denotes all other living beings like animals, birds, trees, plants and even insects. Without their contributions, humanity cannot survive on Earth. All our food come primarily from plants, bees help pollination in plants, and even for digesting food we need the help of bacteria in intestine. So every day we should not fail to serve them back by tending few plants, keeping a beehive, offering water/feed for birds in summer,

plant and take care of the tree connected with our birth star, or Tulsi, or Bilwa. It is an energising practice to name all trees in our compound, spend some time in their shade for studies, meditation, prayer or just relaxation. You can even communicate with them. It is said that the trunk and branches of a tree can act as an antenna to transmit and receive universal bio-magnetic waves. If you like to keep a connection with these lifelong companions, the following mantras will be helpful for you which can be chanted silently, immediately after taking bath (in bathroom itself) turning towards the direction of the Sun and offering little water with right palm. (1) Aum Amriteswari Trupyatam (2) Aum Sarve Rishayah Trupyantam (3) Aum sarve devah trupyantam (4) Aum sarve bhutanam trupyantam (5) Aum Sarve Manavah trupyantam (6) Aum Atma trupyatam (7) Aum mama pitruun sarve trupyantam swadha namah. The meaning of these mantras are May Amma / all sages and saints /all divine entities/ all living beings / all humans / my own self and all my ancestors be pleased by my thoughts, words and deeds of the day.

With Love and prayers for your bright future,

-Swami Sivamritananda Puri

**THE GREATEST
GIFT
YOU CAN
GIVE
YOURSELF**



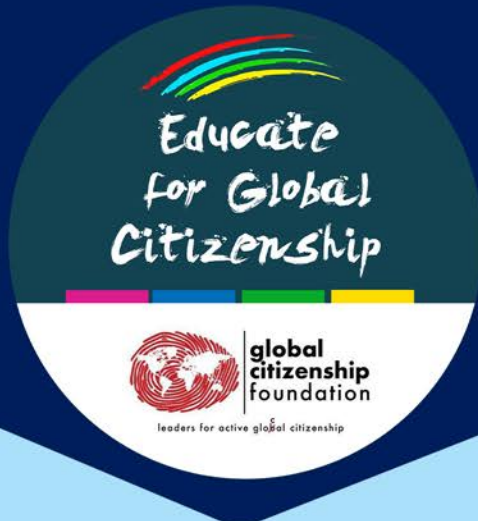
GIFT OF TIME

AN INCH OF TIME IS AN INCH OF GOLD, BUT YOU CAN'T BUY THAT INCH OF TIME WITH AN INCH OF GOLD.

-CHINESE PROVERB

Transforming Education for Human Flourishing

GCED(Global Citizenship Education)



" We all have different inspirations
But one goal;
A Better world'



GCED goes beyond standard topics traditionally taught in schools.

'The goal of GCED is to foster a mindset to care for humanity and the planet to undertake responsible actions when and where necessary'.

Amrita Kairali Vidya Bhavan has adopted the GCED innovative School initiative and is committed to foster the Council for global citizen education.

GCED was introduced in school with the purpose of educating children from a new perspective, fostering active and engaged global citizenship and education for sustainable development. It aims to empower the students to counter challenges of the 21st century by helping them realise their role and place in society as global citizen.

Two days intensive in-service course was given by Mr. Aryan Salman ,President Global citizenship foundation to 20 teachers. The themes addressed were interdependence and globalisation, social justice and human rights, peace building and sustainable future and how to effectively integrate these in the present curriculum.

Mrs.Sindhu, the Strategic Initiative Group (SIG) head nominated Mrs Vrinda Nair as GCED Coordinator. Three committees' were formed and they outlined the pedagogy for the academic year.

- Promotes tolerance, peace and respect for diversity
- Empowers learners to engage in action to help resolve global issues.
- Encourages SDGs and recognises the responsibility for those who come after us. Develops a greater understanding of countries, communities, and cultures around the world.
- Explores questions about democracy ,justice, inequality,governance, and organization;
- Develop knowledge, skills, and competencies to make positive contributions to society as informed and responsible citizens.



The primary aim of GCED is nurturing respect for all, building a sense of belonging to a common humanity and helping learners become responsible and active global citizens.



The Splendour of Onam

Onam Celebrations at Amrita Kairali Vidya Bhavan

Students collaborated digitally to celebrate Onam this year in a special way, marking the homecoming of the mythical King Mahabali. The celebration had many attractions with most number of cultural elements such as pookalam, vanjipattu, chendamelam, onapattu, fancy dress etc. The students also shared pictures of Onam sadya, pookalam and other events associated with the festival.



Coc^onut Day!

Adorable pictures shared by students on the occasion of World Coconut Day.



Sudoku

		5		9	2		
3				2			4
	1	7				9	3
		8	1	4	5		
		4	9	7	6		
		3	6	2	1		
	7	2				3	1
5		1		1		4	6
				7			

Answer on page 14

Touching hearts...
Engaging Minds...
Nurturing Talents...



Root word of the month

Verity - in truth;
really

Veracious -
truthful, honest

Ver
(truth)
LATIN

Veracity -
correctness,
accuracy

Verisimilitude - the
appearance of truth

Verify - to make sure
that something is true

TO SOLVE THIS PUZZLE...

You have to put a number from 1 to 9 in each square so that:
* every horizontal row and vertical column contains all nine numerals(1-9) without repeating any of them;
*each of the 3×3 boxes has all nine numerals , none repeated.

Interesting facts!!

- There are more stars in space than there are grains of sand on a beach.
- Frogs drink water through their skin.
- The shark is the only fish that can blink with both eyes.
- Hippopotamus milk is bright pink.
- Apples float on water.

DREAMS

by Langston Hughes

Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.
Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

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